

# TRONDHEIM



## CRUISE EXCURSIONS

TRØNDELAG



Photo: Marius Rua, Buckethaus



Photo: Grim Berge



Photo: Marius Rua, Buckethaus



Photo: Knut Aage Dahl

TRONDHEIM

# TRONDHEIM

## THE ROYAL CAPITAL OF NORWAY

Trondheim was the nation’s first capital, and continues to be the historical capital of Norway. The city is surrounded by lovely forested hills, and the Nidelven River winds through the city. The charming old streets at Bakklandet bring you back to architectural traditions and the atmosphere of days gone by. It has been, and still is, a popular pilgrimage site, due to the famous Nidaros Cathedral. Trondheim is the 3rd largest city in Norway – vivid and lively, with everything a big city can offer, but still with the friendliness of small towns. While medieval times still have their mark on the center, innovation and modernity shape it. Discover a variety of museums, historical sights, activities accompanied by hospitable locals and get proof to having visited Norway’s food capital accredited with the title of European Region of Gastronomy in 2022.

[www.visittrondheim.no](http://www.visittrondheim.no)

# TRØNDELAG

## THE HEART OF NORWEGIAN HISTORY

A journey in Trøndelag, also known as Central-Norway, will give you plenty of unforgettable stories to tell when you get back home. Trøndelag is like Norway in miniature. Within few hours from Trondheim, the historical capital of Norway, you can reach the coastline with beautiful archipelagos and its coastal culture, the historical cultural landscape around the Trondheim Fjord and the mountains in the national parks where the snow never melts. Observe exotic animals like musk ox or moose in their natural environment, join a fishing trip in one of the best angler regions in the world or follow the tracks of the Vikings. If you want to combine impressive nature and Norway’s history with a culinary treat, Trøndelag is Norway’s food region number one.

[www.trondelag.com](http://www.trondelag.com)





# PORT OF TRONDHEIM

Distance to nearest pilot station	42 nautical miles
Port Authority	Trondheim Port Authority
Visiting Address	Trondheim Maritime Senter Skippergata 14 7042 Trondheim PB 1234 Torgard N-7462 Trondheim
Mailing Address	Maria Kühnl Undheim
Contact person	+47 73 99 17 25
Phone	+47 73 99 17 17
Fax	kuehnl@trondheimhavn.no
E-mail	www.trondheimhavn.no
Internet	

## PORT FACILITIES & SERVICES

Bunkers delivery/method	Yes, Truck/Trailer/ Barge
Supplies	Yes
Waste Handling	Yes
Waste water method	Yes, Truck/Trailer
Water handling	Yes, if ordered
Tugboats	Yes, if ordered
Anchorage*	Yes
Pilot	Channel: 16
Emergency (Floro Radio)	Channel: 16
Medical emergency	113
Norwegian charts	458
Tidal range	Between 2-3 m
ISPS approved	Yes
Designated quays for cruise ships	Yes
Ship tenders allowed	Yes
Beam	No limitation
Max size ship in port	MSC Meraviglia
Max number of passengerper day in port	9.000
Max number of ships per day in port	4
Ships stay min/max	No limitation
Enviromental limitations/restrictions	Member of EPI
Port facilities according to	
Cruise Norway's guidelines	Yes
Maximum ship length quay 68	360 m
Maximum ship length quay 30	280 m
Maximun ship length quay 31	200 m
Maximum ship draft quay 68	13 m
Maximum ship draft quay 30	8 m
Maximum ship draft quay 31	10.6 m
Fenders	4 Yokohama fenders for rent
Crew Facilities	Wi-Fi in Pirsenteret, special discounts nearby

## IF ANCHORAGE

Type of bottom	Mud
Minimum depth	30 m
Distance from anchorage to tender pier	1000 m



Photo Trondheim Port Authority



Photo Terje Holm



Photo Trondheim Port Authority

# MAGICAL EXPERIENCES



## STANDARD



Photo Terje Rakke trondheim.com

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Photo Trondheim By Boat

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Photo Sven-Erik Knoff, FotoKnoff

## Bakklandet

Bakklandet is also known as the oldest part of the city centre. It is the name for the colourful wooden houses and narrow streets along the east side of river Nid, right where the Old Town Bridge from 1861 is located. The red Old Town Bridge was only constructed as a draw bridge in 1681 after the big fire. The area is most charming and has a special atmosphere. Here you will also find the only bicycle lift in the world called "Trampe".



Photo Sven-Erik Knoff, FotoKnoff

## Nidaros Cathedral and the Archbishop's Palace

Nidaros Cathedral is the world's northernmost medieval cathedral, with more than 1000 years of history. Built over the tomb of St. Olav, the cathedral is an important destination for pilgrims. The Cathedral is known for its beautiful stained glass windows, and the magnificent western façade. The Archbishop's Palace is located right next to the cathedral and houses several exhibitions, among them the Crown Regalia of Norway.

# PLACES TO VISIT



Photo Vidar Alvik

## Ringve – the National museum of Music

Ringve is Norway's national music museum with a collection of over 2000 instruments from all over the world. The Ringve estate has buildings from four different centuries surrounded by the lush Ringve Botanical Garden. They offer guided tours that include live music played by talented guides. Explore a variety of musical instruments and a separate section where you are invited to play on traditional instruments from Norway.



Photo Sverresborg Trøndelag Folkemuseum

## Sverresborg Open Air Museum

Sverresborg Open Air Museum with its 90 historical buildings is one of the largest open air museums in Norway. The museum is located in beautiful natural surroundings around the ruins of King Sverre's medieval castle. The Haltdalen Stave church from the 12th century is part of the museum together with many farms from the region Trøndelag as well as a reconstructed city centre of Trondheim. Most of the houses exhibit Norwegian lifestyle during the 17th to 19th century.





Photo Rockheim

## Rockheim – the National museum of popular music

This spectacular and interactive museum charts the development of contemporary Norwegian music and popular culture from 1950 until today. A visit at Rockheim is a digital and a high tech experience. Here you can take an active part in Norwegian pop and rock history, pass through the decades, listen to music and feel the atmosphere through sound, images, films and exhibits.



Photo Jan Ove Iversen, overpari.no, trondelag.com

## Kristiansten Fortress

Kristiansten Fortress was built to defend Trondheim from the east. The fortress was constructed by Johan Caspar de Cicignon after the big fire in 1681. Construction was finished in 1685 and soon after it was used to protect the city from invading Swedish in 1718. Later it was used as fire-watch and still houses canons that are used for ceremonial salves.

# IN TRONDHEIM



Photo Øyvind Blomstereng

## Stiftsgården – Royal Residence:

Stiftsgården is the King's official residence in Trondheim and the largest wooden palace in Scandinavia. It was built for Cecilie Christine Schøller between 1774 and 1778, and thus, not originally supposed to be the home of the Norwegian monarchy. The palace, centrally situated on the city's most important thoroughfare, was built with more than one hundred rooms and halls, in Baroque classicistic style with elements of Rococo and Neo-classicism. From 1906 the palace became the official royal residence in Trondheim and used in connection with the royal coronations. Open 01.06. – 14.08.2022.



Photo Tom Gustavsen

## Gråkallbanen – Northernmost Tram in the world

The Gråkallbanen line operates as part of the public transportation system, since 1924 on 8.8km narrow gauge tracks from the city centre to Lian, in the outskirt of Trondheim. It is the northernmost tramline in the world. On a daily basis the tram runs approximately every 15min and needs about 40min to get to the final destination stopping at 21 stations. It is possible to book the veteran tram with carriages from the 50ies and experience the drive in 25min without stopping in between.



2.5 H

## TOUR 1 TRONDHEIM PANORAMA TOUR

Take part in the perfect introduction tour to Trondheim! Sit back and relax while you pass by the most prominent sights such as Nidaros Cathedral, the Royal Residence Stiftsgården, the wharves, the Old Town Bridge as well as the university of NTNU.

### DESCRIPTION

The tour includes a visit of the Nidaros Cathedral as well as photo stop at Sverresli viewpoint. If traffic allows it, an optional stop at Kristiansten Fortress is also included.

### FIGURES & FACTS

**Duration:** 2.5 hours

**Capacity:** max 45 pax per coach

**Season:** all year

**Note:** wheelchair accessible

### KNOWN EXTENTION

- Add an organ concert while at Nidaros cathedral (+30 min)

### CONTACT

**Nidarosdomen** | [booking.ndr@nidarosdomen.no](mailto:booking.ndr@nidarosdomen.no)

Tel: +47 73 89 08 00 | [www.nidarosdomen.no](http://www.nidarosdomen.no)



3 H

## TOUR 2 TRONDHEIM HERITAGE TRAIL

Experience the best of Trondheim in a nutshell! See the astonishing Nidaros Cathedral close up and walk through Sverresborg Open Air Museum on the footsteps of the locals during the past centuries. Nidaros Cathedral is known for its beautiful stained-glass windows and the breath-taking western façade.

### DESCRIPTION

The bus takes you to the northernmost medieval cathedral located at the heart of Trondheim. Passing by several other landmarks in the city centre the stop at the cathedral will allow you to breath in the beauty of this magnificent building. Afterwards the bus will take you to Sverresborg Open Air Museum giving you an insight view on the locals' life between the 17th and 19th century. Upon your return to the ship, you will stop at the best viewpoint in town.

### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** max 150 pax

**Season:** all year

**Note:** A tractor allows persons with limited mobility to attend a drive through the Open Air Museum. Comfort stops available.

### KNOWN EXTENTION

- Add entrance to Nidaros Cathedral (+30 min)
- Combine with walking down from the fortress (+30 min)
- Add traditional "fyrste" cake at Café Erichsen at Sverresborg (+30 min)

### CONTACT

**Nidarosdomen** | [booking.ndr@nidarosdomen.no](mailto:booking.ndr@nidarosdomen.no)

Tel: +47 73 89 08 00 | [www.nidarosdomen.no](http://www.nidarosdomen.no)

**Sverresborg Trøndelag Folkemuseum**

[sverresborg.booking@mist.no](mailto:sverresborg.booking@mist.no)

Tel: +47 73 89 01 00 | [www.sverresborg.no](http://www.sverresborg.no)





Photo Boreal Travel AS



2.5 H

### TOUR 3 NORTHERNMOST TRAM RIDE IN THE WORLD & SKI-JUMP

Experience Trondheim in the vintage carriage of the northernmost tram in the world! The Gråkallbanen line operates since 1924 on 8.8 km narrow gauge tracks from the city centre to the suburbs of Trondheim.

