

TRONDHEIM



CRUISE EXCURSIONS

VALID FROM 2023

TRØNDELAG



Photo Marius Rua, Buckethaus



Photo Museet Kystens Arv



Photo Grim Berge, trondelag.com

TRONDHEIM



Photo Trondheim Kajakk



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

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



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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.



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.

PLACES TO VISIT IN TRONDHEIM



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 overlooking the Trondheims-fjord. The museum offers guided tours with 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 Folk Museum

Sverresborg Trøndelag Folk Museum

This open air museum is the 3rd largest cultural history museum in Norway, and has an impressive collection of houses, artifacts and photos, dated as far back as the 12th century. Located in picturesque surroundings on Sverresborg, close to the city center, the museum is a must-see. Based around the ruins of King Sverre's castle (Norway's oldest medieval stonecastle) the museum exhibits the story of Trøndelag and Trondheim through three main themes: The old town, The rural department and the castle ruins. With both outdoor- and indoor exhibitions our main mission is to tell a good story.



Photo Wil Lee-Wright

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. Guided tours from 01.06 – 13.08.23.



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.



Photo Grim Berge



2.5 H



Photo left: Wil Lee-Wright / Mist
Photo right: Adrien Safranka



3 H



Photo Boreal Travel AS



2.5 H



Photo Wil Lee-Wright



2 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 EXTENSION

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

CONTACT

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

TOUR 2 TRONDHEIM HERITAGE TRAIL

Experience the best of Trondheim in a nutshell! See the astonishing Nidaros Cathedral close up and walk through Sverresborg Folk 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 Folk 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: The museum has some steep hills, good shoes are recommended. The old town is easily accessible for people with limited mobility. Comfort stops available.

KNOWN EXTENSION

- Add entrance to Nidaros Cathedral (+30 min)
- Combine with walking down from the fortress (+30 min)
- Add a snack or coffee at Borgstua café (+30 min)

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

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 EXTENSION

- 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

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 Norwegian music and explore this unique museum.

DESCRIPTION

You can explore the collection of musical instruments from all over the world and experience the magic of the traditional Norwegian folk instruments. Take a close look at the devil's instrument, the Harding fiddle, and hear the beautiful and soothing sound of the Norwegian sither, Langeleiken. 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 EXTENSION

- 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



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 Bakklandet 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 EXTENSION

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

CONTACT

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



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

KNOWN EXTENSION

- The tour can be extended with lunch at Bårdshaug Manor (+2.5h) 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
 Tel: +47 72 47 99 00 | www.baardshaug.no
Orkla Industrimuseum | post@oi.no
 Tel: +47 72 49 91 00 | oi.post@mist.no



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 - Bakklandet. 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 EXTENSION

- Walk to the market square (+30 min)

CONTACT

Nidarosdomen | booking.ndr@nidarosdomen.no
 Tel: +47 73 89 08 00 | www.nidarosdomen.no
Kristiansten Fortress Parking Lot Admin | anbjorn.viem@forsvarsbygg.no



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 EXTENSION

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

CONTACT

Stiklestad Nasjonale Kultursenter | stiklestad@snk.no
 Tel: +47 74 04 42 00 | www.stiklestad.no

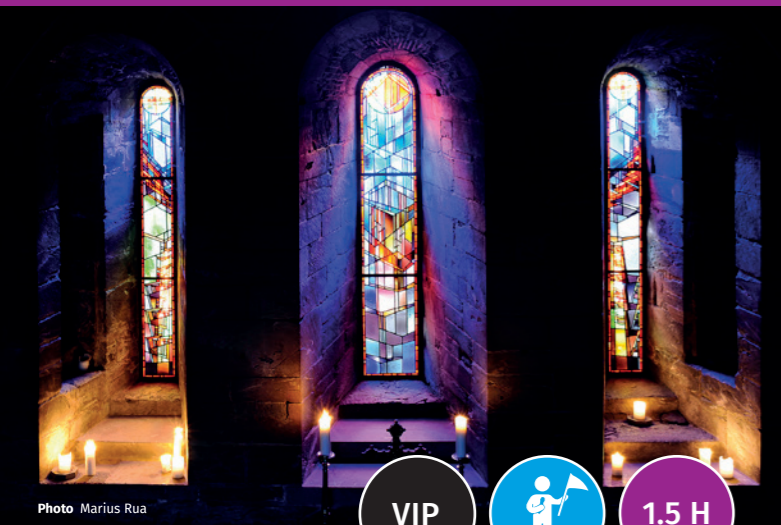


Photo Marius Rua

VIP 1.5 H



Photo Trondheim By Boat

VIP 2 H



Photo Museet Kystens Arv

3.5 H



Photo www.pilgrimsteden.no og Sverresborg Folkemuseum

3 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
Tel: +47 73 89 08 00 | www.nidarosdomen.no

