



Nidaros Cathedral in Trondheim. Photo: Grim Berge

TRONDHEIM

The royal capital of Norway

Trondheim is the third largest city in Norway – vivid and lively, with everything a big city can offer, yet still with the friendliness of a small town. Located in the very heart of Norway, it is the access point to visit the UNESCO World Heritage town of Røros or get close to the musk ox in their only wild habitat in Europe. Trondheim remains a popular pilgrimage site, due to the famous Nidaros Cathedral – the consecration church of the Norwegian Kings. While medieval times still have their mark on the centre, innovation and modernity shape it. Discover a variety of museums, historical sights, activities accompanied by hospitable locals. Visit Norway’s food capital in 2022 when it is awarded the title of European Region of Gastronomy.

ATTRACTIONS/EXCURSIONS

Nidaros Cathedral and Archbishop's Palace

Distance from the cruise quay: 2 km
Nidaros Cathedral is the National Sanctuary of Norway, built over the grave of St. Olav. Work began in 1070, but the oldest parts of today's cathedral date from the middle of the 12th century. It is the most northerly Gothic cathedral in the world. A tour of the Nidaros Cathedral can be combined with a visit to the Archbishop's Palace and the Crown Jewels.

Ringve Music Museum, Norway's National Music Museum

Distance from the cruise quay: 3 km
Take part in a guided tour that includes live music played on period instruments by our talented guides. The beautiful Ringve estate has buildings from four different centuries surrounded by the Botanical Garden. Explore a variety of musical instruments. Come and see, touch and play the instruments!

Sverresborg, Trøndelag Open Air Museum

Distance from the cruise quay: 4 km
Enjoy the spectacular view over Trondheim City from the ruins of King Sverre's castle in the heart of the museum. Over 90 historical buildings from Trøndelag, including Håltedal Stave Church from the 12th century and a rebuilt city centre are filled with exhibitions and activities for all ages.

Rockheim, National Museum of Popular Music

Distance from the cruise quay: 200 m
Music has no borders! Come visit Rockheim and explore 70 years of Norwegian pop and rock history. A visit to Rockheim – the National Museum of Popular Music – is a digital, interactive and high tech experience.

Trondheim Maritime Museum

Distance from the cruise quay: 800 m
Visit Trondheim Maritime Museum and experience the history of Trondheim's trading tradition and sailing ship era from the 17th century to the present time.

Northernmost tram ride

Duration: 2 hours
Sit back and relax in the vintage trolley of the northernmost tramline in the world, as it heads out of the city and into the natural reserve of Bymarka giving you the chance to get an overview of the whole city.

Old Timer Railway and Historical Mine

Duration: 4.5 - 8 hours
Thamshavn Railway was built as the first electrical railway to transport ore from the copper mines at Løkken. The 1 km long route inside the mine takes you through narrow corridors and large caves. The historical train stops right outside Christian Thams self-designed manor and the newly returned Thams pavillion, a stave church building.



Boat ride along the wharves. Photo: Trondheim By Boat

Visit Bjørn

Duration: 2 hours
In his urban central home from 1860, Bjørn welcomes you to share local food, songs and stories with him. As an artist, painter and musician, his wish is to create new and unforgettable memories for all your senses.

World's only bicycle lift

Duration: 2-3 hours
Fancy some other kind of transportation? Explore the city by bicycle and swing by the only bicycle lift in the world in Bakklundet.

Urban Kayaking - by day and night

Duration: 2 hours
Kayak adventures are not solely for the wilderness. On this kayaking adventure you'll experience Trondheim's architecture and nature from water front and paddle along the famous wharves down the river Nidelven.



Thams pavillion. Photo: Olav S. Kvaale

From Fast to Slow

Duration: 3-4 hours
In a fast moving RIB, you will get an adrenaline rush, before you can enjoy the tranquil island of Tautra with monastery ruins from 1251, also a birdwatcher's paradise. The local farm serves homemade refreshments and you might even visit the monastery with its soap-making nuns.