#### DESCRIPTION

Enjoy spectacular views of the 3rd largest city in Norway on this tram ride, before the coach takes you to the ski-jump area of Granåsen, built for the World Championship in 1997. Here you can marvel all year at the big jumps. Afterwards the bus will take you back to the ship via a short drive through the centre of Trondheim. The tour may operate in reverse order.

#### FIGURES & FACTS

**Duration:** 2.5 hours

**Capacity:** max 80 pax in the tram

**Season:** all year

**Note:** no wheelchairs

*Ski-jumps under reconstruction for FIS World Nordic Ski Championship in 2025, reopening of Granåsen in 2023*

#### KNOWN EXTENTION

- Book ski-jumpers practice and Q&A all year around from 2023
- Serve food or drinks (also alcoholic) during the tram ride
- Combine with visit to Sverresborg Open Air Museum (+1h)

#### CONTACT

**Boreal Travel** | tur@boreal.no

Tel: +47 51 59 90 60 | www.boreal.no

**Trønderhopp** | havard.lie@tronderhopp.no

Tel: +47 98 28 24 10 | www.tronderhopp.no



Photo Wil Lee-Wright



2 H

### TOUR 4 WHERE MUSIC COMES ALIVE

Norway's national music museum owns a collection of over 2000 instruments from all over the world. Join a musical tour through the history of music and explore the sound of multiple cultures.

#### DESCRIPTION

You can explore the collection of musical instruments from all over the world. Experience the magic of the traditional Norwegian folk instruments. Take a close look at the devil's instrument, the Harding fiddle. Hear the beautiful and soothing sound of the Norwegian sither, Langeleiken, and learn how to play it. In the Main House at Ringve Music Museum talented guides will take you on a journey back in time to the splendour of Norwegian music history in the 1800s. Listen to the guide playing historical pieces on period instruments.

#### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** min 15 pax, max 80 pax

**Season:** all year

**Note:** wheelchair accessible

#### KNOWN EXTENTION

- Add a mini concert in the concert hall (+30 min)
- Add sparkling wine reception to the concert
- Add time to enjoy the beautiful botanical garden surrounding the museum (+30 min)

#### CONTACT

**Ringve Music Museum** | ringve.post@mist.no

Tel: +47 73 87 02 80 | www.ringve.no



Photo Vibeke S. Myren



3 H

## TOUR 5 GUIDED CITY WALK

In Trondheim city center everything is within walking distance. The river Nid winds around the downtown area, and defines its boundaries. On this guided tour, you will walk through the streets of Trondheim to sense the city's history that stretches from the Middle Ages to our high tech society.

### DESCRIPTION

Leaving the new harbor area, you will pass by the Royal Residence Stiftsgården and cross the market square with the preeminent Olav Tryggvason statue in its centre. The walk continues to Nidaros Cathedral, where you will have an exterior visit of the area. Heading back to the ship you will cross the Old Town Bridge to get to the well-known part of the city called Baklandet with its old wooden wharves standing along the waterfront. The tour may operate in reverse order.

### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** max 15 pax per guide

**Season:** all year

**Note:** not recommend for persons with limited mobility. Distance to cover is approx. 5.5 km

### KNOWN EXTENTION

- Add entrance to Nidaros Cathedral (+30 min)
- Walk up to the Kristiansten fortress (+45 min)

### CONTACT

**Nidarosdomen** | [booking.ndr@nidarosdomen.no](mailto:booking.ndr@nidarosdomen.no)  
Tel: +47 73 89 08 00 | [www.nidarosdomen.no](http://www.nidarosdomen.no)



Photo Tine Aasløkk / Orkla Industrimuseum



4.5 H

## TOUR 6 FIRST ELECTRICAL TRAIN TO HISTORICAL MINE

Enjoy a train ride on the narrow gauged Thamshavn Railway with carriages that date back to 1908. It is the first electrical railway in Norway which was built to transport ore from the copper mines at Løkken to the harbour of Orkanger. The mine was active from 1654 to 1987.

### DESCRIPTION

You reach the Løkken mine after an hour ride through the marvellous untouched rural landscape of Trøndelag. The one kilometre route inside the mine takes you through narrow corridors and large caverns. Learn about the use of the mine and take in the mines soul with all your senses. Afterwards you are taken on a historical ride down the original railway in a vintage carriage. The tour can be operated in reverse.

### FIGURES & FACTS

**Duration:** 4.5 hours

**Capacity:** min 25 pax, max 80 pax

**Season:** 01.06.–30.09.

**Note:** There is quite a lot of walking during this tour, approx. 20 min in the old mine. Not recommend for persons with limited mobility and wheelchairs cannot be accommodated

### KNOWN EXTENTION

- The tour can be extended with lunch at Bårdshaug Manor (+2.5 h) located right next to the Thams pavilion
- The tour can also be enriched with a concert inside the caverns of the mine with spectacular acoustics (+30 min)

### CONTACT

**Bårdshaug Herregård** | [post@baardshaug.no](mailto:post@baardshaug.no)  
Tel: +47 72 47 99 00 | [www.baardshaug.no](http://www.baardshaug.no)  
**Orkla Industrimuseum** | [post@oi.no](mailto:post@oi.no)  
Tel: +47 72 49 91 00 | [oi.post@mist.no](mailto:oi.post@mist.no)





Photo above lillyhusbandsphotography.com



2.5 H

## TOUR 7 DISCOVERING TRONDHEIM

See all the fascinating sights in Trondheim and walk down from the wonderful viewpoint of the Kristiansten fortress towards the Old Town. On foot you will get to experience the city's most historic trophies in the best possible way.

### DESCRIPTION

The coach takes you through the city centre passing by the most important landmarks in Trondheim up to the Kristiansten fortress. From there the guided tour continues on foot with a photo stop at the viewpoint of the fortress. You will walk downhill towards the oldest part of Trondheim - Baklandet. Passing by the first bicycle lift in the world and the Old Town Bridge with the wharves standing along the waterfront. We soon reach the beautiful Nidaros Cathedral. Visit the magnificent cathedral, before the coach brings you back to the ship.

### FIGURES & FACTS

**Duration:** 2.5 hours

**Capacity:** max 45 pax per coach

**Season:** all year

**Note:** Includes mostly walking downhill and on flat ground

### KNOWN EXTENTION

- Walk to the market square (+30 min)

### CONTACT

**Nidarosdomen** | [booking.ndr@nidarosdomen.no](mailto:booking.ndr@nidarosdomen.no)

Tel: +47 73 89 08 00 | [www.nidarosdomen.no](http://www.nidarosdomen.no)



Photo: Marius Rua



5.5 H

## TOUR 8 STIKLESTAD – THE CRADLE OF NORWEGIAN HISTORY

Visit the cradle of Norwegian history on the battlefield of Stiklestad. Breath-taking views of the beautiful Trondheim fjord and the nature of Trøndelag as well as an insight on Viking history are the highlights of this tour.

### DESCRIPTION

After a 1.5h panoramic drive along the beautiful Trondheim fjord northbound to the battlefield of Stiklestad, you will be sucked into Viking history. Stiklestad is where the Norwegian Patron Saint Olav died in 1030 and thereby christianized the country. Take in all the impressions of the Viking area that the cultural centre at Stiklestad has to offer before you head back to Trondheim.

### FACTS & FIGURES

**Duration:** 5.5 hour

**Capacity:** max 45 pax per coach

**Season:** all year

**Note:** Wheelchair accessible. Includes mostly walking downhill and on flat ground

### KNOWN EXTENTION

- Add lunch at Stiklastadir (+1 h)
- Add a panorama drive through Trondheim (+1 h)

### CONTACT

**Stiklestad Nasjonale Kultursenter** | [stiklestad@snk.no](mailto:stiklestad@snk.no)

Tel: +47 74 04 42 00 | [www.stiklestad.no](http://www.stiklestad.no)

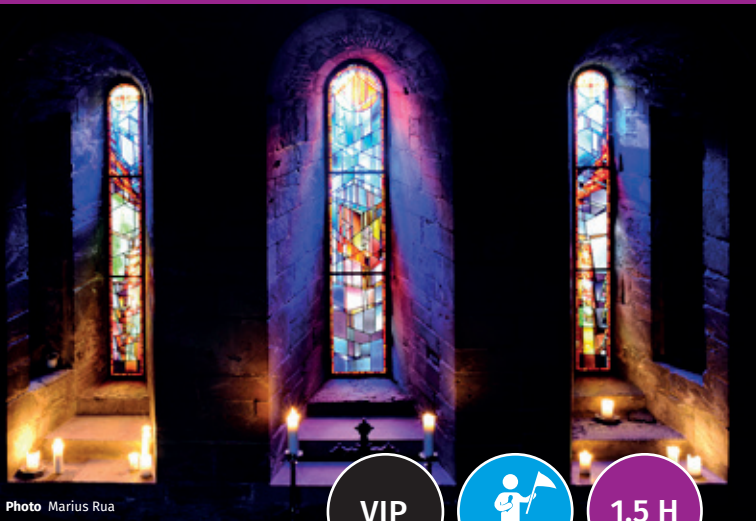


Photo Marius Rua

VIP



1.5 H

## TOUR 9 HIDDEN ROOMS

Explore secret chambers and hidden rooms deep inside Trondheim's magnificent Nidaros Cathedral.

### DESCRIPTION

Inside this beautiful church, you will admire the impressive Gothic and Romanesque architecture with its slender pillars, lofty vaults and delicate ornaments.

