I'm not a robot

Are you planning a trip to Oslo? Here's everything you need to know about how to get around Norway's capital city on the metro, known locally as the T-Bane. When I first moved to Norway in 2011, I used the T-Bane every day to get to know my new home. It took me high up into the city forests, to football games, and on shopping trips downtown. Holmenkollen T-Bane station in Oslo. Twelve years later, whenever I visit Oslo the T-Bane feels instantly familiar. Lines have been extended and renumbered, and new stations built, but the Oslo metro system is still an important part of my visits. If you're relocating to Oslo or simply planning a trip, here's my guide to the T-Bane. Even if you own or rent a car, knowing how to use the T-Bane is important in a city in which parking is difficult and expensive. The T-Bane has been transporting residents and tourists alike around Oslo since the 1960s. Today, it's an integral part of public transport in Oslo, connecting with tram and bus lines to provide comprehensive coverage in and around Oslo. Spanning almost 100 kilometres and serving five lines, the T-Bane glides beneath the city's historic streets and also emerges above ground to offer riders views of the surrounding forests and fjord. Oslo T-bane station entrance sign. Its stations serve as gateways to Oslo's diverse neighbourhoods and attractions. The stations are easy to locate on Google Maps or Apple Maps. In person, you'll spot the large blue and white T signs when you are close by. Some stations–especially downtown–have multiple entrances. The tunnels–especially the shared city centre tunnel–give the network its name. T-Bane stands for tunnelbane–or tunnel train. There are several lines in the network but they all converge in one large shared city centre tunnel. This means that you never have to wait long for a metro train if you are travelling between one of the city centre stations. Oslo metro map. Image: Truls Lange Civitas / Ruter. Within the central area, it's useful to know if you're heading westbound or eastbound, as this is how platforms tend to be labelled. In other parts of the network, platforms are likely to be labelled 'towards the city centre' or 'away from the city centre', or it may refer to the final station on the line. Numbered 1-5, each of the lines goes from one side of the city to the other and through the central tunnel. Following the network changes in 2016, line 5 now incorporate the former 'Ringen' loop line as part of the Sognsvann to Vestli line. While the system looks comprehensive, it doesn't cover the entire city. Some of the most notable stations include: Jernbanetorget: This large station with multiple entrances connects with Oslo Central Station. For tourists, it's useful for getting to Oslo Opera House. Waiting for a metro train on the wide platform at Jernbentorget in central Oslo. Nationaltheatret: Connects with trains and trams. Also good for visiting the National Theatre, the Royal Palace and gardens, Oslo City Hall, the Nobel Peace Centre, and Aker Brugge / Tjuvholmen. Majorstuen: Although the tram stops right outside Vigeland Sculpture Park, it can be more convenient to take the T-Bane to Majorstuen and simply walk from there. Holmenkollen: Access to the Holmenkollen ski jump and arena. Bear in mind the attraction is an uphill walk from the T-Bane station. Frognerseteren: The last station on line 1 provides fantastic access to the trails of Nordmarka forest. In the winter, this is a popular starting point for skiing and sledding. Forskningsparken: Oslo Science Park, and parts of the University of Oslo. One of several entrances to Stortinget T-Bane station. Ullevål Stadion: As the name suggests, this station is primarily used for sports events and concerts at the city's Ullevål Stadium. The easiest way to check timetables and plan a route is by using the Ruter website or app. Just bear in mind that results may include buses and trams unless you specify the T-Bane specifically. The vast majority of the website and the app is available in English. The app is a little complicated at first, but stick with it! Public transport in Oslo has a unified ticketing system, for which you can buy single tickets (valid for 60 minutes) or period tickets. Period tickets are available in 24-hour, 7-day, 30-day, or 365-day durations. Although physical cards are still available, the vast majority of travellers now buy digital tickets using the Ruter app. You can connect a credit card or Vipps for payment. T-Bane train arriving at Økern station. Whether you're getting a period pass or taking a single journey, the easiest way to buy a ticket is with the Ruter app. However, not everyone–especially tourists–finds using an app easy, so there are other ways too. A physical card is only worth getting if you are going to be in Oslo for a while, as a new one costs NOK 50. The card can then be loaded with a specific ticket–such as a 30-day ticket–or cash which can be used on a pay-as-you-go basis. For the pay-as-you-go option, you simply tap the card on a reader as you enter the