

PORT OF | KRISTIANSUND  
& NORDMØRE

THE PORT  
CLOSEST TO  
THE ATLANTIC  
OCEAN ROAD

# WELCOME TO THE CRUISE PORT OF KRISTIANSUND

THE GATEWAY TO THE ATLANTIC OCEAN ROAD



2021-2022



# KRISTIANSUND

## — FLOATING IN THE ATLANTIC OCEAN...

### Why Kristiansund?

- Closest port to the Atlantic Ocean Road
- Berth directly in the town centre
- Shopping, souvenirs, local handicrafts and jewellery
- Wide variety in nature, attractions and activities
- Intimate, colourful seaport on four islands at the ocean's edge
- Two stave churches in the area, two fishing villages to explore and our own opera house in town



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## TOUR SYMBOLS:


- 


Excursion by bus (or other transportation)
- 


Tour includes boat trip
- 


Tour includes a (very) easy walk
- 


Easy hiking – no experience required
- 


Medium hiking – some experience recommended
- 


Tour includes scenic locations
- 

Tour includes visit to a church or stave church
- 

Tour includes a museum
- 

Tour or activity suitable for families with children
- 

Tour includes a cultural element such as art or music
- 

Experience local produce
- 

Tour suitable for smaller groups or can be tailored to VIP customers

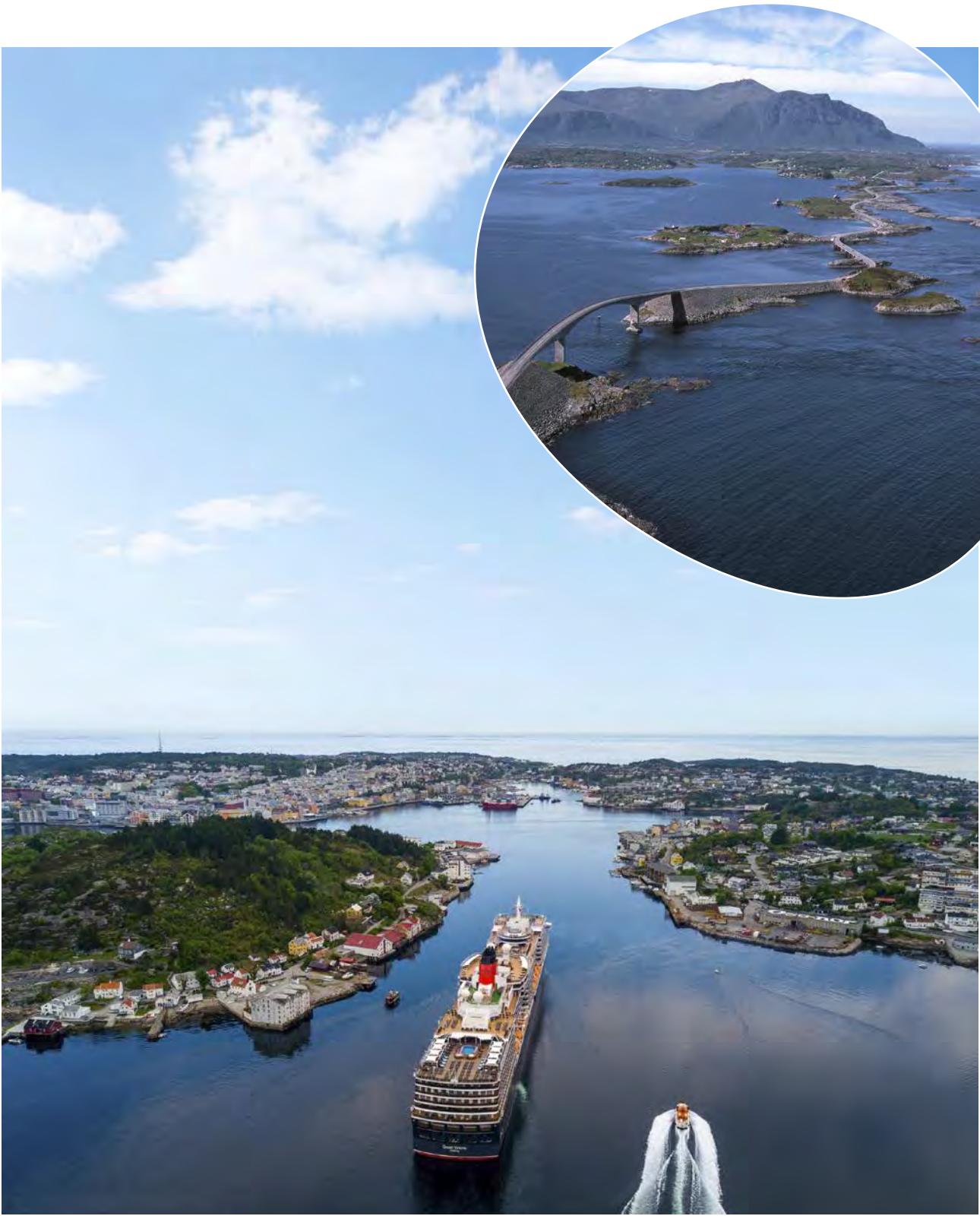
## WHAT TO SEE?

More about attractions in Kristiansund on page 36.

## LEARN MORE

– about cruise destination Kristiansund:  
[www.knhavn.no/cruise](http://www.knhavn.no/cruise)  
[www.visitnorthwest.no](http://www.visitnorthwest.no)

SEE ALSO OUR OTHER  
CRUISE DESTINATIONS:  
SMØLA & HITRA – IDEAL  
FOR SMALLER SHIPS AND  
EXPEDITION CRUISES







## WELCOME TO KRISTIANSUND

– the top of Fjord Norway and the gateway to the Atlantic Ocean Road

Kristiansund is the natural port of call for experiences of coast and ocean, culture and history.

The nearby Atlantic Ocean Road has been ranked the world's most scenic road trip. This amazing and unique stretch of road takes you right out to the ocean's edge, running across an archipelago of small islands and islets. Beautiful on a calm and sunny day, dramatic in storms and the rain – no matter what, always an unforgettable experience!

Kristiansund is known for clipfish and opera, which invites to both culinary and cultural experiences. This intimate, colourful and convivial town is spread out on four main islands at the edge of the ocean, with a charming harbour in the middle.

The passenger service boat «Sundbåten» has been

in service since 1876 to transport the locals between the islands. Considered to be the world's oldest public transport service in uninterrupted use, it is at the same time a great way to experience and explore Kristiansund!

The landscape at the top of Fjord Norway is full of contrasts. Deep fjords, steep mountains, lovely villages, traditional summer pasture farms and vibrant island communities await you. The region offers a wide range of great experiences and activities, suitable both for the more active visitors and those who just want to admire the scenery.

Welcome!

ALSO  
TURNAROUND  
PORT

## CRUISE PORT OF KRISTIANSUND

**Two cruise quays in town centre!**

Our two cruise ship quays are located in the heart of the town within easy reach of attractions, activities and shopping.

