

### VISIT TROMSØ - TOURIST INFORMATION OFFICE

Samuel Arnesens gate 5, Pn, 9103 Tromsø  
Tel: +47 77 61 00 00 - info@visit tromsno - www.visit tromsno

#### OPENING HOURS

Winter (01 January - 31 March)  
Monday - Friday 09:00-18:00 Saturday - Sunday 10:00-18:00  
Spring (01 April - 30 May) & Autumn (01 September - 31 October)  
Monday - Friday 09:00-18:00 Saturday 10:00-18:00 Sunday closed  
Summer (01 June - 31 August)  
Closed on 1st of May (Labour day) and 7th of May (Norway's Constitution day)  
Monday - Friday 09:00-18:00 Saturday - Sunday 10:00-18:00  
Winter (01 November - 31 December)  
Monday - Friday 09:00-18:00 Saturday - Sunday 10:00-18:00  
Easter  
Thursday 29th of March and Friday 30th of March 09:00-18:00  
From Saturday 31st of March to Monday 02nd of April 10:00-18:00  
Christmas and New Year's (24 December - 01 January)  
Christmas Eve 24th of December: 10:00-14:00  
25th and 26th of December: 10:00-17:00  
27th - 31st of December: 9:00-17:00  
1st of January: 10:00-18:00  
NB: Visit Tromsø reserves the right to change our Tourist Information Centre opening hours, according to seasonal requirements.  
Keep in touch on our website [www.visit tromsno](http://www.visit tromsno) for the correct times.

#### FACTS ABOUT TROMSØ

Population: 15,828  
Area: 22,924 km<sup>2</sup> / 975 mi<sup>2</sup>  
Midnight Sun: 20 May - 22 Jul  
Polar Night: 22 Nov - 20 Jan  
Average temperatures: January: -4.4°C/24°F, July: 11.8°C/52°F

#### EMERGENCIES

Ambulance: 113 - Fire: 110 - Police: 112  
Medical emergencies: +47 116 117  
Pharmacy: +47 77 27 26 00

#### TRANSPORT AND PARKING

Single tickets are valid for approximately 60 minutes. You can buy tickets on board, using cash only. The driver can give change.  
Fares are cheaper if you buy tickets in advance. Pre-paid tickets can be bought from various outlets: The Point at Tromsø Airport, who in Storgata, Nærnes in Storgata, Krokentorget and Ki shopping centre, Troms Fylkestafikk in Sentrum, Prestrøkket in the city centre, and the bus stop at the bus terminal (UNN, F, Langnes gate #2) (by Kroen), Skansen, St. Olavs Plass, Glennevikta terminal, the university (UNN), hospital (UNN) and at Troms Fylkestafikk customer service centre.

There is parking to park legally, free of charge in downtown Tromsø during daylight. Ensure you have paid for sufficient time as fines are issued quickly. Parking at car parks operated by Tromsø Parkering and Europark must be prepaid at an automatic ticket dispenser.  
At some car parks you can pay via an app.

#### ROAD ASSISTANCE

Viking: +47 77 61 00 00

#### PUBLISHER

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Visit Tromsø-region disclaimer liability for any errors or changes.  
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### DISCOVERIES OF THE HIGH NORTH

#### TROMSØ UNIVERSITY MUSEUM

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

<http://uit.no/tmu>  
Tlf +47 77 64 50 00

• Passenger transport 1-16 persons  
• Sightseeing  
• Allergy friendly cars  
• VIP Transportation  
• Weddings and Company Driving

**TROMSØ TAXI**

[www.tromso-taxi.no](http://www.tromso-taxi.no)

Download the free app TAXI FIX for Smartphones

**0047 03011**

### CASA INFERNO

NORGES ENESTE STRÅMPE-RESTAURANT

VESTREGATA 2

### A UNIQUE ATTRACTION IN TROMSØ

Magic Ice is a wondrous winter wonderland constructed from several tons of ice. The ice bar is the work of world renowned ice carvers, they re-craft the bar several times every year. Magic Ice is the gateway to an adventure far removed from everyday life. Here you can see explorers as Fridtjof Nansen and Roald Amundsen in crystal clear ice. We provide warm winter ponchos and gloves before you step inside the ice bar. The entrance is included a welcome drink served in an ice glass.

You can find MAGIC ICE in Oslo - Bergen - Svolvær - Tromsø - St. Thomas - København

Magic Ice has been wowing visitors in northern Norway, Oslo and Caribbean for more than 14 years.

Entrance fee NOK 195,- which includes warm poncho, gloves and a drink served in an ice glass.

