

FRØYA



CRUISE EXCURSIONS

TRØNDELAG



Photo Håvard Dyro



Photo Stein O. Sivertsen



Photo Per Erik Jæger, trondelag.com

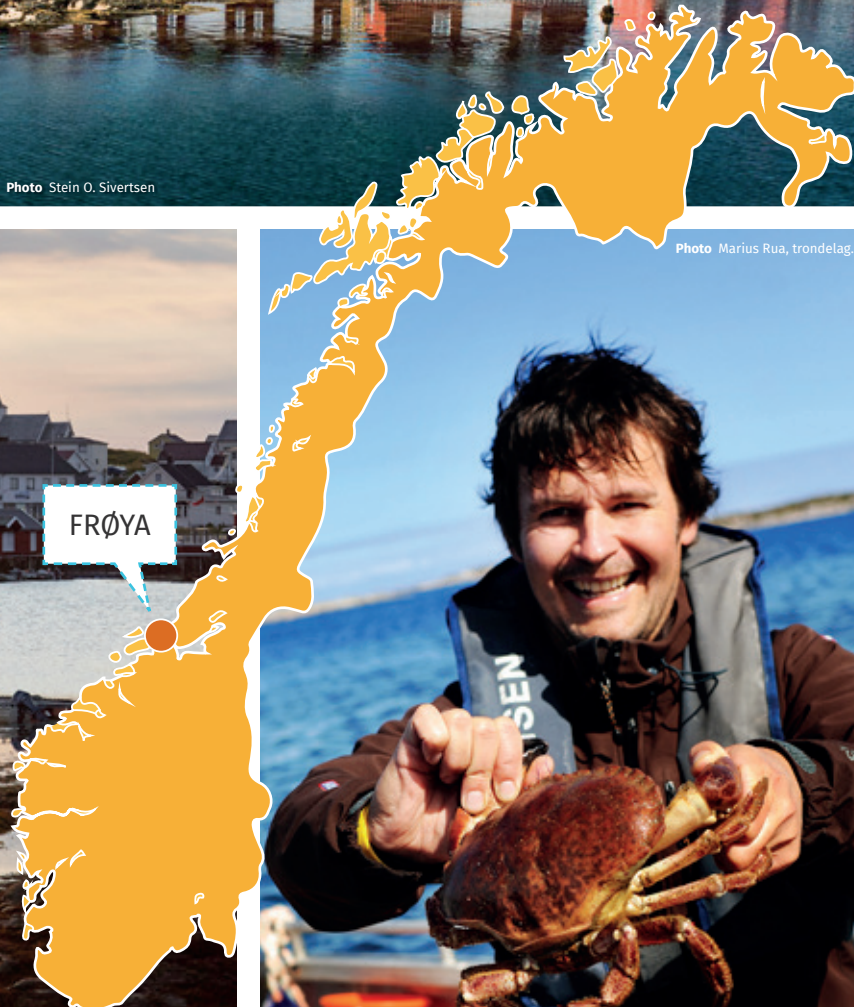


Photo Marius Rua, trondelag.com

FRØYA/HITRA

THE MIGHTY ARCHIPELAGO ON THE COAST OF TRØNDELAG

At the coast of Trøndelag in the intersection between 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 among them the tallest in Norway at Titran towering over the village 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 WWII. Feed the tame deer at Hitra or experience wild sea eagles soaring. The charm and authenticity will create everlasting memories.

www.trondelag.com



PORT OF FRØYA

Distance to nearest pilot station	12 nautical miles
Port Authority	Trondheim Port Authority
Visiting Address	Trondheim Maritime Senter Skippergata 14 7042 Trondheim PB 1234 Torgard, N-7462 Trondheim
Mailing Address	
Contact person	Maria Kühnl Undheim
Phone	+47 73 99 17 25
Fax	+47 73 99 17 17
E-mail	kuehnl@trondheimhavn.no
Internet	www.trondheimhavn.no