The longest quay of 300 m is designed to also receive larger cruise ships. The vessels are moored alongside Kristiansund's most central quay with a shopping centre comprising 40 shops across the street. Further shops, restaurants, cafés as well as attractions are located nearby.

Passengers benefit from safe and easy embarkation and disembarkation within the ISPS fence. Coaches can park easily on the quay, just a few steps away from the ship.

Thanks to Kristiansund's position as the main service base for the gas and oil industry in Mid-Norway, we are able to offer a full range of services, such as delivery of bunkers, supplies, waste handling and waste water.

The Port of Kristiansund is also available for turn-around operations. Kristiansund Airport, Kvernberget, is located only 8 km from the city centre.





# PORT OF KRISTIANSUND

## – Facilities, services and information

### PORT OF KRISTIANSUND & NORDMØRE

Astrupsgate 9  
NO-6509 Kristiansund N  
Norway

**Phone:** +47 40 00 65 04

**Port traffic service:** +47 992 99 120

**E-mail:** info@knhavn.no

**Internet:** www.knhavn.no

#### Contact persons

**Maritime questions and orders:** Svein Skomsøy,  
havnevakt@knhavn.no

**Marketing:** Erika Indergaard, ei@knhavn.no

**Pilot:** Channel 16/13

**Emergency:** Channel 16

### GENERAL INFORMATION

**Guide Service:** YES

**Turnaround facilities:** YES

**Terminal/Restrooms in pier area:** NO

**Shuttle bus:** Not needed

**Parking place for buses:** YES

**Public transportation:** YES

**Shopping:** YES, 50 m

**ATM:** YES, 50 m

**Currency exchange:** NO

**Internet access in pier area:** YES

**Distance to airport:** 8 km (Kristiansund Airport  
Kvernberget)

**Distance to city centre:** 0 m

**Nearest hospital:** 600 m

**Crew facilities:** Easy access to shopping, attractions, cafés, cinema etc. Free wi-fi spots, library with computer station. Indoor swimming pool, recreation areas.

### PORT SERVICES/FACILITIES & INFORMATION

**Bunkers delivery/method:** YES, by barge

**LNG:** NO

**EPI:** NO

**ESI:** YES, on request

**Supplies:** YES

**Waste handling:** YES

**Grey water:** YES

**Tugboats:** YES, 24 hours' notice (By urgent calls:  
30 min. if available)

**Anchorage:** YES, on request

**Ship tender facilities:** YES

**Tidal movement:** 1.8 m

**Gangway available:** On request

**Seawalk:** NO

**ISPS approved:** YES

**Restrictions in harbour:** NO

**Maximum ship length:** 300 m (at pier)

**Maximum ship draft:** 9,5 m

**Maximum beam:** No limit

**Maximum air draft:** No limit

**Bollard strength (certification):** 100t, 50t and 30t

### ANCHORAGE/TENDER

**Ship tenders allowed:** YES

**Max size:** No limit

**Pontoons:** YES

**Type of bottom:** Sand and mud

**Depth:** min. 70–90 m

**Distance from anchorage to tender pier:** 1.5 nm

**Tender pier capacity:** Max. 1 tender boat at a time

Information updated February 2021.  
Subject to possible changes and errors.

PORT OF KRISTIANSUND  
– EASY REACHABLE  
FROM THE MAIN  
SHIPPING LANE

DISTANCE FROM  
PILOT BOARDING  
TO PORT OF  
KRISTIANSUND  
**12NM**

#### Cruise quays in Kristiansund town centre:

	STORKAIA	DEVOLDHOLMEN
Length	300 m	205 m
Depth	10 m	10 m
Height quayside	Low 3.55 m	Low 3.55 m
	High 2.30 m	High 2.30 m

#### Ship measurements:

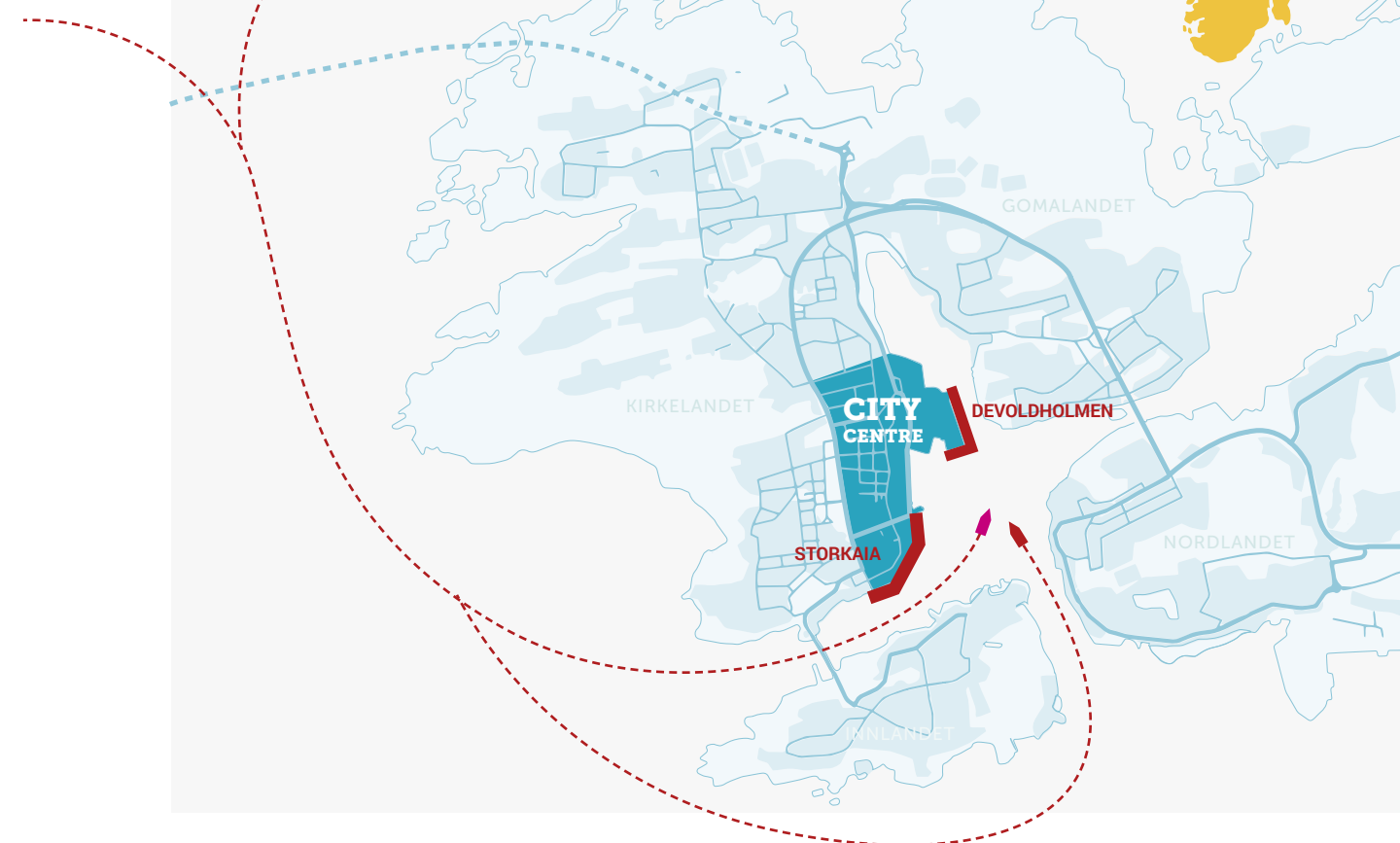
Max. ship length	300 m	220 m
Max. ship draft	9,5 m	9.5 m
Max. air draft	No limit	No limit