T-Bane station. If the station doesn't have a reader, you scan the card onboard the metro. This will deduct the price of a single ticket from the card. Physical travel cards or single tickets can be purchased from kiosks such as Narvesen and 7-Eleven, Ruter service points, and staffed train stations. Buying a ticket and/or ensuring your travelcard is valid is important in Oslo as ticket inspections are frequent, especially in and around the city centre. If subjected to an inspection, you will be required to show your digital ticket, paper ticket, or have your travelcard scanned. If you cannot produce a valid ticket, you'll be given a fine of NOK 1150, which is reduced to NOK 950 if you pay immediately. With the population of Oslo and its surroundings set to increase massively in the decades to come, Ruter is planning to expand the T-Bane network. A view across Oslo, Norway. A major extension is planned for the city centre, to reduce the dependence on the single shared tunnel. A new 5km tunnel will connect Majorstuden and Tøyen via new stations at Bislett and Grünerløkka. The new tunnel will also connect to the existing tunnel at Stortinget station. Meanwhile, work on a 8km extension from Majorstuen to Fornebu is well underway, with new stations being built at Skøyen, Vækerø, Lysaker, Telenor Arena, Flytårnet, and Fornebu. The Fornebu extension has caused great political controversy over recent years because of the increasing costs, but has now been confirmed. Following delays, the line won't be open any earlier than 2029. All of our tickets can be used on Ruter's Metro, trams, buses and ferries, and on Vy's trains in Oslo and Akershus. There is no night fare. You can use the same tickets both day and night. Våre nettsider benytter informasjonskapsler (cookies) til sikkerhet og analyse. Les mer om hvilke vi bruker og hvordan vi administrerer dem her: cookies-erklæringVi bruker noen cookies som er nødvendige for at nettsiden skal kunne fungere som tiltenkt. Les nærmere under cookies-erklæring om hvilke cookies som er helt nødvendigeVi bruker analyseverktøy for å samle anonym statistikk om hvordan nettsidene brukes, slik at vi kan forbedre tjenesten vår. Oslo, the capital of Norway, is a beautiful and modern city with an efficient public transport system that makes getting around easy for both locals and tourists. Whether you're visiting Oslo for the first time or you're a seasoned traveler, knowing how to navigate the city is important to make the most of your trip. In this guide, we'll take a look at the different public transport options available in Oslo and give you all the tips you need for a smooth journey. The public transport in Oslo is operated by Ruter, which manages buses, trams, ferries, and the metro (also known as the T-bane). The transport network is well-connected, reliable, and easy to use, making it simple to get from one part of the city to another. Here are the main types of public transport you can use in Oslo: Metro (T-bane) Trams Buses Ferries Local Trains Before you start your journey, you'll need a Ruter ticket, which is valid for all types of public transport (metro, tram, bus, and ferry) within the Oslo area. The great thing about Oslo's transport system is that one ticket works across all modes of transport, making it very convenient. Single Ticket: Valid for 60 minutes from the time of activation. Price: 39 NOK for adults and 20 NOK for children and seniors. 24-Hour Ticket: Offers unlimited travel for 24 hours within the Oslo area. Price: 117 NOK for adults and 59 NOK for children and seniors. 7-Day Ticket: Perfect for longer stays, offering unlimited travel for 7 days. Price: 323 NOK for adults and 162 NOK for children and seniors. 30-Day Ticket: Ideal for extended stays or frequent travelers, giving you unlimited access for a whole month. Price: 814 NOK for adults and 407 NOK for children and seniors. Ruter App: The easiest way to buy tickets is through the Ruter app, available on smartphones. You can purchase and activate tickets directly through the app. Ticket Machines: Found at metro stations, major bus stops, and tram stops. Kiosks: You can also buy tickets at convenience stores such as Narvesen and 7-Eleven. Onboard: You can buy tickets from the driver on buses, but it's more expensive and only available for single tickets. The T-bane (metro) is the fastest and most efficient way to get around Oslo, especially if you're traveling longer distances. There are five metro lines (T1 to T5), and they all pass through Jernbanetorget, which is the central hub at Oslo Central Station. Frequency: Metro trains run every 5-10 minutes during the day and less frequently in the evening. Operating Hours: The metro operates from 5 AM to midnight, and there are night services on weekends. Key Stops: Some popular metro stops include Majorstuen, Frognerseteren (great for hiking), and Sognsvann (a scenic lake area). Trams in Oslo are perfect for shorter distances and offer a scenic way to travel through the city. There are six tram lines (Lines 11, 12, 13, 17, 18, 19) that connect