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<R> A green oasis of zen: Where to find solace in the heart of Copenhagen's bohemian neighbourhood, Frederiksberg

<UR> Indeed, Frederiksberg might be a mecca of shopping, theaters and restaurants. But it's also one of the most calming and laid back parts of Copenhagen. Full of parks, green areas and squares, it's the perfect neighbourhood for slowing down and enjoying a moment of tranquility.

Take a walk down Frederiksberg Allé, one of the most beautiful streets of the city, and you'll find that it begins and ends with Frederiksberg Have. Upon your arrival in the park, you'll be met by a sculpture of King Frederik VI. It was his favorite garden to walk in and on a nice Spring or Summer day, it would be hard to not see the garden's allure.

Surrounded by trees, lakes and historic buildings, you will quickly come to learn why visitors and locals have frequented the park since it was made public in 1852. The park also features a Chinese tree house, built in 1801 as well as Frederiksberg Palace, the former summer residence of the

Danish Royal Family.

But the garden is more than just for show. With its quaint pathways sprinkled throughout, it truly invites visitors to explore the park on their own terms. On warmer days, the garden is visited by locals and tourists looking to soak up some sun and hang out. Whether you're in the mood for coffee, ice cream or just a place to lie down, the park is the perfect place to bring a good book and a good friend to just enjoy life on the spacious, green lawns.

<MR> NO TICKET REQUIRED

The park also features another unique attribute: from one side of the park, you can have a view into where the elephants live in Copenhagen Zoo. No ticket required.

And it gets better. Right next to Frederiksberg Have, you'll find another park. Haveselskabets Have is regarded by many locals as a place of peace and quiet. The small, cozy garden is home to beautiful birds and squirrels and is equipped with benches that make it the perfect destination for anyone looking to sit down and take a scenic break from a busy day of shopping and seeing the local attractions.

Not far away, you'll find Søndermarken, a public park on the border of Frederiksberg and Valby. The locals use

Søndermarken for jogging, walking the dog or just strolling in the hilly and forest filled landscapes. The park is home to Cisternerne, an underground contemporary art museum, a memorial mound that was erected in 1925 to commemorate Danish immigration to America as well as music festivals. So if you're visiting in the summer, look out for the newly-launched Syd For Solen, a three-day open air festival that has previously hosted contemporary artists including The National, First Aid Kit and Liam Gallagher among many others.

<MR> WATCH THE CITY PASS BY

If you're craving city vibes after a long day of lounging in the green oasis, you should take a stroll down the mesmerizing Frederiksberg Allé. Here, you will naturally stumble onto Sankt Thomas Plads, a hotspot for locals and visitors looking to take in the scenery in what is arguably the most cozy square in the city. Locals will tell you to pick up your preferred hot beverage from newly opened Hip Hop just down the street or a sandwich from Helge's Ost on Værnedamsvej. On a sunny day, there's no better place to sit, take a breather and watch the city pass by.

And the exploring doesn't have to stop. Another hidden gem in Frederiksberg is Landbohøjskolens Have, a small botanical garden of the University of Copenhagen. Located on the intersection between the busy streets of Nørrebro and

Frederiksberg, the park feels like a zen space of apple trees, flower gardens and the critically acclaimed Cafe Væksthuset, a go-to for anyone looking to enjoy a refreshment overlooking the beautifully decorated gardens.

So there you have it. If you're in the mood for adventure, a moment of zen or just want to explore the historical gardens of the city, there is no better place to do it. Frederiksberg might be famous for its many restaurants and boutique shopping experiences, but the green areas make this neighbourhood a perfect destination for anyone looking to connect with nature.

The best local recommendations to for a moment of Zen in Frederiksberg:

Frederiksberg Have

Haveselskabets Have

Søndermarken

Sankt Thomas Plads

Landbohøjskolens Have