In the basement, we walk through the dark passages of the crypt, and discover the largest collection of medieval tombstones in Norway. A steep, winding staircase leads us closer to divinity as we climb up and into small, enchanting chapels dating from the 12th century.

### FACTS & FIGURES

**Duration:** 1.5 hours

**Capacity:** max 9 pax per group

**Season:** all year

**Note:** guides from the Nidaros Cathedral have to be with the group

### CONTACT

**Nidarosdomen** | [booking.ndr@nidarosdomen.no](mailto:booking.ndr@nidarosdomen.no)

Tel: +47 73 89 08 00 | [www.nidarosdomen.no](http://www.nidarosdomen.no)



Photo Trondheim By Boat

VIP

2 H

## TOUR 10 BOAT SIGHTSEEING

Welcome aboard our traditional boat Frøya! Sailed by a passionate captain and guide, she will take you on an unforgettable journey on the river Nidelva flowing through the very heart of Trondheim, as well as the majestic Trondheimsfjord.

### DESCRIPTION

You will, among many other things, see the fishmarket Ravnkloa, the channel area and old harbor, the colorful wharfs Bryggerekkja and the old city bridge with its red portals of luck. Sailing up the Nidelva river in the footsteps of the coastal pilgrims you will see the world famous Nidaros Cathedral from the water.

On the fjord we pass the Munkholmen island, which through different time periods was the location of a monastery, fortress, prison and toll station. A local guide will tell you both the old and the new tales of our town, introducing you to its history, culture and people. We wish to give you an authentic experience of the city we love, and hope that you will love it too!

### FACTS & FIGURES

**Duration:** 2 hours

**Capacity:** max 12 pax per group

**Season:** all year

### CONTACT

**Trondheim By Boat** | [info@trondheimbyboat.com](mailto:info@trondheimbyboat.com)

Tel: +47 46 29 54 02 | [www.trondheimbyboat.com](http://www.trondheimbyboat.com)





Photo: Museet Kystens Arv



3.5 H

## TOUR 11 DISCOVER TRØNDELAG'S COASTAL HERITAGE

With boats being such important means for both transportation and fishing, Norway has a long and diverse maritime tradition. Every region of Norway has its own particular type of boat, fit for their local conditions and for different use.

### DESCRIPTION

The coach takes you to the ferry terminal at Flakk where a short ride across the Trondheimsfjord the peninsula of Fosen awaits.

Travelling past the countryside and rural housing the tour stops at Coastal Heritage Museum of Trøndelag. On a guided visit you'll learn about Trøndelag's traditional boat – Åfjordboat and how fishing life used to be. You will meet traditional boat builders at work telling and showing you how they still build boats by hand today. You will be able to ask them questions about their handywork and get a deeper insight into the history of the coastal life in Trøndelag. The coach will bring you back to the main cruise quay in Trondheim.

### FACTS & FIGURES

**Duration:** 3.5 hours

**Capacity:** max 45 pax per group

**Season:** all year

**Including:** comfort stop available, wheelchair accessible

### KNOWN EXTENTION

- Add a stop to the local petroglyphs (+30 min)
- Add lunch at the restaurants in-house café (+30 min)
- Add scenic stop in Trondheim (+30 min)

### CONTACT

**Museet Kystens Arv** | kystensarv.post@mist.no  
Tel: +47 73 85 55 60 | www.kystensarv.no



Photo: Trondheim Sjøfartsmuseum



1 H

## TOUR 12 VISIT A SAILING STEAMBOAT

Welcome aboard SDS Hansteen! Experience Norway's first marine research vessel. Powered by both sail and steam, SDS Hansteen represents the transition between a new and old era in the shipbuilding industry.

### DESCRIPTION

The ship is docked close to the cruise pier, where the visit on foot takes you aboard the ship, from the ruff to the engine room. Discover its many lives as a marine research vessel, a passenger ship, a king's ship, a houseboat, and now as a floating cultural heritage site.

The sailing steamship Hansteen was commissioned by the Norwegian government and built at Nyland mechanical workshop in 1866.

### FACTS & FIGURES

**Duration:** 1 hour

**Capacity:** max 40 pax per group

**Season:** May to September

**Note:** Please dress according to weather and warmly.  
Not accessible for wheelchairs.

### KNOWN EXTENTION

- Add a guided visit at Trondheim Maritime Museum (+1h)

### CONTACT

**Seildamskipet Hansteen**

sverresborg.sjofartsmuseet@mist.no | Tel: +47 73 52 89 75  
trondheimsjofart.no/sds-hansteen



Photo: trondheim.com



8 H

## TOUR 13 UNESCO WORLD HERITAGE TOWN OF RØROS

Røros, featured on the UNESCO World Heritage list, is only a 2.5 h trip away from Trondheim.

### DESCRIPTION

The tour takes you by train from Trondheim main station to the scenic landscape of Trøndelag to the UNESCO mining town of Røros. A local guide will take you on a historical walk through the enchanting wooden town, visiting the historical smeltery and Røros church. You will be treated to a divine lunch consisting of local produce before you'll have some spare time to stroll around the shops along the main road. The coach takes you back to Trondheim stopping at Gaula natural center along the way. Gaula is a known salmon river in Norway wild and beautiful. The center contains a great exhibition about life and wildlife in and along Gaula with over 60 different game species on display.

### FIGURES & FACTS

**Duration:** 8 hours

**Capacity:** max 45 pax per group

**Season:** all year

**Note:** Wear weather appropriate clothes (Røros can have extreme temperatures)

**Included:** lunch at Bergstaden Hotel, comfort stops available

### KNOWN EXTENTION

- Visit the Olav copper mine located just outside Røros (+2 h)

### CONTACT

**Rørosmuseet** | roroseet.post@mist.no

Tel: +47 72 40 61 70 | roroseet.no

**Gaula Natursenter** | gaula@gaula.no

Tel: +47 72 43 10 65 | gaula.no

**Bergstaden Hotel** | post@bergstaden.no

Tel: +47 72 40 60 80 | bergstadenhotel.no

**SJ Norge** | gruppereiser@sj.no | sj.no



Photo: Øyvind Blomstereng



3 H

## TOUR 14 ILABEKKEN TRAIL

Escape the city on foot along the fjord promenade through a valley of forest and tingling water to a lake that gives you a great view of the city.

### DESCRIPTION

This hike starts with a promenade along the Trondheimsfjord towards Ila, the isthmus that connects the city centre with the surrounding areas. At Ila we follow the brook upstream to its origin Theisendam. This, at times steeper path, leads past waterfalls, wooden stairways and forest uphill through a valley to the dam. Reaching the dam we take a break, enjoying the view over the lake at one side and the city centre on the other side. The walk downhill will take us along some calmer residential areas and back to the city centre.

### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** max 35 pax per guide

**Season:** 01.05.–31.10.

**Note:** Good gear required, if possible water- and windproof. Kvikk-lunsj (chocolate bar) can be included.

### KNOWN EXTENTION

- Add entrance to the Sverresborg Open Air Museum (+1 h)

### CONTACT

**Sverresborg Trøndelag Folkemuseum**

sverresborg.booking@mist.no | Tel: +47 73 89 01 00

www.sverresborg.no



level of difficulty: 1





Photo Ruben Undheim



3 H

## TOUR 15

### HIKING IN BYMARKA

In summer as well as winter, the nature reserve of Bymarka entices us with beauty and variety. There is a well-developed network of trails that are easily accessible.

#### DESCRIPTION

This is an opportunity to head away from the city center and explore Norwegian nature with all your senses. A short bus ride later your nature hike will take you through the scenic forestland, passing by a small lake and open landscape up the summit of Gråkallen (552m). Enjoy the amazing view from the peak and catch your breath before returning to the bus, which will drive back through the city centre in order to give you a glimpse of Trondheim before your return to the ship.

#### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** max 35pax per guide

**Season:** 01.04.–31.10.

**Note:** Good gear required, if possible water- and windproof.

#### KNOWN EXTENTION

- Norwegian waffles and coffee can be served at Sverresborg Trøndelag Folkemuseum (+30 min)

#### CONTACT

**Sverresborg Trøndelag Folkemuseum**

sverresborg.booking@mist.no | Tel: +47 73 89 01 00

www.sverresborg.no



level of difficulty: 2



Photo Marnie Viken Firing



3 H

## TOUR 16

### LADESTIEN TRAIL

The Lade Trail runs along the coast of the Lade peninsula and passes sheltered bays and goes over hilltops with a wonderful view over the Trondheim fjord.

#### DESCRIPTION

The tour starts with a short coach ride to the starting point at Korsvika beach in Lade. Learn about the importance of Lade in Trondheim's history and the geography there, such as the creation of the inlets caused by the ice age. The first part of the trail is hilly and you will soon pass many reminders of World War II, such as remains of underground caves, gun position foundations and bunkers. The trail guides you through beautiful landscape always as close to the Trondheim fjord as possible. After about 7km walking you will reach Rotvoll, where the coach will bring you back to the quay.

#### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** max 35pax per guide

**Season:** 01.04.–01.10.

**Note:** Good gear required, if possible water- and windproof.

#### KNOWN EXTENTION

- Add Norwegian waffles and coffee/tea at Sponhuset or Ladekaia (+30 min)

#### CONTACT

**Ladekaia** | hei@ladekaia.no

Tel: +47 46 97 39 44 | www.ladekaia.no

**Sponhuset** | post@sponhuset.no

Tel: +47 92 47 75 67 | www.sponhuset.no



level of difficulty: 2


**4.5 H**

## TOUR 17 HIKING IN ESTENSTADMARKA

Experience Norwegian nature like the locals on this challenging hike through Estenstadmarka and Burmaklippen, Trondheims “mini Trolltunga”.

### DESCRIPTION

A coach brings you to Bekken parking where the hike starts towards Burmaklippen. Although this cliff, does not have the same dimensions or equal height of the well known Trolltunga, it is still worth the trek. Following a forest path upward you pass a small creek and take a slightly secluded path downward to the Burma rock. The cliff leans down slightly towards the tip so one feels the source of gravity and gives a sense that you are actually higher up than 50 m. From the top of the cliff you can see over the beautiful cultural landscape and toward Trondheimsfjord.