#### Distance from pilot station

**SOUTH:**  
South Breisundet/Ålesund 67 nm

**NORTH:**  
Grip/Kristiansund 12 nm,  
approx. 1 hour.

**Pilot channel** 16/13





# WHAT TO EXPLORE?



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## TOURS AND EXCURSIONS



1

## THE ATLANTIC OCEAN ROAD & HÅHOLMEN VIKING ISLAND

The Atlantic Ocean Road is a «must see» attraction, only 30 min. drive from the centre of Kristiansund. This amazing and unique stretch of road takes you right out to the ocean's edge, running across an archipelago of small islands and islets. The tour includes a stop at the scenic walkway to really experience the salty and refreshing surroundings.

Visit the historical fishing village of Håholmen, once the home and working station for fishermen and sailors. On this small and picturesque island you will find about thirty buildings, such as original wharves and traditional fishermen's shacks, several from the 18th and 19th century.

In the Saga Siglar Hall you will see a film of the Norwegian adventurer Ragnar Thorseth's Viking ship world voyage 1984-86, as well as remains

of the shipwrecked «Saga Siglar» and «Oseberg» ships.

Or you can just enjoy the peace and quiet in this beautiful environment.

**OPTIONAL ADD-ON:** Lunch at Håholmen.

**Duration** 4 hrs

**Season** All year

**Capacity** Max. 45 per bus

**Included** Bus transport, local guide, boat to Håholmen, film, coffee and cake

**Note** Boat trip is approx. 10 min. Easy walk on the Atlantic Ocean Road. Wheelchair accessible.

**Contact** Visit Northwest (+47) 70 23 88 00 / [info@visitnorthwest.no](mailto:info@visitnorthwest.no) / [www.visitnorthwest.no](http://www.visitnorthwest.no)



## TOURS AND EXCURSIONS



## THE ATLANTIC OCEAN ROAD & KVERNES STAVE CHURCH

2

The Atlantic Ocean Road is a «must see» attraction, only a 30-min. drive from the centre of Kristiansund. This amazing and unique stretch of road takes you right out to the ocean's edge, running across an archipelago of small islands and islets. The tour includes a stop at the scenic walkway to really experience the salty and refreshing surroundings.

The next stop is the unique Kvernes stave church, beautifully situated along the Kvernes fjord. The church is one of the youngest stave churches in Norway, dating from approx. 1630 AD.

Kvernes stave church was built on historical

ground and has a magnificent view of the surrounding fjord.

**OPTIONAL ADD-ON:** Lunch en route. Norwegian Folk Music in the church.

**Duration** 3–4 hrs

**Season** All year

**Capacity** Max. 45 per bus

**Included** Bus transport, local guide and guided tour of Kvernes stave church

**Note** Easy walk on the Atlantic Ocean Road

**Contact** Visit Northwest (+47) 70 23 88 00 / [info@visitnorthwest.no](mailto:info@visitnorthwest.no) / [www.visitnorthwest.no](http://www.visitnorthwest.no)



TOURS AND EXCURSIONS



3

THE ATLANTIC OCEAN ROAD  
& THE MARBLE CAVES



The Atlantic Ocean Road is a «must see» attraction, only a 30-min. drive from the centre of Kristiansund. This amazing and unique stretch of road takes you right out to the ocean's edge, running across an archipelago of small islands and islets. The tour includes a stop at the scenic walkway to really experience the salty and refreshing surroundings.

Continue with a visit to the magical and mystical marble caves at «Bergtatt». The caves are a result of mining operations since 1938.

The fleet ride into the caves, on crystal clear water, accompanied by enchanting lightning and soft music, is truly amazing.

**OPTIONAL ADD-ON:** Coffee, lunch or snack.

**TIP!** Upgrade with musical entertainment and trolls.

**Duration** 5 hrs

**Season** All year

**Capacity** Max. 45 per bus

**Included** Bus transport, local guide, guided tour and fleet ride at the marble caves.

**Note** Easy walk on the Atlantic Ocean Road. Helmet and life jacket provided for fleet ride inside. Wheelchair accessible.

**Contact** Visit Northwest (+47) 70 23 88 00 / info@visitnorthwest.no / www.visitnorthwest.no

TOURS AND EXCURSIONS



4

GRIP ISLAND  
— UNIQUE AND UNFORGETTABLE

The tiny, beautiful island Grip is one of a kind! The island, located in the ocean 14 km outside of Kristiansund, was already an important fishing village in medieval times.

Until 1964, Grip was Norway's smallest municipality with 115 residents – today it is a summer vacation paradise with quaint narrow streets, colourful houses and a small café. Amid the houses stands a picturesque stave church dating back to 1470. Guided tour of the island and visit to the stave church.

There's also enough time to explore the idyllic surroundings on your own, and just enjoy the fresh air and the lovely atmosphere. You will be charmed by this island!

**Duration** 3.5 hrs

**Season** June–August (main season). April–November on request.

**Capacity** 10–40/62

**Included** Boat trip, guided tour incl. stave church.

**Note** This tour is weather dependent. Boat trip is approx. 1 hour one way. Soft drinks and coffee available on board.

**Contact** Gripruta (+47) 926 08 045 / otonder@online.no / www.gripruta.no



**GRIP STAVE CHURCH**  
— ONE OF THE  
SMALLEST OF  
ITS KIND  
IN NORWAY



## TOURS AND EXCURSIONS

5



### THE HIGHLIGHTS OF KRISTIANSUND — CITY TOUR BY BUS



Explore the history and architecture of this charming town, spread out on four main islands with connecting bridges, offering a great view over the harbour area with the iconic «Sundbåten» passenger boat.

Kristiansund has been built up over the last 50-60 years, due to major devastation during the World War 2 when almost 900 buildings burned down. The reconstructed town developed its own style with bright, colourful houses. Visit the older parts on the island «Innlandet» with buildings dating back to 1700-1800.

Visit Kirkelandet Church (1964) with its modern and daring architecture. When light flows through the 320 colour glass windows, the chancel wall is

transformed into a symphony of colours.

Pass by or visit sights such as the Clipfish Museum and the Varden view tower. Get an insight into important industries of today, such as oil/gas, fisheries and aquaculture.

