

# TRONDHEIM



## CRUISE EXCURSIONS

TRØNDELAG



Photo: Steen Soderholm / trondelag.com



TRONDHEIM

Photo: Marthe Vikari Eling



Photo: Trondheim Havn



# TRONDHEIM

## THE ROYAL CAPITAL OF NORWAY

Trondheim was founded by Viking King Olav Tryggvason in AD 997. It 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 Baklandet 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.

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

# TRØNDELAG

## THE HEART OF NORWEGIAN HISTORY

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

Visit Trøndelag and try a wide range of fun activities the whole year around – close to nature and culture!

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





TRONDHEIM HARBOUR

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

PORT FACILITIES & SERVICES

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

If anchorage

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



Photo: Daniel Dombai



Photo: Gabriela Meza



Photo: Trondheim Havn

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Photo: Vibeke S. Myren

### 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 first 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 first bicycle lift in the world called “Trampe”.



Photo: lillyhusbandsphotography.com

### NIDAROS CATHEDRAL AND THE ARCHBISHOP'S PALACE:

Nidaros Cathedral is the world's northernmost medieval cathedral, and Norway's national shrine with over 1000 years of history. Built over the grave of St. Olav, the cathedral is an important destination for pilgrims since the Middle Ages. Nidaros Cathedral is known for its beautiful stained glass windows, and the magnificent western façade. It was also the coronation church of Norway since 1905 and is now used for the benediction of the reign. The Archbishop's Palace is located right next to Nidaros Cathedral and houses several exhibitions, among them the Crown Regalia. The palace building dates back to the 12th century and served as the residence of the archbishop until the reformation.



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: Sæderholm-Steen / trondheim.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. They offer guided tours that include live music played by talented guides. Explore a variety of musical instruments and a separate section where you are invited to play on traditional instruments from Norway.



Photo: Sverresborg Trøndelags Folkemuseum

### SVERRESBORG OPEN AIR MUSEUM:

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



Photo: Øyvind Blomstereng

### STIFTSGÅRDEN - ROYAL RESIDENCE:

Stiftsgården is the Royal Residence in Trondheim. It is the largest wooden palace in Scandinavia and was built for Cecilie Christine Schøller from 1774 to 1778. Originally it was not supposed to be used by the Royal Family, but as Lady Schøller moved to Denmark soon after the mansion was finished and it was later sold to the state and used as a public building. In 1906 when a place such as Stiftsgården was needed for the preparation of the coronation of the king, it became the Royal Residence. Open 01.06.-18.08.2019.

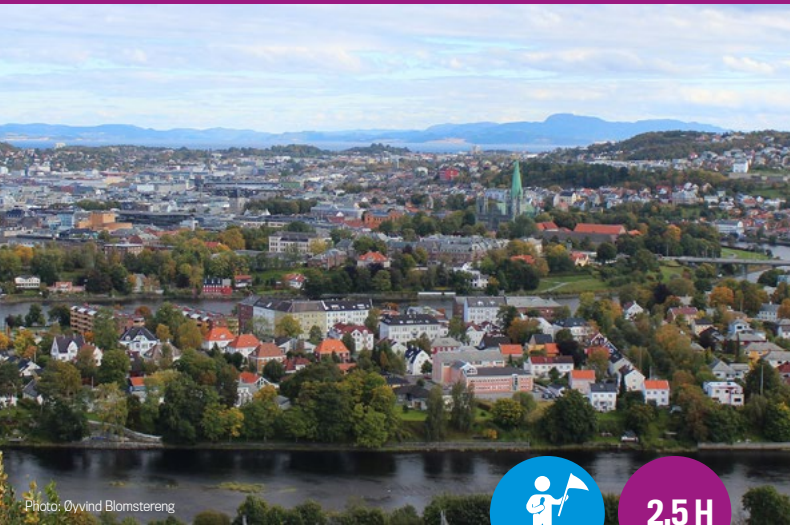


Photo: Tom Gustavsen

### GRÅKALLBANEN - NORTHERNMOST TRAM IN THE WORLD

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




**2.5 H**

## TOUR 1 - TRONDHEIM PANORAMA TOUR

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

### DESCRIPTION

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

### FIGURES & FACTS

**Duration:** 2.5 hours

**Capacity:** max 45pax per coach

**Season:** all year

**Note:** wheelchair accessible

### CONTACT

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

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


**3 H**

## TOUR 2 - TRONDHEIM HERITAGE TRAIL

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

### DESCRIPTION

The bus takes you to the northernmost medieval cathedral located at the heart of Trondheim. Passing by several other landmarks in the city centre the stop at the cathedral will allow you to breath in the beauty of this magnificent building. Afterwards the bus will take you to Sverresborg Open Air Museum giving you an insight view on the locals' life between the 17th and 19th century. Most of the buildings house very interesting exhibitions of all kinds and the guides will make the story come alive. Upon your return to the ship, you will make a short photo stop at the best viewpoint in town. The tour may operate in reverse order.

### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** max 150pax

**Season:** all year

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

### KNOWN EXTENTION

- Add entrance to Nidaros Cathedral (+30min)
- Combine with a stop at Granåsen ski-jump area and see jumpers practice in summer (+30min)
- Combine with walking down from the fortress (+30min)

### CONTACT

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

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

Sverresborg Trøndelag Folkemuseum | [booking@sverresborg.no](mailto:booking@sverresborg.no)

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

Trønderhopp | [havard.lie@tronderhopp.no](mailto:havard.lie@tronderhopp.no)

Tel: +47 98 28 24 10 | [www.tronderhopp.no](http://www.tronderhopp.no)


**2.5 H**

## TOUR 3 - NORTHERNMOST TRAM RIDE IN THE WORLD AND 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 80pax in the tram

**Season:** all year

**Note:** no wheelchairs

### KNOWN EXTENTION

- Book ski-jumpers practice upon arrival. 1. June - 31. October
- Serve food or drinks (also alcoholic) during the tram ride

### CONTACT

Boreal Travel | [tur@boreal.no](mailto:tur@boreal.no)

Tel: +47 51 59 90 60 | [www.boreal.no](http://www.boreal.no)

Trønderhopp | [havard.lie@tronderhopp.no](mailto:havard.lie@tronderhopp.no)

Tel: +47 98 28 24 10 | [www.tronderhopp.no](http://www.tronderhopp.no)


**2 H**

## TOUR 4 - WHERE MUSIC LIVES

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

### DESCRIPTION

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

### FIGURES & FACTS

**Duration:** 2 hours

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

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

**Note:** wheelchair accessible

### KNOWN EXTENTION

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

### CONTACT

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

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




**2.5 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 founder Olav Tryggvason on top of the statue. 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 oldest part of the city called Bakklandet with its old wooden wharves standing along the waterfront.

### FIGURES & FACTS

**Duration:** 2.5 hours  
**Capacity:** max 25pax per guide  
**Season:** all year  
**Note:** not recommend for persons with limited mobility

### KNOWN EXTENTION

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

### CONTACT

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


**4.5 H**

## TOUR 6 - THAMSHAVN OLDTIMER RAILWAY TO THE HISTORICAL LØKKEN 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 25pax, max 80pax  
**Season:** 01.06. – 30.09.  
**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 EXTENTION

- 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 (+30min)

### 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 | www.oi.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 45pax per coach  
**Season:** all year  
**Note:** Includes mostly walking downhill and on flat ground

### KNOWN EXTENTION

- Walk to the market square (+30min)

### CONTACT

Nidarosdomen | booking.ndr@nidarosdomen.no  
 Tel: +47 73 89 08 00 | www.nidarosdomen.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 45pax per coach  
**Season:** all year  
**Note:** Wheelchair accessible. Includes mostly walking downhill and on flat ground

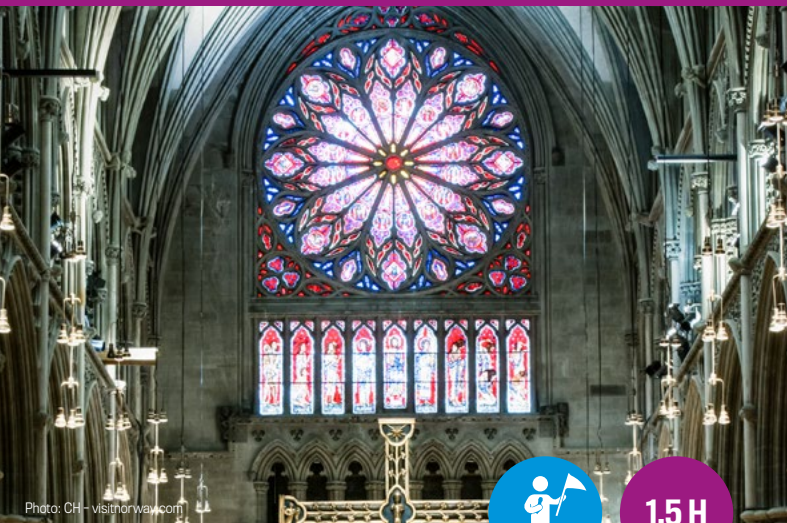
### KNOWN EXTENTION

- 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




**1.5 H**

## TOUR 9 - HIDDEN ROOMS

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

### DESCRIPTION

Inside this beautiful church, you will admire the impressive Gothic and Romanesque architecture with its slender pillars, lofty vaults and delicate ornaments. In the basement, we walk through the dark passages of the crypt, and discover the largest collection of medieval tombstones in Norway. A steep, winding staircase leads us closer to divinity as we climb up and into small, enchanting chapels dating from the 12th century.

### FACTS & FIGURES

**Duration:** 1.5 hours

**Capacity:** max 9pax per group

**Season:** all year

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

### CONTACT

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

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


**VIP**
**2 H**

## TOUR 10 - BOAT SIGHTSEEING

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

### DESCRIPTION

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

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

### FACTS & FIGURES

**Duration:** 2 hours

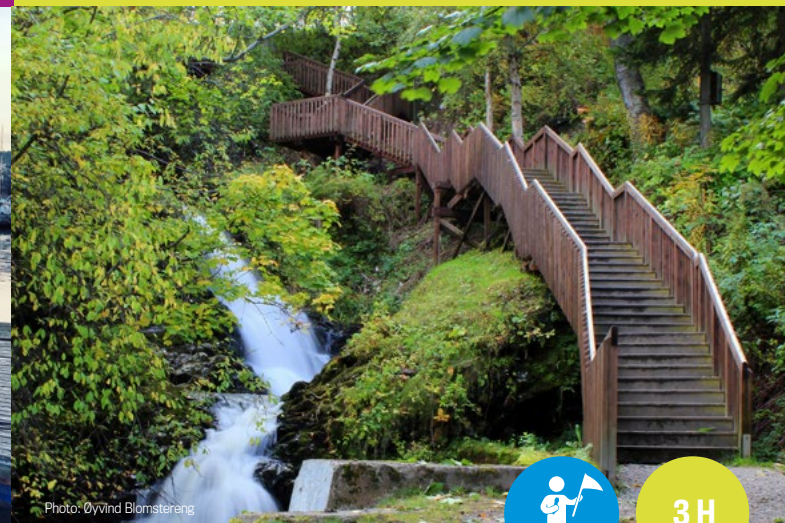
**Capacity:** max 12pax per group

**Season:** all year

### CONTACT

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

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


**3 H**

## TOUR 11 - ILABEKKEN HIKE



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.

