



TROMSØ'S OFFICIAL TOURIST INFORMATION CENTRE
 Operated by Visit Tromsø - Region-AS
 Visitor Centre head office: Storgata 83, 9008 Tromsø
 Visitor Centre port terminal: Tromsø Havn Postboks 1, Samuel Arnesens gate 5, 9008, Tromsø
 Tel: +47 77 61 00 00 - info@visitromsno.no - visitromsno.no

BOOK YOUR NEXT ARCTIC ADVENTURE HERE

EMERGENCIES
 Ambulance: 113 - Fire: 110 - Police: 112
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 Pharmacy: +47 77 21 26 00

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Welcome to our 570m² adventurous store!

Tromsø's greatest range of souvenirs and gifts

Clothes for all weather conditions

Take a closer look at Norwegian wildlife or take a selfie with our polarbear!

You will find us in Storgata 56

WAY NOR
 ORIGINAL SINCE 1988

POLARIA
 AN ARCTIC EXPERIENCE CENTRE

www.polaria.no

Arctic Memory Makers!

- Culture Visits
- Culinary Experiences
- Arctic Fjords Tour
- Hike to the Blue Lake
- Northern Lights Experiences

NORTHERN NORWAY Travel

https://northernnorwaytravel.no

Blaast
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GLASS BLOWING STUDIO

OPENING HOURS
 MONDAY - FRIDAY 10:00 - 17:00
 SATURDAY 10:00 - 16:00

STRANDVEGEN 6, 9007 TROMSØ

nordensparistromsø glasshytta_blaast.no

TELEFON: 77 68 34 60 WWW.BLAAST.NO

TROMSØ TAXI

+47 776 03 000

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Discounted tickets to museums and attractions, in a user-friendly pack

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Sold exclusively at Tromsø's official Tourist Information Centre: Storgata 83

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DISCOVERIES OF THE HIGH NORTH
 UIT THE ARCTIC UNIVERSITY MUSEUM OF NORWAY

Tromsø Museum A5 | The Polar Museum E2
 Tromsø Arctic Alpine Botanical Garden D5 | MV Polstjerna A2

http://uit.no/tmu
 Tlf +47 77 64 50 01

A bit cold outside, isn't it? Why not pamper yourself with a relaxing day at Tromsøbadet?

We are open:
 Monday - friday: 06:15 - 21:00
 Saturday & sunday: 09:00 - 18:00

Different opening hours apply during holiday periods

The largest bathing and swimming facility in Northern Norway

www.tromsøbadet.no/no

TROMSØBADET

AIRPORTEXPRESS
 Airport to city centre - and back!

Take the Airport Express between the Airport and the city center of Tromsø

THE FASTEST, MOST COMFORTABLE OPTION!