**OPTIONAL ADD-ON:** Taste local food.

**Duration** 2–3 hrs

**Season** All year

**Capacity** Max. 45 per bus

**Included** Bus and local guide. May include entrances.

**Contact** Visit Northwest (+47) 70 23 88 00 /  
info@visitnorthwest.no / www.visitnorthwest.no

## TOURS AND EXCURSIONS



**EASILY  
REACHABLE BY  
BUS OR BOAT**

### KRISTIANSUND — THE CITY OF CLIPFISH

6

The Norwegian Clipfish (Bacalhau) Museum is situated in a large and well-preserved wharf dating back to 1749. The wharf was used for clipfish production and a visit to the museum gives both a visual and perceptible impression of what came to be of great importance for the development of Kristiansund from the 18th century to the post-war period. You can still smell salt and clipfish in the old wharf!

Learn about traditional clipfish production through photos as well as through stories told by the knowledgeable guides, and taste samples of bacalao.

For easiest access, use the Sundbåten harbour ferry.

**TIP!** The Museum can also be combined with the photo exhibition in tour 7.

**Duration** 2 hrs

**Season** All year

**Capacity** Max. 45 per bus

**Included** Bus and local guide, entrance to museum, taste of bacalao

**Contact** Visit Northwest (+47) 70 23 88 00 /  
info@visitnorthwest.no / www.visitnorthwest.no



TOURS AND EXCURSIONS



PHOTO: Odd Inge Teige



PHOTO: Odd Inge Teige

7

## «BACALHAU DA NORUEGA» — LISTEN, LOOK, TASTE!

Let us serve you some stories from our city – the city of clipfish! A city where many people made their living from clipfish in the 1800s.

One of them was Nicolay Heinrich Knudtzon III – «The King of Clipfish». He was a succesful businessman in Kristiansund, and created a fortune from making and exporting clipfish to countries like Spain, Portugal and Brazil. This was possible with great help from the hard-working women working on the cliffs – the «clipfish women».

Enjoy the photo exhibition with photographer Odd Inge Teige's revitalised edition of the «clipfish woman» – young ladies in appropriate clothing. His works can be bought and taken home as a memento.

The exhibition can also be displayed on board the cruise ship.

**OPTIONAL ADD-ON:** Complete the experience by adding music and a taste of clipfish, prepared by a first-class restaurant.

**TIP!** The tour can also include the museum in tour 6 (add 1 hour).

**Duration** 1 hour

**Season** All year

**Capacity** No limits

**Included** Entrance to photo exhibition and storytelling. Bus transportation can be arranged if needed.

**Note** A visit to photo exhibition can be arranged as a drop-in session at a location near to the cruise ship pier. Suitable as an all-inclusive activity for cruise passengers.

**Contact** Blueevents.no (+47) 928 55 922 /  
ingunn@blueevents.no / www.blueevents.no

TOURS AND EXCURSIONS



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THEME CRUISE!

## OPERA OR CONCERT IN «FESTIVITETEN» OPERA HOUSE



**DID YOU KNOW?**

Kristiansund is home to Norway's oldest opera, established in 1928 – soon 100 years old!

Collect a musical souvenir from Kristiansund! The Opera House «Festiviteten», completed in 1914 in a combination of Art Nouveau and neo-classicism, is beautifully decorated and filled with history!

The annual Opera Fest Weeks in February comprises around 50 performances and concerts. If you prefer to come at another time of year, we can tailor an event according to your wishes and interests, whether it is opera, operetta, ballet or classical music.

The visit could start with a guided tour, followed by a performance of your choice. For smaller groups, a concert can be arranged in the wonder-

ful foyer. With larger groups (more than 80), the concert takes place on the main stage. The opera concert may also include dance/ballet and a wider selection of opera/opera music.

**Duration** 1–4 hrs + walk or transfer

**Season** All year. Annual Opera Festival Weeks in February (see p. 37)

**Capacity** 45–350 persons

**Included** Concert, guided tour, coffee and cake

**Note** Easy walk from pier, 600 m/10 minutes one way. Steps to get into the Opera House and during guided tour. Wheelchair accessible.

**Contact** Operaen i Kristiansund (+47) 71 58 99 60 /  
post@oik.no / www.oik.no



## TOURS AND EXCURSIONS

9

# HARBOUR SIGHTSEEING WITH THE ICONIC «SUNDBÅTEN»



The passenger boat «Sundbåten» is a trademark of Kristiansund. The people here are very proud of its long tradition in the harbour. Like the cable cars in San Francisco, the Sundbåt is amongst the world's oldest public transport companies still in operation, established in 1876.

There are several ways of exploring the town using this charming boat, criss-crossing between the islands of Kristiansund. A basic harbour sightseeing with guide can be extended with a visit to one or more parts of the town, and also be combined with a visit to a church or museum. Tours can be combined and tailor-made on request.

### OPTIONAL ADD-ONS:

- Coffee and «svele», a typical Norwegian pancake made with sour milk.
- Clipfish snack, local produce.

**Duration** 1 h 15 min–2 hrs

**Season** All year

**Capacity** «Angvik» 50 passengers, «Framnæs» 47 passengers

**Included** Harbour sightseeing and extension according to description

**Note** Harbour boat is wheelchair accessible. Easy walks, but tour to Nordlandet Church is a bit uphill.

**Contact** Sundbåten (+47) 92 85 17 44 / post@sundbaten.no / www.sundbaten.no

## BASIC HARBOUR SIGHTSEEING — STAY ON BOARD



**Duration**  
1 h 15 min

Boat sightseeing in the harbour, see «Innlandet» – the old part of town, and «Vågen» – the old maritime part of town, and hear about modern-day Kristiansund and its connections with the fisheries and oil industry.

## EXTEND THE HARBOUR SIGHTSEEING WITH:



### — A STROLL IN THE OLD PART OF TOWN



**Duration**  
1 h 45 min

Extend by docking in the old part of town (Innlandet), where you can walk around the preserved quarter. Admire the typical fishermen's wharfs, narrow alleys and the old manor house.



### — A STROLL IN THE OLD MARITIME PART OF TOWN



**Duration**  
1 h 45 min

Extend by docking in «Vågen» for a short walk through Mellemværftet, a shipyard virtually unaltered from the last days of the merchant sailing ships in Norway.

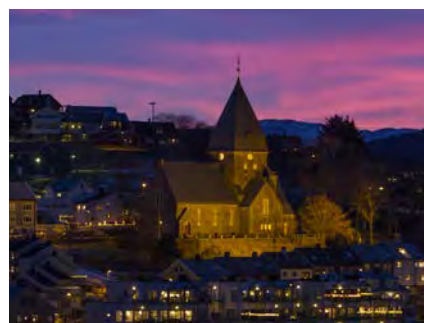


### — A VISIT TO THE CLIPFISH MUSEUM



**Duration**  
1.5–2 hrs

Extend by docking at «Goma». Visit the Norwegian Clipfish (Bacalhau) Museum, situated in a well preserved wharf previously used for clipfish production. You can still smell salt and clipfish. Learn about traditional clipfish production and taste samples of bacalao.



### — A VISIT THE NORDLANDET CHURCH



**Duration**  
1 h 45 min

Extend by docking at the island of «Nordlandet». Visit the Nordlandet Church (1914) situated up a hill with a remarkable view over the harbour, the town and your cruise ship docked in the city centre. The church is known for its beautiful fresco paintings and stained glass by Emanuel Vigeland.