Continuing on through Estenstadmarka make your way to a mountain lodge where you will be treated to refreshments and have time to enjoy the tranquil scenery before heading back down the trail passing by lakes.

### FIGURES & FACTS

**Duration:** 4.5 hours

**Capacity:** max 35 pax per guide

**Season:** 01.04.–31.10.

**Note:** Good gear required, if possible water- and windproof. Approx. 6 km uneven, partly very steep terrain gradual slopes, rocks, roots and often wet terrain. Comfort stop available at Estendstadshytta.

### CONTACT

**Estenstadshytta** | jarlinge.krognes@estenstadshytta.no  
Tel: +47 41 44 99 04 | estenstadshytta.no



level of difficulty: 3


**3 H**

## TOUR 18 WALK IN THE FOOTSTEPS OF THE PILGRIMS

The Norwegian King Olav Haraldsson died in the battle of Stiklestad in 1030. The King was canonized, and a church was built on the site of his grave. Soon, pilgrims flocked to Trondheim to visit Nidaros Cathedral and St. Olav's grave.

### DESCRIPTION

You get dropped off at Haltdalen stave church at Sverresborg Open Air Museum, where your pilgrimage starts. The road continues along the traditional path to the viewpoint where travelers had their first glance of Nidaros Cathedral. Along the Nid river the road stretches towards the magnificent Nidaros Cathedral. Reaching the place of pilgrimage, you will get to visit the cathedral, before the coach takes you back to the ship.

### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** max 30 pax per guide

**Season:** all year

**Note:** good walking gear required

### KNOWN EXTENTION

- Visit more of the Sverresborg Open Air Museum (+1h)

### CONTACT

**Nidarosdomen** | booking.ndr@nidarosdomen.no

Tel: +47 73 89 08 00 | www.nidarosdomen.no

### Sverresborg Trøndelag Folkemuseum

sverresborg.booking@mist.no

Tel: +47 73 89 01 00 | www.sverresborg.no



level of difficulty: 1





Photo Crazy Coyote

VIP

1.5 H

## TOUR 19 RIB – ADVENTURE ON THE TRONDHEIM FJORD

The Trondheim fjord is Norway's 3rd longest fjord and this is an opportunity to see the most of it in just an hour, such as Munkholmen, the island Tautra with castle ruins from 1251, Steinvikholmen castle from the 16th century or the fishing village Råkvåg.

### DESCRIPTION

With a fast moving RIB (Rigid Inflatable Boat) you will get an experience you will never forget. Enjoy an exhilarating adventure on a trip around the Trondheim Fjord in a racing boat that speeds up to 63 knots. In rough sea, the tour will feel like a rollercoaster ride. By calmer sea, it will feel like you are flying along the water. The boats have jockey seats and strong handholds. The last half an hour is spend on the river Nid passing by lots of the landmarks in Trondheim.

### FIGURES & FACTS

**Duration:** 1.5 hours

**Capacity:** min 8 pax, max 12 pax per boat, max 36 pax total

**Season:** all year

**Note:** This tour includes twists and turns at high speeds so guests should be in good physical condition. Lifejackets are provided.

### CONTACT

**Crazy Coyote Events** | [post@crazycoyote.no](mailto:post@crazycoyote.no)  
Tel: +47 73 51 15 88 | [www.crazycoyote.no](http://www.crazycoyote.no)



Photo Tom Gustavsen

2.5 H

## TOUR 20 TRONDHEIM BY BIKE

Trondheim aims at becoming the country's bike capital with 180 kms of red carpet, - aka bike lane, - rolled out for cyclists within 2025. Trampe, the world's first - and only - bicycle lift opened in town in 1993, and has since become an attraction.

### DESCRIPTION

Riding on the red bike lanes gives you an intimate view of the city, and your local guide will provide the stories. In addition to the "obligatory highlights", you get the chance to swing by the bicycle lift in Baklandet, and see the former workers' quarter and shipyard area. Frequent photo stops en route.

### FIGURES & FACTS

**Duration:** 2.5 hours

**Capacity:** max 10 pax per guide, parallel groups available

**Season:** weather permitting, typically April–September

**Note:** This excursion is suitable for everybody, who can ride a bike. Helmets are available.

### KNOWN EXTENTIONS

- Extend the tour to DORA the historical German bunker from WWII **(+30 min)**
- Add a coffee stop and/or lunch with local tastes **(+30 min)**

### CONTACT

**Trondheim Guide Service & Sykkelguide**

[post@trondheimbiketours.no](mailto:post@trondheimbiketours.no)

Tel: +47 45 25 35 60 | [trondheimguideservice.no](http://trondheimguideservice.no)



Photo Trondheim Kajakk



2 H

## TOUR 21 URBAN KAYAKING

Do you want to get to know the city from another perspective? With this kayak tour down the Nid river you will experience beautiful nature, wildlife and the colorful city surroundings of Trondheim in a very special way.

### DESCRIPTION

On this urban kayak adventure you share the canal with tour and recreational boats, and experience Trondheim's architecture from the water level. Along the river you paddle past Nidaros Cathedral, the Old Town Bridge and the famous wharves. The instructor provides basic instructions prior to departure and leads the group. No prior experience needed.

### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** min 4 pax, max 12 pax per instructor, max 40 pax total

**Season:** all year

**Note:** Equipment is provided. Wear suitable clothes and light shoes. Sun cream in summer is recommended. Seats for children are provided.

### KNOWN EXTENTION

- Stop close to the Nidaros Cathedral and walk over the old city bridge to visit the magnificent church **(+1h)**

### CONTACT

**Trondheim Kajakk** | [info@trondheimkajakk.no](mailto:info@trondheimkajakk.no)  
Tel: +47 48 33 83 18 | [www.trondheimkajakk.no](http://www.trondheimkajakk.no)



Photo Trondheim Kajakk

2 H

## TOUR 22 GO SUP! – STAND UP PADDLING ON NIDELVA

Looking for something new and exciting? Try stand-up-paddling on a huge board down the Nid river! While standing on the board with your paddle you will get to know Trondheim in a very exciting way.

### DESCRIPTION

Paddle on a huge SUP board down the river and enjoy the beautiful views while experiencing a feeling as if you were surfing! It is a very fun activity for families and friends and at the same time you will get to see the most important parts of Trondheim. The instructor provides basic instructions prior to departure and leads the group. No prior experience needed.

### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** min 4 pax, max 20 pax

**Season:** all year

**Note:** Equipment is provided. Wear suitable clothes and light shoes. Sun cream in summer is recommended.

### KNOWN EXTENTION

- SUP-introduction course is also available **(1h)**
- SUP-Yoga is also an option **(1h)**

### CONTACT

**Trondheim Kajakk** | [info@trondheimkajakk.no](mailto:info@trondheimkajakk.no)  
Tel: +47 48 33 83 18 | [www.trondheimkajakk.no](http://www.trondheimkajakk.no)





Photo left: Marius Rua  
Photo right: Riksantikvariatet



VIP

3.5 H

## TOUR 23 BY RIB TO TAUTRA ISLAND

Discover the wonders of Tautra Island – a birdwatchers paradise with monastery ruins as well as the running Maria Monastery. Enjoy local food/beer at Klostergården.

### DESCRIPTION

The island Tautra – housing a rich animal and plant life – is only a 30 min exciting sea ride away from Trondheim port. After speeding along the Trondheimsfjord you will get to visit the monastery ruins near the Monastery Farm “Klostergården”. At the farm they will treat you lunch and/or let you taste their locally brewed beer in a very charming atmosphere. You will have time to discover the ruins of the Cistercian monk's monastery, which was founded in 1207. The tour can be extended by either visiting the still running Maria monastery or bird watching (in spring).

### FIGURES & FACTS

**Duration:** 3.5 hours

**Capacity:** min 8 pax, max 12 pax per boat, max 36 pax total

**Season:** all year

**Note:** This tour includes twists and turns at high speeds so guests should be in good physical condition. Lifejackets, wet suits, glasses and safety equipment are provided.

**Included:** local beer tasting

### KNOWN EXTENTION

- Add lunch at Klostergården (+30min)
- Add bird watching in spring (+1h)
- Add visit to the running Maria monastery (+1h)

### CONTACT

**Crazy Coyote Events** | [post@crazycoyote.no](mailto:post@crazycoyote.no)

Tel: +47 73 51 15 88 | [www.crazycoyote.no](http://www.crazycoyote.no)

**Klostergården Tautra** | [www.klostergardentautra.no](http://www.klostergardentautra.no)



Photo: Crazy Coyote

VIP

2 H

## TOUR 24 SAILING EXCURSION

The S/Y Crazy Coyote was built in 1999 for a French Regatta team and is one of the fastest sailing boats in Norway. The boat is 51 feet long and holds a speed record of 29 knots. Sailing is a great team activity where each participant is assigned a task on board. Everyone must participate.

### DESCRIPTION

The wide and deep Trondheimsfjord is well suited for sailing. The trip takes you inward the fjord to the island Tautra with monastery ruins from 1251 and further to Steinvikholmen castle from the 16th century. An outward bound tour takes you towards the coast with its beautiful archipelago. During the tour you will have the opportunity to take pictures.

### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** max 12 pax per boat

**Season:** spring – autumn

**Note:** Wear sport shoes with white soles. Lifejackets are provided.

### CONTACT

**Crazy Coyote Events** | [post@crazycoyote.no](mailto:post@crazycoyote.no)

Tel: +47 73 51 15 88 | [www.crazycoyote.no](http://www.crazycoyote.no)



Photo Trondheim by boat

VIP

2 H

## TOUR 25 FISHING ON THE FJORD

Go fishing on the fjord! On a traditional Åfjordsboat or a fishing trawler you will sail out on the Trondheimsfjord, a route on which you will see the fish market Ravnkloa, the old harbor and channels of Trondheim and not the least the majestic island of the monks "Munkholmen".