different parts of the city, making stops at many tourist attractions. Frequency: Trams run every 10 minutes during peak hours. Popular Routes: Line 12 takes you to Frogner Park, where you can visit the famous Vigeland Sculpture Park, while Line 13 goes through Grünerløkka, a trendy area known for its restaurants, bars, and shops. Buses cover areas not served by the metro or trams and are a good option for getting around the suburbs or reaching parts of Oslo outside the city center. Operating Hours: Buses run from early morning until around midnight, and there are night buses on weekends. Key Routes: Bus 30 takes you to Bygdøy, where you can visit several of Oslo's top museums, including the Viking Ship Museum and the Fram Museum. If you're looking to explore the beautiful Oslo Fjord, you can hop on a ferry using the same Ruter ticket you would for the metro, tram, or bus. The ferries depart from Aker Brygge and take you to the nearby islands of Hovedøya, Lindøya, and Gressholmen. Ferry Line B1: This line serves the islands and runs regularly throughout the day, especially during the summer when the islands are popular spots for hiking and picnicking. For journeys outside of Oslo but still within the surrounding region, local trains are another good option. These trains are part of the same ticket system and are particularly useful for trips to nearby cities like Drammen or Ski. The trains are also a good way to reach Oslo Airport, though an additional fee is required to use the Flytoget airport express. Download the Ruter App: It's highly recommended to download the Ruter app for easy ticket purchasing, route planning, and real-time updates on departures and arrivals. Validate Your Ticket: If you buy a paper ticket, make sure to validate it by scanning it at the station or on the bus/tram. For digital tickets, simply activate them before boarding. Check the Schedule: While transport in Oslo is frequent, it's always good to check the schedule, especially for buses and ferries, as they may run less often during off-peak hours or on weekends. Avoid Peak Hours: If you can, avoid traveling during peak times (7 AM – 9 AM and 4 PM – 6 PM) to avoid crowded trains and buses. Night Services: If you're out late on weekends, note that some night buses and metro services run after midnight, but make sure to check the schedule in advance. Getting around Oslo is easy, thanks to its well-connected and efficient public transport system. Whether you're taking the metro to explore the city's parks, hopping on a tram to visit cultural attractions, or cruising the fjords by ferry, you can rely on Oslo's transport network to make your journey smooth and enjoyable. With the help of this guide, you'll be navigating the city like a local in no time! There is a lot of history associated with the Oslo Metro. In 1898, the first line of the metro network was opened, at a time when most other countries didn't have a metro system to complement their public transport. Thirty years later, it became the first metro system in Norway to have an underground line. Since then, it has been a popular means of public transport for the people of Oslo, Norway, with the network carrying nearly 100 million passengers a year. It operates on 5 lines and serves 101 stations along its 85 km length. Sporveien T-banen is responsible for the operation of the T-bane, as the locals call it. This metro system, commonly known as T-Bane, is an essential part of Oslo's public transport system, with 268,000 passengers using the service every day. However, it does not offer 24-hour service and operates from 5:30 to 01:00 (M-D). The T-Bane does not have air conditioning, but does allow passengers to walk between platforms. It also does not have driverless trains or platform screen doors. The T-Bane has an average fare of NOK 32 per trip. The operation is efficiently managed by Oslo T-banedrift. For further details, please visit the Oslo Metro Official Website. Oslo Metro Map Map of Oslo Metro showing different lines and stations. Click on the map to enlarge it. Lines The Oslo Metro currently operates five lines, with an additional line under construction. The network has a total length of 80 kilometres (49.70 miles) and consists of 101 stations scattered throughout the city, effectively serving the central Oslo metropolitan area from east to west. Each line has a unique number and colour, making it easy to identify on the underground station maps. The T-banen, as it is known, consists of the following lines Line 1 (sky blue) Identifiable on the system maps by its sky blue colour and the number 1, this line starts at Frognerseteren station, serving the Frognerseteren and Tryvann communities, and ends at Bergkrystallen station in the Lambertseter area. It includes 35 stations and serves neighbourhoods such as Midtstuen, Majorstuen, Nordstrand, Sentrum and Grønland. Commercial stops on Line 1 include Frognerseteren, Voksenkollen, Lillevann, Skogen, Voksenlia, Holmenkollen, Besserud, Midtstuen, Skådalen, Vettakollen, Gulleråsen, Gråkammen, Slemdal, Ris, Gaustad, Vinderen, Steinerud, Frøen, Majorstuen, The