10

# TINGVOLL ECO PARK EXPERIENCE



THE ECO PARK  
IS THE ONLY ONE  
OF ITS KIND IN  
THE WORLD

The eco municipality of Tingvoll is located by the fjord, a short 1-hour beautiful drive from the centre of Kristiansund. Opened in 2017, it is a national knowledge and experience centre, aiming to promote ecology and sustainable development.

The park offers a wide range of eco experiences suitable for both adults and children. The main attraction over five floors in an old barn is telling the story of the earthworms and the important job they do for us. Take the tour from the top of the tree, down through the roots and far into the soil layers to learn about life in the soil, where the food comes from and how to contribute to the sustainable development of society.

A guided tour could include the organic display garden, the soil and compost exhibition, the solar and bio energy centre and a visit to the farm animals.

Guide books are available in English and German. Enjoy a cup of coffee at the eco café and visit the small eco shop. Tingvoll has many producers of local, environment-friendly food.

**OPTIONAL ADD-ON:** Lunch or snack.

**TIP!** Combine with another nearby attraction, such as the farm producing the world's best cheese – see next page for suggestions.

**Duration** 3–5 hrs

**Season** May–September

**Capacity** 8–50 persons

**Included** Bus, guide, entrance and guided tour

**Contact** Tingvoll Økopark (+47) 41 33 11 14 / 97 97 12 11 / post@okoparken.no / www.tingvollokopark.no



# A TASTE OF TINGVOLL — THE WORLD'S BEST CHEESE

11

The eco municipality Tingvoll is located by the fjord, a short 1-hour beautiful drive from the centre of Kristiansund. Cultural treasures, the world's best cheese and breath-taking natural surroundings await you.

A tremendous adventure started back in 2003 at the Saghaug farm in Tingvoll, when the family Waagen established «Tingvollost» (Tingvoll Cheese) – a family-run dairy farm producing white and blue mould cheese based on pasteurized cow's milk from their own farm.

Best known is the blue mould cheese «Kraftkar», winning the award of "The Best Cheese in the World" in 2016. The farm has its own farm shop with a selection of local foods and crafts. Through a window you can follow the fermentation process.

The cows graze outside in the summer season. They all have a name and their own personality,

and they appreciate a visit too! The farm is adapted to children with a small playground. Seats and toilets are available.

The medieval **Tingvoll church** (around 1180) is one of few remaining old stone churches that was built in Norway. Beautiful interior and a stone at the altar contains a runic inscription.

**Tingvoll museum** is a 19th century farm consisting of several well-equipped buildings, including schoolroom, shop, gate saw, mill and smithy.

**OPTIONAL ADD-ON:** Lunch or snack.

**Duration** 3–5 hrs

**Season** May–September

**Capacity** 8–50 persons

**Included** Bus, guide, entrance and guided tour

**Contact** Tingvoll Økopark (+47) 41 33 11 14 / post@okoparken.no / www.tingvollokopark.no



## TOURS AND EXCURSIONS



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# CRUISING THE TODALSFJORD — IDYLIC AND SECLUDED



Todalen is a small village with around 350 inhabitants, situated about 120 km from Kristiansund. From the Todalsfjord, the valley rises towards Trollheimen and Kårvatn, where the road ends.

### OPTIONS:

#### 1: FJORD CRUISE OR OVERLAND TOUR WITH TENDERING IN TODALEN

Arrival by cruise ship – northbound from Ålesund/ Molde/Kristiansund or southbound from Trondheim/Hitra/Smøla – via Årsundfjorden, Halsafjorden, Stangvikfjorden into Todalsfjorden (about 2.5 hrs sailing time (38 nm) from Grip pilot station). Anchorage near Svinvik Arboretum where a floating dock will be arranged for tendering.

Various excursions locally in Todalen. Also do-

able as overland tour from/to Kristiansund via Tingvoll.

#### 2: FJORD CRUISE WITHOUT TENDERING

For cruise ships calling Kristiansund, Smøla or Hitra.

#### 3: EXCURSION BY BUS FROM KRISTIANSUND

Cruise ship docking in Kristiansund. Day trip (6–8 hours) by bus to Todalen for various excursions locally.

**No additional port fee will be required for anchoring in the Todalsfjord, if combined with a call to Kristiansund, Smøla or Hitra.**

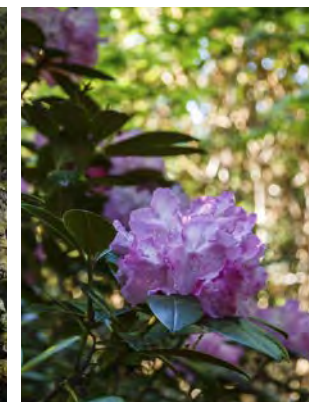
**Contact** Visit Northwest (+47) 70 23 88 00 / [info@visitnorthwest.no](mailto:info@visitnorthwest.no) / [www.visitnorthwest.no](http://www.visitnorthwest.no)



\*Due to an overhead cable located at Trongfjorden, max. air draft is set to 35 m. This height is at its lowest point. Ships can be guided by the pilot to pass closer to the shore, where the height is 70 m. Please don't hesitate to contact us for further details.



### Local attractions and activities:



#### Kårvatn with Nauståfossen waterfall

A mountain farm beautifully situated about a 20-min. drive from the tender pier to the top of Todalen valley. From here you can follow a hiking trail to the mighty Nauståfossen waterfall (about 1km/20 min. each way) with its two drops of 110 m.

#### Svinvik Arboretum – botanical garden

A unique botanical garden with 350 different types of rhododendron and 250 types of conifers planted on the mountain slopes down to the fjord. There are also many unusual and beautiful deciduous trees, shrubs and flower beds. Café with homemade specialties of own produce.

**TIP!** Best time to experience the beautiful flowering is usually in May/June, but this depends on the spring temperatures.

#### Todalshytta mountain lodge

A culture-historical treasure in beautiful surroundings, built by the English businessman Ethelbert Lort Phillips in 1901, used as a location for salmon fishing by Englishmen. Possibilities for coffee/snack/lunch.

#### Svinvik hiking trail

This popular and easy round trip goes along the old main roads into Todalen and offers stunning views. The trip starts at the parking lot on the upper side of the road at Svinvik's arboretum. The first part is uphill, then flat and downhill. The roundtrip is about 4.5 km/1 hour (not wheelchair accessible).



TECHNICAL INFO:	Fjord cruise only	Fjord cruise with tendering
Max. ship length	300 m	250 m
Max. ship draft	No limit	No limit
Max. air draft	35/70 m*	35/70 m*





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## THE NORWEGIAN SALMON ISLAND — EXCURSION TO HITRA



The island of Hitra is the cradle of the Norwegian salmon adventure. In 1970, two brothers were the first to farm salmon in the sea, just off the coast of Hitra. Many years later, Hitra and the neighbouring island Frøya, have become one of the world's biggest fish farming locations, with a yearly production of about 260 000 tonnes.

