

VENUE

HOLMENKOLLEN NATIONAL SKI ARENA

Holmenkollen National Ski Arena is among the most famous sports arenas in the world. It is one of Norway's most visited tourist attractions and includes the [Holmenkollen Ski Museum and Tower](#), with shops, a café and a ski simulator. It is the gateway to Nordmarka, a very popular recreational area for the inhabitants of Oslo. From the ski jump tower, 60 meters above the ground and 417 meters above sea level, you can experience a breathtaking view of Oslo and the fjord below.

The arena is Norway's national venue for Nordic skiing. Its ski jumping facilities comprise the well-known K120 Holmenkollen ski jumping hill as well as the K90 hill in Midtstulia. In Midtstulia, there are another four hills for children and beginners, with K points of K10, K20, K40 and K60, respectively. All five jumping hills in Midtstulia have a plastic inrun and can be used all year round.

For cross-country skiers, there are about 5 km of slopes with an asphalt surface for roller skiing during summer. There is also a shooting range and the arena has hosted many biathlon world cup races as well as the biathlon World Championships in 1986, 2000 and 2016.

Holmenkollen was a venue during the Winter Olympics in 1952 and hosted the FIS Nordic World Ski Championships in 1930, 1966, 1982 and 2011.

STATS AND FACTS

HOLMENKOLLEN SKI JUMPING HILL

The ski jumping hill was rebuilt for the World Championships in 2011 and the new hill was officially opened on 3 March 2010. It claims to be the world's most modern ski jumping facility. The start house soars around 64 meters above the ground and the construction comprises 1,000 tons of steel.

- Holmenkollen is considered the world's most modern ski jump facility.
- The first ski jumping hill in the world with permanent wind protection inherent to its design and construction.
- It is the only ski jumping hill in the world made of steel
- Cabin lift to the very top of the ski jump for the benefit of competitors, judges, press and public alike.
- The ski jump has permanent wind protection as an integrated part of the inrun construction.
- New judges' grandstand, new royal grandstand and improved facilities for the public.
- Upgraded light and sound system.
- Spectator capacity: 30,000.

INRUN

- The total length is 96.95 meters.
- The steepest point is 36 degrees.
- The height of the takeoff is 3 meters.
- The width of the track/track bed is 2.77 meters.

DOWNHILL SLOPE

- The hill size is 134 meters – the K point is 120 meters.
- At the steepest point of the downhill slope the angle is 35.7 degrees, measured 105.6 meters from the take off.
- The angle at the hill size is 30.8 degrees.
- The width of the landing slope is 25.2 meters.
- The height difference from the edge of the takeoff to the K point is 59.1 meters.

- There are around 250 steps to the top.
- Holmenkollen ski jump is situated approximately 375 meters above sea level.

BUILDING MATERIALS

Tower/inrun construction in steel, grandstands in steel and concrete.

MIDTSTUEN

- The K point is 90 meters.
- The hill size is 106 meters.
- The hill has a plastic inrun and can be used in the summer as well.
- There is a lift from the bottom to the foot of the tower.
- Spectator capacity: 15,000.

FUN FACTS

- Holmenkollen is pronounced [' hɔlmɛn ' kɔlɛn].
- The Royal Family of Norway attends the Holmenkollen Skifestival every year and has its own grandstand in the arena called Kongetribunen (the King's grandstand).
- Holmenkollen Arena has hosted competitions since 1892 which makes it one of the world's oldest ski jumps.
- The first ski jump in Holmenkollen was made out of snow and twigs.
- The hill record in Holmenkollen is 144 meters and is currently held by Norwegian Robert Johansson (jumped in 2019).

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