PORT FACILITIES & SERVICES SISTRANDA QUAY

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	41
Tidal range	Between 1-2 m
ISPS approved	Yes
Designated quays for cruise ships	No
Ship tenders allowed	Yes
Beam / Airdraft	No limitation
Sistranda Quay length	99 m
Sistranda Quay draft	8.5 m
Bollard strength	50 t
Max number of passenger per day in port	1.000
Max number of ships per day in port	1
Max ship size in port	200 m in length
Ships stay min/max	No limitation
Environmental limitations/restrictions	Member of EPI
Fenders	4 Yokohama fenders for rent
Crew Facilities	None

ANCHORAGE

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



MAGICAL EXPERIENCES



Photo Kathrine Sørgård | trondelag.com



Photo Marius Rua

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VIP SMALL GROUPS

These tours are for small groups

GENERAL INFO: On boat tours the drivers are guides as well. English is the guiding language. The local community is open to allowing zodiacs to add to the available local RIB-boats, but needs to supply a local guide. Please contact the local suppliers for guide services on bus/walking tours. The local guides speak English, German or French.



Photo Vindfang AS

3 H

TOUR 1 SAIL TO THE OLD TRADING CENTRE AT HOPSJØ

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

DESCRIPTION

The Nightsailors – a group of people who restore old fishermen boats - will pick you up with a restored boat from the harbour. On board the sailboat you will learn about the history and the surrounding landscape. After about 1.5 h sailing you will reach the old trading centre at Hopsjø, which was established in 1730. The trading centre used to lead national and international operations and houses a small local whale museum depicting local whale hunt history from the 40ies.

The authentic old shop from the 18th century will also be open for you. The coach will bring you back to the quay.

FIGURES & FACTS

Duration: 3 hours

Capacity: min 10 pax, max 20 pax per group
(max 90 pax at Hopsjø)

Season: April–October

Note: only partly wheelchair accessible

KNOWN EXTENTION

- Add a snack: Norwegian waffles and tea/coffee (+1h)

CONTACT

Explore Hitra | post@explorehitra.no

Tel: + +47 91 91 41 71 | www.explorehitra.no



Photo Marius Rua, trondelag.com

3.5 H

TOUR 2 THE BEST OF FRØYA

On this tour you'll get to see the highlights of Frøyas nature, historical remnants and not least hear fascinating stories!

DESCRIPTION

The guided bus tour across the island of Frøya will bring you to Titran, formerly the most important fishing village in the middle of Norway. You will visit Titran chapel and the monument in memory of Titran-accident in 1899, where 140 fishermen died in a violent storm. Close by, you'll learn about the role of the island and locals during the WW2 with a visit to the German coastal fortress Stabben Fort. In the background you will see the picturesque Slettringen lighthouse. Rising 46 meters from the ground, it is Norway's tallest. On the round-trip on the island, we will stop at the newly opened windmill park. Raising them was very controversial and caused locals to protest vehemently. We will make a photo stop at SalMar the world's second largest producer of Atlantic salmon. The factory is a pillar not only for local community but for the entire Norwegian aquaculture industry.

FIGURES & FACTS

Duration: 3.5 hours

Capacity: min 25 pax, max 45 pax per bus

Season: all year

Note: wheelchair accessible, comfort stop at Stabben Fort
(not wheelchair accessible)

CONTACT

Frøya kulturhus | havard.dyro@froya.kommune.no

Tel: + 47 95 04 10 25



Photo Ruben Undheim

VIP

3 H

TOUR 3 VISIT A SALMON FARM

Join this intensely exciting and educational trip to one of the salmon farms on the island! You cannot get any closer to the fish and more involved in the industries work and challenges as on this tour!

