Discovering *Norway*

Ranked among the happiest countries in the world, Norway enchants visitors with its stunning natural beauty—from dramatic fjords and snow-dusted peaks to the spectacular Northern Lights.

This Scandinavian gem blends untamed wilderness with urban sophistication, seen in cities like Oslo and Bergen, where colorful wooden houses sit alongside sleek modern architecture and a vibrant cultural scene.

No matter the season, Norway offers endless opportunities for adventure. Hike along dramatic coastal trails, fish in crystal-clear waters, or embrace winter sports on pristine slopes. Known for its high quality of life and strong commitment to sustainability, Norway welcomes travelers with experiences that celebrate both nature and culture in a mindful, memorable way.

Activity Level
Mid level



Check in Process

In Norway, standard hotel check-in typically begins at 3:00 PM. Policies vary by property, so confirm exact times with your hotel.

Visa Process

U.S. Citizens: May also enter Greece and other Schengen countries without a visa for up to 90 days within a 180-day period for tourism or business. A valid passport is required for entry, with at least three months' validity beyond your intended departure date from the Schengen area.

Credit Cards

Credit cards are widely accepted throughout Norway, particularly in cities and tourist areas. Most shops, restaurants, and hotels accept major cards such as Visa, MasterCard, and American Express. Contactless payments are common, and many businesses support mobile wallets like Apple Pay and Google Pay.

While cards are the primary payment method, it's advisable to carry some cash in Norwegian Kroner (NOK) for smaller establishments or rural areas where cards may not be accepted.

Currency

The official currency of Norway is the Norwegian Krone (NOK).



Cultural Norms

When visiting Norway, keep the following customs in mind:

Punctuality: Being on time is highly valued.

Personal space: Norwegians are generally reserved and appreciate personal space.

Equality: Gender equality is strongly upheld.

Quietness: Loud conversations in public are discouraged.

Minimalism: Simple, understated style is preferred.

Tipping: Not mandatory but appreciated for good service.

Nature appreciation: Outdoor activities and respect for nature are central to daily life.

Respecting these cultural norms will help you enjoy a more authentic and positive experience in Norway.



Summer Highs **77-86°F**

Summer Lows **50-60°F**



Winter Highs **32-44°F**

Winter Lows **-22-32°F**



Spring Highs **50-59°F**

Spring Lows **34-44°F**



Autumn Highs **40-59°F**

Autumn Lows **32-39°F**

Language

Norway has two official languages: Norwegian and Sámi. Norwegian is the primary language spoken, but English is widely understood, especially in tourist areas, hotels, and restaurants.

Pharmacies

Pharmacy opening times in Norway generally run from **9:00 AM to 5:00 PM** on weekdays. Some pharmacies also open on Saturdays, typically from **9:00 AM to 1:00 PM**. Larger pharmacies in cities and tourist areas may have extended hours, and a limited number operate **24/7 for emergencies**. Always check local listings for exact opening times.



Dining

Norwegian cuisine reflects the country's traditions, with an emphasis on fish, dairy, and hearty local ingredients. Popular dishes include:

Rømmegrøt: Creamy sour cream porridge

Lutefisk: Dried fish reconstituted in lye

Kjøttkaker: Norwegian meatballs with potatoes and brown sauce

Rakfisk: Fermented fish with flatbread and sour cream

Brunost: Sweet, caramelized goat's cheese

Pølse med lompe: Hot dog wrapped in flatbread

Sursild: Pickled herring

Skrei: Seasonal cod, typically served with potatoes and butter

Emergency

In Norway, the following emergency numbers are available 24/7 and are free to call from both landlines and mobile phones:
Police: 112
Medical Emergencies: 113
Fire Department: 110



Air conditioning and heating

Hotels in Norway are equipped with central heating systems to keep rooms warm during the cold winter months. Guests typically have individual room controls to adjust the temperature to their comfort. As Norwegian winters can be very cold, hotels ensure rooms remain well-heated and cozy throughout the season.



Plug Sockets

In Norway, the standard plug sockets are Type C and Type F, similar to those used in most of Europe.

Type C: Two round parallel prongs
Type F: Two round parallel prongs and two grounding clips

The standard voltage is 230V, and the frequency is 50Hz. If you're travelling from a country with different plug types or voltage, you may need an adapter or voltage converter.

Gratuities

Tipping in Norway is not mandatory, as service charges are typically included in the bill. However, it is appreciated as a gesture of thanks for good service.

Restaurants: Rounding up the bill or leaving 5–10% is common if you're satisfied with the service.
Taxis: Rounding up the fare is customary.
Hotels: A small tip for housekeeping is appreciated but not expected.
In general, tipping in Norway is considered a voluntary gesture of appreciation rather than a requirement.



What to pack

When traveling to Norway in winter, be prepared for cold and snowy conditions by packing the following essentials:

Warm clothing: Insulated jacket, thermal layers, wool sweaters, waterproof outerwear.

Footwear: Waterproof boots and thick socks.
Accesories: Hat, gloves, scarf, earmuffs.

Winter gear: Sunglasses, hand warmers.

Skin care: Moisturiser and lip balm with SPF.

Other essentials: Small backpack, camera and power bank.

Layering is key to staying warm and comfortable during outdoor activities.