CHECK STOPS, TIMETABLES AND BOOK VIA THIS QR CODE

Tromsø city centre

Attractions

THE ARCTIC CATHEDRAL E3 ISHAVSKATEDRALEN From 1965. Europe's second-largest mosaic glass window. Summer and winter concerts. Hans Nilssens vei 41 www.ishavskatedralen.no Bus 20, 24 from Kystens Hus to Bruhodet øst Bus 26, 28 from Torgsentret to Tromsdalen Bruvegen	MACK BREWERY B1 OLHALLEN Brewery established 1877, city's oldest pub, microbrewery, shop, tours. Guided tour Mon-Fri 15:30, Sat 14:30 Storgata 4 www.mack.no/olhallen	MAGIC ICE C2 Northernmost magic ice art gallery. Kaigata 4 www.magicice.no/listings/tromsø-norway/	MS POLSTJERNA A2 Historic sealing vessel and Snowhow exhibition. Hjalmar Johansens gate 10 www.uit.no/tmu/polstjerna	NORTHERN NORWAY ART MUSEUM C2 NORDNORSK KUNSTMUSEUM Art from early 19th century to present. Sjøgata 1 www.nnmk.no	THE POLAR MUSEUM E2 POLARMUSEET History of winter trapping, seal hunting and polar expeditions; temporary exhibitions with Arctic content. Søndre Tollbodgata 11 www.uit.no/tmu/polarmuseet	TROLL MUSEUM C2 The first and only museum about trolls and fairy tales in Norway. Kaigata 3 www.visitroll.no	TROMSØ CATHEDRAL C1 TROMSØ DOMKIRKE World's northernmost Protestant cathedral from 1861. Summer concerts. Kirkegata 7 www.kirken.tromsø.no/menighetne/domkirken-menighet
THE ARCTIC UNIVERSITY MUSEUM OF NORWAY A5 NORGES ARKTISKE UNIVERSITETSMUSEUM Sami culture, Stone Age and Viking eras, church art, Northern Lights and Arctic wildlife. Lars Tharings veg 10 www.uit.no/tmu Bus 40 from Bankgata to Tromsø Museum Bus 33 from Bankgata to Telegrafbukta	MS POLSTJERNA A2 Historic sealing vessel and Snowhow exhibition. Hjalmar Johansens gate 10 www.uit.no/tmu/polstjerna	POLARIA A1 Panoramic films about Northern Lights and Svalbard; aquariums of Arctic fish; bearded and harbour seals; knowledge-based exhibits. Seal training and feeding daily. Hjalmar Johansens gate 12 www.polaria.no	SCIENCE CENTRE OF NORTHERN NORWAY D5 NORDNORSK VITENSENTER Interactive exhibits and planetarium films. Hansine Hansens veg 17 www.nordnorskvitensenter.no Bus 20, 21, 34 from Smartorget to UIT/Planetarier	THE POLAR MUSEUM E2 POLARMUSEET History of winter trapping, seal hunting and polar expeditions; temporary exhibitions with Arctic content. Søndre Tollbodgata 11 www.uit.no/tmu/polarmuseet	TROLL MUSEUM C2 The first and only museum about trolls and fairy tales in Norway. Kaigata 3 www.visitroll.no	TROMSØ CATHEDRAL C1 TROMSØ DOMKIRKE World's northernmost Protestant cathedral from 1861. Summer concerts. Kirkegata 7 www.kirken.tromsø.no/menighetne/domkirken-menighet	
BLUE VISION D2 Blue Vision is a center for salmon aquaculture. Stortorget 1, Kystens Hus www.blue-vision.no	PERSPEKTIVET FOLKEPARKEN A5 Open air museum with 24 buildings. Exhibition and kiosk open on Sundays during summer. Kvaløyvegen 38 www.perspektivet.no Bus 33 from Bankgata to Folkeparken Bus 40 from Bankgata to Tromsø Museum	POLARIA A1 Panoramic films about Northern Lights and Svalbard; aquariums of Arctic fish; bearded and harbour seals; knowledge-based exhibits. Seal training and feeding daily. Hjalmar Johansens gate 12 www.polaria.no	SCIENCE CENTRE OF NORTHERN NORWAY D5 NORDNORSK VITENSENTER Interactive exhibits and planetarium films. Hansine Hansens veg 17 www.nordnorskvitensenter.no Bus 20, 21, 34 from Smartorget to UIT/Planetarier	THE POLAR MUSEUM E2 POLARMUSEET History of winter trapping, seal hunting and polar expeditions; temporary exhibitions with Arctic content. Søndre Tollbodgata 11 www.uit.no/tmu/polarmuseet	TROLL MUSEUM C2 The first and only museum about trolls and fairy tales in Norway. Kaigata 3 www.visitroll.no	TROMSØ CATHEDRAL C1 TROMSØ DOMKIRKE World's northernmost Protestant cathedral from 1861. Summer concerts. Kirkegata 7 www.kirken.tromsø.no/menighetne/domkirken-menighet	

THE ARCTIC CATHEDRAL E3
ISHAVSKATEDRALEN
From 1965. Europe's second-largest mosaic glass window. Summer and winter concerts.
Hans Nilssens vei 41
www.ishavskatedralen.no
Bus 20, 24 from Kystens Hus to Bruhodet øst
Bus 26, 28 from Torgsentret to Tromsdalen Bruvegen