### DESCRIPTION

Fishing equipment will be provided, and the guide will be happy to instruct you how to use it if you are fishing for the first time. Good old stories about life at sea will be told over a warm cup of fisherman's coffee as we enjoy the relaxing natural sound of waves and seagull calls. Fishing has always been an important part of the Norwegian culture, which we would love to share with you. Join us on an authentic, cozy fishing trip – a great catch is waiting for you!

### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** min 4 pax, two boats: 8 pax or 12 pax

**Season:** all year

**Included:** fishing gear, poncho, blanket, vest

### CONTACT

**Trondheim By Boat** | [info@trondheimbyboat.com](mailto:info@trondheimbyboat.com)  
Tel: +47 462 95 402 | [www.trondheimbyboat.com](http://www.trondheimbyboat.com)



Photo Trondheim Havn

VIP

3 H

## TOUR 26 SCENIC FLIGHT

Enjoy some of the famous landmarks in Trondheim from a birds eye view.

### DESCRIPTION

You will be dropped off at Værnes airport where you will receive light refreshments and a briefing. Then we will depart for Trondheim City where we will enjoy an amazing view of beautiful scenery and famous landmarks. Watching the landscape pass by beneath you and viewing your ship from above will create a memory that lasts forever.

### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** max 3 pax

**Season:** all year

**Note:** Sunglasses are recommended

### KNOWN EXTENTION

- Add Sunnmøre Alps (+1h)
- Add Røros area (+1h)
- Add Namsos area (+1h)

### CONTACT

**Pilot1** | [booking@pilot1.no](mailto:booking@pilot1.no)  
Tel: +47 41 47 48 12 | [www.pilot1.no](http://www.pilot1.no)





Photo Rockheim

1.5 H

## TOUR 27

### ROCKHEIM – ROCKS YOUR HOLIDAY!

Within 150 meters walking distance from the main pier you will find the National Museum of Popular Music – known as ROCKHEIM! This is a modern and interactive museum where the last 70 years of Norwegian pop and rock music are presented in an interactive and high tech way. There are activity rooms for the whole family.

#### DESCRIPTION

A guide will meet you at the front desk and you can join a tour that is suitable for the whole family. Explore your way through The Time Tunnel; a journey through modern Norwegian musical and cultural history.

Special rooms demonstrate various technological equipment, and hands-on activities include cranking an old gramophone player manually and operating a 50s jukebox. Make your own electronical song on the worlds biggest midi-controller, and take the song with you home!

#### FIGURES & FACTS

**Duration:** 1.5 hours

**Capacity:** max 20 pax

**Season:** all year, except Mondays in off-season

#### KNOWN EXTENTION

- You can add refreshments or dining to the visit.
- Add a guided visit at Ringve Music Museum (+1.5 h)

#### CONTACT

**Rockheim** | [rockheim.post@mist.no](mailto:rockheim.post@mist.no)

Tel: +47 73 60 50 70 | [www.rockheim.no](http://www.rockheim.no)



Photo Bjørn Fjeldvær

VIP



2.5 H

## TOUR 28

### VISIT BJØRN AT HOME

Bjørn invites you to his house in the centre of Trondheim to serve you some traditional Norwegian food and will make your visit an unforgettable memory.

#### DESCRIPTION

A short walk through the city centre will bring you to Bjørns little red house from 1860. Bjørn is an artist and musician and you will learn about Norwegian produce and food traditions and of course get to taste a variety of local and typical deliciousness! Everything served around the kitchen table with stories and songs. You will be totally entertained.

#### FIGURES & FACTS

**Duration:** 2.5 hours

**Capacity:** min 4 pax, max 12 pax per group

**Season:** April.–October

**Note:** Gluten free and lactose free alternatives can be provided.

#### CONTACT

**Visit Bjørn** | [bjorn.fjeldvar@gmail.com](mailto:bjorn.fjeldvar@gmail.com)

Tel: +47 91 52 19 15 | [www.visitbjorn.com](http://www.visitbjorn.com)

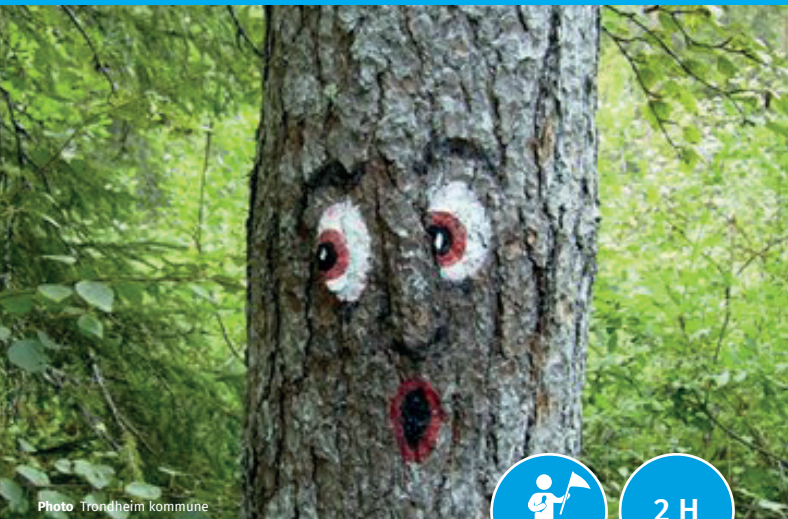


Photo Trondheim kommune



2 H

## TOUR 29

### TROLL HIKE

Get away from the city and enjoy the beautiful Norwegian nature on an adventure path made for children!

#### DESCRIPTION

Take the coach to the natural reserve Bymarka, just outside the city centre. From the parking ground a path leads through the forest of trolls. Trees and sticks have troll faces drawn on them and it will be an adventurous 500meters, passing by tree-snakes with pacifiers, troll-faced trees, hideouts and overcoming obstacles along the way. The trail is made for all ages and gives kids the opportunity to romp around in Norway's beautiful nature.

#### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** max 35 pax per guide

**Season:** all year

**Note:** Locals use the trail to make kids quit the pacifier. They hand it over to the troll baby.



Photo Wil Lee-Wright



2 H

## TOUR 30

### TRAVELLING THROUGH TIME

Sverresborg Open Air Museum surrounds the ruins of the middle-age castle of Sverre; king of the Birkebeiner. In rebuilt farms from the Sør-Trøndelag area are actors in traditional costumes who pretend time has stopped.

#### DESCRIPTION

Driving through the city centre up to Sverresborg Open Air Museum, you will get to know the 3rd biggest city of Norway a little better. At the Open Air Museum you will be sent back in time to visit different eras of Norwegian history. Perhaps you will meet the medieval King Sverre on the castle hill, the Night Man wandering the streets of the 18th century or the hard working farmers from the Norwegian countryside tending their animals. You will have the opportunity to interact with these characters in the charming surroundings of the museum. The guides in the museum are specialized in working with kids and will include you in several family friendly activities, such as learning to shoot a bow and arrow on the castle hill or try old fashion games in the town square. We will also stop by the old colonial store and try some sweets.

#### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** min 8 pax, max 30 pax per group

**Season:** June.–August

**Note:** Children must be accompanied by at least one parent

#### CONTACT

**Sverresborg Trøndelag Folkemuseum**

sverresborg.booking@mist.no | Tel: +47 73 89 01 00  
www.sverresborg.no



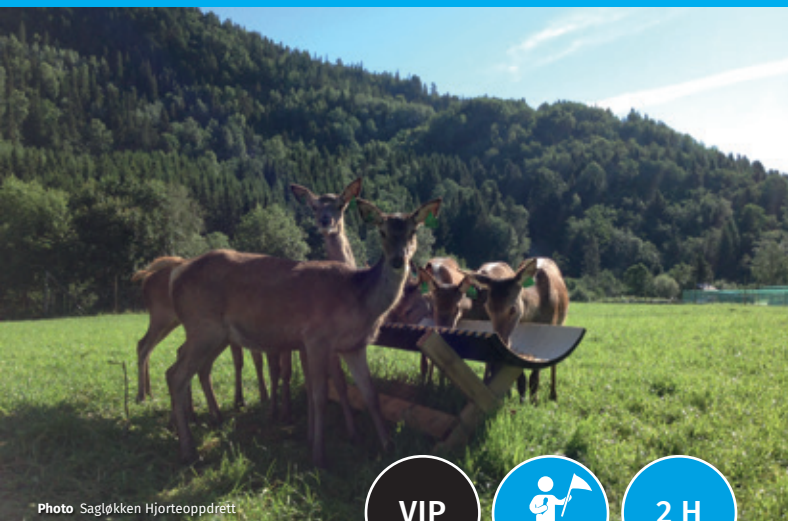


Photo Sagløyken Hjorteoppdrett

VIP



2 H

## TOUR 31 LOCAL FARM VISIT

Sagløyken family welcomes you to their home - a local deer farm.

### DESCRIPTION

You will arrive at Sagløyken Deer farm by coach located south-bound just outside Trondheim. On the family veranda you will be met by the owners who will tell you about their farm. The family runs this farm for 9 generations since 1750 and own about 40 deer. They will serve homemade Norwegian waffles and coffee. You will have the opportunity to assist in feeding the deer and get to know the locals. There is no better way to get a more authentic to about modern farming life of local Norwegians.

### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** min 5 pax, max 15 pax

**Season:** April.-September

**Note:** outdoor clothing is advised, during calving season close contact to the deer will not be allowed (May/June)

### CONTACT

**Pilot1** | [booking@pilot1.no](mailto:booking@pilot1.no)

Tel: +47 41 47 48 12 | [www.pilot1.no](http://www.pilot1.no)



Photo Jette C. Petersen

3.5 H

## TOUR 32 CITY OF KINGS

Trondheim holds a special place in Norwegian royal history. The city was founded by the Viking king Olav Tryggvason in 997, and it was the first capital of Norway. Nidaros Cathedral, built over the tomb of the Viking king Olav Haraldsson most known as St. Olav, is still where new kings receive their ceremonial blessing.