MAGIC ICE TROMSØ - KAIGATA 9, 9008 TROMSØ TLF: +47 413 01 050 - TROMSØ@MAGICICE.NO  
Opening Hours Winter: Mon-Thur. And Sunday: 16:00-23:00 - Fri-Sat: 16:00-24:00  
Opening Hours Summer (May 15th-Sep 15th): Mon-Thur. And Sunday: 11:00-23:00 - Fri-Sat: 11:00-24:00

### Snarby Strikkestudio as

#### TROMSØ SWEATER SHOP

### SWEATERS IN MANY STYLES AND SIZES

Sweaters • Accessories • Souvenirs • Knitting Wool

[www.strikkestudio.no](http://www.strikkestudio.no)

DALE OF NORWAY  
MADE IN NORWAY SINCE 1879

**OLEANA**

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### Nansen Outdoor Store

We Love Rain

Best Norwegian Waterproof Wears

NOR OMEGA

World's best supplement for:  
- brain  
- heart  
- blood

100% 100% 100%

**eCCO**

Address: Storgata 61, 9008 Tromsø.  
E-mail: [teluomuse@gmail.com](mailto:teluomuse@gmail.com)  
Tel: 0047-94057881  
微信: tmske

中文导购

### NORDIC SHOPPING AT ITS BEST!

130 stores only five minutes by car from the airport and the city center.

OPENING HOURS:  
Mon-Fri 10-21 / Sat 10-18  
Sunday closed

jekta.no

**JEKTA STORSENTER**  
THE GIANT OF THE NORTH

### Tourist Shop - Tromsø

[touristshop-tromsø.com](http://touristshop-tromsø.com) Storgata 90

#### Winter activities

- Northern light adventure
- Reindeer sledding
- Dog sledding with huskies
- Whale safari

#### Summer activities

- Midnight sun adventure
- Boat trips
- Reindeer and sami culture

We have Sami souvenirs

### Tromsø Gift & Souvenir Shop

THE BEST SOUVENIR SHOP IN TOWN!

Big selection of:  
Souvenirs, Sweaters, Trolls, Sami handicraft, Gifts etc.

Next to "Tromsø Cathedral"

Strandgata 36 - 9008 Tromsø - Tlf. +47 77 67 34 13 - [www.tgss.no](http://www.tgss.no)

# TROMSØ CITY CENTRE

#### ATTRACTIONS

<b>THE ARCTIC CATHEDRAL</b> E3 ISHAVSKATEDRALEN From 1985. Europe's second-largest mosaic glass window. Summer and winter concerts. 02 Jan - 31 Mar: 13:00-18:00 01 Apr - 31 May: 15:00-18:00 01 Jun - 15 Aug: Mon-Sat 09:00-19:00, Sun 13:00-19:00 16 Aug - 31 Dec: 14:00-18:00	<b>MS POLSTJERNA</b> A2 Historic sealing vessel and Snowhow exhibition. 15 Jun - 15 Aug: 11:00-17:00	<b>NORTHERN NORWAY ART MUSEUM</b> C2 NORDNORSK KUNSTMUSEUM Northern Norway art museums art from early 19th century to present.	<b>BOTANICAL GARDEN</b> D5 BOTANISK HAGE World's northernmost botanical garden. Open around the clock. Kafé Hansine Hansen is open during the summer. Jun - Aug: 11:30-15:30 Free entrance bus 20 f. F. Langes Gate, 42 f. Sjøgata	<b>THE CABLE CAR</b> C3, B6 FJELLHEISEN Cable car to Storsteinen 42m. Restaurant, café, viewing platform. 1 Jun - 10 Aug: 10:00-01:00 (Last gondola up at 00:30) 11 Aug - 31 May: 10:00-23:00 (Last gondola up at 22:30) bus 26 from Havnegata	<b>THE POLAR MUSEUM</b> E2 POLARMUSEET History of winter trapping, seal hunting and polar expeditions; temporary exhibitions with arctic content. Winter: 1 Jan - 14 Jun & 16 Aug - 31 Dec: 11:00-17:00 Summer: 15 Jun - 15 Aug: 09:00-18:00	<b>TROMSØ CATHEDRAL</b> C1 TROMSØ DOMKIRKE World's northernmost Protestant cathedral from 1861. Summer concerts.	<b>TROMSØ DEFENCE MUSEUM</b> F4 TROMSØ FORSVARSMUSEUM Exhibits related to the sinking of the battleship Tirpitz in 1944 at Håkøya. Jun - Aug: Wed-Sun 12:00-17:00 May and Sep: Sun 12:00-17:00 Oct - Apr: Closed Tromsø Barracks: Jun - Sep: Sat-Sun bus 28 from Havnegata	<b>TROMSØ UNIVERSITY MUSEUM</b> A5 Sami culture, Stone Age and Viking eras, church art, Northern Lights and Arctic wildlife. 01 Sep - 31 May: Mon-Fri 10:00-16:30 Sat 12:00-15:00, Sun 11:00-16:00 1 Jun - 31 Aug: Mon-Sun 9:00-18:00 bus 37, 33	<b>FOLKEPARKEN OPEN AIR MUSEUM</b> A5 Two outdoor areas with 24 buildings of antiquarian value. 28 Jun - 23 Aug: Sun 12:00-16:00 Free guided tour Sun at 12:00 bus 37, 34, 33	<b>MACKS BREWERY</b> B1 ØLHALLEN Brewery established 1877, city's oldest pub, microbrewery, shop, tours. Mon-Wed 10:00-20:30 Thur 11:00-00:30 Fri 11:00-01:30 Sat 10:00-01:30 Guided tour Mon-Fri 15:30	<b>SCIENCE CENTRE OF NORTHERN NORWAY</b> D5 NORDNORSK VITENSENTER Interactive exhibits and planetarium films. Mon-Sun 11:00-16:00 bus 20, 21, 34 from Fr. Langes Gate
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#### SYMBOLS

