



Aurora night in Tromsø. Photo: Truls Tiller

Visit
TROMSØ!

TROMSØ

Where your Arctic adventure begins

For those of us fortunate enough to call the Arctic capital home, there is no better place to live. With the pure Arctic air filling our lungs every day, we thrive where most people might think it is near impossible to exist - nearly 70° North. In Northern Norway's largest city, Tromsø is blessed with two wonders of nature that light up our lives; the Northern Lights and the Midnight Sun. A population of around 76,000 and 15,000 students lives here on the edge of the Arctic. Tromsø hosts the world's northernmost university, brewery, cathedral and botanical garden. The city has a great variety of busy cafés, restaurants serving world-class food, an active cultural life, captivating museums, art galleries, a wide range of attractions, spectacular activities and nearby experiences. Tromsø is the destination in Norway with the most activities to offer, all year round. There is something to suit everyone.

ACTIVE STAY IN TROMSØ

Tromsø is the activity capital of Norway and a wide range of activities for individuals and groups are offered all year round. Most of the activities are for smaller groups and have a high degree of personal attention.

SUMMER ACTIVITIES

- The Arctic light in summertime makes most activities possible both day and night.
- Guided city walk
 - Scenic excursions (by bus, boat or arctic train)
 - Midnight Sun tours and Midnight Sun photographic tours
 - Scenic fjord tours
 - Fjord and photographic tours
 - Deep sea fishing tours
 - RiB tours and kayaking
 - Horseback riding and hiking with dogs
 - Mountain hikes and mountaineering
 - Glacier hikes
 - Guided cycle trips (city, electric or mountain)
 - Bow-hunting experience
 - Sailing tours

For more information, please see: www.visit tromsø.no

WINTER ACTIVITIES

Tromsø, with its exhilarating, safe and well planned activities, takes you into the Arctic winter landscapes to experience the Polar Night, snow and Northern Lights.

- Guided city walk
- Scenic excursions (by bus or boat)
- Whale watching (Nov-Jan)
- Dog sledding
- Reindeer sledding
- Snowmobile tours
- Snowshoeing
- Cross-country skiing
- Ice fishing
- Fishing trips
- Northern Lights chase tours
- Northern Lights experience tours

For more information, please see: www.visit tromsø.no

ATTRACTIONS/EXCURSIONS

The Arctic Cathedral

The Arctic Cathedral is the iconic symbol of Tromsø. An impressive glass mosaic window with "The Return of Christ" dominates the interior. To top the experience, an evocative concert in the Cathedral is recommended.

Tromsø Domkirke

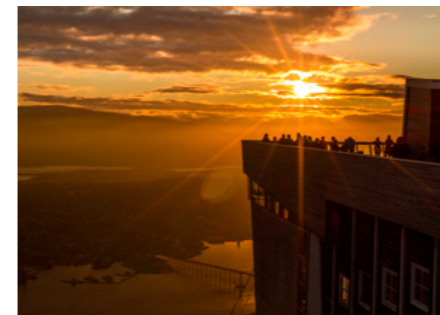
The world's northernmost Protestant cathedral from 1861 is Norway's only wooden cathedral. In the summer, concerts are held during the daytime every Monday-Friday.

Polaria

Arctic experience centre of knowledge and fascination. Enjoy an Arctic walk and aquariums with fish and bearded seals. A five-screen theatre showing two different films.

The Science Centre of Northern Norway

Experiment, have fun and learn about regional and universal phenomena on more than 80 interactive installations suitable for all ages. Experience the spectacular Northern Lights in Norway's largest 360° fully digitalized planetarium.



Cable Car. Photo: Gunnar Magne Berg / Visit Tromsø

The Cable Car

Take the cable car up to Mount Storsteinen (421 m) for a fantastic view over Tromsø, the surrounding waterways and mountains. Excellent starting point for mountain walks.

Tromsø Wilderness Centre

Experience North Norwegian nature at its best with adventures at all levels for all kinds of people. Everyone enjoys a visit to the dog farm, cuddling the puppies or a hike with one of the 300 friendly Alaskan huskies. Kayaking, hikes, snowshoeing or skiing tours are also offered.

