



great sights | hallwylska museet

The Hallwyl Palace was built as a private home at the end of the 19th century. It was one of the first houses in Stockholm to have electricity and telephones installed, and its beautiful interiors have remained virtually untouched since the 1920s.

The first floor is free but to see the rest you must join a guided tour.

Hamngatan 4. Tel: +46 8 519 555 99

NIGHTCLUBS

SPY BAR | One of the hardest-to-get-into spots in town. If you make it past the doormen, you'll know you've made it.

Birger Jarlsgatan 20 | Tel: +46 8 545 037 01

KVARNEN | One of Sweden's few remaining authentic beer halls. The place to go for rustic charm, local-bar-feel, friendly service and high ceilings.

Tjärhovsgatan 4 | Tel: +46 8 643 03 80

PATRICIA | Nightclub, restaurant and bar on four decks of a boat. A bit of a meat-market, but lively and unpretentious.

Stadsgårdskajen 152 | Tel: +46 8 743 05 70

last chance | famous maker of cabinets

A major exhibition of Georg Haupt, Sweden's most renowned cabinet-maker and pioneer of the Gustavian style, is being shown at the Royal Palace. The 30 hand-crafted pieces of furniture include writing desks, commodes, cabinets, worktables and beds.

If you are a stickler for authenticity, make your way to the recreation of a section of Gustav III's divan room.

The Royal Palace | Gamla Stan | Tel: +46 8 402 61 30 | www.royalcourt.se | Until October 29

LIVE MUSIC

MOSEBACKE | With live music and good food, plus events to suit all tastes, Mosebacke has built a loyal clientele of young and old alike. Some of the highlights this month are the **Max Schultz Band** (5/10) a group of artists who have long been at the forefront of the Swedish jazz scene; **Peter Barlach** is back but without a band (11/10). Don't miss the **jazz brunch** every Saturday between 11 am and 3 pm. No need to book but be early to make sure you get a good seat.

Mosebacketorg 3 | Tel: +46 8 556 098 90 | www.mosebacke.se

AIRPORT TRANSFER

➔ **Arlanda Express shuttle train** (tel: +46 8 588 890 00) takes 20 minutes from Arlanda Airport to Central Station in downtown Stockholm. Tickets cost SEK 200 (single) or SEK 380 (return). **Airport Coaches** (tel: +46 8 600 10 00), which take you to the center of Stockholm in 40 minutes, cost SEK 95 (single) or SEK 175 (return). **Taxi Stockholm** (tel: +46 8 15 00 00) has a fixed price from (SEK 445) and to (SEK 475) Arlanda Airport, as does **Taxi 020** (tel: +46 20 20 20 20) – SEK 445.

WORKOUT

YASURAGI HASSELUDDEN | Japanese spa with sushi school, Zen meditation and Qi Gong.

Hamndalsvägen 6, Saltsjö-Boo | Tel: +46 8 747 61 00

CENTRALBADET | Beautiful 1904 building with gym, steamrooms, saunas, baths, hot-tubs and a stunning art nouveau pool.

Drottninggatan 88 | Tel: +46 8 545 213 00

STUREBADET | An 1885 palace of health, relaxation ... and networking.

Sturegallerian, Stureplan | Tel: +46 8 54 50 15 00

Dining



Exclusive

VASSA EGGEN | It's hard to put a label on the food at Vassa Eggen, apart from saying it's exquisite, unique and delicious. It's much less on everyone's lips than the other gourmet restaurants in town, so you feel much more "in the know" here.

Birger Jarlsgatan 29 | Tel: +46 8 21 61 69

Classics

DEN GYLDENE FREDEN | Translated literally, the name of this restaurant is "The Golden Peace" and its interior is more or less the same as when it opened its doors in 1722 as a tavern. If you're there on a Thursday, you might bump into the Swedish Academy (those who name the yearly Nobel Prize winner for literature) who meet in the Bellman Room for dinner.

Österlånggatan 51 | Tel: +46 8 24 97 60

Moderate

LUNDBERG | A small, cozy and popular restaurant open in the evenings for dinner. Prices are good, food is not fancy but delicious and the table turnover is high. So be prepared to eat, enjoy a glass, and leave.

