



IS IT SAFE?

Oslo

SOLO TRAVELER SAFETY GUIDE

Is Oslo Safe? A Solo Traveler's Guide

Oslo is among the safest capital cities in Europe for a solo traveler — low crime, an open and English-friendly culture, and a downtown that stays comfortable well into the evening. The practical challenges here are less about safety and more about cost and weather: Norway's prices and its winter darkness both take more planning than personal-safety concerns do.

NEIGHBORHOOD SAFETY RATINGS

Area	Rating	Notes
City Centre / Karl Johans Gate	★★★★★	Very safe, heavy foot traffic, well-lit at all hours.
Grünerløkka	★★★★★	Relaxed, walkable, popular with solo travelers day and night.
Frogner	★★★★★	Affluent residential district; very low crime.
Grønland / Tøyen	★★★★	Multicultural and lively; standard urban awareness after dark.

SOLO TRAVELER NOTES

Norway is expensive — budget for it rather than treat it as a safety concern; a mid-range sit-down meal runs NOK 200–350, and a hostel bed NOK 300–450.

Solo dining is entirely normal and unremarkable here — food halls like Mathallen and counter-style seafood spots are built around exactly this.

Public transport (Ruter) runs late and is safe to use after dark; it's the better call over walking long stretches alone at night in winter, when daylight ends by mid-afternoon.

Personal space is culturally significant — Norwegians are friendly but reserved; don't read quietness as unfriendliness.

EMERGENCY INFORMATION

What	Number / Notes
Emergency (police)	112
Medical emergency	113
Nearest major hospital	Oslo University Hospital (Ullevål)

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