### 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) is included.

### KNOWN EXTENTION

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

### CONTACT

Sverresborg Trøndelag Folkemuseum | [booking@sverresborg.no](mailto:booking@sverresborg.no)

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


**3 H**

## TOUR 12 - HIKING IN BYMARKA



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

### DESCRIPTION

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

### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** max 35pax per guide

**Season:** 01.04. - 31.10.

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

### KNOWN EXTENTION

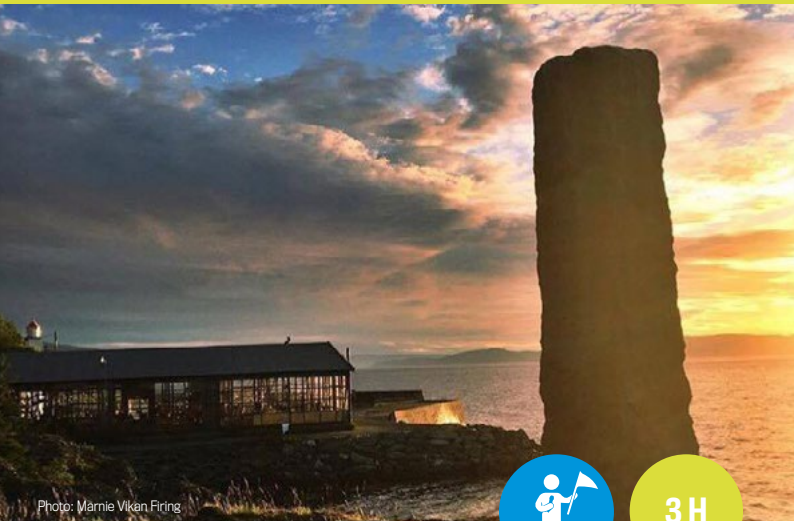
- Norwegian waffles and coffee can be served at Skistua, the cottage right next to the hiking trail. (+30min)

### CONTACT

Skistua | [skistua@prima-as.no](mailto:skistua@prima-as.no)

Tel: +47 94 88 94 50 | [www.skistua.no](http://www.skistua.no)





3 H

## TOUR 13 - LADESTIEN TRAIL



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

### DESCRIPTION

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

### FIGURES & FACTS

**Duration:** 3 hours  
**Capacity:** max 35pax per guide  
**Season:** 01.04. - 01.10.  
**Note:** Good gear required, if possible water- and windproof.

### KNOWN EXTENTION

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

### 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



3 H

## TOUR 14 - WALK IN THE FOOTSTEPS OF THE PILGRIMS



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

### DESCRIPTION

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

### FIGURES & FACTS

**Duration:** 3 hours  
**Capacity:** max 30pax per guide  
**Season:** all year  
**Note:** good walking gear required

### KNOWN EXTENTION

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

### CONTACT

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

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

level of difficulty: 1



VIP

1.5 H

## TOUR 15 - 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 8pax, max 12pax per boat, max 36pax 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



2 H

## TOUR 16 - TRONDHEIM BY BIKE

Trondheim is famous for being a bicycle friendly city, and has the world's only bicycle lift which takes you up one of the steepest hills in the city.

### DESCRIPTION

This excursion will take you from the ship along the fjord and across the new bike bridge offering some great views of Munkholmen, Trondheim's fortress island! From here, we will cycle via Ila along the river Nid which provides us with the perfect views of the cathedral and the warehouses. Entering the historical Baklandet district, we will try out the world's first bicycle lift, known as "Trampe", if accessible. Heading back to the ship we will cross the historical district and the modernized part of Solsiden, a former ship yard which is popular with the locals today.

### FIGURES & FACTS

**Duration:** 2 hours  
**Capacity:** max 15pax per guide, max 50 bikes available (reduced amount before 12 AM)  
**Season:** mid of April to end of September  
**Note:** This excursion is suitable for everybody, who can cycle. Helmets available. E-bikes, tandem, bike trailer available.

### KNOWN EXTENTION

- Extend the tour to DORA the historical German bunker form WWII (+30min) or cycle all the way to Lade (+1h)
- Book the veteran tram and get on the bike at lake Lian - start your descent towards the cathedral passing by Bymarka (+1.5h)

### CONTACT

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

Sykelguide | sykkelguide@gmail.com  
 Tel: +47 45 25 35 60 | www.trondheimbiketours.no





2 H

## TOUR 17 - 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 4pax, max 12pax per instructor, max 40pax total  
**Season:** all year  
**Note:** Equipment is provided. Wear suitable clothes and light shoes. Sun cream in summer is recommended. Seats for children are provided.

### KNOWN EXTENTION

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

### CONTACT

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



2 H

## TOUR 18 - GO SUP! - STAND UP PADDLING ON RIVER NID

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 4pax, max 20pax  
**Season:** all year  
**Note:** Equipment is provided. Wear suitable clothes and light shoes. Sun cream in summer is recommended.