TOUR 10 BOAT SIGHTSEEING

Welcome aboard our traditional boats Frøya and Himinglæva! Sailed by passionate captains and guides, 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 Bryggerekka 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, fort res, 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 boat, 2 boats
Season: all year

CONTACT
Trondheim By Boat | info@trondheimbyboat.com
Tel: +47 46 29 54 02 | www.trondheimbyboat.com

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 EXTENSION

- 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

TOUR 12 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 Folk 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 EXTENSION

- Visit more of the Sverresborg Folk 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



TOUR 13 UNESCO WORLD HERITAGE TOWN OF RØROS

Røros, featured on the UNESCO World Heritage list, is only a 2.5h 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

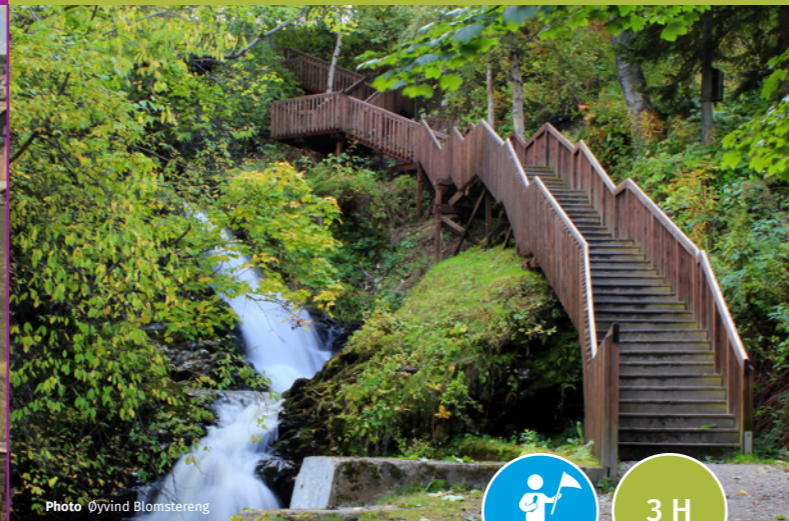
Duration: 8 hours
Capacity: max 45pax per group
Season: all year
Note: Wear weather appropriate clothes (Røros can have extreme temperatures)
Included: lunch at Bergstaden Hotel, comfort stops available

KNOWN EXTENSION

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

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



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

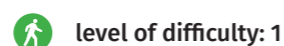
Duration: 3 hours
Capacity: max 35pax per guide
Season: 01.05.–31.10.
Note: Good gear required, if possible water- and windproof. Kvikk-lunsj (chocolate bar) can be included.

KNOWN EXTENSION

- Add entrance to the Sverresborg Trøndelag Folk Museum (+1h)

CONTACT

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



level of difficulty: 1



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 EXTENSION

- Add entrance to Sverresborg Trøndelag Folk Museum (+1h)

CONTACT

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



level of difficulty: 2



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 EXTENSION

- 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. 6km uneven, partly very steep terrain gradual slopes, rocks, roots and often wet terrain. Comfort stop available at Estendstadshytta.

CONTACT

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



level of difficulty: 3



Photo Trondheim By Boat



3 H

TOUR 18 TRONDHEIM BY BOAT & ON FOOT

Joining this tour you will get to know Trondheim from the shore and waterside - the best introduction there is.

DESCRIPTION

Taking our traditional Åfjordboats on river Nid along the famous wharves and learning more about Trondheims' history, is a fabulous introduction to the city. After one hour on the boat you will get dropped off at the former fishmarket Ravnkloa, where the walking part of the tour starts. You will continue walking to the astonishing Nidaros cathedral, crossing the market square with the statue of the city's founder Olav Tryggvason on top and later cross the Old Town Bridge. The walking tour ends back at the pier and gives you access to all the hidden gems not reachable by bus. This tour can be operated in reverse order, doubling the capacity.