### DESCRIPTION

The coach takes you to the Royal Residence, Stiftsgården, the official residence in Trondheim for the Norwegian Royal Family. Here you will be guided through the most beautiful rooms and halls where royal weddings have been celebrated and learn about the history of the Norwegian monarchy. As the kings used to, you will walk the promenade towards Nidaros Cathedral, where the kings were crowned. Visit the magnificent cathedral and finally marvel at the original crown jewels in the Archbishops Palace located right next to the cathedral. The coach will bring you back to the ship. The tour may operate in reverse order.

### FIGURES & FACTS

**Duration:** 3.5 hours

**Capacity:** max 45 pax per group (max 60 pax capacity)

**Season:** all year

**Note:** Stiftsgården is open for public between 01.06.-14.08.22. Please note that Stiftsgården will be closed during royal visits.

### CONTACT

**Nidarosdomen** | [booking.ndr@nidarosdomen.no](mailto:booking.ndr@nidarosdomen.no)

Tel: +47 73 89 08 00 | [www.nidarosdomen.no](http://www.nidarosdomen.no)

**\*) Please specify entrance to Crown Regalia in your booking**

**Stiftsgården** | [nkim.omvisningsleder@mist.no](mailto:nkim.omvisningsleder@mist.no)

Tel: +47 73 80 89 50 | [www.nkim.no/stiftsgarden](http://www.nkim.no/stiftsgarden)



3 H

## TOUR 33 TRONDHEIM DURING THE SECOND WORLD WAR

Trondheim, or Drontheim as the Germans called the city, was supposed to play a vital role in the German Nazis Third Reich. In Trondheim the German Nazi occupation force also found a trusted collaborator in the Norwegian Henry Oliver Rinnan, a traitor who assisted the Nazis in tracking down Norwegian Resistance groups.

### DESCRIPTION

During this tour you will gain a thorough understanding of the role Trondheim played during the Second World War. At the first stop in the Armoury Military Museum the guides will convey an insight into the history, before you travel by bus to the old Kristiansten fortress. During this guided visit here, you will learn more about Trondheim's vital strategic location during the Second World War and the Norwegian Resistance during the Nazi occupation.

### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** max 25 pax per group

**Season:** all year

**Note:** Kristiansten fortress tower is not wheelchair accessible

### CONTACT

**Rustkammeret** | [rustkammeret@mil.no](mailto:rustkammeret@mil.no)

Tel: +47 400 22 611 | [www.forsvaretsmuseer.no/Rustkammeret](http://www.forsvaretsmuseer.no/Rustkammeret)



Photo Rockheim



2 H

## TOUR 34 NIGHT AT THE MUSEUM

Visit Rockheim - the national museum of popular music - after dark!

### DESCRIPTION

Experience a guided tour through the spectacular, interactive main exhibition which lets you be part of the Norwegian popular music history from the 1950s until now. Find out how Norwegian music and culture was impacted by international musical icons like the Beatles or Elvis and listen to the hits of internationally known Norwegian stars like Aha, Wenche Myhre, Madcon or Ylvis.

### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** max 60 pax

**Season:** upon request only, 19.-21 o'clock

**Note:** English guide at Rockheim

### CONTACT

**Rockheim** | [rockheim.post@mist.no](mailto:rockheim.post@mist.no)

Tel: +47 73 60 50 70 | [www.rockheim.no](http://www.rockheim.no)

**Ringve Music Museum** | [ringve.post@mist.no](mailto:ringve.post@mist.no)

Tel: +47 73 87 02 80 | [www.ringve.no](http://www.ringve.no)





Photo Wil Lee-Wright Britannia Hotel



3.5 H

## TOUR 35

### HOME OF NORDIC FLAVOURS

The quality of the soil, the climate and the variation of the landscape contribute to the unique traits of the local produce of Trøndelag. In addition to the Northernmost Michelin Star restaurants, there are culinary gems at every corner. Join a culinary experience as you visit a few of them.

#### DESCRIPTION

As you stroll through the streets of Trondheim you will learn how Trondheim-Trøndelag was awarded the title of the European Region of Gastronomy for 2022. Known as the home of Nordic Flavours, Trondheim earned a tribute as a region that takes local food production seriously, serving top notch, local products from both land and sea.

Visit a collection of local restaurants each offering one dish and a drink to go along. Choose among the many certified hosts like Sellanraa, Le Bistro, Bula Bistro, Rockheim or E.C. Dahls Bryggeri.

#### FIGURES & FACTS

**Duration:** 3.5 hours

**Capacity:** depends on chosen restaurants and mode of transportation

**Season:** all year

**Note:** Gluten free and lactose free alternatives can be provided.

#### CONTACT

Full list of restaurants & cafés & breweries being host of the European Region of Gastronomy 2022 is available at: [www.norwayfoodregion.com](http://www.norwayfoodregion.com)



Photo Wil Lee-Wright Britannia Hotel

2 H

## TOUR 36

### AQUAVIT TASTING AT BRITANNIA HOTEL

Discover the official Nordic spirit called Aquavit.

#### DESCRIPTION

The historic, 5-star Britannia Hotel, dating back to 1870, is the perfect setting to learn about the history, production and variations of this botanical beverage. Dating back to the 15th century, originally used medicinally, Aquavit is typically infused with caraway, dill and other spices. Each Nordic country has their own version, each claiming theirs to be best! You'll be the judge of that. Britannia's Head Bartender gives a fun and informative presentation which includes tasting of different Aquavits, along with sharing Charcuterie to match the spirit (rye bread, caraway cheese etc.)

#### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** min 6 pax, max 20 pax per group

**Season:** all year

**Note:** participants must be older than 20 years, hosted by Executive Head Bartender at a private back room of Vinbaren

**Included:** tasting of aquavit and a charcuterie to match, comfort stop

#### KNOWN EXTENSION

- Combine with the tour Britannia Hotels History told by Hotel Director (+1h)

#### CONTACT

**Britannia Hotel** | [Kristin.Andersen@britannia.no](mailto:Kristin.Andersen@britannia.no)

Tel: +47 41 25 68 03 | [www.britannia.no](http://www.britannia.no)



Photo: Wil Lee-Wright Britannia Hotel

VIP

2 H

## TOUR 37 BRITANNIA HOTEL'S HISTORY TOLD BY THE HOTEL DIRECTOR

The luxurious Britannia Hotel opened in 1870. Today, newly renovated the hotel director invites you on a tour telling Britannia's many stories from explorers, to royalty, to WWII German occupation.

### DESCRIPTION

You are met by the Hotel Director of Britannia Hotel, Mikael Forselius. He will guide you through the public rooms dating back to 1897, and hear the fascinating stories of former guests and the history of this 5 star hotel. First opened in 1870 to welcome aristocratic Britons, who came to fish the region's legendary salmon rivers, Trondheim's white-domed Britannia Hotel reopened in April 2019 after a multi-year \$160 million-dollar renovation. Now celebrating 150 years of luxury hospitality, Britannia has six restaurants & bars, including Speilsalen, Christopher Davidsen's (Bocuse d'Or 2017) first signature restaurant. Walking through these iconic rooms, the tour concludes with a glass of Britannia's private label Ayala Champagne and some light snacks. You are welcome to ask questions at any time.

### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** min 4, max 12 pax per group

**Season:** all year

**Note:** wheelchair accessible, comfort stop available

**Included:** glass of Champagne with salty snacks to go with

### KNOWN EXTENTION

- Combine with tour 36 Aquavit tasting at Britannia Hotel (+1h)

### CONTACT

**Britannia Hotel** | Kristin.Andersen@britannia.no

Tel: +47 41 25 68 03 | britannia.no



Photo: Adrien Safranka

VIP

3.5 H

## TOUR 38 STREET ART BY BICYCLE

As a major student town, Trondheim has always embraced great ideas and big ideals. The city has experimental architecture, communal gardens, graffiti from young wannabes, murals by renowned artists, and even a part of the Berlin Wall. Discover Trondheim from a different point of view.

### DESCRIPTION

On this bike tour you get a chance to see what's not considered mainstream, but is embraced in this town, like the community of Svartlamoen. You get to enjoy the colorful artwork along the way. A coffee stop will be included.

### FIGURES & FACTS

**Duration:** 3.5 hours

**Capacity:** max 10 pax per group

**Season:** all year, weather permitting

**Note:** Please dress according to weather conditions. The tour is suitable for everyone who can ride a bike. Bikes are located at Pir 1, transportation is needed when docked at Ila 30

**Included:** coffee stop, helmet

### KNOWN EXTENTION

- Add a snack or lunch box with local tastes

### CONTACT

**Trondheim Guide Service & Sykkelguide**

post@trondheimbiketours.no

Tel: +47 45 25 35 60 | www.trondheimguideservice.no



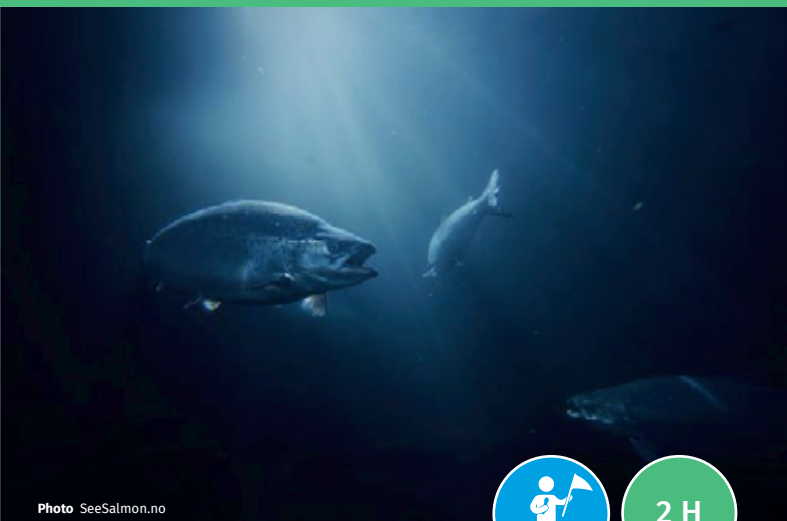


Photo SeeSalmon.no



2 H

## TOUR 39

### UNDERSTAND SALMON FARMING

Join this educational tour to the SeeSalmon center located at Trondheim's Powerhouse.