National Theatre, Stortinget, Jernbanetorget, Grønland, Tøyen, Ensjø, Helsfyr, Brynseng, Høyenhall, Manglerud, Ryen, Brattlikollen, Karlsrud, Lambertseter, Munkelia, Bergkrystallen. Line 2 (orange) Line 2, identified by the colour orange and the number 2 on station maps, runs from Østerås station in the neighbourhood of the same name to Ellingsrudåsen station, connecting to the municipalities of Ellingsrud and Alna. It passes through 26 commercial stations, passing through areas such as Eiksmarka, Makrellbekken, Borgen, Vika, Helsfyr and several others. The stations served by this line are Østerås, Lijordet, Eiksmarka, Ekraveien, Røa, Hovseter, Holmen, Makrellbekken, Smestad, Borgen, Majorstuen, Nationaltheatret, Stortinget, Jernbanetorget, Grønland, Tøyen, Ensjø, Helsfyr, Brynseng, Hellerud, Tveita, Haugerud, Trosterud, Lindeberg, Furuset, Ellingsrudåsen. Line 3 (Lilac) Identified by the colour lilac and the number 3 on the station maps, Line 3 starts at Kolsås station in the district of Bærum, also known as Kolsås, and ends at Mortensrud station in the district of the same name in the district of Søndre Nordstrand. The line has 33 stations and serves communities such as Haslum, Jar, Smestad, Sentrum, Tøyen, Godlia and many others. Stations served by Line 3 include Kolsås, Hauger, Gjettum, Avløs, Haslum, Gjønnes, Bekkestua, Ringstabekk, Jar, Bjørnsletta, Åsjordet, Ullernåsen, Montebello, Smestad, Borgen, Majorstuen, Nationaltheatret, Stortinget, Jernbanetorget, Grønland, Tøyen, Ensjø, Helsfyr, Brynseng, Hellerud, Godlia, Skøyenåsen, Oppsal, Ulsrud, Bøler, Bogerud, Skullerud, Mortensrud. Line 4 (Blue) Line 4, marked on station maps by the colour dark blue and the number 4, starts at Vestli station in Stovner, a district that shares the station's name. It serves the communities of Grorud, Kalbakken, Linderud, Økern and Nydalen before ending at Bergkrystallen station in the Lambertseter district. Stations served by the line include Vestli, Stovner, Rommen, Romsås, Grorud, Ammerud, Kalbakken, Rødtvet, Veitvet, Linderud, Vollebekk, Risløkka, Økern, Løren, Sinsen, Storo, Nydalen, Ullevål stadium, Forskningsparken, Blindern, Majorstuen, The National Theatre, Stortinget, Jernbanetorget, Grønland, Tøyen, Ensjø, Helsfyr, Brynseng, Høyenhall, Manglerud, Ryen, Brattlikollen, Karlsrud, Lambertseter, Munkelia, Bergkrystallen. Line 5 (Green) Recognisable by its green colour and the number 5 on system maps, this line starts at Sognsvann station in the Kringsjå area of Nordre Aker. It runs through the city and ends at the Vestli terminal in the Stovner district. The line serves a total of 33 stations and passes through various neighbourhoods, including Nordberg, Sinsenkrysset, Majorstuen, Jernbanetorget and Risløkka. The stations include Sognsvann, Kringsjå, Holstein, Østhorn, Tåsen, Berg, Blindern, Majorstuen, Nationaltheatret, Stortinget, Jernbanetorget, Grønland, Tøyen, Carl Bernersplass, Sinsen, Storo, Nydalen, Ullevål stadium, Forskningsparken, Hasle, Økern, Risløkka, Vollebekk, Linderud, Veitvet, Rødtvet, Kalbakken, Ammerud, Grorud, Romsås, Rommen, Stovner, Vestli. Connections The Oslo Metro is well integrated with its various lines and also with other transport systems such as buses and trams. Here are some key stations for transferring between different modes of transport: Ammerud Station: Connects Lines 4 and 5; accessible bus routes include 62, 31, 301, 311, and 363. Brynseng Station: Connects Lines 1, 2, 3, and 4; accessible bus routes include 3B, 23, and 24. Forskningsparken Station: Connects Lines 4 and 5; accessible tram routes include 17 and 18. Grønland Station: Connects Lines 1, 2, 3, 4, and 5; accessible bus routes include 34, 37, and 74; accessible tram routes include 18 and 19; connects to the Oslo Bus Terminal. Grorud Station: Connects Lines 4 and 5; accessible bus routes include 31, 62, 63, 66, 68, and 79. Helsfyr Station: Connects Lines 1, 2, 3, and 4; accessible bus routes include 3B, 21, 28, 37, 66, 68, 77, 76X, 102, 103, 104, 107, 108, 313, 331, 332, 334, 336, 339, 352, 401, 411, 412, 415, 417, 418, 419, 421, 422, 431, 476, 482, 486, 492, 499, N2, N3, N4, N20, 344, TE2, and TE15. Høyenhall Station: Connects Lines 1 and 4; accessible bus route includes 23. Jernbanetorget Station: Connects Lines 1, 2, 3, 4, and 5; accessible bus routes include 30, 31, 34, 37, 54, 60, and 70; accessible tram routes include 11, 12, 13, 17, 18, and 19; connects to Oslo Central Station. Kalbakken Station: Connects Lines 4 and 5; accessible bus routes include 31, 301, and 321. Lambertseter Station: Connects Lines 1 and 4; accessible bus routes include 74, 75, and 79. Linderud Station: Connects Lines 4 and 5; accessible bus routes include 59 and 60. Majorstuen Station: Connects Lines 1, 2, 3, 4, and 5; accessible bus routes include 20, 22, 25, 28, 45, 46, and 156; accessible tram lines include 11, 12, and 19. Manglerud Station: Connects Lines 1 and 4; accessible bus routes include 23 and F4. Nationaltheatret Station: Connects Lines 1, 2, 3, 4, and 5; accessible bus routes