FIGURES & FACTS

Duration: 3 hours
Capacity: 24 pax per group
Season: all year

CONTACT

Trondheim By Boat | info@trondheimbyboat.com
Tel: +47 46 29 54 02 | www.trondheimbyboat.com



Photo Crazy Coyote



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 hand-holds. 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
Tel: +47 73 51 15 88 | 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 March–October
Note: This excursion is suitable for everybody, who can ride a bike. Helmets are available.

KNOWN EXTENSIONS

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



2 H

Photo Trondheim Kajakk

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 EXTENSION

- 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
Tel: +47 48 33 83 18 | www.trondheimkajakk.no



2 H

Photo Trondheim Kajakk

TOUR 22 STAND UP PADDELING - THE VIKING WAY

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 EXTENSION

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

CONTACT

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

- 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
Tel: +47 73 51 15 88 | www.crazycoyote.no
Klostergården Tautra | 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 51feet 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 Trondheimfjord 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
Tel: +47 73 51 15 88 | www.crazycoyote.no



VIP 2 H



VIP 2 H



1.5 H



2 H

TOUR 25 FISHING ON THE FJORD

Go fishing on the fjord! Our traditional boats Frøya and Himinglæva will sail you 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 10 pax
Season: all year
Included: fishing gear, poncho, blanket, vest

CONTACT

Trondheim By Boat | info@trondheimbyboat.com
 Tel: +47 462 95 402 | www.trondheimbyboat.com

TOUR 26 E-FOIL

E-foil licence to fly or be an Aladdin for a day!

DESCRIPTION

Become an Aladdin for a couple of hours, just here we use a more modern “carpet”- E-foil. A feeling that can’t be described but can only be experienced.

Try new technologies with us! We have a short briefing on the land first about safety and introduction and shortly after that we are healing into the water to train how to ride an electric e-foil board.

No prior experience needed.

FIGURES & FACTS

Duration: 2 hours
Capacity: max 2 pax per instructor, or 4 people 30min each
Season: all year
Note: Equipment is provided. Suits included in the price

KNOWN EXTENSION

- Add sauna (+1h)

CONTACT

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

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 EXTENSION

- 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
 Tel: +47 73 60 50 70 | www.rockheim.no

TOUR 28 NORWEGIAN TALES – THE PATH OF WONDERS AND MYSTERY

Learn more about Norwegian folktales together with your kids. Enjoy a folktale theater and a hike through the folktale trail at Sverresborg.

DESCRIPTION

After a short scenic bus ride you arrive at Sverresborg Folk Museum. Our English speaking guides in costume will tell the popular tales from the famous Norwegian folktales, by Asbjørnsen and Moe. Together, you will explore the magical trail within the museums’ wide outdoor area and learn more about the folktale heroes along the path.

FIGURES & FACTS

Duration: 2 hours
Capacity: min 15 pax - max 25 pax per group
Season: April–October
Note: Children (2–13 age) must be accompanied by at least one parent. Warm clothes and shoes according to the weather.

CONTACT

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



Photo Trondheim kommune



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 35pax 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 Sverresborg Folkemuseum / Wil Lee-Wright



TOUR 30 OPEN AIR FOLK MUSEUM

A visit to the Folk Museum takes you back in time to medieval castle ruins and ordinary life on both farms and in the city, as far back as the 17th. Interact with our historical characters throughout the museum – and join the activities along the tour. The folktale path and our farm animals are especially popular amongst children.

DESCRIPTION

Join our guided tour and visit all the main sites in the museum. In the urban section, you will experience images of life and exciting interiors from Trondheim's fascinating history, from the 18th century to the present day. You can also experience the shady side of Trondheim by visiting the knackerie, 'Nattmannshuset', the most despised building in the city in the 18th century! In the old colonial store a taste of some sweets is possible. Our rural section enables you to stroll from farmyard to farmyard throughout Trøndelag, with the medieval Haltdalen stave church as the gem of the collection. Curiosa; A replica of the beautiful Detlistua from Oppdal has been built at Disney World in Florida. The walk to the top of the ruins of King Sverre's once monumental medieval castle offers wonderful views of Trondheim and, not least, an insight into an exciting slice of Trondheims city's history.

