WELCOME TO TRONDHEIM
Cruise port where everything is nearby
It is a special experience, walking ashore in Trondheim for the first time. The port is close to the city centre and everything is within walking distance. It’s a friendly city where history and legend go hand in hand. Trondheim is one of Norway’s largest cities and has some spectacular offers for visitors. A new bridge spans the gap between the port and the city centre so that it is easy to start exploring your new landfall.
Trondheim has many different things to show its visitors. A stroll through the city will take you from one part to another in no time. But don’t rush. There are many distinctive qualities there. Historical Trondheim was well-known throughout Europe and traces of the historical Viking era still characterize the city. In medieval times, pilgrims from all of Europe visited Nidaros Cathedral which is still the city’s pride and major attraction. The elegant timber mansions and small timber dwellings in Trondheim are also a part of the city’s history. In addition, Trondheim is a cultural city and hosts several festivals each year. The most important is Olavsfestdagene, Norway’s largest religious and cultural festival.

Rockheim, the new museum of rock music, is an architectural landmark in Trondheim harbour. Among academics, Trondheim is known for its scientific and technological work. But the university has much more to offer and adds to Trondheim’s charm. This is Norway’s number one student city offering a young, vibrant, varied atmosphere and exciting nightlife. There is always something new to see and do in Trondheim. Enjoy a stroll and see for yourself.
...AND THERE IS ALWAYS MORE

Just when you thought you had seen the centre, Trondheim will surprise you. Turn left when you reach the meadows between Nidaros Cathedral and the river. The footpath brings you to the Old Town Bridge. If you cross the bridge you will find a picturesque nest of the old timber artisan cottages, intimate cafés and interesting small shops. Kristiansten Festning towers above the area and is worth a short steep walk to enjoy the magnificent views over the fjord and city. Here you can see why the Viking kings situated the city where the River Nidelva has a large meander enclosing the centre before it reaches the fjord. It's a beautiful location with an excellent harbour surrounded by the fjord, hills and woodlands.
OTHER PARTS TO EXPLORE

Although Trondheim is the perfect city to explore by foot, there are also guided tours and organized excursions available. The guided tour of Nidaros Cathedral is a must. A visit to the open air folk museum at Sverresborg brings you into a bygone era. Ringve Music Museum is also worth a visit. A few hours away the world heritage town of Røros offers a rare insight into the life of a mining town on a mountain plateau that is still bustling with creativity and activity. Other mining traditions are exhibited at Løkken which has a historical railway line. To the north of Trondheim there is Innherred and the Golden Route tour which gives you the opportunity to explore the culinary traditions in mid-Norway.

RINGVE – A MUST FOR MUSIC LOVERS

A music museum, country estate and botanical gardens – all in one.

Here there are talented guides to explain the history of musical instruments and give you demonstrations of historical instruments. Just imagine the original sound of a clavichord from 1775. The well-preserved interiors of the manor date back to the 19th century and provide a suitable setting to enjoy music history. Ringve’s tour can also be combined with group arrangements that include an exclusive wine reception and concert in the manor hall seating up to 300 people.

Recommended time on site: 1.5 to 2.5 hours
Languages: Norwegian, English, German, French
Capacity: minimum 15, maximum 200
(dependent on the length of stay)
According to the legend, both Nidaros cathedral and Trondheim will sink into the fjord if the cathedral is ever finished.

In the year 1030 the Viking king Olav Haraldsson, who died in his effort to Christianize Norway, was buried on the shore of the river Nid. Nidaros cathedral was built over his grave and pilgrims from all over Europe flocked to the holy site. For almost 1000 years the cathedral has been built and restored, but it is not completely finished. Stone masons still work on the church today carving each stone using the techniques and tools of medieval times.

**Norwegian Royal History**  
Next to the cathedral is the Archbishop’s palace – the seat of the powerful Archbishops from the 1100s until the Reformation today the palace houses the Norwegian crown regalia and a museum displaying medieval sculptures and archeological finds from the palace area. The Norwegian regalia are still in use and thus represent the country’s form of government as a more than thousand-year-old monarchy. Our guides will give you an introduction to the history of the Norwegian royal family and guide you through velvet robes and the exquisite goldsmith’s art in the regalia exhibition. The tour is combined with a tea cake reception in the Archbishops palace.

**Recommended time on site:** 1.5–2 hrs  
**Languages:** Norwegian, English, German and French

**Walk in the Heart of Medieval Trondheim**  
The Nidaros cathedral has been an important destination for pilgrims since the middle ages. Our guides will take you on a walk in the heart of medieval Trondheim. We walk through the courtyard of the Archbishop’s palace which in medieval times would have been teeming with craftsmen and entertainers. The walk ends with an evocative mini concert in the Nidaros cathedral.

**Recommended time on site:** 1–1.5 hrs  
**Languages:** Norwegian, English, German and French
SVERRESBORG – TRADITION AND CULTURE

Trøndelag Folk Museum Sverresborg is one of the largest cultural history museums in Norway. You can see the building traditions in Trøndelag from the towns and countryside, from mountain to coast and from Sami huts to city mansions. Sverresborg is an open air museum with activities for children and families. There is also a visitor’s centre with exhibitions.

The tour begins with a walk around the ruins of a medieval castle, Sion, built by King Sverre in 1182–1183. We visit an old farmstead, hear about local wedding traditions and get a taste of traditional food. The tour includes an introduction to Norwegian traditional folk music, and a “visit” to a family living in the setting of 1906. We continue to the Old Town, taste a sweet in the old grocery store and visit the dentist’s surgery. The tour ends at the visitor’s centre and the exhibition “Images of Life”, which illustrates life in the region over the last 150 years based on the four phases of life: childhood, adolescence, adulthood, and old age.