Rörstrandsgatan 12 | Tel: +46 8 30 57 47

Inexpensive

IKEA | The world's largest IKEA store may not seem like the best place to dine, but if you're on a tight budget you can do much worse. The bare-bones Swedish menu is both tasty and a good bargain. Their five-kronor hot dogs are an integral part of a true IKEA experience.

Kungens Kurva | Tel: 020-43 90 50



Den Gyldene Freden

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great sights | **vigeland park**



Approximately 200 sculptures by Gustav Vigeland (1869-1943) are on display here. Vigeland also designed the layout of the park.

Main entrance from Kirkeveien | Tel: +47 22 54 25 30 | www.museumsnett.no/vigelandmuseet

last chance | the ultimate in music

This year's Ultima Oslo Contemporary Music Festival focuses on "Music as Memory" as groups take you down memory lane with melodies associated with different communities.

Visitors can choose from a treasure hunt for sounds or Arne Nordheim's sound installation at the Bekkelaget water purifying plant. A Composer Prize is bestowed on some lucky musician during the event.


Various venues in Oslo | Tel: +47 22 42 99 99 | www.ultima.no | Until October 16

LIVE MUSIC

SMUGET | This spot host everything from pure jazz to hard rock, R&B and funk, as well as stand-up shows. The best this month's includes **Smiths Venner** (11/10), led by Norway's number one drummer, Erik Smith, who performs soul and funk. **Loveshack** (14/10) is Smuget's most popular weekend band which specializes in Eighties music with all the danceable hits from that decade. At the end of the month, **Blodsbrødre** (21/10) plays charming rock 'n' roll with a focus on Norwegian rock classics.

Rosenkrantz gate 22 | Tel: +47 22 42 52 62 | www.smuget.no

AIRPORT TRANSFER

 The fastest way to downtown Oslo is by **Flytoget**, the shuttle train, which takes you to the city center in 20 minutes. A one-way ticket costs NOK 160. Trains run from 5.35 am to 12.35 am every 10 minutes.

NIGHTCLUBS

NEON | A place to see and be seen. Come late and leave early for best celebrity effect.

Hegdehaugsveien 22 | Tel: +47 22 60 00 90

BLÅ | Warehouse-turned-jazz-club where DJs and live bands appear on stage. Phone ahead before going as differs wildly from one night to the next.

Brenneriveien 9C | Tel: +47 22 20 91 81

GLORIA FLAMES | Be prepared to stand in line at this minimalist rock'n'roll bar featuring top-class metal, punk and grunge artists.

Grønland 18 | Tel: +47 22 17 16 00

WORKOUT

BALANCE YOGA & PILATES-STUDIO | For toned muscles, focus and balance as well as mental relaxation, drop in for a yoga or pilates class.

Rosenborggate 9 | Tel: +47 22 60 96 69

ARTESIA | Luxurious gym and health center with all types of equipment. Also offers water aerobics and pilates.

Majorstuveien 36 | Tel: +47 22 93 35 50

PUST OKSYGENBAR | Oxygen bar that will move your breath rather than your body. Relax with a flavored oxygen of your choice for 30 minutes.

Grünersgata 3 | Tel: +47 41 65 60 60

Dining



Exclusive

NODEE | Specializes in dishes from Szechuan, but this has nothing to do with the food you get from your local Chinese takeaway. Simplicity is a key word. It's located close to Vigeland Park and the Colosseum cinema, so why not combine the three?

Middelthunsgate 25 | Tel: +47 22 93 34 50

Classics

OSLO SPISEFORETNING | This place only serves food made of Norwegian ingredients, although the preparation and style is more French. They also have detailed info on where the meat comes from so no caged chickens or mistreated cows will find their way to your plate in this place.

Oslo gate 15 | Tel: +47 22 62 62 10

Moderate

SÜD-ØST | Massive tables, exposed-brick walls and a tree in the middle of the room make this restaurant worth a visit. It also has an in-house bakery for those lazy Sunday afternoons. The restaurant transforms into a lively bar at night. Table reservations necessary.

Trondheimsv. 5 | Tel: +47 23 35 30 70

Inexpensive

RICE BOWL THAI CAFÉ | With prices starting under 90 kroner for a main course, you wouldn't expect much in Oslo, but Rice Bowl proves to be a perfect eatery for a lazy afternoon. The only drawback is the lack of an alcohol license.