- Attraction
- Café / pub / restaurant
- Bus route
- Bus stop
- Airport Express Coach
- Bus tickets machine
- Taxi
- Electric car charging
- Pharmacy
- Supermarket
- Public toilet
- Luggage storage
- Post office / Foreign exchange
- Viewpoint

Opening times subject to seasonal change. Some attractions will be closed 1 May and 17 May. Please check on our website: [www.visit tromsno](http://www.visit tromsno)

# TROMSØ ISLAND

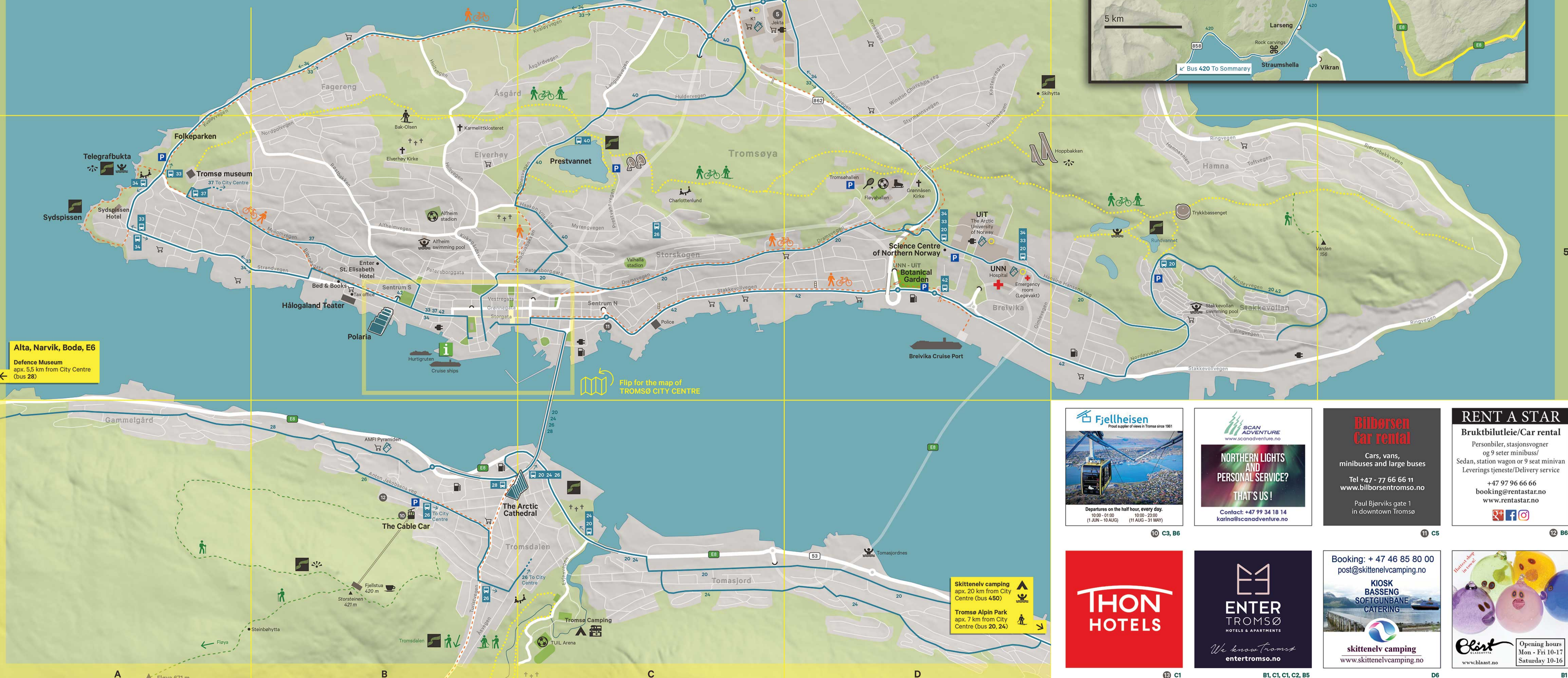
## SYMBOLS

- Northern lights observation point
- Tourist information
- Bus route
- Bus stop
- Bus tickets / Bus tickets machine
- Suggested walking/cycling route
- Floodlit walking/skiing trail
- Hiking trail
- Viewpoint
- Beach
- Children's play area
- Ski lift
- Indoor ice skating rink
- Supermarket
- Petrol station
- Electric car charging