### KNOWN EXTENTION

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

### CONTACT

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



Photo: Marius Rua



Photo: Riksantikvarietet

3.5 H

## TOUR 19 - FROM FAST TO SLOW ADRENALIN-KICK RIDE TO A TRANQUIL 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 30min 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 8pax, max 12pax per boat, max 36pax total  
**Season:** all year  
**Note:** This tour includes twists and turns at high speeds so guests should be in good physical condition. Lifejackets, wet suits, glasses and safety equipment are provided.  
**Included:** local beer tasting

### KNOWN EXTENTION

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

### CONTACT

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

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



Photo: Crazy Coyote

2 H

## TOUR 20 - 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.

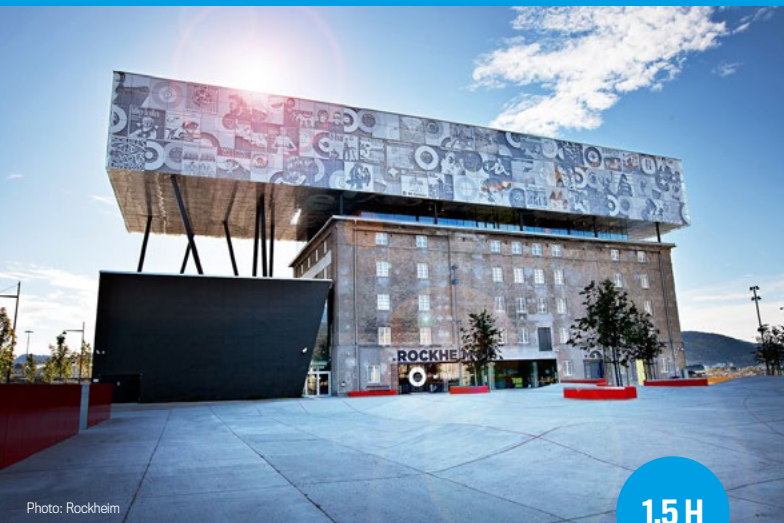
### FIGURES & FACTS

**Duration:** 2 hours  
**Capacity:** max 12pax per boat  
**Season:** spring-autumn  
**Note:** Wear sport shoes with white soles. Lifejackets are provided.

### CONTACT

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




**1.5 H**

## TOUR 21 - 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 60 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. The youngsters can see how a professional concert stage works, and perhaps even help the sound and lighting technician? Visit the backstage area, usually reserved for musicians only. Special rooms demonstrate various technological equipment, and hands-on activities include cranking an old gramophone player manually and operating a 50s jukebox. There is also a room with different instruments – ready to be played! For those with the dream of being a DJ, now is the chance to try «scratching» at the turntables, or mix your own songs.

### FIGURES & FACTS

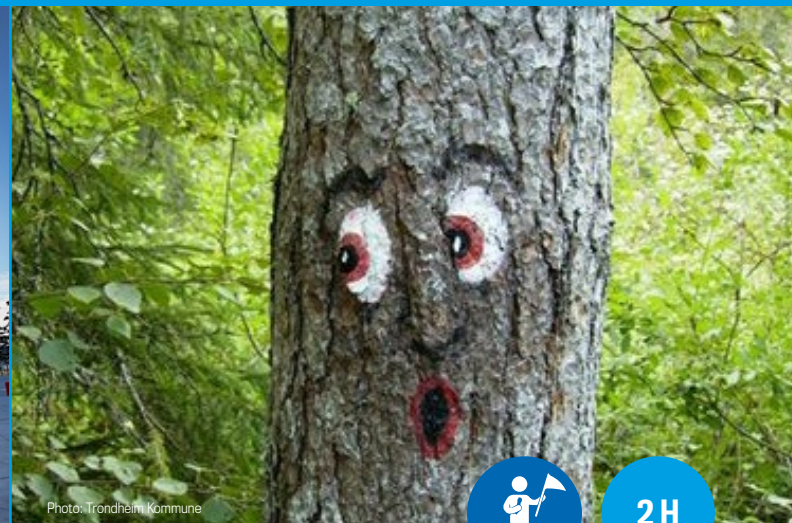
**Duration:** 1.5 hours  
**Capacity:** max 20pax per guide  
**Season:** all year, except Mondays in off-season  
**Note:** Adults can choose to join the children for the tour or explore the museum on their own.

### KNOWN EXTENTION

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

### CONTACT

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


**2 H**

## TOUR 22 - 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.


**2 H**

## TOUR 23 - CROWN WORKSHOP

Kings and queens were crowned in Trondheim and the original crown regalia are to be seen in the Archbishops Palace right next to Nidaros Cathedral. Get inspired, create your own crown and walk down the aisle in the magnificent cathedral!

### DESCRIPTION

The tour takes you through the city centre by coach to Nidaros Cathedral. Within the walls of the Archbishop's Palace the children can design their own crown, assisted by a guide. The activity lasts approximately one hour, during which parents can choose to assist their children or visit the cathedral. The exhibition of the real crown regalia in the Archbishop's Palace shall provide inspiration for the creations of the youngsters.

### FIGURES & FACTS

**Duration:** 2 hours  
**Capacity:** max 15 children  
**Season:** all year  
**Note:** Children younger than 5 need to be accompanied by at least one parent.

### KNOWN EXTENTION

- Medieval market during the St. Olavs festival (+1h)

### CONTACT

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


**2 H**

## TOUR 24 - TRAVELLING THROUGH TIME - SVERRESBORG OPEN AIR MUSEUM

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

### DESCRIPTION

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

### FIGURES & FACTS

**Duration:** 2 hours  
**Capacity:** min 8pax, max 30pax per group  
**Season:** June-August  
**Note:** Children must be accompanied by at least one parent.

### CONTACT

Sverresborg Trøndelag Folkemuseum | [booking@sverresborg.no](mailto:booking@sverresborg.no)  
 Tel: +47 73 89 01 00 | [www.sverresborg.no](http://www.sverresborg.no)





2 H

TOUR 25 - LOCAL FARM VISIT

Leave the city and get enchanted by the life on a traditional Norwegian farm, which still houses four generations. This farm visit is a unique experience and something you don't want to miss!