Hiking in Bymarka or along the Trondheimsfjord

Duration: 3 hours
This is an opportunity to head away from the city centre and explore Norwegian nature with all your senses. Choose between heading up to the forest Bymarka with its many lakes, or the trail along the coast of Lade.

City of Kings

Duration: 3-4 hours
Trondheim was once the capital, but still houses the consecration church of the Norwegian Kings. Visit the Crown Jewels and the Royal Residence Stiftsgården (1 June - 18 Aug), to cover the full spectrum of Royalty.



European Region of Gastronomy 2022. Photo: Marius Rua

Trondheim By Boat

Duration: 1-3 hours
A team of young professional skippers and local guides will sail you on a historical guided tour along the city river Nidelva in a traditional Åfjordsboat, or take you for a cosy fishing trip on the Trondheimsfjord. You travel in small groups for a personal and authentic experience of our wonderful hometown!

The Armoury Military Museum

Duration: 3 hours
Take part in a tour where we walk in the footsteps of the German invasion force in Trondheim in April 1940, including guided visits in The Armoury Military Museum and Kristiansten Fortress.

Culinary visit to Britannia Hotel

Duration: 2 hours
Britannia Hotel, founded in 1870, is home to Michelin-starred Speilsalen restaurant. From classic Afternoon Tea, to a spirited Aquavit Tasting course, discover local cuisine & tradition at its best.

PORT OF TRONDHEIM

Position: 63°26'26.7"N 10°23'54.4"E (cruise quay)
Visiting address: Skippergata 14, 7042 Trondheim
E-mail: kuehnl@trondheimhavn.no
Website: trondheimhavn.no
Phone: +47 911 12 600 (Port Security)
VHF: Channel 16
Berths for cruise: 3
Distance to city centre: 800 m

DOCKING INFORMATION

Landing largest ship: Queen Mary in length and MSC Meraviglia
Air draft: no limitation
Tidal movement: 2.5 m

TERMINAL FACILITIES (TURNAROUND)

Check in counters: As ordered
Restrooms
Wi-Fi Service

Taxi

Shuttle bus: If ordered
Distance to airport: 30 km
Contact: Trondheim Port Authority

TRANSIT AND T/A EQUIPMENT

Mobile luggage units: At airport
Conveyor belts: At airport
Forklifts: At airport
X-ray and screening of guests and luggage: At airport

PORT SERVICES

Fresh water bunkering: 60 m3 per hour
Waste landing: By truck or barge
Sludge landing: By truck or barge
Grey water landing: By truck or barge
Special waste: By truck
Crew facilities: Special discounts only
VAT refund: At airport

SECURITY & ENVIRONMENT

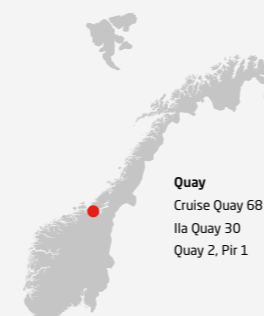
Fenced terminals (ISPS)
Security service
Shore power: 2021 at Pir 1, quay 68 planned by 2025 EPI
Max pax per day: 9,000

ANCHORAGE

Type of bottom: Mud
Minimum depth: 30 m
Distance from anchorage to tender pier: 1,600 m

TOURIST INFORMATION

E-mail: post@visitt trondheim.no
Web: visitt trondheim.no



Quay	Water depth	Length	Height	Fenders	Shore Power	Grey Water	Max Ship size
Cruise Quay 68	13 m	96 m	4 m	Polyethylene	Planned by 2025	Truck	360 m
Ila Quay 30	8 m	280 m	4 m	Rubber tyres	-	Truck	280 m
Quay 2, Pir 1	8 m	135 m	4 m	Rubber tyres	Max 2.4 MVA, 50 Hz	Truck	200 m

