



## Travel description

For new visitors we have made a description for how to find the way to The Norwegian School of Sport Sciences (NIH).

### From Gardermoen / OSL Airport to Oslo City Centre:

Take the Airport Express Train to Oslo Central Station (Oslo S). The Airport Express Train leaves every 20 minutes and use about 20 minutes to downtown (cost 170kr). You can also take the local train (cost 102 kr), direction Kongsberg or Skien to Oslo Central Station. This takes about 38 or 26 minutes respectively and leaves 2 times per hour.

Arriving at the Oslo Central station you must find the subway station **Line 3 –direction Sognsvann**. It is ca 100m walk within the train station. Use the tube / subway, line 3, direction Sognsvann, it leaves every 15 minutes and takes about 20-25 minutes from Oslo Central Station (cost 25 kr). Get off at the last station which is Sognsvann Station. Here you can find NIH (Norwegian School of Sport Sciences) just a few meters away. See map.

During the BMS in June 2010 every participant will have access to the subway and bus system for free with their registration (Valid only after registration / check-in at the conference venue)

### The Norwegian School of Sport Sciences

Visiting address: Sognsveien 220, 0806 Oslo  
Main Phone: +47 2326 2000

NIH is located idyllically to Sognsvann as their next door neighbor. It is only a few meters which separate the School from the waterline and the hiking connections are great.