**WALKING DISTANCES FROM CITY CENTRE:**

Botanical Garden	3,5 km (approx. 45' walk)
Breivika Cruise Port	4 km (approx. 50' walk)
The Arctic Cathedral	1,8 km (approx. 20' walk)
Prestvannet	1,8 km (approx. 20' walk)
Tromsø Museum	3 km (approx. 40' walk)

2 km – approximately 25 minutes walk



Alta, Narvik, Bodø, E6  
Defence Museum  
apx. 5,5 km from City Centre  
(bus 28)

Flip for the map of  
TROMSØ CITY CENTRE

Skittenev camping  
apx. 20 km from City  
Centre (bus 450)

Tromsø Alpin Park  
apx. 7 km from City  
Centre (bus 20, 24)

**Fjellheisen**  
Proud supplier of views in Tromsø since 1961

Departures on the half hour, every day,  
10:00 - 01:00      10:00 - 23:00  
(1 JUN - 10 AUG)      (11 AUG - 31 MAY)

10 C3, B6

**SCAN ADVENTURE**  
www.scanadventure.no

NORTHERN LIGHTS  
AND  
PERSONAL SERVICE?  
THAT'S US!

Contact: +47 99 34 18 14  
karina@scanadventure.no

11 C5

**Bilbørsen Car rental**

Cars, vans,  
minibuses and large buses

Tel +47 - 77 66 66 11  
www.bilboersentromso.no

Paul Bjorviks gate 1  
in downtown Tromsø

12 B6

**RENT A STAR**

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Personbiler, stasjonsvogner  
og 9 seter minibuss/  
Sedan, station wagon or 9 seat minivan  
Leverings tjeneste/Delivery service

+47 97 96 66 66  
booking@rentastar.no  
www.rentastar.no

12 B6

**THON HOTELS**

18 C1

**ENTER TROMSØ**  
HOTELS & APARTMENTS

We know Tromsø  
entertromso.no

B1, C1, C1, C2, B5

Booking: + 47 46 85 80 00  
post@skittenevcamping.no

**KIOSK BASSENG**  
SOFTGUNBANE  
CATERING

skittenev camping  
www.skittenevcamping.no

D6

**Clint**  
www.hlaast.no

Opening hours  
Mon - Fri 10-17  
Saturday 10-16

B1

**POLARIA**  
ARCTIC EXPERIENCES IN TROMSØ

MAY 18 - AUGUST 31: 10:00 - 19:00  
SEPTEMBER 1 - MAY 17: 10:00 - 18:00  
BOOKING@POLARIA.NO / +47 77 75 01 00

HJALMAR JOHANSENSGATE 12, TROMSØ www.polaria.no

A1

**Experience Tromsø Region**  
- takes you to all our winter activities  
in the Tromsø region

Route 1: Tromsø - Narvik - Tromsø,  
correspond with train to and from Narvik.  
Daily departures from 01.12 - 31.03

Route 2: Tromsø - Lyngen - Tromsø  
Daily departures from 01.12 - 31.03

Contact us for more info:  
www.bussring.no • facebook.com/bussring  
e-mail: post@bussring.no • tel: +47 40 00 21 96

**Bussring**

B2

**THE BEAUTY OF NORWEGIAN HANDCRAFT**

**NORSK flid**

**HUSFLIDEN**

SJØGATA 4, TROMSØ. TLF: + 47 777 588 60

B2

**Emma's DROMMERJØKKEN**

www.emmas.as  
Kirkegata 8, Tromsø  
Tel +47 77 63 77 30

Welcome to Emma's lunch & dinner

B3

**BARDUS BISTRO**

**MORE FUN THAN FORMAL**

CORA SANDELSGATE 4, 9008 TROMSØ  
926 74 888 | bardus.no

D1

**THE SECRET TO SEAFOOD EXCELLENCE**

Fiskekompaniet

Fiskekompaniet was established more than 20 years ago and is more popular than ever. The secret is to make exceptionally good seafood and serve both traditional and modern compositions, while never excluding tasty meat dishes completely. Careful cooking methods are used to preserve the quality of the ingredients, and research and experimentation with compositions of tastes, textures, shapes and colours create the best food experiences. Welcome to our restaurant!

15 D2