With a comfortable express boat along the coast, the salmon adventure is less than 2 hours away from Kristiansund!

Learn the story of the fish farming industry through an exciting visit by RIB-boat to a salmon farm, where you also can try hand feeding of the fish, and a visit to a top modern fish processing factory.

### Itinerary example:

- 07.30 Bus transfer with guide from pier to express boat terminal (If applicable, depending on pier where the cruise ship is berthing).
- 08.00 Departure with express boat to Hitra. The guide will present the story of salmon farming in Hitra and Frøya – from the very beginning to the

modern industry of today.

- 09.50 Arrival at Hitra.
- 10.00 By RIB-boat to one of the fish farming facilities at sea. Hand feeding of the fish.
- 11.00 Salmon lunch at Terningen lighthouse.
- 12.00 Visit to Lerøy's fish processing factory.
- 13.00 Bus transfer to express boat terminal.
- 13.50 Express boat to Kristiansund, accompanied by guide.
- 15.40 Bus transfer to cruise ship (if applicable).

**Duration** 8.5 hrs when cruise ship is calling at Kristiansund

**Season** April–October

**Capacity** 10–36 persons

**Included** Bus transport, local guide, express boat Kristiansund–Hitra–Kristiansund, RIB-boat to fish farm, salmon lunch, factory visit

**Note** Floatation suits, life jackets and goggles will be provided on the RIB. Wear footwear and clothing suitable for weather and season. Participation is not advised if you have a knee or back injury, or are pregnant

**Contact** Explore Hitra (+47) 919 14 171 / post@explorehitra.no / www.explorehitra.no



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## SEA EAGLE SAFARI — EXCURSION TO SMØLA



Smøla is an island located north of Kristiansund. It is surrounded by a huge archipelago and is known for its rich wildlife. Join this guided safari to experience the densest white-tailed eagle population in the world!

This tour can be made as a half day excursion (4–5 hrs) with packed lunch, including an exciting Sea Eagle Safari and a guided tour of one of the small, old fishing villages.

Convenient transport to Smøla by private high-speed passenger boat «MS Møreskyss» or «MS Skalmen».

### This tour is a must for photographers!



We recommend you bring a tele-lens. 70-200/300/400 mm are perfect for eagle photography.

The safari includes a scenic boat ride to the prime location for sea eagles, far off the beaten track, with very good chances of a wild life encounter.

**OPTIONAL ADD-ON:** Lunch a local guest house.

**Season** All year

**Capacity** «Møreskyss» 33 passengers, «Skalmen» 12 passengers, RIB max. 11 per boat.

**Included** Boat transport to Smøla, local guide, eagle safari, lunch

**Note** Necessary equipment (thermal suit and life jacket) for the boat ride will be provided. Wear footwear and clothing suitable for weather and season.

**Contact** Smøla Naturopplevelser (+47) 45 00 14 50 / post@smolanaturopplevelser.com / www.smolanaturopplevelser.com



## OUTDOOR ACTIVITIES

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### HIKING & COASTAL WALKS

Kristiansund has many great hiking possibilities, both along the coast and in mountain terrain.



#### VANNDAMMAN AND VARDEN VIEWPOINT

Start directly from the cruise pier and walk through the centre of Kristiansund with its unique architecture to the park area of Vanndamman and Kringsjå. The area consists of water ponds and idyllic hiking trails in rich and varied vegetation. The contrast to bare sea shores just a few hundred metres away is striking. Continue up to the Varden viewpoint, an old watch tower. The hike is easy, no experience needed.

**TIP!** Combine with Mount Kvernberget.

#### MOUNT KVERNBERGET (205 M)

A small and very popular mountain, only a 15-minute drive from the town centre. The hike is easy, but a bit hilly. Good panoramic view on the top. About 30–40 minutes one way. The hike is a beautiful round tour. No experience required.

#### MOUNT FREIKOLLEN (629 M)

The highest peak in Kristiansund offers fantastic views of fjords, mountains, town and ocean. It is located only a 30-minutes drive from the pier. The tour to the top follows a demanding single-track

trail with steep sections towards the end. Some hiking experience is highly recommended.

#### HAVSTIEN OCEAN PATH

«Havstien» is a nice coastal hiking trail only 20 minutes by foot from the harbour, offering a fantastic view of the open sea. The terrain is partly hilly, but there are bridges and steps on some parts of the path to ensure good accessibility. Moderately challenging, some hiking experience is recommended. Total length is 4 km, comprising partly natural path and partly dirt road.

**Duration** Mount Kvernberget: 2 hrs incl. transfer  
Mount Freikollen: 4–5 hrs incl. transfer  
Vanndamman and Varden: 2 hrs  
Havstien: 2 hrs incl. walk or transfer

**Season** Spring, summer, autumn

**Capacity** 4–24

**Included** Tea/coffee, snacks

**Note** Good hiking shoes and clothes according to the weather

**Contact** Contrast Adventure (+47) 952 31 240 / post@contrastadventure.no / www.contrastadventure.no

## OUTDOOR ACTIVITIES



### DEEP SEA FISHING TOUR WITH GUIDE

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Depart directly from the pier in Kristiansund, only steps away from your cruise ship, or from the Atlantic Ocean Road, if you also want to experience the magnificent nature and the unique stretch of road. A qualified fishing guide will show you where the fish are hiding.

Two boats are available, one suitable for 10 persons and the other for 12. You can expect to catch codfish, pollock, mackerel and halibut.

Try your luck!

**Duration** 3–4 hrs incl. bus transport

**Season** May–October

**Capacity** 2–12 persons

**Included** Boat tour, guide, fishing gear and safety equipment

**Contact** Strømsholmen Sea Sport Centre (+47) 71 29 81 74 / post@stromsholmen.no / www.stromsholmen.no



## OUTDOOR ACTIVITIES



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## ATLANTIC OCEAN ROAD ADVENTURES — SEAL SAFARI AND DIVING

### SEAL SAFARI

Join a memorable seal safari. From the sea sport centre located at the Atlantic Ocean Road, there is about a half-hour trip on the 27 foot boat «Hårek» to Orskjæra, where the seals have their colony.

You can snorkel with the seals or watch them from the boat. An exciting experience for all ages.

**Duration** 3 hrs incl. transportation

**Season** May–October

**Capacity** 4–12 persons

**Included** Boat tour, snorkelling equipment

**Contact** Strømsholmen Sea Sport Centre  
(+47) 71 29 81 74 / post@stromsholmen.no /  
www.stromsholmen.no

### DIVING

The area offers more than 100 dive sites with great diving in crystal clear waters. Explore giant kelp forests, numerous wrecks, a rich marine life, drop-off and white, sandy sea beds. The flora and fauna here are both abundant and diverse, due to the warm Gulf Stream, and can compete with anything found elsewhere in Europe.

**Duration** 4 hrs incl. transportation

**Season** May–October

**Capacity** 2–12 persons

**Included** Boat to dive site, 1 dive and equipment. Dive master on request

**Note** Suitable for certified divers only (PADI, CMAS and other legal certification)

**Contact** Strømsholmen Sea Sport Centre  
(+47) 71 29 81 74 / post@stromsholmen.no /  
www.stromsholmen.no

## OUTDOOR ACTIVITIES



## HØYT & LAVT CLIMBING PARK

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ADRENALINE-  
RUSH ACTIVITY!



