



Aurora night in Tromsø. Photo: Truls Tiller

TROMSØ

Where your Arctic adventure begins

The Arctic Capital, Tromsø, is Northern Norway's largest city. Beautifully situated on an island at 69°N, Tromsø offers the best of two worlds: a vibrant city life and the raw Arctic wilderness, just outside your doorstep. The city provides year-round activities, with mountains to explore in every direction. A full range of exciting cultural and nature-based experiences await you. In Tromsø, we are blessed with two natural wonders that light up our lives: the northern lights and the midnight sun. Tromsø is home to the world's northernmost university, cathedral, and botanical garden. It has a population of around 77,000, including 15,000 students. Tromsø is full of character and offers numerous sights and attractions. It has a variety of busy cafés, excellent shops, restaurants serving world-class food with a focus on local delicacies, an active cultural life, captivating museums and art galleries. In Tromsø, you'll find something to suit every need. Welcome to the Arctic!

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.

SPRING AND 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
- Culinary experiences
- Cultural events

AUTUM AND 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
- Kayaking
- Horseback riding
- Arctic floating
- Ski touring
- Culinary experiences
- Cultural events

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.

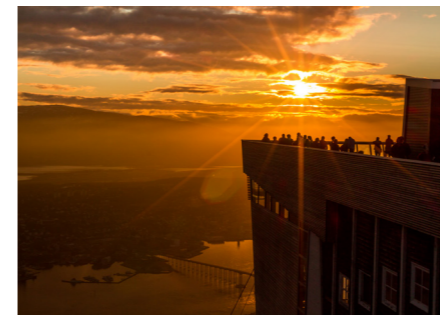
Tromsø Domkirke
The world's northernmost Protestant cathedral from 1861 is Norway's only wooden cathedral. In the summer, concerts are held during the daytime every Monday-Friday.

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.

For more information see: www.visittromso.no

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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.



Walk along the harbour. 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.

Full Steam 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.

The Troll Museum

The first museum in Norway dedicated entirely to trolls and fairy tales. It offers a unique and enchanting journey into Norwegian folklore, showcasing the mythical trolls that have captivated imaginations for centuries.

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!

PORT OF TROMSØ

Position: Northern Norway
Website: www.tromso.havn.no
E-mail: adm@tromso.havn.no
Phone: +47 776 61 850
Contact person: Harriet Willassen
E-mail contact person: hwi@tromso.havn.no
Phone contact person: +47 911 81 965
Distance from pilot station: 1,5nm
South: 30nm
North: 20nm/40nm depends on vessel size
Pilot channel: Ch.13-16
Port VHF channel: Ch. 12
Barents Watch: https://nais.kystverket.no/point/18.96366_69.65455

TOURIST INFORMATION

Website: www.visittromso.no
E-mail: info@visittromso.no
Phone: +47 776 10 000

PORT INFORMATION

Designated cruise quay: Prostneset quay 8 / Breivika quay 21
ISPS: Yes
Maximum ship length: 365m quay 21 / 230m quay 8
Maximum ship draft: 11m
Bollard strength (certification): 50 / 70 / 75 / 80 / 250 t
Tidal movement: max 3m

PORT SERVICES

Gangway available: Not in port, some local companies have for rental
Tugboats: Yes
Crew facilities: No
Bunkers delivery: Yes, by truck
Waste handling: Yes
Grey water: Yes

SUSTAINABILITY

Shore Power: Yes, at Prostneset
EPI: Yes
ESI: No
Max passenger per day: 6 000

GENERAL INFORMATION

Turnaround facilities: Some
Terminal/Restrooms in pier area: Yes/No
Parking place for buses: Yes
Public transportation close by port: Yes
Distance from port to airport: 4 km
Distance from port to city centre: 0 km from Prostneset, 4,5 km from Breivika
Distance from port to nearest hospital: 5 km from Prostneset, 0,5 km from Breivika



Quay	Water depth	Length	Height	Fenders	Shore Power	Grey Water	Max Ship size
Postneset quay 8	8 m	300 m	2.5 m	V-fender	Yes, from 2025	Yes	230 m
Breivika quay 21	11 m	410 m	2.5 m	V-Fender/tyre fender	No	Yes	400 m

