



Akershus Fortress

✈ weekend away

Oslo

Oslovians enjoy summer, but they truly appreciate living in a city with four distinct seasons even more. Come and enjoy the gorgeous autumn foliage, and bring your umbrella, just in case. Words by Anne-Sophie Redisch

Autumn is a time when many begin looking forward to the coming ski season. For some, it seems, winter can't come soon enough. For most, however, it's a time to enjoy the warm red and golden colours in the forest, the parks, or along the tree-lined main street **Karl Johans Gate**. Gardens are heavy with apples, pears, plums, and cherries, and **Oslomarka forest** is full of people, as always; not merely hiking or skiing this time of year, but also harvesting nature's bounty, such as blueberries, cloudberries, and mushrooms.

On the menus of Oslo's restaurants, lamb, game, and fish play the lead; think reindeer, moose, ptarmigan, quail, and Arctic char. Try **Maaemo** or **Statholdergaarden** in the city centre, or **De fem stuer** at the edge of Oslomarka, for excellent seasonal

Nordic fare. A favourite autumn dish at home is *fårikål*, a traditional lamb and cabbage casserole.

Great places to photograph autumn foliage in the city centre are **Vigeland Sculpture Park**, the grounds of **Akershus Fortress** and the gardens behind the Royal Palace, the islands in the **Oslo Fjord**, and of course the forest.

If it's pouring – and it does rain a bit this time of year – **Artesia Spa** in the venerable Grand Hotel or one of the many public baths like **Vestkantbadet** will tempt you indoors.

At **Kunstnerens Hus**, the National Annual Autumn Exhibition takes place in September and October, showcasing contemporary art in all its shapes and forms, and never fails to spark debates as to what constitutes art. ✈



Tjuvholmen – Thief Islet

Connected to Aker Brygge via two footbridges, Tjuvholmen is Oslo's newest neighbourhood. Apart from being home to restaurants and cafés, you'll also find the Astrup-Fearnley Museum (*afmuseet.no*), housing one of the world's most important private contemporary art collections, and Oslo's newest design hotel, The Thief (*thethief.com*).



✈ FLIGHT FREQUENCY

Qatar Airways has daily flights from Doha to Oslo