MACK BREWERY B1
OLHALLEN
Brewery established 1877, city's oldest pub, microbrewery, shop, tours. Guided tour Mon-Fri 15:30, Sat 14:30
Storgata 4
www.mack.no/olhallen

MAGIC ICE C2
Northernmost magic ice art gallery.
Kaigata 4
www.magicice.no/listings/tromsø-norway/

MS POLSTJERNA A2
Historic sealing vessel and Snowhow exhibition.
Hjalmar Johansens gate 10
www.uit.no/tmu/polstjerna

NORTHERN NORWAY ART MUSEUM C2
NORDNORSK KUNSTMUSEUM
Art from early 19th century to present.
Sjøgata 1
www.nnmk.no

THE POLAR MUSEUM E2
POLARMUSEET
History of winter trapping, seal hunting and polar expeditions; temporary exhibitions with Arctic content.
Søndre Tollbodgata 11
www.uit.no/tmu/polarmuseet

TROLL MUSEUM C2
The first and only museum about trolls and fairy tales in Norway.
Kaigata 3
www.visitroll.no

TROMSØ CATHEDRAL C1
TROMSØ DOMKIRKE
World's northernmost Protestant cathedral from 1861. Summer concerts.
Kirkegata 7
www.kirken.tromsø.no/menighetne/domkirken-menighet

THE ARCTIC UNIVERSITY MUSEUM OF NORWAY A5
NORGES ARKTISKE UNIVERSITETSMUSEUM
Sami culture, Stone Age and Viking eras, church art, Northern Lights and Arctic wildlife.
Lars Tharings veg 10
www.uit.no/tmu
Bus 40 from Bankgata to Tromsø Museum
Bus 33 from Bankgata to Telegrafbukta

MS POLSTJERNA A2
Historic sealing vessel and Snowhow exhibition.
Hjalmar Johansens gate 10
www.uit.no/tmu/polstjerna

POLARIA A1
Panoramic films about Northern Lights and Svalbard; aquariums of Arctic fish; bearded and harbour seals; knowledge-based exhibits. Seal training and feeding daily.
Hjalmar Johansens gate 12
www.polaria.no

SCIENCE CENTRE OF NORTHERN NORWAY D5
NORDNORSK VITENSENTER
Interactive exhibits and planetarium films.
Hansine Hansens veg 17
www.nordnorskvitensenter.no
Bus 20, 21, 34 from Smartorget to UIT/Planetarier

BLUE VISION D2
Blue Vision is a center for salmon aquaculture.
Stortorget 1, Kystens Hus
www.blue-vision.no

PERSPEKTIVET FOLKEPARKEN A5
Open air museum with 24 buildings. Exhibition and kiosk open on Sundays during summer.
Kvaløyvegen 38
www.perspektivet.no
Bus 33 from Bankgata to Folkeparken
Bus 40 from Bankgata to Tromsø Museum

POLARIA A1
Panoramic films about Northern Lights and Svalbard; aquariums of Arctic fish; bearded and harbour seals; knowledge-based exhibits. Seal training and feeding daily.
Hjalmar Johansens gate 12
www.polaria.no

SCIENCE CENTRE OF NORTHERN NORWAY D5
NORDNORSK VITENSENTER
Interactive exhibits and planetarium films.
Hansine Hansens veg 17
www.nordnorskvitensenter.no
Bus 20, 21, 34 from Smartorget to UIT/Planetarier

THE CABLE CAR C3, B6
FJELLHEISEN
Cable car to Steinstøien 421m. Restaurant, café, viewing platform.
Sollivegen 12
www.fjellheisen.no
Bus 26 from Torgsentret to Fjellheisen

Please check on our website www.visitromsno.no for more information on attractions.

Legend:

- Attraction
- Café / pub / restaurant
- Bus route
- Bus stop
- Airport Express Coach
- Bus tickets machine
- Taxi
- Electric car charging
- Pharmacy
- Supermarket
- Supermarket open every day
- Rental centre
- Tourist information
- Public toilet
- Luggage storage
- Waiting room
- Viewpoint
- Toll station