The “High and Low” climbing park at Valsøya in Heim municipality, less than 2 hours’ drive from Kristiansund (incl. ferry), provides challenging activities and raw experiences in a safe environment, for all ages and skill levels. The climbing park is in beautiful surroundings overlooking the fjord.

The park consists of different types of courses in the trees that vary in length and difficulty. In addition, two more challenging activities: a 280-metre zip-line and a 21.5-metre high quick-jump with a free fall of several metres.

The courses are varied, from easy to more challenging. Height restrictions: from 80/110/140/160 cm. Weight limit: max. 120 kg.

Small café with refreshments and light food. Activity room for the youngest children. Restaurant with a la carte menu close to the climbing park.

**Duration** 6–8 hrs incl. transport

**Season** Mid April to mid June, open weekends, or daily for groups min. 10 persons

Mid June to mid August, open daily

Mid August to mid October, open weekends or daily, for groups min. 10 persons

**Capacity** 10–110 persons

**Included** Transport, entrance to climbing park and obligatory security briefing

**Note** Dress according to weather. Hiking shoes are preferred. Clothes with cords (hoodies etc.) are not recommended. The park is open regardless of the weather. During thunder and/or heavy winds, parts of the park may need to be closed until the weather has lightened. Unforeseen down time does not entail a right to reimbursement of paid ticket.

**Contact** Høyt & Lavt Valsøya (+47) 915 55 165 /  
valsoya@hoytlavt.no / www.hoytlavt.no

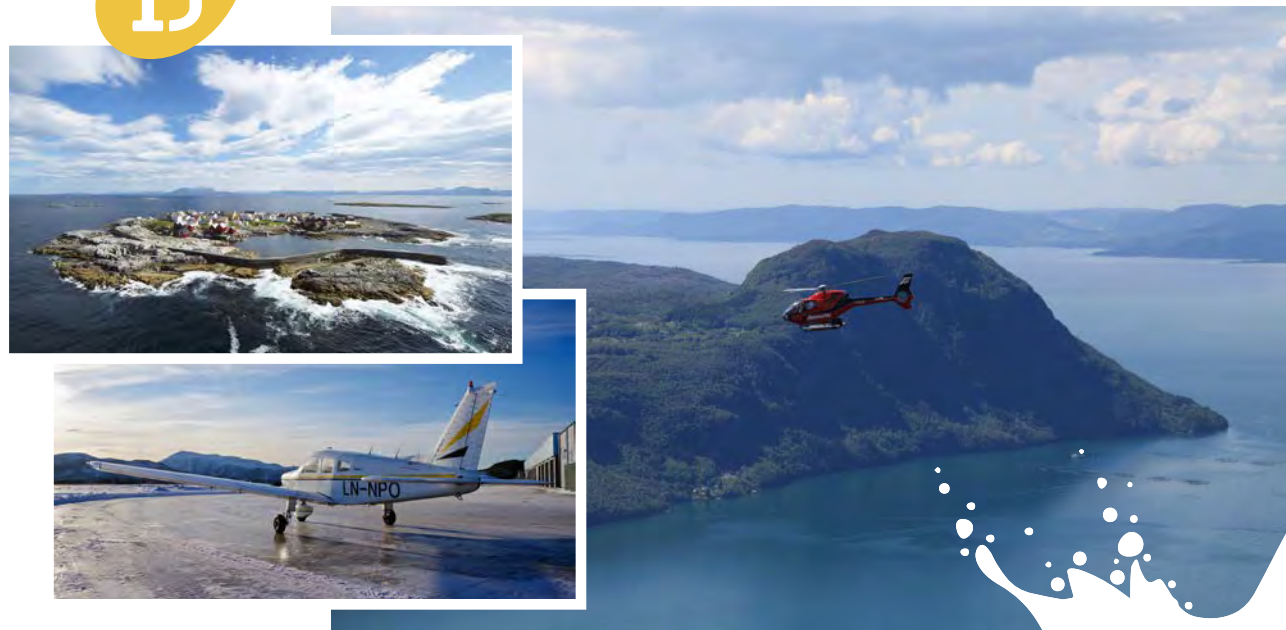


## VIP ACTIVITIES



# SCENIC FLIGHTS: EXPLORE KRISTIANSUND AND NORDMØRE FROM ABOVE

19



Looking for a unique experience? Look no further than a sightseeing tour by helicopter or a small plane. A scenic flight will give you the ultimate birds-eye view of the spectacular landscape of northwestern Norway with its fjords and moun-

### FLIGHT-SEEING

**Duration** 1 hour (50 min flight, 10 min taxiing)

**Season** All year

**Capacity** Max. 3 persons, all with window seat

**Included** Private flight with English-speaking pilot

**Note** Transportation to/from airport and security briefing comes in addition

**Contact** Møre Flyklubb Att: Trond Sæterøy  
(+47) 995 92 200 / trond.saeteroy@west-elektro.no /  
m.me/moreflyklubb

tains, and a memory you will never forget.

Kristiansund airport Kvernberget is located only 15 minutes' drive from the cruise pier.

### HELI-SIGHTSEEING

**Duration** Flight time from 20/30/60 min.

**Season** All year

**Capacity** Max. 7 per tour

**Included** Private helicopter tour with English-speaking pilot

**Note** Security briefing before takeoff

**Contact** Fonnafly AS (+47) 974 84 040 /  
post@fonnafly.no / www.fonnafly.no

## VIP ACTIVITIES



# RAFTING THE ATLANTIC OCEAN

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The open sea and the fantastic archipelago around Kristiansund offer many exciting possibilities for shorter or longer tours by RIB – slow and pleasant or fast and exciting!

For example, a 3-hour Atlantic Safari could include a trip to the Atlantic Ocean Road, the small island of Ringholmen, the idyllic and colorful island of Grip and/or one of the many lovely lighthouses in the area. All tours can be tailored according to your wishes.

**Duration** 1–4 hrs

**Season** All year

**Capacity** Max. 12 persons

**Included** Boat tour with guide. Passengers will be provided with necessary safety equipment, such as lifejacket, thermal-insulated floatation-suits, gloves, goggles and bandana or beanie, in accordance with The Norwegian Maritime Authority (NMA). Appropriate shoes are recommended.

**Note** The RIB boats are modern, secure and certified in accordance with NMA and SOLAS regulations. RIB-pilots are well qualified and experienced drivers, who know the archipelago and waters well. Prior to departure there will be a safety briefing. The RIB provider is fully insured for passenger liability.

**Contact** Smøla Naturopplevelser (+47) 45 00 14 50 /  
post@smolanaturopplevelser.com /  
www.smolanaturopplevelser.com



WINTER



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## INDOOR ICE ACTIVITIES — SKATING OR CURLING WITH GLÜHWEIN



Enjoy a nice indoor ice-skating experience or a game of curling, including a break with glühwein or another hot drink!