DESCRIPTION

After a short drive to at the terminal building at the harbour of Hitra at Sandstad; the excursion starts at the fish farming exhibition. The exhibition is a part of the Coastal Museum, and describes the modern Norwegian fish farming industry on the coast of Trøndelag, puts it into a local, national and international perspective and provides a good educational basis. The next item on the program is a visit by boat to one of the archipelago's many fish farming facilities. You won't be able to get any closer to the fish! If you are lucky, you might even get to see wild harbour porpoises or sea eagles. This, together with the exhibition, provides a balanced insight into the Norwegian fish farming industry and provides knowledge in combination with a unique experience.

FIGURES & FACTS

Duration: 3 hours

Capacity: max 12 pax per group, max 36 pax on tour

Season: April–October

Note: Not wheelchair accessible. Flotation suits, life jackets and glasses will be provided on the RIB.

KNOWN EXTENTION

- Visit Lerøy's new fish processing factory. Opened in June 2018 as the most modern of its kind in the world. (+1h)

CONTACT

Explore Hitra | post@explorehitra.no

Tel: + +47 91 91 41 71 | www.explorehitra.no



Photo Stian Vatn

3.5 H

TOUR 4 BACK TO THE IRON AGE AT DOLMSUNDET

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 invites for a fun way of remembering what you have learned in the "Iron Age Games".

DESCRIPTION

After a short bus ride you reach Dolmsundet located on the island of Hitra. The authentic longhouse from the Iron Age was built in the age of migration in the 5th and 6th centuries. The local guide will tell you about Hitra's history and the proven habitats from Stone Age, Bronze Age and Iron Age. The «Iron Age Games» will put your knowledge to the test. Among other exercises you will be challenged to guess the weight of relicts, hammer nails, throw horse shoes and answer an iron age quiz. A stop at Dolm church is also included in this tour.

FIGURES & FACTS

Duration: 3.5 hours

Capacity: min 10 pax, max 45 pax

Season: April–October

Note: only partly wheelchair accessible

CONTACT

Explore Hitra | post@explorehitra.no

Tel: + +47 91 91 41 71 | www.explorehitra.no



Photo Håvard Dyro

VIP

4 H

TOUR 5 DISCOVER THE WORLD'S FIRST OFFSHORE FISH FARM

Get ready for a new era in the aquaculture adventure and visit Ocean Farm 1 – the world's first offshore fish farm!

DESCRIPTION

Ocean Farm 1 – the world's first offshore fish farm – has now arrived at Frohavet. It may represent the first step towards a new era in aquaculture. Based on world-class Norwegian aquaculture and offshore technology, Ocean Farm 1 aspires to address central issues related to sustainable growth in the aquaculture industry. As a full-scale pilot facility, Ocean Farm 1 is designed to test out both the biological as well as the technological aspects of offshore fish farming.

The archipelago consists of more than 5400 stunning islands and reefs. Heading out to the offshore fish farm we'll stop at one – Sula – with its charming fishing village. At the local restaurant Terna Brygge an amazing lunch awaits.

FIGURES & FACTS

Duration: 4 hours

Capacity: min 10 pax, max 12 pax per boat (max 6 boats)

Season: all year

Included: wetsuits, life jackets, glasses, gloves, lunch

Note: not wheelchair accessible, subject to weather conditions

KNOWN EXTENTION

- Replace the visit to Ocean Farm 1 with a visit to an "ordinary" salmon farm

CONTACT

Frøya kulturhus | havard.dyro@froya.kommune.no

Tel: + 47 95 04 10 25

Terna Brygge | ola.flyum@gmail.com

Tel: +47 97 11 05 74 | www.ternabrygge.no



Photo Explore Hitra

3.5 H

TOUR 6 FEED THE DEER AT DALPRO

Dalpro is a company where the workers for different reasons do not follow the rules of an ordinary working life.

DESCRIPTION

When you arrive 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. Finally we will have a barbeque; because you cannot leave Dalpro without tasting our deer burger. The farm outlet will also be open for you.