FIGURES & FACTS

Duration: 2 hours

Capacity: min 15 pax, max 30 pax per group

Season: all year, in winter reduced accessibility of the ruins

Note: Weather appropriate clothes and shoes required.

CONTACT

Sverresborg Trøndelag Folkemuseum

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

www.sverresborg.no



Photo Sagløyken Hjorteoppdrett



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

Håkon Sagløyken | hakongje@hotmail.com

Tel: +47 97 56 62 05



Photo Trude Witzell LeVine



TOUR 32 OUTDOOR HIGH ROPES PARK

Just outside the city center you find Høyt&Løvt Trondheim climbing park. The courses are built into the natural terrain, and come with varying levels of difficulty. Using wires and ropes you can traverse the forest while getting a thrilling and spectacular view from the treetops.

DESCRIPTION

A short bus ride from the cruise quay, the outdoor climbing park is located on a hill surrounded by forest. After a short introduction to the equipment and a safety brief, you get to start on a designated practice course. After this you are free to decide whichever course fits you. The park has facilities including light food, drinks and toilets.

All of Høyt & Løvt's parks offer challenging activities and thrilling experiences in a safe environment, catering to all ages and ambitions.

FIGURES & FACTS

Duration: 3 hours

Capacity: from 12 pax to 250 pax per group

Season: May to mid-October. Opens on request all year round, weather permitting.

Included: climbing gear and helmet

CONTACT

Høyt og Løvt | trondheim@hoytløvt.no

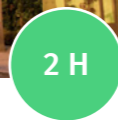
+47 47 63 44 24 | hoytløvt.no/trondheim



3.5 H



3 H



2 H



3.5 H

TOUR 33 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, Stiftgården, 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 30 pax per group (max 60 pax capacity)
Season: Stiftsgården is open for guided tours from 01.06–13.08.23.
Note: Stiftsgården will be closed during royal visits

CONTACT

Nidarosdomen | booking.ndr@nidarosdomen.no
Tel: +47 73 89 08 00 | www.nidarosdomen.no
*) Please specify entrance to Crown Regalia in your booking
Stiftsgården | nkim.omvisningsleder@mist.no
Tel: +47 73 80 89 50 | www.nkim.no/en/stiftsgarden

TOUR 34 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 tour 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
Tel: +47 400 22 611 | www.forsvaretsmuseer.no/Rustkammeret

TOUR 35 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 60pax
Season: upon request only, 19.-21 o'clock
Note: English guide at Rockheim

CONTACT

Rockheim | rockheim.post@mist.no
Tel: +47 73 60 50 70 | www.rockheim.no
Ringve Music Museum | ringve.post@mist.no
Tel: +47 73 87 02 80 | www.ringve.no

TOUR 36 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 To Rom og Kjøkken, Baklandet Skydsstasjon, Rockheim og Borgstua.

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

To Rom og Kjøkken | booking@2rok.no
Baklandet Skydsstasjon | post@skydsstation.no
Gubalari | booking@gubalari.no
Restaurant Rockheim | rockheim.restaurant@mist.no
Borgstua Café | sverresborg.borgstua@mist.no



Photo Wil Lee-Wright Britannia Hotel

2 H



Photo Wil Lee-Wright Britannia Hotel

VIP

2 H



Photo Wil Lee-Wright Britannia Hotel

VIP

3 H



Photo Adrien Safranka

VIP

3.5 H

TOUR 37 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 6pax, max 20pax 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 Hotel's History (+1h)

CONTACT

Britannia Hotel | booking@britannia.no
Tel: +47 73 80 08 09 | www.britannia.no

TOUR 38 BRITANNIA HOTEL'S HISTORY

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 a representative of the staff at Britannia Hotel, who 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 12pax per group
Season: all year
Note: wheelchair accessible, comfort stop available
Included: glass of Champagne with salty snacks to go with

KNOWN EXTENSION

- Combine with tour 37 Aquavit tasting at Britannia Hotel (+1h)

CONTACT

Britannia Hotel | booking@britannia.no
Tel: +47 73 80 08 09 | www.britannia.no

TOUR 39 AFTERNOON TEA

Renomated Britannia Hotel invites guests to take part in the Afternoon Tea experience, a unique concept you would want to try!

