



Photo: Marius Rua Explore Trøndelag

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 the Home of Nordic Flavours which was awarded the title of European Region of Gastronomy in 2022.

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.

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.

Trondheim kunstmuseum

Distance from the cruise quay: 2 km
Trondheim kunstmuseum is one of Norway's leading art institutions and holds an impressive collection of more than 6,000 artworks.

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.

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 Haltdalen Stave Church from the 12th century and a rebuilt city centre are filled with exhibitions and activities for all ages.

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.

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 Baklandet.

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!

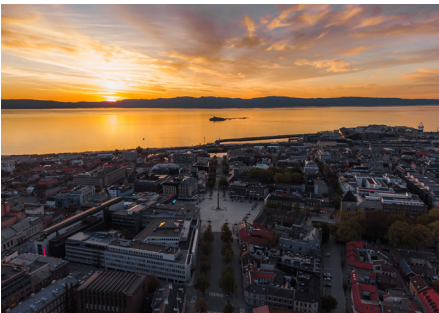


Photo: Mykola Ksenofontov / Visit Trondheim

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.

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.

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.



Nidarosdomen. Photo: Mykola Ksenofontov/Visit Trondheim

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.

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.

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!



Photo: R.R.Frontal Marius Rua/Explore Trøndelag

Trøndelag's coastal culture and history

Duration: 8 hours
Explore the countryside with its coastal heritage. Learn how traditional boats were built by hand in the past and about the live for the fishermen then. Afterwards see how modern ships are built today and visit an old military coastal fortress.

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.

Trondheim during WW II

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.

PORT OF TRONDHEIM

Position: 63°26'26.7"N 10°23'54.4"E (cruise quay)
Visiting address: Skippergata 14, 7042 Trondheim
E-mail: havnevakt@trondheimhavn.no
Phone: +47 911 12 600 (Port Authority)
Contact person: Maria Kühnl Undheim
E-mail contact person: kuehnl@trondheimhavn.no
Phone contact person: +47 467 63 930
Distance from pilot station: 42 nm
Pilot channel: 16
Port VHF channel: 16

TOURIST INFORMATION

E-mail: post@visitt trondheim.no
Website: www.visitt trondheim.no
Location: Trondheim Torg Shopping Centre
Local Guide service: yes, three different
Which languages: EN / DE / FR / SP / IT and more

PORT INFORMATION

Designated cruise quay: Cruise quay 68
ISPS: Yes
Maximum ship length: 360 m
Maximum ship draft: 13 m
Maximum beam: No limitations
Maximum air draft: No limitations
Bollard strength (certification): 100-150-200 ton
Tidal movement: 2.5 m

ANCHORAGE/ TENDER

Max size: No limitations
Ship tenders allowed: Yes
Type of bottom: Mud
Depth: 30 m

PORT SERVICES

Gangway available: 6,8,10,12 m
Tugboats: Have to be ordered
Crew facilities: Wi-Fi close by, special crew discounts available
Bunkers delivery: Yes, truck or barge
LNG bunkering: Yes, truck or barge
Waste handling: Yes
Grey water: Yes, truck or barge

SUSTAINABILITY

Shore Power: Yes: Quay 1&2, Pir I, planned for cruise quay 68
EPI: Yes
ESI: No
Max ship per day: 4
Max passenger per day: 9000
Restrictions in harbour: Open loop scrubber not allowed alongside
Sustainable activities: Bike and walking tours, electrical bus tours

GENERAL INFORMATION

Turnaround facilities: Yes. Cruise Quay 68
Terminal/Restrooms in pier area: No, close by
Shuttle bus: Only if ordered
Parking place for buses: Cruise quay: 20
Public transportation close by port: Yes
Airport: 30 km
City centre: 800 m
Hospital: 4 km



Quay	Water depth	Length	Height	Fenders	Shore Power	Grey Water	Max Ship size
Cruise Quay 68	13 m	96 m	4,57 m	Polyurethane	Planned by 2026	Truck	360 m
Ila Quay 30	8 m	280 m	4,57 m	Rubber tyres	-	Truck	280 m
Quay 2, Pir 1	9 m	135 m	4,57 m	Rubber tyres	2MW, 660-690V, 50Hz	Truck	200 m