FIGURES & FACTS

Duration: 3.5 hours

Capacity: min 10 pax, max 50 pax

Season: April–October

Note: only partly wheelchair accessible

CONTACT

Explore Hitra | post@explorehitra.no

Tel: + +47 91 91 41 71 | www.explorehitra.no



Photo Maria Kühnl

3 H

TOUR 7 UNDER OCCUPATION

What was life like for the locals living under the German occupation during WW2? Learn about the entangled lives of locals and soldiers as well as Russian prisoners on Hemnskjela.

DESCRIPTION

The tour starts with a visit at the Coastal Museum at Fillan - only a short drive from the quay. You will get an introduction to the facts and occurrences during World War 2 in Norway and in particular for this region. The tiny island of Hemnskjela was one strategic location for the Germans and many bunkers were built. The excursion continues to one of the bunkers that you will get to visit. The guide will tell you true stories about the fates of locals and their entanglement with both prisoners and soldiers. Afterwards you will return to the ship by coach.

FIGURES & FACTS

Duration: 3 hours

Capacity: max 30 pax per group

Season: April–October

Note: eligibility is a condition to be able to visit the bunker, dress warmly

CONTACT

Kystmuseet | Tel: +47 72 44 40 10 | post@kystmuseet.no



Photo Marius Rua | Buckethaus

2 H

TOUR 8 A TASTE OF TRØNDELAG

The quality of the soil, the climate and the variation of the landscape contribute to the unique traits of the local produce of Trøndelag. Join a culinary experience as you visit the local food hall in Frøya.

DESCRIPTION

As the coach brings you to the local food hall you will learn how Trøndelag was awarded the title of the European Region of Gastronomy for 2022. Many of the local food producers from Frøya and Hitra, win national awards every single year, for their fish, meat, cheese and beer products. On this tour you will get the chance to taste world-class food produce and learn more about the coastal food traditions.

FIGURES & FACTS

Duration: 2 hours

Capacity: max 45 pax per group (150 max)

Season: all year

Note: wheelchair accessible, comfort stop available

CONTACT

Frøya kulturhus | havard.dyro@froya.kommune.no

Tel: + 47 95 04 10 25



Photo: Vindfang AS

VIP

2.5 H

TOUR 9 WHITE-TAILED EAGLE SAFARI

Join a trip to the eagles' world and come close to these majestic birds!

DESCRIPTION

Join this tour to experience the densest white-tailed eagle population in the world. On this trip, the guide takes you out by boat on an eagle safari in the archipelago surrounding the island of Frøya. Besides looking for eagles, we will explore the areas rich wildlife. We will give you an insight into the life of the fascinating eagles. The safari offers good chances of close encounters with the eagles, and you will have fantastic photographic opportunities. We will round off by passing some of the most picturesque fishing villages on the archipelago as well as passing by an old shipwreck triggering many interesting stories to tell.

FIGURES & FACTS

Duration: 2.5 hours

Capacity: min 10 pax, max 12 pax per boat

Season: all year

Note: not wheelchair accessible, subject to weather conditions

Included: wetsuits, life jackets, glasses, gloves

KNOWN EXTENTION

- Add lunch at Terna Brygge (Sula) (+1h)

CONTACT

Frøya kulturhus | havard.dyro@froya.kommune.no

Tel: + 47 95 04 10 25

Terna Brygge | ola.flyum@gmail.com | Tel: +47 97 11 05 74

www.ternabrygge.no



Photo: Frøya Bygdetun

2.5 H

TOUR 10 HISTORICAL LIFE ON THE COAST

Visit an authentic living environment, filled with people in authentic costumes and roles from the 19th century.

DESCRIPTION

By the middle of the 19th century, Norway was a rural country. Most of the population were peasants with small family farms with fishing as an important part for the coastal population. Everyday life consisted of hard work for both women and men, and every day was a struggle for existence. Although many Norwegians emigrated to America, most chose to believe in a brighter future in Norway. On this tour you'll be taken back through time, learning about everyday life of the Norwegian coastal people, in the middle of the 19th century. Hear more about their history and struggles at Frøya Bygdetun with original housing including a school museum.