include 30, 31, 32, 70, 82, and 83; accessible tram routes include 13 and 19. Nydalen Station: Connects Lines 4 and 5; accessible bus routes include 30, 37, 51, 56, 56B, and 58. Økern Station: Connects Lines 4 and 5; accessible bus routes include 23, 24, 60, 67, 313, 345, 435, F3, and TE2. Rødtvet Station: Connects Lines 4 and 5; accessible bus routes include 25, 31, 33, 301, and 321. Rommen Station: Connects Lines 4 and 5; accessible bus routes include 361 and 363. Ryen Station: Connects Lines 1 and 4; accessible bus routes include 23, 70, 73, 501, 71E, and F4. Sinsen Station: Connects Lines 4 and 5; accessible bus routes include 23, 24, 31, 33, 58, 301, 302, 321, and 363; accessible tram route includes 17. Smestad Station: Connects Lines 2 and 3; accessible bus routes include 6B, 23, 24, 42, 43, 45, and 202. Storo Station: Connects Lines 4 and 5; accessible bus routes include 23, 24, 56, 56B, and F3; accessible tram routes include 11, 12, and 13. Stortinget Station: Connects Lines 1, 2, 3, 4, and 5; accessible tram routes include 11, 17, and 18. Stovner Station: Connects Lines 4 and 5; accessible bus routes include 64A, 64B, 65, 120, and N5. Tøyen Station: Connects Lines 1, 2, 3, 4, and 5; accessible bus routes include 20 and 60. Ullevål Stadion Station: Connects Lines 4 and 5; accessible bus routes include 22, 23, 24, 25, and F3. Schedule The Oslo Metro has a convenient timetable, with trains starting between 5.30am and 6.00am, depending on the starting station. From the furthest ends of each of the 5 lines, trains arrive at central stations approximately 30 minutes after departure. The service ends between 12:30am and 1:00am, the exact time depending on how long it takes a train to travel from the terminus to the more central stations. Throughout the day, trains arrive at platforms every 10-15 minutes. At peak times this frequency increases to every 5-9 minutes. After 23:00 the frequency drops to one train every 30 minutes. Fees Fares on the Oslo Metro are calculated according to the number of zones a passenger travels through. There are 10 zones in total, which are outlined and numbered on the city map available on the system's website. Payment can be made with a physical ticket, a reusable card or an electronic card that can be recharged by mobile phone. Prices and plans are listed below: Single ticket A single ticket allows passengers to travel for 60 minutes in the zones of their choice. Prices vary according to the zones selected and the category of passenger (e.g. adult, student, child, senior). Here are the prices: 1 Zone Adults: 35 NOK (4.28 USD) Children: 18 NOK (2.20 USD) Students: 35 NOK (4.28 USD) Seniors: 18 NOK (2.20 USD) Military: 18 NOK (2.20 USD) 2 Zones Adults: 57 NOK (6.97 USD) Children: 29 NOK (3.55 USD) Students: 57 NOK (6.97 USD) Seniors: 29 NOK (3.55 USD) Military: 29 NOK (3.55 USD) 3 Zones Adults: 79 NOK (9.66 USD) Children: 40 NOK (4.89 USD) Students: 79 NOK (9.66 USD) Seniors: 40 NOK (4.89 USD) Military: 40 NOK (4.89 USD) 4 Zones Adults: 101 NOK (12.35 USD) Children: 51 NOK (6.24 USD) Students: 101 NOK (12.35 USD) Seniors: 51 NOK (6.24 USD) Military: 51 NOK (6.24 USD) All zones Adults: 123 NOK (15.04 USD) Children: 62 NOK (7.58 USD) Students: 123 NOK (15.04 USD) Seniors: 62 NOK (7.58 USD) Military: 62 NOK (7.58 USD) 24-hour ticket This option offers unlimited travel on the Oslo Metro for 24 hours, and can also be used on trams and buses within the selected zones. Here are the prices: 1 Zone Adults: 105 NOK (12.84 USD) Children: 53 NOK (6.48 USD) Students: 105 NOK (12.84 USD) Seniors: 53 NOK (6.48 USD) Military: 53 NOK (6.48 USD) 2 Zones Adults: 171 NOK (20.91 USD) Children: 86 NOK (10.52 USD) Students: 171 NOK (20.91 USD) Seniors: 86 NOK (10.52 USD) Military: 86 NOK (10.52 USD) All zones Adults: 237 NOK (28.98 USD) Children: 119 NOK (14.55 USD) Students: 237 NOK (28.98 USD) Seniors: 119 NOK (14.55 USD) Military: 119 NOK (14.55 USD) 7-day tickets This ticket option offers unlimited travel on the metro for 7 consecutive days. It can also be used on trams and buses. Here are the prices: 1 Zone Adults: 249 NOK (30.45 USD) Children: 125 NOK (15.29 USD) Students: 249 NOK (30.45 USD) Seniors: 125 NOK (15.29 USD) Military: 125 NOK (15.29 USD) 2 Zones Adults: 457 NOK (55.88 USD) Children: 229 NOK (28.00 USD) Students: 457 NOK (55.88 USD) Seniors: 229 NOK (28.00 USD) Military: 229 NOK (28.00 USD) All zones Adults: 665 NOK (81.32 USD) Children: 333 NOK (40.72 USD) Students: 665 NOK (81.32 USD) Seniors: 333 NOK (40.72 USD) Military: 333 NOK (40.72 USD) 30-Day Pass The 30-day pass allows unlimited rides on metro, trams, and buses throughout the city for a period of 30 days. 1 Zone Adult: 736 NOK, equivalent to 90.00 USD. Child: 368 NOK, equivalent to 45.00 USD. Student: 442 NOK, equivalent to 54.05 USD. Senior: 368 NOK, equivalent to 45.00 USD. Military: 368 NOK, equivalent to 45.00 USD. 2 Zones Adult: 1,305 NOK, equivalent to 159.58 USD. Child: 468 NOK, equivalent to 57.23 USD. Student: 783 NOK, equivalent to 95.75 USD. Senior: 468 NOK, equivalent to 57.23 USD. Military: 468 