«Arena Nordvest» is a modern, full-scale ice hall in Kristiansund, located only 2 km from the cruise pier.

The ice area of totally 10 000m<sup>2</sup> comprises speed skating track, ice hockey court, curling sheets and a large free skating area.

**Duration** 2–3 hrs

**Season** October–April

**Capacity** Max. 45 per bus. Curling min. 4, max. 24 persons

**Included** Bus transportation to/from, rental of ice skates and helmet. Curling includes instructions, shoes, brooms and stones. Additional equipment for wheelchair is available.

**Note** Ice activities at your own risk

**Contact** [Blueevents.no](mailto:Blueevents.no) (+47) 928 55 922 / [ingunn@blueevents.no](mailto:ingunn@blueevents.no) / [www.blueevents.no](http://www.blueevents.no)

WINTER



## WALKING TOUR IN MARITIME KRISTIANSUND

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Explore the maritime history of Kristiansund when visiting the historical shipyard «Mellemværftet» – Norway's only «living» shipbuilding museum with buildings from the late 1800s. There will be a 20-minutes walk in flat terrain, a nice stroll to the inner harbour of Kristiansund. Learn about traditional maritime practice and craftsmanship, hear stories around an open fire and watch a blacksmith at work.

Up next is a few minutes' walk to the Patrick Volckmar café and coffee roaster. The café is designed in 1950-60 style. You will have a taste of the fresh roasted coffee and homemade cake. You can buy the locally produced coffee to take

home as well as other souvenirs.

Walk back on your own or with the guide.

**Duration** 2 hrs

**Season** September–May

**Capacity** 20 persons per tour

**Included** Guided walk and museum

**Note** Flat and easy walk from pier to museum (1 km) and from museum to café (450 m). Steps to the first floor of the museum. Wheelchair accessible.

**Contact** [Nordmøre Museum](mailto:Nordmøre Museum) (+47) 71 58 70 00 / [post@nordmore.museum.no](mailto:post@nordmore.museum.no) / [www.nordmore.museum.no](http://www.nordmore.museum.no)



# TO SEE AND DO IN THE CENTRE OF KRISTIANSUND



## The Norwegian Clipfish/Bacalhau Museum

Authentic museum, located in a large and well-preserved wharf dating back to 1749. The wharf was used for production of clipfish (bacalao, dried and salted cod), which became important in the development of Kristiansund from the 18th century and to the post-war period. A visit here will challenge all your senses: see, hear, touch, smell and taste!



## Sundbåten – iconic harbour boat

A part of Kristiansund's cultural heritage and the world's oldest public transport service in uninterrupted use. The passenger boat service running between the four islands of Kristiansund started back in 1876. A round trip on your own takes approx. 15–20 minutes with hop on/hop off possibilities. Departing only a few steps from the cruise pier.



## Mellemværftet Shipbuilding Museum

Mellemværftet – literally «the middle shipyard», is Norway's only «living» shipbuilding museum. Shipyard buildings from 1872 and residential houses from 1887. At the same time a museum from the age of the merchant sailing ships in the 19th century, a working centre for the preservation and use of traditional vessels and a centre for maritime culture. Many veteran craft are anchored/moored in the area. Exhibition and guided tours. Situated in the marina, a 25-minutes walk from the cruise ship.



## Kirkelandet Church

Built in 1964 to replace the one destroyed by bombs during the World War II. Modern architecture, perhaps Norway's most daring church building. When light flows through the 320 coloured glass windows in all shades of red and yellow, the 30-metre high chancel wall is transformed into a symphony of colours.



## The Opera House «Festiviteten»

The Kristiansund Opera is the oldest in Norway. The opera house, built in Art Nouveau-style, was completed in 1914. This is one of the few older buildings in the centre of Kristiansund that survived the bombing during World War II.



## Vanndamman park area

Beautiful walking park with rich and varied vegetation, a 20-minutes walk from the cruise pier. Café with homemade cakes and playground, pond with ducks, swans and peacocks. Make sure to pass the beautiful Opera House and the Kirkelandet Church on your way.



## Varden viewtower

A copy of an old watchtower with a nice, 360-degree view over the town, the shipping fairway, the fjords and the mountains. Nice walk, about 30 minutes from the cruise pier. Free entrance.



## Patrick Volckmar café and coffee roaster

Located near the shipbuilding museum. Cosy café in 1950 style, delicious coffee and souvenirs.



## The old part with «Bautaen» memorial

«Innlandet» is the older part of the town with narrow streets and well preserved wooden houses. Here you also find the memorial stone «Bautaen» in memory of a battle in 1808, beautifully situated with a nice view over the harbour. The monument was raised for the centennial commemoration in 1908.

## Annual events in Kristiansund

**February** Opera Fest Weeks (2022: February 3–19, 2023: February 2–18)

**June** «Snadderfestivalen» - small festival with local food and beer

**September** Festspillene i Kristiansund (classical music, choir, chamber music and art)

**October** Nordic Light International Festival of Photography





ALSO  
TURNAROUND  
PORT



# CONTACT INFORMATION

## PORT AUTHORITY

### Port of Kristiansund & Nordmøre

info@knhavn.no  
(+47) 40 00 65 04  
www.knhavn.no

Contact persons:  
Maritime: Svein Skomsøy, havnevakt@knhavn.no  
Marketing: Erika Indergaard, ei@knhavn.no

## DESTINATION INFO

### Visit Northwest

info@visitnorthwest.no  
(+47) 70 23 88 00  
www.visitnorthwest.no  
Contact person: Synnøve Henden,  
synnove@visitnorthwest.no

### Explore Hitra

post@explorehitra.no  
(+47) 91 91 41 71  
www.explorehitra.no

### Cruise Smøla

sindre@cruisesmola.com  
(+47) 482 38 830

## AIRPORT AND GROUND HANDLING AGENT

### Avinor – Kristiansund Airport Kvernberget

(+47) 67 03 24 00  
www.avinor.no/en/airport/kristiansund-airport

### Widerøe Ground Handling

handling.ksu@wideroe.no  
www.wgh.no/locations/kristiansund-ksu

## BUS & BOAT

### Atlantic Auto AS

buss@atlantic-as.no

(+47) 93 40 55 05  
www.atlantico.no

### Boreal Travel AS

tur@boreal.no  
(+47) 51 59 90 60  
www.boreal.no

### Tide Buss

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(+47) 55 23 87 00  
www.tide.no

### Sundbåten

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(+47) 92 85 17 44  
www.sundbaten.no

### Gripruta

otonder@online.no  
(+47) 92 60 80 45  
www.gripruta.no

### Kristiansund Taxi

ledelse@kristiansundtaxi.no  
(+47) 71 67 22 22  
www.kristiansundtaxi.no

## GUIDE

### Møre og Trøndelag Guideservice

post@moeregide.com  
(+47) 45 29 98 67  
www.moeregide.com

### Noreon Guides & Excursions

noreon@noreon.no  
(+47) 467 85 080  
www.noreon.no

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# PORT OF | KRISTIANSUND & NORDMØRE