DESCRIPTION

Celebrate Afternoon Tea in Trondheim in the historic Palmehaven at Britannia Hotel. Tiered cake stands laden with finger sandwiches, scones, sweets, pastries, and cakes, served alongside a wide range of signature teas. The menu is seasonally inspired and changes throughout the year. The Head Pastry Chef will serve guests with the finest delicacies. Britannia Afternoon Teas are made in local collaboration with Norway's Master Tea Blender in Trondheim. Whole leaf tea of Camelia Sinensis blended with local herbs are made specially for Britannia.

FIGURES & FACTS

Duration: 2 hours
Capacity: 2 pax to 12 pax per seating
Season: everyday between 26.06–20.08.23 or on weekends year round
Note: wheelchair accessible, comfort stop available
Included: glass of Champagne with salty snacks to go with

CONTACT

Britannia Hotel | booking@britannia.no
Tel: +47 73 80 08 09 | www.britannia.no

TOUR 40 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 10pax per group
Season: weather permitting, typically March–October
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 EXTENSION

- 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 Trondheim Port Authority



2 H

TOUR 41 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 a salmon theatre with curved 9 m-screen showing the salmon as actors as well as a Q&A are part of this guided tour.

FIGURES & FACTS

Duration: 2 hours

Capacity: max 25 pax per group

Season: all year

Note: wheelchair accessible, comfort stop available

KNOWN EXTENSION

- Add salmon based dish (+30 min)
- Combine with Fishing Tour (+2h)

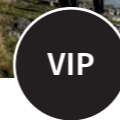
CONTACT

SeeSalmon | post@seesalmon.no

+47 41 26 99 79 | seesalmon.no



Photo Vindfang AS



5 H

TOUR 42 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 EXTENSION

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

CONTACT

Crazy Coyote Events | post@crazycoyote.no

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

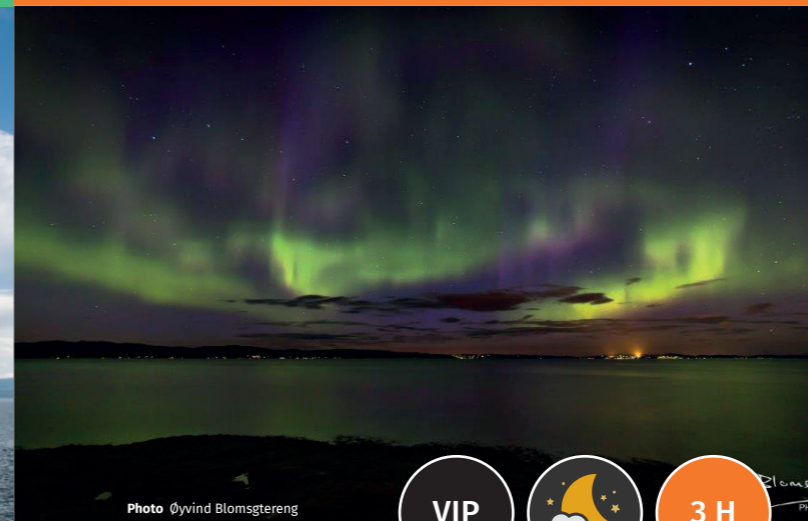
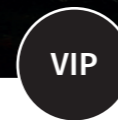


Photo Øyvind Blomstgereng



3 H

TOUR 43 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 Raa, Buckethaus



8 H

TOUR 44 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 smeltery. From there sleights 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

Rørosmuseum | rorosmuseum.post@mist.no

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

Gaula Natursenter | gaula@gaula.no

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

Røros Hotel | post@rorosshotell.no

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

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

SJ Norge | grupperaiser@sj.no | sj.no



Photo Sverresborg Trøndelag Folkemuseum



2 H



Photo Trondheim Kajakk



3.5 H



Photo Volker Ullrich



3 H



Photo Ringve Musikkmuseum



2 H

TOUR 45 TRAVELLING THROUGH TIME

A visit to the Folk Museum takes you back in time as far back as the 11th. The artifacts and objects that people have surrounded themselves with throughout the times are not simply a testament to the evolution of technology, but expressions of people's thoughts, opinions and way of life. Through these artifacts, we can learn about how people lived and worked, what they thought about, and what they considered important. During this guided tour we visit both outdoor- and indoor exhibitions.