#### DESCRIPTION

A short stroll away from the main cruise quay SeeSalmon center is dedicated to explaining how salmon farming in Norway works. On a guided tour skilled professionals will be explaining this important Norwegian industry. You will touch base with myths & facts, current problem solving and innovations in the making. An interactive set of both film, touch screens and real salmon dissection as well as a Q&A are part of this guided tour. Afterwards join a delicious traditional Norwegian lunch dish at the in-house café Bazar – of course including salmon.

#### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** max 40 pax per group

**Season:** all year

**Note:** wheelchair accessible, comfort stop available

**Included:** Salmon smørbrød at Bazar

#### CONTACT

**SeeSalmon** | [post@seesalmon.no](mailto:post@seesalmon.no)

+47 41 26 99 79 | [seesalmon.no](http://seesalmon.no)



Photo Vindfang AS



VIP



5 H

## TOUR 40

### LIGHTHOUSES ON TRØNDELAG'S COAST

Explore the coast of Trøndelag on a high-speed boat ride taking you to picturesque lighthouses.

#### DESCRIPTION

Leaving Trondheim by RIB you are heading through small passages out to open sea, where you may have the opportunity to see some local wildlife, such as sea eagles or porpoise. There are a range of lighthouses to visit. Among the most popular are Sula, Halten and Kjeungskjær lighthouse located along the coast of Trøndelag. Several stops will be made throughout the entire tour to give you a real sense of the coastal pearls you find on this adventurous boat ride. Enjoy a light lunch at one of the stops before continuing your journey along islets.

#### FIGURES & FACTS

**Duration:** 5 hours

**Capacity:** min 8 pax, max 12 pax per boat, max 36 pax total

**Season:** all year

**Note:** This tour includes twists and turns at high speeds so guests should be in good physical condition. Lifejackets are provided.

**Included:** one meal, comfort stops

#### KNOWN EXTENTION

- Combine several lighthouses and add another meal (+3 h)

#### CONTACT

**Crazy Coyote Events** | [post@crazycoyote.no](mailto:post@crazycoyote.no)

Tel: +47 73 51 15 88 | [www.crazycoyote.no](http://www.crazycoyote.no)

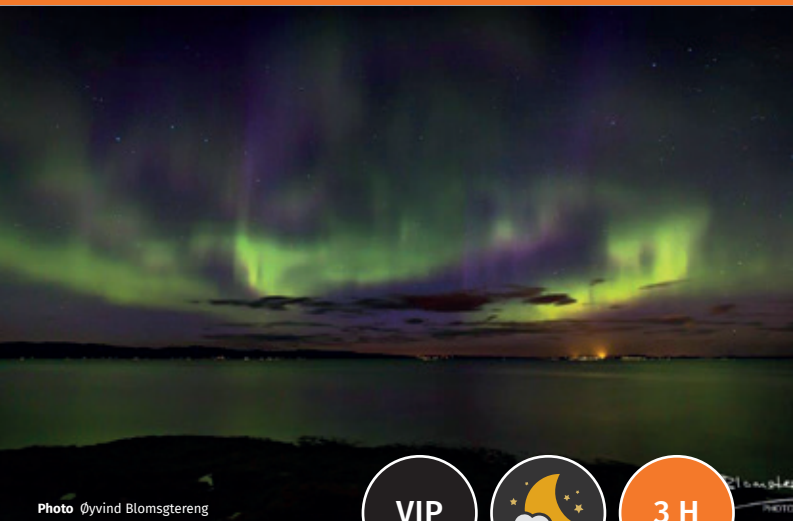


Photo Øyvind Blomstgereng

VIP



3 H

## TOUR 41

### HUNT THE NORTHERN LIGHTS

Enjoy the tranquility of a northern night! Spectacular green lights dancing in the sky are a good reason to stay up late and dress for the cold. At latitude 63° you might very well be able to see the Northern lights. This natural phenomenon can be explained, yet it keeps us amazed whenever we get a chance to see it.

#### DESCRIPTION

You will be picked up and driven to a location outside the city center, from where you have a good chance to observe Aurora Borealis, depending on conditions. Your guide will help you with camera settings for photographing the Northern lights and offer you a hot beverage to keep warm.

#### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** min 2 pax, max 15 pax

**Season:** September.–April

**Note:** Not wheelchair accessible. Depends on weather conditions. Dress in warm clothes. Bring your own camera. Extra charger/power bank and tripod is advisable.

**Included:** a warm drink and local snacks, seat pads

#### CONTACT

**Trondheim Guide Service & Sykkelguide**

post@trondheimguideservice.no | Tel: +47 45 25 35 60  
trondheimguideservice.no



Photo Marius Rua, Buckethaus



8 H

## TOUR 42

### WINTER WONDERLAND IN RØROS

Røros is a historic mining town which is most charming in wintertime. Snowy roads invite you to kick-sleigh through town.

#### DESCRIPTION

The tour takes you by train from Trondheim main station to the scenic landscape of Trøndelag to the UNESCO mining town of Røros. A guide will take you on a historical tour through the enchanting wooden town, where you will stop and visit Røros church and the historical smelter. From there sleighs with horses will pick you up to bring you to Røros Hotel. Here, you will be treated to a divine lunch consisting of local produce. You will have the chance to try a traditional kick-sleigh, a popular way for locals to get around in wintertime. The coach takes you back to Trondheim stopping at Gaula natural center. The center contains a great exhibition about life and wildlife in and along Gaula with over 60 different game species on display. The tour may operate in reverse order.

#### FIGURES & FACTS

**Duration:** 8 hours

**Capacity:** max 40 pax per group

**Season:** November.–March

**Note:** weather permitting, wear weather appropriate clothes (Røros can have extreme temperatures).

**Included:** lunch at Røros Hotel, comfort stops available

#### CONTACT

**Rørosmuseet** | roroseet.post@mist.no

Tel: +47 72 40 61 70 | roroseet.no

**Gaula Natursenter** | gaula@gaula.no

Tel: +47 72 43 10 65 | gaula.no

**Røros Hotel** | post@roroshotell.no

Tel: +47 72 40 80 00 | roroshotell.no

**Røros Kjørelag** | roros.kjorelag@roros.net | Tel: +47 92 01 26 47

**Sj Norge** | gruppereiser@sj.no | sj.no





Available in 2023

Photo Sverresborg Trøndelag Folkemuseum



2 H

## TOUR 43 NORWEGIAN CABIN EXPERIENCE AT SVERRESBORG

Gear up and get ready to experience the Norwegian winter. We invite you to join us in an authentic winter cabin experience – a unique Norwegian tradition. At every opportunity they get, the Norwegians travel up to their cabins in the mountains. In our cabins the standard is very simple compared to our homes, you are lucky if you have electricity and water installed. This is the place to relax and enjoy the simple life.

### DESCRIPTION

Around the bonfire, while being served hot drinks, we introduce you to this unique Norwegian tradition. Get dressed up in a «lusekofte», and trek up to the cabin. Here you will experience how Norwegians escape from city life and immerse themselves in a simpler form of life, surrounded by woods and mountains. See what the fuzz is all about. Play board games, enjoy the peace and quiet and the good conversations, and maybe if the weather allows it – try skiing, sledging and have fun in the snow.

### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** min 8 pax, max 25 pax per group

**Season:** January.–March

**Note:** Hot beverage and chocolate bar included. Family friendly. Warm clothes strongly recommended.

### KNOWN EXTENTION

- Combine this tour with a stop at Granåsen ski-jump area (+30 min)

### CONTACT

**Sverresborg Trøndelag Folkemuseum**

sverresborg.booking@mist.no | Tel: +47 73 89 01 00  
www.sverresborg.no

**Trønderhopp** | havard.lie@tronderhopp.no  
Tel: +47 98 28 24 10 | www.tronderhopp.no



Photo Trondheim Kajakk



VIP

3.5 H

## TOUR 44 RECREATIONAL KAYAK TOUR WITH SAUNA

Healthy & refreshing – take a dip in the Trondheim Fjord after a kayak trip! Paddle along the river Nid to a floating sauna rounding up the experience.

### DESCRIPTION

This perfect recreational tour takes you to Tempe where we start after a short safety briefing on an easy kayak tour downstream river Nid. We are paddling past Trondheims beautiful historical waterfront and may teach some easy paddling techniques on the way. We will head towards Nyhavnas new floating sauna. With the backdrop of Lade hill and the remnants of WW2 - Dora bunker a new suburb of Trondheim is in the making. The new sauna offers heated changing facilities and showers. Relax and reboot your body and take a dip in the Trondheim Fjord like many Norwegians do daily. You will receive a certificate for dipping, stating the temperature of the water. This tour is beginners friendly.

### FIGURES & FACTS

**Duration:** 3.5 hours

**Capacity:** max 40 pax per group (sauna: max 60 pax)

**Season:** October.–April

**Note:** Not recommended for people with heart issues. Normal physical condition is required. Bring your own swimsuit and towel.

**Included:** Double sea-kayaks for beginners, single for advanced, dry suit, certificate of dipping

### KNOWN EXTENTION

- Add refreshments and snacks (+30 min)  
Can be offered all year

### CONTACT

**Trondheim Kajakk** | info@trondheimkajakk.no  
Tel: +47 48 33 83 18 | www.trondheimkajakk.no



Photo Volker Ullrich

VIP

2.5 H

## TOUR 45 ON SNOWSHOES IN BYMARKA

Winter, snow, and outdoor life are essential parts of local life in Norway. Trondheim's inhabitants use the Bymarka nature reserve embracing the city in all seasons. The natural beauty, rich flora and fauna, and local history make Bymarka the perfect backdrop for new experiences.