DESCRIPTION

Your lovely local hosts will show you the farm and explain how it is run. Learn about farm life in Norway and get close to the different animals that live on the farm. You will be served a delicious homemade treat and tea/coffee while you enjoy the peace and tranquility of the beautiful countryside. The coach will bring you back on a short ride.

FIGURES & FACTS

**Duration:** 2 hours  
**Capacity:** min 5pax, max 50pax per group  
**Season:** all year  
**Note:** not recommended for persons with limited mobility  
**Included:** coffee/tea and Norwegian homemade pastry

CONTACT

Pick Your Day | support@pickyourday.com  
+47 92 40 09 24 | www.pickyourday.travel



2 H

TOUR 26 - VISIT THE TAME DEER AT SAGLØKKEN

Learn about deer farming in Norway and get up close with these beautiful animals.

DESCRIPTION

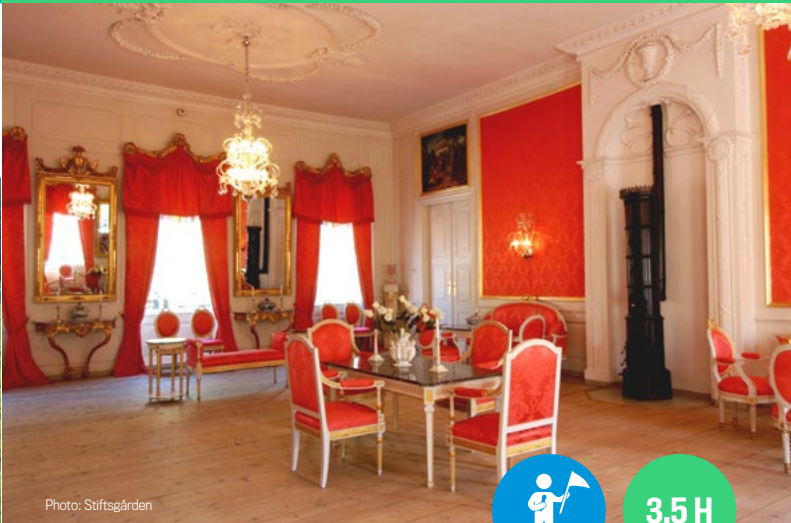
You will arrive at Sagløyken Deer farm, where you will learn how the deer farming in Norway works. We serve some light refreshments and optionally some product samples. You can assist in feeding the deer where you will get in close contact with them. They might even eat from your hand. This is a great opportunity to experience wild animals up close.

FIGURES & FACTS

**Duration:** 2 hours  
**Capacity:** min 5pax, max 15pax  
**Season:** April-November  
**Note:** outdoor clothing is advised

CONTACT

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



3.5 H

TOUR 27 - 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 find out how the Royal Family lives and how they get prepared for the blessing ceremony, formerly coronation ceremony. 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 45pax per group  
**Season:** all year  
**Note:** Stiftsgården is open for public between 01.06.-18.08. and not accessible when the Royal Family is staying there. (max 60pax)

CONTACT

Nidarosdomen | booking.ndr@kirken.no  
Tel: +47 73 89 08 00 | www.nidarosdomen.no  
**\*please specify entrance to Crown Regalia in your booking**  
  
Stiftsgården | omvisningsleder.stiftsgarden@nkim.museum.no  
Tel: +47 90 23 52 94 | www.nkim.no/stiftsgarden



2 H

TOUR 28 - HOME VISIT - MEET A LOCAL

Have you ever wondered what happened to the Vikings and why they become oil millionaires? Meet a local Norwegian at their home and find out about their daily life.

DESCRIPTION

Visit a Norwegian home and see how they live. Try out the local delicious treat, waffles with the world famous brown cheese. You will meet a nice local, who will welcome you at their home. You are very welcome to ask questions about Norway and Norwegian lifestyle or whatever you might be curious about. This exclusive excursion is a unique opportunity to get to know Norwegians and their way of life.

FIGURES & FACTS

**Duration:** 2 hours  
**Capacity:** min 6pax, max 10pax per home  
**Season:** all year  
**Note:** not recommended for persons with limited mobility  
**Included:** coffee/tea and Norwegian waffles

CONTACT

Pick Your Day | support@pickyourday.com  
Tel: +47 92 40 09 24 | www.pickyourday.travel





3 H

## TOUR 29 - 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 you will be given an insight into the history, before you travel by bus to the old Kristiansten fortress. You will learn more about Trondheim's vital strategic location during the Second World War and the Norwegian Resistance during the Nazi.

### FIGURES & FACTS

**Duration:** 3 hours  
**Capacity:** max 25pax per group  
**Season:** all year  
**Note:** Kristiansten fortress tower is not wheelchair accessible

### CONTACT

Rustkammeret | rustkammeret@mil.no  
 Tel: +(47) 400 22 611 | forsvarsmuseer.no/Rustkammeret



2 H

## TOUR 30 - 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

### KNOWN EXTENTION

- Visit Ringve Museum by night - see tour number 4

### CONTACT

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

Ringve Music Museum | post@ringve.no  
 Tel: +47 73 87 02 80 | www.ringve.no



VIP

3 H

## TOUR 31 - SCENIC FLIGHT

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

### DESCRIPTION

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

### FIGURES & FACTS

**Duration:** 3 hours  
**Capacity:** max 3pax  
**Season:** all year  
**Note:** Sunglasses are recommended

### KNOWN EXTENTION

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

### CONTACT

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



VIP

2.5 H

## TOUR 32 - TASTE OF TRØNDELAG

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

### DESCRIPTION

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

### FIGURES & FACTS

**Duration:** 2.5 hours  
**Capacity:** min 4pax, max 12pax per group  
**Season:** April - October  
**Note:** Gluten free and lactose free alternatives can be provided.

