



MOOSE · TRAVEL NOTES

Tromsø Day-by-Day Guide

Cafés, food and things to do, with or without kids, and a plan for a rainy day.

Most visitors come for the northern lights and find they have a whole day to fill. This pocket guide gathers the places we would send a friend, and keeps your evenings free for the sky.

Hours, prices and menus change with the season (and winter runs on shorter hours). Details come from each venue's own pages where possible, otherwise travel guides. Always check on the day.

Coffee and cinnamon buns

- **Risø mat & kaffebar** – hand-brewed coffee, soups and sandwiches; a local favourite. Busy at lunch.
- **Kaffebønna** – third-wave coffee, cinnamon buns, dark bread; several branches (Stortorget, Strandtorget).
- **Svermeri Kafé** – vintage basement café on Skippergata with cheesecake and meringue pie.
- **Pust Café** – relaxed, sandwiches and smoothie bowls, occasional live music.
- **Aunegården** – 200-year-old building on Sjøgata, cakes, lunch and quiet back rooms.
- **Jordbærpikene** – cheesecake, pizza and nachos; takeaway costs less.

Lunch and dinner

Tromsø is expensive. Make lunch your big meal, and book anything popular.

- **Raketten Bar & Pølse** – hot dogs (reindeer, beef, pork, vegan) on Storgata; quick and cheap by local standards.
- **Art Café & Bistro** – small simple menu, local art on the walls.
- **Mathallen** – short, changing menu; known for creamy fish stew.
- **Indie** – Indian with local twists (salmon tandoori, cod curry).
- **Fiskekompaniet** – harbour seafood; book days or weeks ahead, even for lunch.
- **Bardus Bistro** – about ten traditional dishes in an A-frame house.
- **Emma's Drømmekjøkken** – tasting menus of 5–10 courses for a splurge.
- **Ølhallen** – historic beer hall since 1928, 70+ beers (adults).



Things to do

Without children

- **Fjellheisen cable car** – 4 minutes up Storsteinen (421 m) for the view. Adult return 645 NOK per the operator; cafe at the top. Wind and snow can close it.
- **Polar Museum** – Arctic hunting, trapping and exploration, by the harbour.
- **Arctic Cathedral** – the white triangular church across the bridge (1965). Check bridge works before you go.
- **Midnight concert** – held in the yellow Tromsø Cathedral in the centre, not the Arctic Cathedral.
- **Perspektivet Museum** – local history and photography on Storgata.

With children

- **Polaria** – Arctic aquarium and bearded seals. On the day we checked, feeding was at 10:30 and 12:30.
- **Fjellheisen** – child tickets (3–15) listed at 310 NOK return; family ticket (2+2) 1,360 NOK.
- **Arctic University Museum** – make your own aurora in the replica plasma chamber; interactive exhibitions.
- **Tromsøbadet** – slides, wave machine, children's pool. Day pass: adult 240, child 4–11 185, 0–3 95 NOK.
- **Easy food** – hot dogs, pizza or a milkshake at Egon.

We could not verify high chairs or kids' menus at individual cafés, so ask when you book.

A rainy day, hour by hour

Morning **Polaria**, timed for the 10:30 seal feeding.

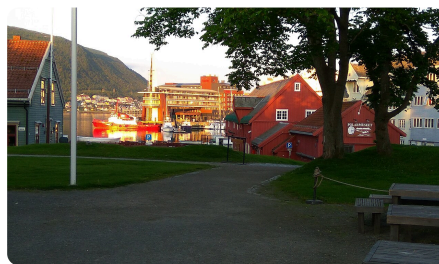
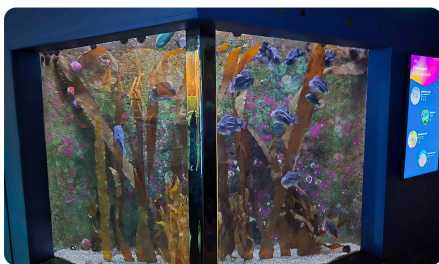
Lunch A warm bowl: fish stew at Mathallen or soup at Risø.

Afternoon The **Arctic University Museum** (aurora and Sámi exhibitions) or the **Polar Museum**.

4 pm **Tromsøbadet** – great for children who have run out of patience.

Evening Coffee and cake, then check the sky.

Polar night: roughly late November to mid-January the sun stays below the horizon, with a blue twilight at midday. Indoor plans matter even more then.



Save the evening for the sky

Tromsø is in the auroral zone, so a modest night can still put on a show when it is dark and clear. The season runs roughly September to early April. Eat well, rest, and let an alert tell you when to go out.

Do not stay up for nothing

Moose: free aurora alerts for Android

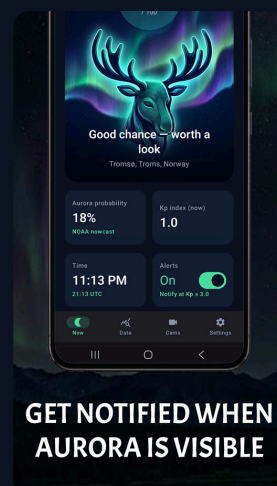
A free, beginner-friendly app that tells you when the northern lights are likely to be out, so you can enjoy your café afternoon and still catch the night.

- Alerts when activity is high where you are
- Simple explanations, no space-weather degree needed
- Home-screen widget and manual location

Get it on Google Play:

play.google.com/store/apps/details?id=com.auroramoose.app

Or search "Moose aurora alerts" in the Play Store.



Plan your aurora night

- **Dark and clear:** check the cloud forecast and head away from city lights.
- **Dress warm:** layers, hat, insulated gloves, boots, a hot drink.
- **Photos:** night mode, a tripod and a 2–3 second timer.
- **Read more:** auroramoose.com/blog/reading-the-kp-index.html · auroramoose.com/blog/best-places-to-see-aurora.html · auroramoose.com/aurora-webcams

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Sources: fjellheisen.no, polaria.no, ishavskatedralen.no, visittromso.no, en.uit.no/tmu, Traverse Blog, The Norwegian Standard. This guide is general information and cannot guarantee opening hours, prices or aurora visibility.