DESCRIPTION

Join our guided tour to the main sites in the outdoor museum. In the urban section, you will experience images of life and exciting interiors from Trondheim's fascinating history in the old city, from the 18th century to the present day. The indoor exhibition is called Images Of Life, which chronicles everyday life in this region for the last 150 years. The exhibition is based on the museum's collection of artifacts, and focuses on the circle of life - childhood, youth, adult life and old age. The visit will evoke feelings and reflection.

FIGURES & FACTS

Duration: 2 hours
Capacity: min 15 pax – max 30 pax per group
Season: September – May
Note: Sverresborg has some steep hills, good shoes are recommended.

KNOWN EXTENSION

- 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

TOUR 46 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 you 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: 3.5hours
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 EXTENSION

- 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

TOUR 47 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. After instructions from an experienced local guide you can try getting around on snowshoes and enjoy Norwegian winter wonderland.

The tour will take you through partly open, partly forested landscape, you will pass forest cabins, hear about the area's history and can enjoy a warm drink. The tour is at introductory level, no previous experience is needed.

FIGURES & FACTS

Duration: 3 hours
Capacity: max 10 pax
Season: weather permitting, typically January.–March
Note: dress according to weather conditions. No previous experience necessary.
Included: Comfort stop, snowshoes

KNOWN EXTENSION

- 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

TOUR 48 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 EXTENSION

- 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



Photo Åre Foto Crazy Coyote

VIP

6 H

TOUR 49 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 it’s activity from 1654 to 1987 on a route through corridors and large caverns. We’ll also 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 2017. Right across lies the picturesque Bårdshaug manor. It 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 45pax 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 EXTENSION

- Add lunch at Bårdshaug Manor (+45 min)
- Add exhibition about first electrical train at Orkla Industry Museum (+1h)

CONTACT

Bårdshaug Herregård | post@baardshaug.no
Tel: +47 72 47 99 00 | www.baardshaug.no
Orkla Industrimuseum | oi.post@mist.no
Tel: +47 72 49 91 00 | oi.no
Thamspaviljongen | post@thamspaviljongen.no
Tel: +47 48 09 95 83 | thamspaviljongen.no

TOUR 50 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 50pax
Season: January.–March
Note: need drivers licence

CONTACT

Crazy Coyote Events | post@crazycoyote.no
Tel: +47 73 51 15 88 | www.crazycoyote.no

PORT OF TRONDHEIM

Distance to nearest pilot station
Port Authority
Visiting Address

42 nautical miles
Trondheim Port Authority
Trondheim Maritime Senter
Skippergata 14
7042 Trondheim
PB 1234 Torgard
N-7462 Trondheim
Maria Kühnl Undheim
+47 73 99 17 25
+47 73 99 17 17
kuehnl@trondheimhavn.no
www.trondheimhavn.no

Mailing Address

Contact person
Phone
Fax
E-mail
Internet

PORT FACILITIES & SERVICES

Bunkers delivery/method
Supplies
Waste Handling
Waste water method
Water handling
Tugboats
Anchorage*

Yes, Truck/Trailer/ Barge
Yes
Yes
Yes, Truck/Trailer
Yes, if ordered
Yes, if ordered
Yes

Pilot
Emergency (Floro Radio)
Medical emergency
Norwegian charts

Channel: 16
Channel: 16
113
458

Tidal range
ISPS approved
Designated quays for cruise ships
Ship tenders allowed
Beam

Between 2-3 m
Yes
Yes
Yes
No limitation

Max size ship in port
Max number of passengerper day in port
Max number of ships per day in port
Ships stay min/max
Enviromental limitations/restrictions

MSC Meraviglia
9.000
4
No limitation
Member of EPI

Port facilities according to
Cruise Norway’s guidelines
Maximum ship length quay 68
Maximum ship length quay 30
Maximun ship length quay 31
Maximum ship draft quay 68
Maximum ship draft quay 30
Maximum ship draft quay 31
Fenders