NOK, equivalent to 57.23 USD. All Zones Adult: 1,874 NOK, equivalent to 229.15 USD. Child: 568 NOK, equivalent to 69.46 USD. Student: 1,124 NOK, equivalent to 137.44 USD. Senior: 568 NOK, equivalent to 69.46 USD. Military: 568 NOK, equivalent to 69.46 USD. 365-Day Pass The 365-day pass offers unlimited rides on the metro, trams, and buses for a full year in Oslo. 1 Zone Adult: 7,360 NOK, equivalent to 899.98 USD. Senior: 3,680 NOK, equivalent to 449.99 USD. 2 Zones Adult: 13,050 NOK, equivalent to 1,595.75 USD. Senior: 6,525 NOK, equivalent to 797.88 USD. All Zones Adult: 18,740 NOK, equivalent to 2,291.53 USD. Senior: 9,370 NOK, equivalent to 1,145.76 USD. Regulations The Oslo Metro authorities have introduced a number of rules and restrictions to ensure an optimal and safe commuting experience. Failure to comply may result in denial of access. It is forbidden to walk on tracks and crossings, as these areas are not intended for passenger use. It is not permitted to lie down on the ground in any metro station or train. Skateboards and skates are not allowed in metro stations. Luggage must not interfere with the comfort of other passengers. Bulky objects are not allowed on trains. Pets must be kept on a lead or in a suitable carrier during the journey. They must not be placed on seats, on the floor or in the laps of passengers. Passengers are not permitted to carry flammable materials, explosives, firearms, sharp objects, odoriferous items or large objects that may be dangerous to others. Threatening or hostile behaviour is strictly unacceptable. Smoking and the consumption of alcohol are not permitted in metro facilities. Passengers must not obstruct the opening or closing of train doors. Misuse of emergency equipment in stations or on trains is strictly forbidden. Passengers must always have their tickets handy, as security staff may ask to see them at any time. The distribution of propaganda in metro facilities is not allowed without prior authorisation from the system officials. Passengers using multimedia devices must use headphones so as not to disturb others. Airport Connection Getting from the city centre to Oslo-Gardermoen Airport is easy with the right means of transport. Although there is no direct metro connection, an express train takes commuters there in about 20 minutes. The service, known as the "Airport Express Train" (Flytoget), is a high-speed train that reaches speeds of up to 210 kilometres per hour (130.5 miles per hour). It departs from Oslo Central Station (Oslo S) and travels to the airport with an average of one stop, maintaining the 20-minute journey time for passengers. Oslo Central Station can be reached by metro at "Jernbanetorget" station, which is served by 5 metro lines. The surface level of Jernbanetorget is right next to Oslo S. At Oslo Central Station, passengers should look for the "Flytoget" ticket office. Tickets can be purchased here for NOK 180 (USD 22.01) or via the mobile app. Oslo Metro Pictures SmarTrip cards cost $5.00 upfront, but will save you $1.00 on every ride. They might not be the right choice for a short trip in Washington DC, but in the long run they pay off. photo by Enzo Figueres (CC BY 2.0) The Metrorail system's hours are: M-Th: 5:00 am - 12 midnight Friday: 5:00 am - 3:00 am (Sat. morning) Saturday: 7:00 am - 3:00 am (Sun. morning) Sunday: 7:00 am - 12 midnight Fares Metro fares vary by time of day, trip distance (entry/exit stations), and type of payment. The prices indicated assume that the rider us using a SmarTrip card. Peak fares (weekdays 5:00am - 9:30am, and 3pm-7pm; weekends midnight - closing): $2.10 - $5.75 Off-Peak fares (all other times): $1.70 - $3.50 Additional Fare Information Riders using paper FareCards will be charged a $1.00 surcharge. Seniors or the disabled can obtain a senior SmarTrip card. Fares are half the peak rate. Metrobus-Metrobus transfers using a SmarTrip card are free with 2 hours. Metrobus-Metrorail transfers using a SmarTrip card are discounted $0.50. Riders may walk between Farragut West (orange and blue lines) and Farragut North (red line) within a half hour, and be charged for a single trip. Metrorail operates 5 a.m. to midnight seven days a week. On weekdays (Monday - Friday): Green Line and Orange Line trains run every 10 minutes during peak hours for a combined frequency of every 5 minutes between Earlington Heights and Dadeland South Stations. During non-peak hours, Green and Orange Line trains run every 15 minutes, with a combined frequency of 7.5 minutes between Dadeland South and Earlington Heights Stations until 8 p.m., then every 30 minutes until closing. On weekends (Saturday & Sunday): Metrorail provides 20-minute service during single tracking and 15-minute service when not single tracking. For passengers heading to and from Miami International Airport on weekends, an airport train shuttle runs every 15 minutes between Earlington Heights and Airport Metrorail station. Please note: Frequencies during single tracking are approximate and subject to change. Riders are encouraged to track real-time service