FIGURES & FACTS

Duration: 2.5 hours

Capacity: min 10 pax, max 120 pax (max 30 pax per group)

Season: all year

Note: not wheelchair accessible, comfort stop available

CONTACT

Frøya Kulturhus | havard.dyro@froya.kommune.no

Tel: + 47 95 04 10 25



VIP

1.5 H

TOUR 11 SCENIC FLIGHT

Enjoy from a birds-eye view the scenic coastline of Trøndelag with its over 5000 islands and islets.

DESCRIPTION

From the airstrip close to the ship the private plane will give you a unique perspective on the archipelago. See the many different lighthouses and watch the landscape pass by beneath you.

FIGURES & FACTS

Duration: 1.5 hours

Capacity: max 3 pax

Season: all year

Note: Sunglasses are recommended

KNOWN EXTENTION

- Add Trondheim (+1h)
- Add Sunnmøre Alps (+1h)

CONTACT

Pilot1 | booking@pilot1.no | Tel: +47 41 47 48 12
www.pilot1.no



VIP

2.5 H

TOUR 12 VISIT THE WORLD'S 2ND LARGEST PRODUCER OF ATLANTIC SALMON

SalMar was founded in 1991 and has since grown to become the world's second largest producer of Atlantic salmon.

DESCRIPTION

On this tour you'll learn about the history behind the foundation of SalMar which had great implications for the entire Norwegian aquaculture sector. In a turbulent period for the industry a company's bankruptcy and some major changes in operation did not only result in a founding SalMar but also in innovation and thus huge success.

Since then, SalMar has grown and is operating internationally as the world's second largest producer of Atlantic salmon. On a scenic tour the coach will bring you to their factory on Frøya to get a deeper insight into how they operate: farming, processing and consequently shipping Atlantic salmon.

FIGURES & FACTS

Duration: 2.5 hours

Capacity: max 10 pax per group (30 pax max)

Season: all year

Note: wheelchair accessible, comfort stop available

KNOWN EXTENTION

- Add lunch to this tour (+45min)
- Combine with tour 2 "Best of Frøya"

CONTACT

Frøya kulturhus | havard.dyro@froya.kommune.no
Tel: + 47 95 04 10 25



Photo Kystnorge AS

2 H

TOUR 13 HIKING TO BRANNHAUGEN

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!

DESCRIPTION

After a short bus drive you reach Hopsjø trading centre. Here a marked trail leads up to an old grave site on the top of Brannhaugen, from which you have great views to the northwest, the Dolmsund canal and the islands Bispøyan and Frøya. This simple hike will lead you about 3km through beautiful woods and typical Norwegian landscape. It is well suited for all ages.

FIGURES & FACTS

Duration: 2 hours

Capacity: min 10pax, max 50pax

Season: April–October

Note: not wheelchair accessible

KNOWN EXTENTION

- Visit the Hopsjø Trading Centre (+1h)

CONTACT

Explore Hitra | post@explorehitra.no

Tel: + +47 91 91 41 71 | www.explorehitra.no



level of difficulty: 1



Photo Kystnorge AS

1 H

TOUR 14 LOCAL CONCERT

Experience a great concert with one of the many talented choirs from Frøya.

DESCRIPTION

Sit back and relax to the tunes of a great local choir, singing beautiful Norwegian songs at the local concert hall, Frøya culture- and competence center. The coach will bring you to the venue passing through Sistranda, the central town of the charming island of Frøya.

FIGURES & FACTS

Duration: 1 hour

Capacity: max 300pax

Season: all year

Note: wheelchair accessible

KNOWN EXTENTION

- Add a sparkling wine reception or a local beer tasting (+1h)

CONTACT

Frøya kulturhus | havard.dyro@froya.kommune.no

Tel: + 47 95 04 10 25