### CONTACT

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





2.5 H

### TOUR 33 - DISCOVER NORWAY'S FOOD ELDORADO

A taste of local food in Norway's food capital Trondheim. Learn and taste local delicacies and locally roasted coffee.

#### DESCRIPTION

Trondheim is Norway's food capital and on foot we will walk to one of our fantastic restaurants located at the old ship yard in the city center. Here you will get a taste of both fish and meat from local producers. After the food tasting you will walk to a local coffee bar where you will be able to see the roasting process and taste the coffee before the guide leads you back to the ship.

#### FIGURES & FACTS

**Duration:** 2.5 hours

**Capacity:** max 15pax per group

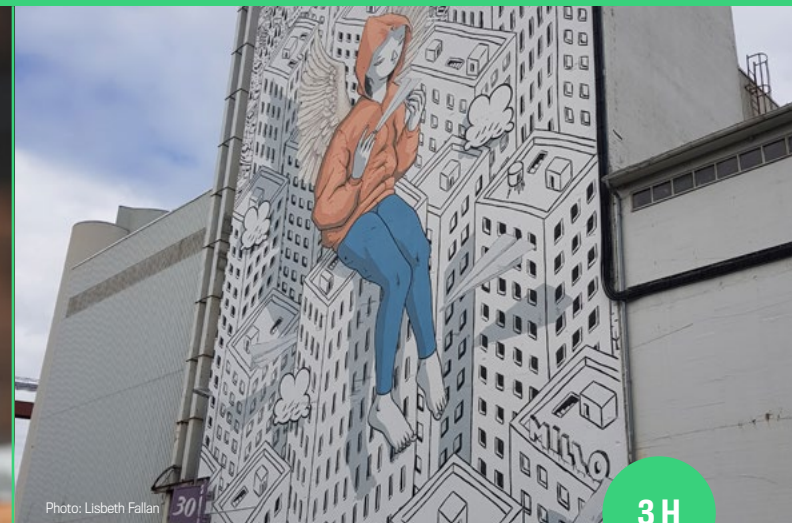
**Season:** all year

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

#### CONTACT

Visit Trondheim | [guideservice@visittondheim.no](mailto:guideservice@visittondheim.no)

Tel: +47 73 80 76 60 | [www.visittondheim.no](http://www.visittondheim.no)



3 H

### TOUR 34 - MODERN ART BY BICYCLE

On bicycle you will see street art in the area of Trondheim called Ila. In the city centre you will visit different art galleries and there will also be time for a stop for hot chocolate and local pastry.

#### DESCRIPTION

You will cycle along the fjord for a few minutes until you will get to the first artwork at Skansen. From there you will see different street artworks on your way to a local art gallery where you will have hot chocolate and local pastry. After that you will bicycle further to visit another art gallery in the city centre before returning to the ship.

#### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** max 15pax per group

**Season:** all year (NOT if icy or snowy)

**Included:** traditional pastry, helmet

#### CONTACT

Visit Trondheim | [guideservice@visittondheim.no](mailto:guideservice@visittondheim.no)

Tel: +47 73 80 76 60 | [www.visittondheim.no](http://www.visittondheim.no)



VIP

2 H

### TOUR 35 - FISHING ON THE FJORD

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

#### DESCRIPTION

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

#### FIGURES & FACTS

**Duration:** 2 hours

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

**Season:** all year

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

#### CONTACT

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

Tel: +47 462 95 402 | [www.trondheimbyboat.com](http://www.trondheimbyboat.com)



3 H

### TOUR 36 - HUNT THE NORTHERN LIGHTS

Øyvind Blomstereng is one of the best Northern Lights photographers in Norway and is well known for his fantastic photos! He was awarded "Best photographer of the year 2014" by the national channel NRK's local office. His Northern Lights time lapse was shown on more than 40 TV channels all over the world, and articles were published in media like Daily Telegraph, The Guardian, Huffington Post and Aftenposten (Norwegian paper). Øyvind will be your guide in the hunt for the "Lights"!

#### DESCRIPTION

Drive to Ringvebukta and observe the Northern Lights with expert Øyvind Blomstereng. He does not only know all about the Lights, but can also help you adjust your camera in order to take the best pictures!

#### FIGURES & FACTS

**Duration:** 3 hours

**Capacity:** min 2pax, max 25pax

**Season:** September - April

**Note:** Dress in warm clothes and bring your own camera.

**Included:** Expert guide on Northern Lights and nature photography, transportation, a warm drink and a local food bite, help with adjusting your camera, a picture of you and the Northern Lights via mail

#### CONTACT

Visit Trondheim | [guideservice@visittondheim.no](mailto:guideservice@visittondheim.no)

Tel: +47 73 80 76 60 | [www.visittondheim.no](http://www.visittondheim.no)