information through the Transit App or the GO Miami-Dade Transit app. Learn more about Miami-Dade Transit fares and parking fees. To ride, you can pay directly at the fare gate with contactless payment or you can purchase an EASY Card or EASY Ticket, or a mobile pass on the GO Miami-Dade Transit app. Fare gates do not accept cash. Metrorail Service Update: Coconut Grove Metrorail Station reopened : Monday, May 27, 2025The Coconut Grove Metrorail Station is open.All trains are stopping at Coconut Grove Station.Bus shuttle service will be discontinued.More information here.Thank you for your patience while improvements were made to the station. North Entrance at Dadeland South Station Temporarily Closed: Starting Monday, May 12, 2025The north entrance and stairway at the Dadeland South Metrorail platform leading to the surface parking lot is temporarily closed for improvements as part of the Dadeland South Intermodal Station project.To access the Kiss & Ride and surface parking lot, use any available elevator, escalator or stairway to the station's main exit and cross Dadeland Blvd.Visit here for project information. Select Station AllapattahBrickellBrownsvilleCoconut GroveCulmerDadeland NorthDadeland SouthDouglas RoadDr. Martin Luther King, Jr. PlazaEarlington HeightsGovernment CenterHialeahHistoric Overtown/Lyric TheatreMiami International AirportNorthsideOkeechobeePalmettoSanta ClaraSouth MiamiTri-RailUHealth | JacksonUniversityVizcaya Use this schedule if you are traveling after today. Select your station and service day, then click the "View Schedule" button. Fine, complaint, terms, questions and answers. See fines and how to complaint Wheelchair, bicycle, pram, dog and luggage. See prices Archive Categories Tags Search Home Categories Oslo, Norway Table of contents Oslo, the capital of Norway, boasts an extensive and efficient public transportation system. Understanding the operating hours of various modes of transport is crucial for both locals and tourists alike to navigate the city effectively. In this article, we provide a comprehensive overview of the operating hours for buses, trams, and the metro in Oslo. Details Buses Generally operate from around 5:00 AM to 1:00 AM, with variations depending on the route. Weekday services may have extended hours, especially during peak travel times. Some routes, particularly those serving nightlife areas, may continue running until 3:00 AM on weekends. Night buses are available after regular bus services end. Night bus routes usually operate from midnight until 5:00 AM, providing a vital connection for late-night travelers. A specific schedule can be checked on the Ruter app or website for exact timings. Trams Trams typically run from 5:30 AM until midnight. Should be noted that on Fridays and Saturdays, tram services might extend to 3:00 AM, catering to late-night crowds. Frequencies can vary, with trams operating every 10-20 minutes during the day. When traveling late at night, the wait time may increase, so checking the schedule ahead of time is recommended. Metro (T-bane) The metro services generally work from 5:00 AM to 1:00 AM on weekdays. On Fridays and Saturdays, metro trains run in extended hours, often operating until 3:00 AM. During rush hours, trains are frequent, running every 5-10 minutes. Off-peak times may result in longer wait periods, so planning accordingly is wise. Integration Across Services The metro, buses, and trams are well-integrated, allowing for smooth transitions between different modes of transport. All services are managed by Ruter, which oversees schedules and ticketing. Using the Ruter app can facilitate real-time updates on schedules and alerts for service disruptions. Conclusion Navigating Oslo's public transportation system is made easier by understanding the operating hours and schedules of its various services. Buses run extensively throughout the day and night, while trams and metros provide crucial connections, particularly during late hours on weekends. By taking advantage of the resources available, such as the Ruter app, travelers can ensure they make the most of their time in this vibrant Norwegian capital. Whether you are commuting for work or exploring the city, knowing these operating hours is essential for a smooth experience. Oslo is Norway's capital in addition to being the most populated Nordic city, with 1.5 million citizens making up the metropolis area. It is the country's political seat of power as well as the cultural and economic center that fuels Norway's economy. Oslo is a municipality as well as one of the 19 provinces that make up Norway. Additionally, it contains one of Europe's most essential ports, from which thousands of Scandinavian products are exported every year. Following the end of the Second World War, Oslo experienced a sustained growth throughout the second half of the twentieth century, driven by the maritime and financial sector, which led to an inevitable population growth. Consequently, the demand for services like public transportation was underscored. With this in