



Scenic view of Frøya. Photo: Stein O. Silvertsen

FRØYA

The mighty archipelago on the coast of Trøndelag

On the coast of Trøndelag in the intersection between the untouched and the modern, you find Hitra and Frøya, Trondheim's archipelago, in the estuary of the deep Trondheim fjord. On the stunning archipelago of more than 5,400 islands and reefs, you will find fishing villages and genuine coastal heritage as well as many lighthouses, including the tallest in Norway at Titran towering over the village and casting a magic spell. The islands are home to the two biggest salmon factories in Norway - Salmar and Lerøy. Get behind the scenes in the salmon industry or learn about the entangled fate of soldiers and locals during World War II. Feed the tame deer at Hitra or experience wild sea eagles soaring. The charm and authenticity will create everlasting memories.

EXCURSIONS

Panorama Tour to Titran

Duration: 3 hours
The guided bus tour across the island of Frøya will bring you to Titran, formerly an important fishing village in the middle of Norway. You will visit Titran chapel and the monument in memory of the Titran accident in 1899, when 140 fishermen died in a violent storm. Additionally, we will visit the bunker remnants from World War II. You can also see the lighthouse Sletringen, which is northern Europe's tallest lighthouse at a height of 45 m. Norwegian waffles and tea/coffee will be served at Gaustad brygge before you return to the ship.

Island Hopping

Duration: 4 hours
On the stunning archipelago of more than 5,400 islands and reefs, you will find fishing villages and genuine coastal heritage as well as many lighthouses. The trip takes us by boat to some of these exotic and picturesque villages (Mausund, Bogøya and/or Sula). The pure genuineness of the people and places are memorable.

Sea Eagle Safari

Duration: 2.5 hours
The boat picks you up from the ship and after a short trip we reach the islands where the wild sea eagles live. On this exciting tour, you will see the eagles in their natural habitat! The best time to watch the eagles soar is in spring and autumn.

Deep Sea Fishing

Duration: 4 hours
Join the fisherman in search of the big catch! An experienced fisherman will take you to the rich fishing grounds on Frohavet, where there have been large deposits of fish for many centuries. Here you are taught how to catch the fish and, if you get one, we will cook it together back at the starting point.

A Taste of Frøya

Duration: 2 hours
Famous for its fresh fish and harbouring the two main salmon farms of Norway - Frøya is the cradle of local Norwegian food. In the restaurant Søværst, on top of the highest building in the town of Sistranda, you will have an amazing view over the islets and the mountains on the mainland. Here you will get a taste of the local beer and local food such as deer, wild sheep and salmon.



Sula Island at Frøya. Photo: Per Erik Jæger, trondelag.com



Salmon farm. Photo: Ruben Undheim



Visit a Deer Farm. Photo: Explore Hitra

Stone Age Trail

Duration: 2.5 hours
This easy hike is packed with history and phenomenal nature. While strolling along the Stone Age Trail you will pass by remnants of ancient settlements.

Sail to the old trading centre at Hopsjø

Duration: 3 hours
Sail on a historic wooden boat to one of the biggest trading centres of its time - Hopsjø. Learn about the history and marvel at the beautiful landscape on the way.

Visit a salmon farm

Duration: 3 hours
Join this intensely exciting and educational trip to one of the salmon farms on the island. You cannot get any closer to the fish or more involved in the industry itself or its challenges than on this tour!

Back to the iron age at Dolmsundet

Duration: 3.5 hours
This tour will take you all the way back to the Iron Age. At Dolmsundet you will learn about the way people lived during that time in an authentic longhouse. The location provides you with a fun way of remembering what you have learned at the "Iron Age Games".

Feed the deer at Dalpro

Duration: 3.5 hours
At Hitra, you will find the most densely populated stock of deer in the region. When you arrive at Dalpro you will be invited to the farmhouse, where the local guides will tell you the story of Hitra and about the activities at Dalpro. Thereafter we meet outside to feed the deer. The deer are very tame and will eat right from your hands.

Under Occupation - the entangled life of the locals, soldiers and prisoners

Duration: 3 hours
What was life like for the locals living during World War II? Learn about the entangled lives of locals and soldiers as well as Russian prisoners on Hemnskjela.

Hiking to Brannhaugen

Duration: 2 hours
Climb the top of Brannhaugen to take in the view of the islands along the coastline of Trøndelag. You have now reached about 63° North!

PORT OF FRØYA

Position: 63°44'7.73431"N 8°50'16.21258"E
Visiting address:
Administration at Trondheim Port Authority
E-mail: kuehnl@trondheimhavn.no
Website: trondheimhavn.no
Phone: +47 911 12 600
VHF: 16
Berths for cruise: 1
Distance to city centre: 700 m

DOCKING INFORMATION

Air draft: no limitations
Tidal movement: 1.5-2 m

PORT SERVICES

Fresh water bunkering
Waste landing by truck or barge
Sludge landing by truck or barge
Grey water landing by truck or barge
Special waste by truck

SECURITY & ENVIRONMENT

Fenced terminals (ISPS)
Security service
EPI
Max pax per day: 1,000 pax

ANCHORAGE

Type of bottom: Mud
Minimum depth: 40 m
Distance from anchorage to tender pier: 500 m

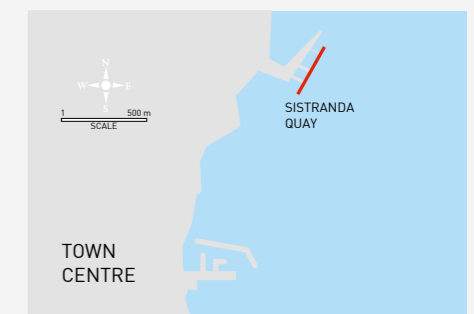
TOURIST INFORMATION

Visiting address: Frøya kultur og kompetansesenter
Postal address: Nordfrøyveien 411, 7260 Sistranda
E-mail: turistinformasjon@froya.kommune.no
Phone: +47 95 04 10 25
Web: www.hotellfroya.no/opplev-froya
Distance from port: 700 m



Quay
Sistranda quay

Water depth	Length	Height	Fenders	Shore Power	Grey Water	Max Ship size
8.5 m	99 m	4 m	Rubber Tyres	-	By truck or barge	190 m



TOWN CENTRE