Mack Brewery, Ølhallen

Enjoy a guided tour of the old beer cellars and the microbrewery, combining over 130 years of history, a film and a taste of beer at the northernmost brewery in the world. The Beer Hall has 50 beer taps serving 67 different types of Norwegian beer.

Arctic University Museum of Norway

Northern Norway's most comprehensive museum presents in-depth knowledge about the people of the Arctic and their history as well as the Northern Lights.



Sylvi and Chris. Photo: Therese Norman Andersen / Visit Tromsø

Polar Museum

Located in an 1830 wharf house, the Polar Museum tells the exciting story of risky Arctic trapping and courageous polar expeditions.

Perspektivet Museum

Stories from Tromsø's past and present are displayed. Challenging exhibits in a magnificent 1838 neoclassical estate.

Tromsø Defence Museum

The story of "Tirpitz", the German battleship sunk by the Allies, on 12 November 1944 near Tromsø, told through exhibits in a World War II bunker.

The Art Museum of Northern Norway

Art about and from Northern Norway from early 19th century to the present, along with national art history and temporary exhibitions.

Blåst - the world's northernmost glass blowing studio!

Blåst is an open workshop where you can get a demonstration of how glass is made. Like magic, glass is formed into fantastic products that make great gifts.



Tromsø city centre. Photo: Gunnar Magne Berg / Visit Tromsø

Tromsø Gallery of Contemporary Art

Changing exhibitions covering Norwegian and international contemporary art in a classical building centrally situated in Tromsø.

Arctic Alpine Botanical Garden

The world's northernmost botanic garden is ranked among the top five botanical gardens in the world by BBC's garden expert Monty Don.

Tromsø city walk

A must-do activity loaded with tips that will enhance the Tromsø experience! You will leave Tromsø with a better understanding of the history, culture and lifestyle of our chilly slice of paradise.

Magic Ice Bar & Gallery

Magic Ice is a fairytale adventure with the wondrous surroundings of snow and ice. The exhibits follow the footsteps of Arctic explorers such as Fridtjof Nansen, Roald Amundsen and others. A magical ice wonderland! www.magicice.no

PORT OF TROMSØ

Position: 69° N
Visiting address: Samuel Arnesensgt. 5, 9008 Tromsø
E-mail: adm@tromso.havn.no
Website: www.tromso.havn.no
Phone: +47 911 07 444
VHF: Channel 12
Berths for cruise: 2 (Breivika and City Centre)
Distance to city centre: From Breivika 4 km

DOCKING INFORMATION

Landing largest ship: Unlimited
Air draft: Unlimited
Tidal movement: Normally approx. 2 m
Terminal contact: Port Control, +47 911 07 444, havnevakta@tromso.havn.no

TERMINAL FACILITIES (TURNAROUND)

Check-in counter: No
Restrooms: Tromsø Protneset terminal building
Card payment

Wi-Fi Service: Tromsø Protneset terminal building
Free
Taxi: Close to the quay side
Shuttle bus: On request
Distance to airport: 4 km

TRANSIT AND T/A EQUIPMENT

Forklifts: Available on request

PORT SERVICES

Fresh water bunkering
Waste landing
Sludge landing
Grey water landing
Special waste
VAT refund

SECURITY & ENVIRONMENT

Fenced terminals (ISPS)
Security service
Shore power: In the city centre form 2022
EPI

ANCHORAGE

Max GT: Unlimited
Type of bottom: Sand/mud
Minimum depth: 30 m
Distance from anchorage to tender pier: Approx 1-1.5 nm

TOURIST INFORMATION

Visiting address: Samuel Arnesensgt. 5, 9008 Tromsø
Postal address: PO Box 311, 9253 Tromsø
E-mail: info@visit tromsø.no
Phone: +47 77 61 00 00
Web: www.visit tromsø.no
Distance from port: 4 km from Breivika, 0 km to the city centre



Quay	Water depth	Length	Height	Fenders	Shore Power	Grey Water	Max Ship size
Postneset	8 m	300 m	2.5 m	V-fender	No	Yes	220 m
Breivika	11 m	410 m	2.5 m	V-Fender/tyre fender	Up to 600A 400V	Yes	Unlimited