mind, officials began to envision the possibility of constructing a robust transportation system that would be large and fast enough to serve the community's needs. The Oslo Metro project, known as the "T-banen" was officially launched in 1954, although it doors didn't officially open until 1966 with the inauguration of a tunnel that connected the city from east to west. Since then, the network has gradually expanded, reaching a current length of 80 kilometers (49.7 miles) which is distributed along 5 commercial lines. Oslo has a total of 101 commercial stations that altogether meet the demands of 100 million riders yearly. Thanks to the construction of a sixth line, there are additional plans to extend the network's route. Oslo Metro Lines The Oslo Metro currently has 5 lines, with a sixth that is already under construction. The network is a total of 80 kilometers (49.70 miles). It has 101 stations divided throughout the city as it crosses the center of the Oslo metropolis from east to west. Each route can be identified by its own number and color, making it easily identifiable on underground station maps. The following lines make up the T-banen. Line 1 (Sky Blue) This line can be identified on system maps by the color sky blue and the number 1. It departs from Frognerseteren station, where it provides service to the Frognerseteren and Tryvann communities, and runs to Bergkrystallen station, in the Lambertseter zone. It travels to 35 stations, serving the neighborhoods of Midtstuen, Majorstuen, Nordstrand, Sentrum and Grønland, in addition to others. Line 1's commercial stops include: Frognerseteren ,Voksenkollen ,Lillevann ,Skogen ,Voksenlia ,Holmenkollen ,Besserud ,Midtstuen ,Skådalen ,Vettakollen ,Gulleråsen ,Gråkammen ,Slemdal ,Ris ,Gaustad ,Vinderen ,Steinerud ,Frøen ,Majorstuen ,Nationaltheatret ,Stortinget ,Jernbanetorget ,Grønland ,Tøyen ,Ensjø ,Helsfyr ,Brynseng ,Høyenhall ,Manglerud ,Ryen ,Brattlikollen ,Karlsrud ,Lambertseter ,Munkelia ,Bergkrystallen Line 2 (Orange) This line is identifiable on station maps by the color orange and the number 2. It runs from Østerås station, in a neighborhood by the same name, to the Ellingsrudåsen stop, connecting to the Ellingsrud and Alna communities. It provides service to 26 commercial stations, passing through the neighborhoods of Eiksmarka, Makrellbekken, Borgen, Vika, Helsfyr, along with various others. This line serves the following stations: Østerås, Lijordet, Eiksmarka, Ekraveien, Røa, Hovseter, Holmen, Makrellbekken, Smestad, Borgen, Majorstuen, Nationaltheatret, Stortinget, Jernbanetorget, Grønland, Tøyen, Ensjø, Helsfyr, Brynseng, Hellerud, Tveita, Haugerud, Trosterud, Lindeberg, Furuset, Ellingsrudåsen Ellingsrud Rudasen Line 3 (Lilac) Line 3's route is characterized by the color lilac and the number 3 on Oslo Metro station maps. Its route begins at Kolsås station, in the Bærum municipality district also named Kolsås. It ends at the terminal station, Mortensrud. Located in a neighborhood, also named Mortensrud, is part of the Søndre Nordstrand district. It travels to 33 stations, passing through the communities of Haslum, Jar, Smestad, Sentrum, Tøyen, Godlia, in addition to many others. The metro stops served by Line 3 include: Kolsås, Hauger, Gjettum, Avløs, Haslum, Gjønnes, Bekkestua, Ringstabekk, Jar, Bjørnsletta, Åsjordet, Ullernåsen, Montebello, Smestad, Borgen, Majorstuen, Nationaltheatret, Stortinget, Jernbanetorget, Grønland, Tøyen, Ensjø, Helsfyr, Brynseng, Hellerud, Godlia, Skøyenåsen, Oppsal, Ulsrud, Bøler, Bogerud, Skullerud, Mortensrud Line 4 (Blue) This line is distinguished on station maps by the color, dark blue as well as the number 4. Its route begins in the Stovner district in Vestli Station in a neighborhood sharing the station's name. It travels to communities such as Grorud, Kalbakken, Linderud, Økern and Nydalen neighborhoods before reaching its final stop at Bergkrystallen station in the suburb of Lambertseter. The stations served by this line include: Vestli , Stovner, Rommen, Romsås, Grorud, Ammerud, Kalbakken, Rødtvet, Veitvet, Linderud, Vollebekk, Risløkka, Økern, Løren, Sinsen, Storo, Nydalen, Ullevål stadion, Forskningsparken, Blindern, Majorstuen, Nationaltheatret, Stortinget, Jernbanetorget, Grønland, Tøyen, Ensjø, Helsfyr, Brynseng, Høyenhall, Manglerud, Ryen, Brattlikollen, Karlsrud, Lambertseter, Munkelia, Bergkrystallen Line 5 (Green) This line is number 5 on system maps and the unique color to distinguish this route from the others is green. Its route begins at Sognsvann station located in the Kringsjå neighborhood in the district Nordre Aker, and it runs to the Vestli terminal, in the Stovner district. This line travels to 33 stations, passing through the neighborhoods of Nordberg, Sinsenkrysset, Majorstuen, Jernbanetorget and Risløkka, in addition to others. The stops include: Sognsvann, Kringsjå, Holstein, Østhorn, Tåsen, Berg, Blindern, Majorstuen, Nationaltheatret, Stortinget, Jernbanetorget, Grønland, Tøyen, Carl Bernersplass, Sinsen, Storo, Nydalen, Ullevål stadion, Forskningsparken, Hasle, Økern, Risløk