LOKKEN – 333 YEARS OF INDUSTRIAL HERITAGE

Guided tour to the Old Mine and Thamshavnbanen railway at Løkken Verk. From 1654 the Old Mine at Løkken Verk was the centre of extensive mining of copper pyrite. The mine was closed in 1987, but is easily accessed today. The trip starts with a guided tour of the mine, before we get on the Thamshavnbanen railway service that opened in 1908 and was built to connect the mine with the fjord harbour. This is the oldest AC-powered train in the world, and Norway’s first electric railway. The journey takes us from Løkken to the fjord town of Orkanger.

The Thamshavnbanen railway has had passenger traffic from the very beginning.

INNHERRED - THE HEARTLAND OF NORWEGIAN HISTORY

The Innherred region is one hour’s drive north of Trondheim and consists of the municipalities of Steinkjer, Levanger, Verdal and Inderøy. The area offers an insight into the history of Norway from the Middle Ages to the present. This is where the Viking king Olav Haraldsson was killed trying to Christianize his people. He was later canonized and every year the Saint Olav Drama commemorates the battle of Stiklestad. The region is known for its production of high-quality local food, and the Golden Road tour offers a variety of local specialties and dishes. In addition, this is a chance to see traditional crafts and handicraft, open farms and cultural experiences.

The tour begins in Trondheim, where the guide meets the group.

11.00 – 13.00: The Golden Road and Gulburet restaurant for coffee/tea and cake.
13.30 – 15.30: Bjerkem farm, guided tour and lunch (soup).
15.30: Continue past the idyllic lake Leksdalsvatnet to Stiklestad.
16.00: Arrival in Stiklestad where we are met by a local guide. Guided tour at the historical site Stiklestad and the medieval farm Stiklastadir. Dinner at Stiklestad Hotel.
RØROS – COLOURFUL, VIBRANT, HISTORICAL

The charming old mining town of Røros is rich in tradition and full of character. The unique timber buildings are on UNESCO’s list of World Heritage Sites and combine architectural traditions from the continent and the Norwegian agricultural community.

Both day tours and overnight stays are arranged for those who want to visit Røros. The day tour starts with a guided walk through the historic centre. We visit the Smelthytta mining museum, and learn about the history of Røros and about the Røros Copperworks. There is time for shopping and individual sightseeing. If you want a bite to eat, there is locally produced food in virtually every restaurant and café in town.

The overnight stay starts with a guided walk through the historic centre. We visit the Malmpllassen centre and learn about the history of Røros and about the Røros Copperworks. A walk along the Stiegveien road brings us into the picturesque houses of the poorest people of the mining community. There is time for shopping and individual sightseeing. The locally produced food in virtually every restaurant and café in town is worth sampling. There is also an opportunity to go hiking in the surrounding scenery.
Trondheim harbour is in a district with many new developments that combine urban spaces with modern architecture. As you approach the city on a cruise, you will see this new part of Trondheim rising up. There are exciting outdoor areas where city and fjord meet, a rare interaction between urban life and nature. The bridge connecting the city centre and the port gives Trondheim Port a new dimension for all cruise guests.
PORT INFORMATION

Passenger facilities in the port area
Shuttle service to the centre: Yes
Parking place for buses and distance: Yes, 0 m
Terminal building for passengers:  
Tourist/city maps: Yes
Local currency: NOK
Currency exchange: City Centre
ATM: Yes
Internet access: Yes
Public telephones: Yes
Mailboxes: Yes
Guide service: Yes
Excursion buses: Yes

Distances
Airport: 32 km
City Centre: 1 km

General information
Tourist information office:  
Bus: 400 m
Taxi: 180 m
Rental cars: 900 m
Shopping: 1 km
Emergency: 24/7 medical clinic, St. Olavs Hospital, tel: +47 73 52 25 00
Tax refund: Yes

PORT FACILITIES

Open: 24 hrs
ISPS approved: Yes
Designated quays for cruise ships: Yes
Pilot: Yes
Tidal movement: 2.5 m
Ship tenders allowed: No
Ship stays minimum/maximum: Unlimited/None
Environmental limitations/restrictions: None
Are the port facilities according to Cruise Norway’s quality guidelines: Yes
Maximum number of ships per day in port: Unlimited
Maximum number of passengers per day in port: Unlimited

Port Services
Bunker delivery: Yes
Bunker method: Bunker boats
Supplies: Yes
Waste Handling: Yes
Wastewater method: Tank
Tugboats: Yes
Anchorage: Yes
Pontoons: Yes
Other services:

Contact Trondheim Port Authority
Address: PO Box 1234 Sluppen, NO-7462 Trondheim, Norway
Phone: +47 73 99 17 00
Fax: +47 73 99 17 17
International country code: +47
Pilot: channel 16
Emergency: channel 16
Medical emergency: +47 73 52 25 00
Charts: 458
Email: firmapost@trondheim.havn.no
Internet: www.tih.no

Quay and maximum ship dimensions
Quay: Length: 98 m
Draft: 13 m
Airdraft: Unlimited
Beam: Unlimited
Height key side: 4 m

Max. Ship dimensions
The main quay can take ships that are over 350 feet long. M/S Queen Mary 2 visited quay 68 in 2007, with a length of 345 m and a depth of 10.1 m.
Hotel capacity in Trondheim from 2012:
Over 25 hotels
Over 3100 rooms
Over 5000 hotel beds