Yes
360 m
280 m
200 m
13 m
8 m
10.6 m
4 Yokohama fenders
for rent
Wi-Fi in Pirsenteret,
special discounts nearby

Crew Facilities

IF ANCHORAGE

Type of bottom
Minimum depth
Distance from anchorage to tender pier

Mud
30 m
1000m



Photo Felix Seifert / Trondheim Port Authority



Photo Terje Holm

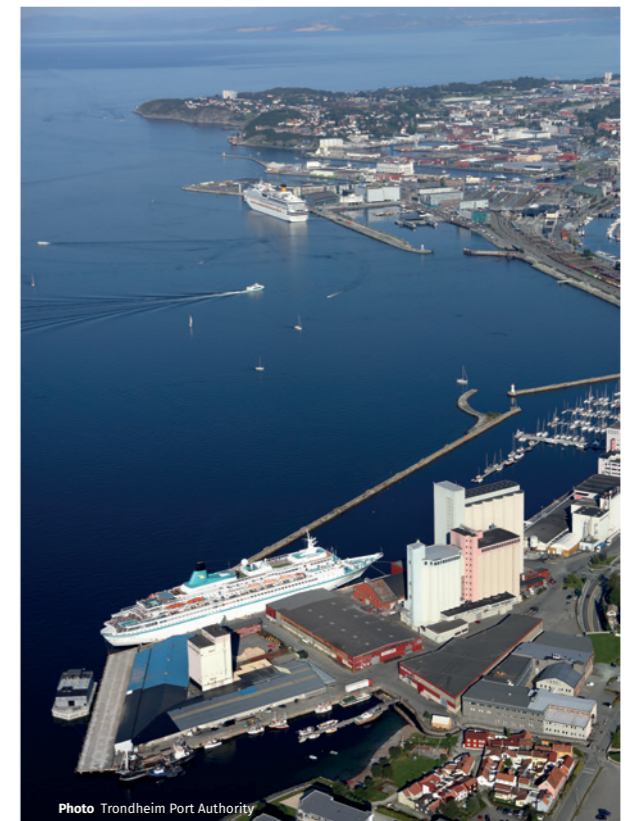


Photo Trondheim Port Authority

SUPPLIERS

PORT

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

Trondheim Boatman (mooring)
rodhey@trondheimboatman.no
Tel: +47 93 85 64 52

GUIDESERVICES

Møre og Trøndelag Guideservice
post@moeregide.com
Tel: +47 45 29 98 67
www.moeregide.com

Trondheim Guide Service & Sykkelguide
post@trondheimguideservice.no
Tel: +47 45 25 35 60
www.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
www.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
www.forsvaretsmuseer.no

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

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

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

Britannia Hotel
kristin.andersen@britannia.no
Tel: +47 41 25 68 03
www.britannia.no

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

Høyt og Lavt
trondheim@hoytlavt.no
Tel: +47 47 63 44 24
www.hoytlavt.no/trondheim

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

TRANSPORTATION

Boreal Travel AS Midt Norge
tur@boreal.no
Tel: +47 51 59 90 60
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
liv.marit.odegard@choice.no
Tel: +47 92 24 25 19
www.choice.no