### DESCRIPTION

Enjoy a tour on snowshoes! The minibus will take you up to the forest embracing the city in the west. You can head out for your winter adventure from lake Kobberdammen. After instructions from an experienced local guide you can try getting around on snowshoes and enjoy Norwegian winter wonderland. You will pass the forest farmhouse Lavollen, hear about its history and can enjoy a warm drink. The tour is at introductory level, no previous experience is needed.

### FIGURES & FACTS

**Duration:** 2.5 hours

**Capacity:** max 10 pax

**Season:** weather permitting, typically January.–March

**Note:** dress according to weather conditions. No previous experience necessary.

**Included:** Comfort stop at Lavollen, snowshoes, seat pads

### KNOWN EXTENTION

- Add baked goods and/or lunch box with local tastes (+30 min)

### CONTACT

**Trondheim Guide Service & Sykkelguide**

post@trondheimguideservice.no

Tel: +47 45 25 35 60 | trondheimguideservice.com



Photo Ringve Musikkmuseum



2 H

## TOUR 46 A MUSICAL EXPERIENCE

Welcome to a musical experience at Ringve Music Museum in off-season!

### DESCRIPTION

This unique museum owns a collection of over 2000 instruments from all over the world and is seated on an old country estate just outside Trondheim's city centre.

Come and explore Ringves new instrument exhibition which shows the different ways musical instruments affect our lives, both in everyday life and great celebrations, and also in life's big and small moments. You may explore what a musical instrument really is, and why they look and sound the way they do. The guide will demonstrate examples of instruments from all over the world and of course the Norwegian sither, Langeleiken.

### FIGURES & FACTS

**Duration:** 2 hours

**Capacity:** min 15 pax, max 100 pax

**Season:** November.–February

**Note:** wheelchair accessible

### KNOWN EXTENTION

- Add a mini concert in the concert hall (+30 min)
- Add sparkling wine reception to the concert

### CONTACT

**Ringve Music Museum** | ringve.post@mist.no

Tel: +47 73 87 02 80 | www.ringve.no





5 H

## TOUR 47

### THAMS PAVILION AND COPPER MINE

Visit the Thams pavilion also known as “The Norway building” and Løkken, an underground pyrite mine which contained the largest deposits of its kind in Norway.

#### DESCRIPTION

The coach takes you from Trondheim to the copper mine at Løkken. During your visit you'll learn about its activity from 1654 to 1987 on a route through corridors and large caverns. Before the coach brings you to Orkanger, we'll stop at the Thamshavn Railway Museum connecting the mine to Orkanger. There you'll visit the charming Thams pavilion. It has the appearance of a stave church, though it is not. Built to represent Norway in the World Exhibition in Chicago in 1890 it returned to Norway in 1917. Right across lies a picturesque manor. Bårdshaug manor was the home of Thams, who built the house in different styles. You'll return to Trondheim on a scenic route.

#### FIGURES & FACTS

**Duration:** 5 hours

**Capacity:** max 45 pax per group

**Season:** off-season

**Note:** uneven terrain with gradual slopes, approx. 800 meters with 12 stairs, poncho recommended, not wheelchair accessible

**Included:** helmet, comfort stops available

#### KNOWN EXTENTION

- Add lunch at Bårdshaug Manor (+45 min)

#### CONTACT

**Bårdshaug Herregård** | [post@baardshaug.no](mailto:post@baardshaug.no)

Tel: +47 72 47 99 00 | [www.baardshaug.no](http://www.baardshaug.no)

**Orkla Industrimuseum** | [oi.post@mist.no](mailto:oi.post@mist.no)

Tel: +47 72 49 91 00 | [oi.no](http://oi.no)

**Thamspaviljongen** | [post@thamspaviljongen.no](mailto:post@thamspaviljongen.no)

Tel: +47 48 09 95 83 | [thamspaviljongen.no](http://thamspaviljongen.no)



Photo: Åre Foto Crazy Coyote

VIP

6 H

## TOUR 48

### ON 4 WHEELS

Driving on frozen water with a Porsche 911!

#### DESCRIPTION

Feel the power of the car driving under safe circumstances with an instructor next to you on frozen water. There are several cars to choose from and you can switch as often as you like. The location is near Åre – which is a two hour drive from Trondheim.

#### FIGURES & FACTS

**Duration:** 6 hours

**Capacity:** max 50 pax

**Season:** January.–March

**Note:** need drivers licence

#### CONTACT

**Crazy Coyote Events** | [post@crazycoyote.no](mailto:post@crazycoyote.no)

Tel: +47 73 51 15 88 | [www.crazycoyote.no](http://www.crazycoyote.no)

# SUPPLIERS

## PORT

### Trondheim Havn

kuehnl@trondheimhavn.no  
Tel: +47 73 99 17 00  
www.trondheimhavn.no

## GUIDESERVICES

### Møre og Trøndelag Guideservice

post@moereguideservice.no  
Tel: +47 45 29 98 67  
www.moereguideservice.no

### Trondheim Guide Service & Sykkelguide

post@trondheimguideservice.no  
Tel: +47 45 25 35 60  
trondheimguideservice.no

### Trøndelag Guide Team

post@trondelagguideteam.no  
Tel: +47 73 95 10 15  
www.trondelagguideteam.no

## MUSEUMS AND ATTRACTIONS

### Museet Kystens Arv

kystensarv.post@mist.no  
Tel: +47 73 85 55 60  
kystensarv.no

### Nidarosdomen og Erkebispegården

booking.ndr@nidarosdomen.no  
Tel: +47 73 89 08 00  
www.nidarosdomen.no

### Orkla Industrimuseum

oi.post@mist.no  
Tel: +47 72 49 91 00  
www.oi.no

### Ringve Musikmuseum

ringve.post@mist.no  
Tel: +47 73 87 02 80  
www.ringve.no

### Rockheim

rockheim.post@mist.no  
Tel: +47 73 60 50 70  
www.rockheim.no

### Rustkammeret

rustkammeret@mil.no  
Tel: +47 40 02 26 11  
forsvaretsmuseer.no

### Rørosmuseet

rorosmuseet.post@mist.no  
Tel: +47 72 40 61 70  
rorosmuseet.no

### SeeSalmon

post@seesalmon.no  
Tel: +47 412 69 979  
seesalmon.no

### Stiftsgården

nkim.omvisningsleder@mist.no  
Tel: +47 73 80 89 50  
www.nkim.no/stiftsgarden

### Sverresborg Trøndelag Folkemuseum

sverresborg.booking@mist.no  
Tel: +47 73 89 01 00  
www.sverresborg.no

### Thamspaviljongen

post@thamspaviljongen.no  
Tel: +47 48 09 95 83  
www.thamspaviljongen.no

### Trondhjem Sjøfartsmuseum

sverresborg.sjofartsmuseet@mist.no  
Tel: +47 73 52 89 75  
www.trondheimsjofart.no

## ACTIVITIES

### Crazy Coyote Events

post@crazycoyote.no  
Tel: +47 73 51 15 88  
www.crazycoyote.no

### Kystens Arv

kystensarv.post@mist.no  
Tel: +47 73 85 55 60  
kystensarv.no

### Pilot 1

booking@pilot1.no  
Tel: +47 41 47 48 12  
www.pilot1.no

### SDS Hansteen

sverresborg.sjofartsmuseet@mist.no  
Tel: +47 73 52 89 75  
trondheimsjofart.no/sds-hansteen

### Trondheim By Boat

info@trondheimbyboat.com  
Tel: +47 462 95 402  
www.trondheimbyboat.com

### Trondheim Kajakk

info@trondheimkajakk.no  
Tel: +47 48 33 83 18  
www.trondheimkajakk.no

### Trønderhopp

havard.lie@tronderhopp.no  
Tel: +47 98 28 24 10  
www.tronderhopp.no

### Visit Bjørn

bjorn.fjeldvar@gmail.com  
Tel: +47 91 52 19 15  
www.visitbjorn.com

## TRANSPORTATION

### Boreal Travel AS Midt Norge

tur@boreal.no  
Tel: +47 91 00 57 98  
www.boreal.no

### Trøndertaxi

bjarne.farbu@trondertaxi.no  
Tel: +47 92 48 52 60  
www.trondertaxi.no

## TURNAROUND FACILITIES

### Avinor

Trondheim Værnes Airport  
ellen.weidemann@avinor.no  
Tel: +47 95 11 08 84  
www.avinor.no/flyplass/trondheim

### Clarion Hotel and Congress Brattøra

christian.zakariassen@choice.no  
Tel: +47 90 86 40 11  
www.choice.no

## EVENTS

### Julemarkedet i Trondheim

julemarkedet@midtbyen.no  
www.julemarkedet-trondheim.no  
(annually in December)

### Olavsfestdagene

https://olavsfest.no/en  
(annually in July/August)

### Trondheim Food festival

jih@oimat.no  
www.tronderskmatfestival.no/  
(annually in July)







# TRONDHEIM City Centre

## TOP ATTRACTIONS

1. Nidaros Cathedral
2. Archbishop's Palace
3. The Archaeological Museum
4. The Royal Regalia Exhibition
5. Sverresborg Folk Museum
6. Ringe Music Museum
7. Colourful Wharves
8. Old City Bridge
9. Bicycle Lift
10. Kristiansten Fortress
11. The Royal Residence
12. Munkholmen Island
13. Tram Stop
14. Fish market
15. Rockheim - Museum of Popular Music
16. Trondheim Maritime Museum
17. Trondheim Art Museum
18. National Museum of Decorative Arts

## LEGEND

- Tourist information (movers, Dec. 2019)
- Public toilet
- Ferry to Munkholmen
- Taxi rank
- Letter box
- Indoor swimming pool
- Public library
- Police
- Railway station
- Bus stop, shuttle bus (if ordered)
- Bus 25 (Våkseen) to City Centre
- Bus 20 (Giststad) to Ringe Music Museum
- Bus 11 (Slaveset) to Sverresborg Museum
- Access to shopping and restaurants
- Places of interest
- Old and picturesque wooden buildings

- Basic route (5 km)
- Long route, cycling (11 km)
- Route from lla (20m, one way)
- Kayaking route