Youngs gate 4 | Tel: +47 22 41 20 06



Nodee

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great sights | museum erotica

The city's most notorious museum is not just about shameless pornography (although that does play a significant role). There are also displays on the history of erotica and the dubious lifestyles of historical figures.
**Købmagergade 24 | Tel: +45 33 12 03 11 |
www.museumerotica.dk**

NIGHTCLUBS

RUST | The cafe named after the man who flew to Moscow has grown into a superb nightclub and music venue.

**Guldbergsgade 8 |
Tel: +45 35 24 52 00**

PARK CAFÉ | The closest thing Copenhagen has to a multimedia entertainment complex with three dance floors, a restaurant and a cinema.

**Østerbrogade 79, Østerbro |
Tel: +45 35 42 62 48**

OIL | Brand new, super-trendy restaurant and bar out on the harbor front. Co-owned by ex-Aqua front man Rene Dif.

Esplanaden 8 | Tel: +45 70 22 08 70

last chance | skating marathon

The fifth and final Friday Night Skate of the year takes place on October 13. You can either look on or don a pair of skates and whizz undisturbed by traffic through the streets of the city center.

Anyone can enter – it's free and there's no need to sign up beforehand. The only condition is that you are a good skater – which you will have to judge for yourself. Check the route beforehand.

Friday Night Skate Copenhagen | <http://fns-cph.dk>

COPENHAGEN

LIVE MUSIC

JAZZHOUSE | Superbly located just off Strøget and the leading joint for live jazz in the city. On Thursdays, Fridays and Saturdays, it turns into a nightclub after the non-night owls have tucked in. This month don't miss the "grand old man" of Denmark's bass guitarists **Hugo Rasmussen Allstarz** (8/10); **Bojan Z Trio** led by the famous Serbian pianist (21/10); and world-famous **Curtis Stigers** (23/10-26/10) who has put his mark on tunes from Sting, Randy Newman and Tom Waits.

Niels Hemmingsens Gade 10 | Tel: +45 33 15 47 00 | www.jazzhouse.dk

AIRPORT TRANSFER

➔ Continue straight ahead after customs and take the quick and efficient **train** to the city center. The trip to the downtown Central Station takes about 15 minutes and costs DKK 27 one-way. **Taxis** into town cost about DKK 180. You will find them if you turn right after customs.

COPENHAGEN COPENHAGEN

WORKOUT

ARNDAL SPA | Boasts a pool, spa, and gym, and offers a host of treatments for weary bones like salt baths, aromatherapy and solarium.

Hotel d'Angleterre, Kongens Nytorv 34 | Tel: +45 33 37 06 68

S.A.T.S | Represented at 15 locations in greater Copenhagen. With 3,000 square meters, the one in Parken football stadium is the biggest and baddest.

Øster Alle 42 | Tel: +45 35 55 00 78

DGI-BYEN | Multi-purpose sporting house near the Central Station has all a sports freak could ask for. The aroma therapy comes highly recommended.

Tietgensg. 65 | Tel: +45 33 29 80 00

Dining



Exclusive

RESTAURANT PRÉMISSE | Chef Rasmus Grønbech and sommelier Christian Aarø Mortensen opened this spacious, elegant and, it has to be said, expensive, restaurant at the end of 2004. Their multiple-course tasting menu is lavish, innovative and meticulous in its attention to detail – everything from the liquorice bread to the locally-sourced game is guaranteed to delight.

**Dronningens Tværgade 2 |
Tel: +45 33 11 11 45**

Classics

GAMMEL STRAND | The quiet ambience and elegant service make this classic Danish restaurant a favorite for the well-heeled in the mood for traditional Danish food and conversation, rather than partying.

**Gammel Strand 42 |
Tel: +45 33 91 21 21**

Moderate

DEN LILLE FEDE | "The little fat one" in Boltens Gård is one of the most creative kitchens in town and is one of Copenhagen's best pre-clubbing venues. This funky dining area serves great food at surprisingly reasonable prices.

**Store Kongensgade 15 |
Tel: +45 33 33 70 02**

Inexpensive

WAGAMAMA | This brand-new branch of the famous London noodle canteen is right next to Tivoli and serves cheap noodle dishes, soups, dim sum and curries.

Tietgensgade 20 | Tel: +45 33 75 06 58



Den Lille Fede

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