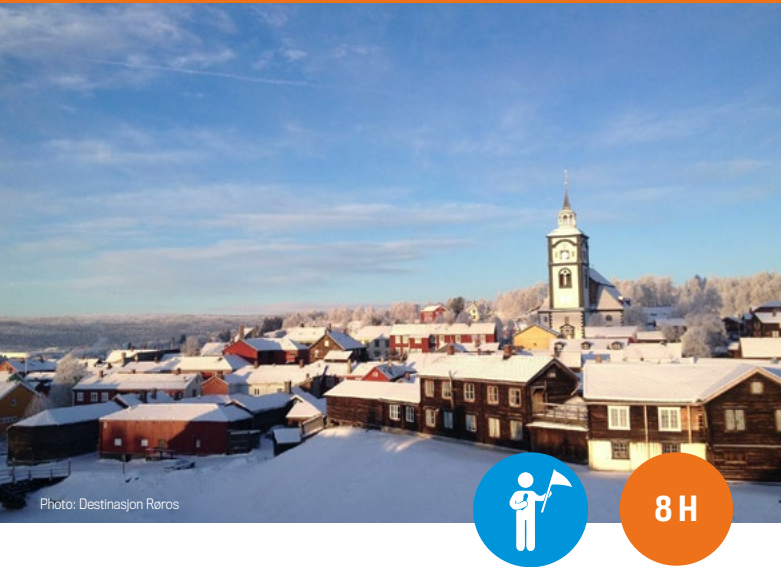


Photo: Destinasjon Røros



8 H

## TOUR 37 - WINTER WONDERLAND IN RØROS

Røros, featured on the UNESCO World Heritage list, is only a 2.5h trip away from Trondheim. Røros is a historic mining town which is most charming in wintertime. Snowy roads invite you to kick-, horse- or dog sleigh through town.

### DESCRIPTION

The tour takes you by train from Trondheim main station to the scenic landscape of Sør-Trøndelag to the UNESCO mining town of Røros. A local guide will take you through the enchanting wooden town on a short exploring trip. After the guided tour you will have some spare time in Røros to visit some of the local stores that offer handmade crafts and local cheese, sausages and much more. Lunch is served at the Bergstadens Hotel, with local food from the region. The return to the ship is by coach. The tour may operate in reverse order.

### FIGURES & FACTS

**Duration:** 8 hours  
**Capacity:** max 45pax in coach, max 360pax at lunch  
**Season:** all year  
**Note:** Wear weather appropriate clothes (Røros can have extreme temperatures).

### KNOWN EXTENTION

- Visit the Olav copper mine located just outside Røros (+2h)
- Visit Røros during Rørosmartnan (fair) in February or the famous Røros Christmas market in December.

### CONTACT

Vy | [johannem@vy.no](mailto:johannem@vy.no)  
 Tel: +47 41 52 14 73 | [www.vy.no](http://www.vy.no)  
 Røros Destinasjon | [booking@rorosinfo.com](mailto:booking@rorosinfo.com)  
 Tel: +47 72 41 00 00 | [www.roros.no](http://www.roros.no)



Photo: Sverresborg Trøndelag Folkemuseum

2 H

## TOUR 38 - NORWEGIAN CABIN EXPERIENCE AT SVERRESBORG

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

### DESCRIPTION

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

### FIGURES & FACTS

**Duration:** 2 hours  
**Capacity:** min 8pax, max 25pax per group  
**Season:** January-March  
**Note:** Hot beverage and chocolate bar included. Family friendly. Warm clothes strongly recommended.

### KNOWN EXTENTION

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

### CONTACT

Sverresborg Trøndelag Folkemuseum | [booking@sverresborg.no](mailto:booking@sverresborg.no)  
 Tel: +47 73 89 01 00 | [www.sverresborg.no](http://www.sverresborg.no)

Trønderhopp | [havard.lie@tronderhopp.no](mailto:havard.lie@tronderhopp.no)  
 Tel: +47 98 28 24 10 | [www.tronderhopp.no](http://www.tronderhopp.no)



Photo: Sjøbadet

1.5 H

## TOUR 39 - ICE-BATHING IN THE TRONDHEIM FJORD

Healthy& refreshing and something a lot of Norwegians do daily – bathing in the Trondheim fjord! You will always remember that excursion and you will receive a certificate to brag with.

### DESCRIPTION

Just a short stroll away from the cruise quay you'll find the facilities of Trondheim's outdoor waterpark. The host will show you the way and you can use the facilities to get ready for your dip in the fjord. The host will measure the temperature of the water and tell you about the health effects of ice-bathing and what you may expect from your dip. Only a staircase away is your certificate which you will receive after ice-bathing in the Trondheim fjord. After your dip you can enjoy the warmth in the panorama sauna with an amazing view over the Trondheimfjord and the Munkholmen island.

### FIGURES & FACTS

**Duration:** 1.5 hours  
**Capacity:** max 20pax per group (sauna: max 18pax)  
**Season:** October-April  
**Note:** Heated shower facilities and changing rooms. Not recommended for people with heart issues.  
**Included:** Certificate off ice-bathing with the according temperature.

### KNOWN EXTENTION

- Add coffee and fresh baked cookies from Simens (on the way (+30min)

### CONTACT

Simens Isbar | [simensisbar@gmail.com](mailto:simensisbar@gmail.com)  
 Tel: +47 92 01 30 72 | [www.simensisbar.no](http://www.simensisbar.no)

Visit Trondheim | [guideservice@visittrondheim.no](mailto:guideservice@visittrondheim.no)  
 Tel: +47 73 80 76 60 | [www.visittrondheim.no](http://www.visittrondheim.no)



Photo: Crazy Coyote

VIP

6 H

## TOUR 40 - 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](mailto:post@crazycoyote.no)  
 Tel: +47 73 51 15 88 | [www.crazycoyote.no](http://www.crazycoyote.no)





# TRONDHEIM City Centre

## TOP ATTRACTIONS

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

## SIGHTSEEING ROUTES

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

## 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 (if ordered)
- Bus 25 (Vikåsen) to City Centre
- Bus 20 (Grilstad) to Ringve Music Museum
- Bus 11 (Slavset) to Sverresborg Museum
- Access to shopping and restaurants
- Places of interest
- Old and picturesque wooden buildings