EVENTS

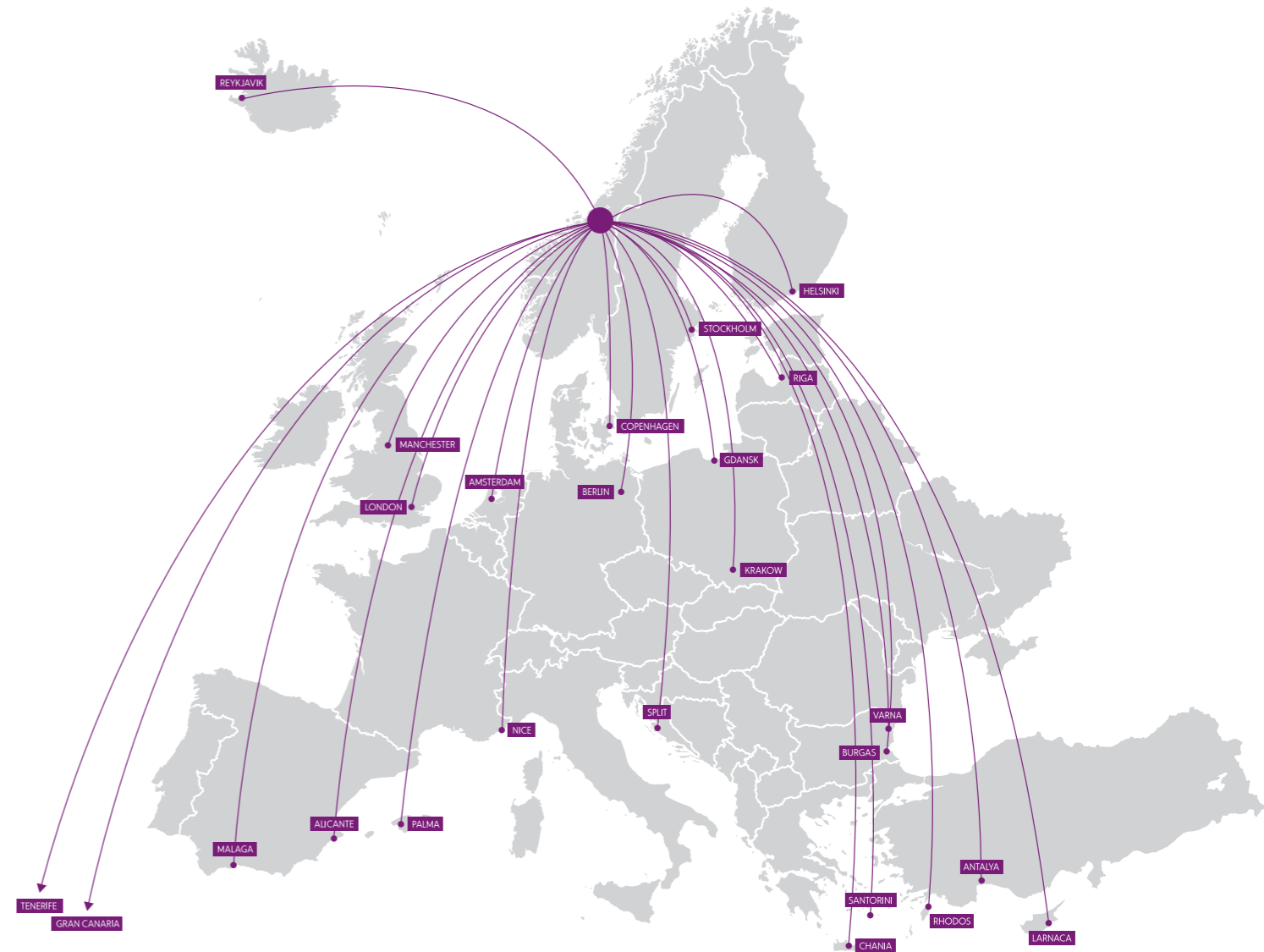
Julemarkedet i Trondheim
julemarkedet@midtbyen.no
www.julemarkedet-trondheim.no
(anually in December)

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

Trondheim Food festival
jih@oimat.no
www.tronderskmatfestival.no/
(anually in July)

FLY DIRECTLY TO TRONDHEIM FROM ABROAD

(Destinations are subject to change)



AVINOR TRONDHEIM AIRPORT

TOP ATTRACTIONS

1. Nidaros Cathedral
2. Archbishop's Palace - The Armoury - Military Museum
3. The Archaeological Museum
4. The Royal Regalia Exhibition
5. Sverresborg Folkmuseum
6. Ringve 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 (moves, Dec. 2019)
- Public toilet
- Ferry to Munkholmen
- Taxi rank
- Letter box
- Indoor swimming pool
- Public library
- Police
- Railway station
- Bus stop, shuttle bus (fir ordered)
- Bus 25 (Vikåsen) to City Centre
- Bus 11 (Stavset) to Ringve Music Museum
- Bus 20 (Gislstad) to Sverresborg Museum
- Access to shopping and restaurants
- Places of interest
- Old and picturesque wooden buildings

SIGHTSEEING ROUTES

- Basic route (5 km)
- Long route, cycling (11 km)
- Route from Ila (2km, one way)
- Kayaking route

