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Keeping busy in Oslo is not hard. There are many attractions and activities in the city, so there is sure to be something to please people of all ages. There are many hotels in Oslo city centre that are conveniently located to make navigating the city much easier and are central to the city's main attractions.

Water Sports

During the good weather months - April to October - it is possible to enjoy many water sports in Oslo. Sailing and windsurfing are both very popular, as are fishing and swimming. For those who enjoy their swim mixed with a little pampering experience, then Vestkantbadet might be just the place to visit. Complete with Finnish sauna and Roman baths, the Vestkantbadet is usually open during the winter months and is closed in July. There are also women-only days set aside, usually on a Thursday. Massages are available and for anyone who has booked this treatment, use of the baths is free.

Winter Sports

The forested areas in and around the city are ideal for cross-country skiing, which is a popular pursuit in Oslo. The trails are also marked at nighttime for both safety and evening skiers. There are downhill and slalom slopes, and tobogganing for those who like a more adrenaline filled activity. Skating is possible in several areas of the city, which is also fun for children.

Beaches

Not known for its beaches and perhaps not on the top of every visitor's to do list due to the often inclement weather, Oslo does have a few small beaches for visitors and locals to enjoy. Huk can be reached by bus from the city centre, but a word of warning: half of the beach is nudist. The same can be said for all beaches in Scandinavia and it is something visitors should be aware of to avoid unwelcome surprises.

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