## SUPPLIERS

### PORT

Trondheim Havn / [firmapost@trondheimhavn.no](mailto:firmapost@trondheimhavn.no) / (+47) 73 99 17 00 / [www.trondheimhavn.no](http://www.trondheimhavn.no)

### GUIDESERVICES

Møre og Trøndelag Guideservice / [post@moeregide.com](mailto:post@moeregide.com) / (+47) 45 29 98 67 / [www.moeregide.com](http://www.moeregide.com)

Visit Trondheim / [guideservice@visitt trondheim.no](mailto:guideservice@visitt trondheim.no) / (+47) 73 80 76 60 / [www.visitt trondheim.no](http://www.visitt trondheim.no)

### MUSEUMS AND ATTRACTIONS

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

Orkla Industrimuseum / [post@oi.no](mailto:post@oi.no) / (+47) 72 49 91 00 / [www.oi.no](http://www.oi.no)

Ringve Musikmuseum / [post@ringve.no](mailto:post@ringve.no) / (+47) 73 87 02 80 / [www.ringve.no](http://www.ringve.no)

Rockheim / [rockheim@rockheim.no](mailto:rockheim@rockheim.no) / (+47) 73 60 50 70 / [www.rockheim.no](http://www.rockheim.no)

Stiftsgården / [omvisningsleder.stiftsgarden@nkim.museum.no](mailto:omvisningsleder.stiftsgarden@nkim.museum.no) / (+47) 73 84 28 80 / [www.nkim.no/stiftsgarden](http://www.nkim.no/stiftsgarden)

Sverresborg Trøndelag Folkemuseum / [booking@sverresborg.no](mailto:booking@sverresborg.no) / (+47) 73 89 01 00 / [www.sverresborg.no](http://www.sverresborg.no)

Trondhjem Sjøfartsmuseum / [post@trondheimsjofart.no](mailto:post@trondheimsjofart.no) / (+47) 73 52 89 75 / [www.trondheimsjofart.no](http://www.trondheimsjofart.no)

Rustkammeret / [rustkammeret@mil.no](mailto:rustkammeret@mil.no) / (+47) 40 02 26 11 / [www.forsvaretsmuseer.no/Rustkammeret](http://www.forsvaretsmuseer.no/Rustkammeret)

### ACTIVITIES

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

Elmoving- Segway Tours Norway / [booking@segwaynorway.no](mailto:booking@segwaynorway.no) / (+47) 47 14 71 11 / [www.segwaynorway.com](http://www.segwaynorway.com)

Pick Your Day / [support@pickyourday.com](mailto:support@pickyourday.com) / (+47) 92 40 09 24 / [www.pickyourday.com](http://www.pickyourday.com)

Pilot 1 / [booking@pilot1.no](mailto:booking@pilot1.no) / (+47) 41 47 48 12 / [www.pilot1.no](http://www.pilot1.no)

Simens Isbar / [simensisbar@gmail.com](mailto:simensisbar@gmail.com) / (+47) 92 01 30 72 / [www.simensisbar.no](http://www.simensisbar.no)

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

Trondheim By Boat / [info@trondheimbyboat.com](mailto:info@trondheimbyboat.com) / (+47) 46 29 54 02 / [www.trondheimbyboat.com](http://www.trondheimbyboat.com)

Trønderhopp / [havard.lie@tronderhopp.no](mailto:havard.lie@tronderhopp.no) / (+47) 98 28 24 10 / [www.tronderhopp.no](http://www.tronderhopp.no)

Visit Bjørn / [bjorn.fjeldvar@gmail.com](mailto:bjorn.fjeldvar@gmail.com) / (+47) 91 52 19 15 / [www.visitbjorn.com](http://www.visitbjorn.com)

### TRANSPORTATION

Boreal Travel AS Midt Norge / [tur@boreal.no](mailto:tur@boreal.no) / Tel : (+47) 51 59 90 60 / [www.boreal.no](http://www.boreal.no)

Sykkelguide / [sykkelguide@gmail.com](mailto:sykkelguide@gmail.com) / (+47) 45 25 35 60 / [www.trondheimbiketours.no](http://www.trondheimbiketours.no)

Trøndertaxi / [bjarne.farbu@trondertaxi.no](mailto:bjarne.farbu@trondertaxi.no) / Tel : (+47) 92 48 52 60 / [www.trondertaxi.no](http://www.trondertaxi.no)

### TURNAROUND FACILITIES

Avinor Trondheim Værnes Airport / [nina.jensen@avinor.no](mailto:nina.jensen@avinor.no) / Tel : (+47) 48 12 13 73 / [www.avinor.no/flyplass/trondheim](http://www.avinor.no/flyplass/trondheim)

Clarion Hotel and Congress Brattøra / [christian.zakariassen@choice.no](mailto:christian.zakariassen@choice.no) / Tel : (+47) 90 86 40 11 / [www.choice.no](http://www.choice.no)

### EVENTS

St. Olavs Festival / [ida.kvithammer@olavsfestdagene.no](mailto:ida.kvithammer@olavsfestdagene.no) / Tel (+47) 94 42 52 46 / [www.olavsfestdagene.no](http://www.olavsfestdagene.no) (anually in July)

Christmas Market in Trondheim / [julemarkedet@midtbyen.no](mailto:julemarkedet@midtbyen.no) / (+47) 41 74 61 00 / [www.julemarkedet-trondheim.no](http://www.julemarkedet-trondheim.no) (anually in December)

Trondheim Food festival / [jih@oimat.no](mailto:jih@oimat.no) / (+47) 91 72 07 97 / [www.tronderskmatfestival.no/](http://www.tronderskmatfestival.no/) (anually in July)



