

# FRØYA

 CRUISE EXCURSIONS

TRØNDELAG



Photo: Stian Vatn



Photo: Stein O. Sivertsen



Photo: Vindfang AS

FRØYA



Photo: Explore Håra



PORT OF FRØYA

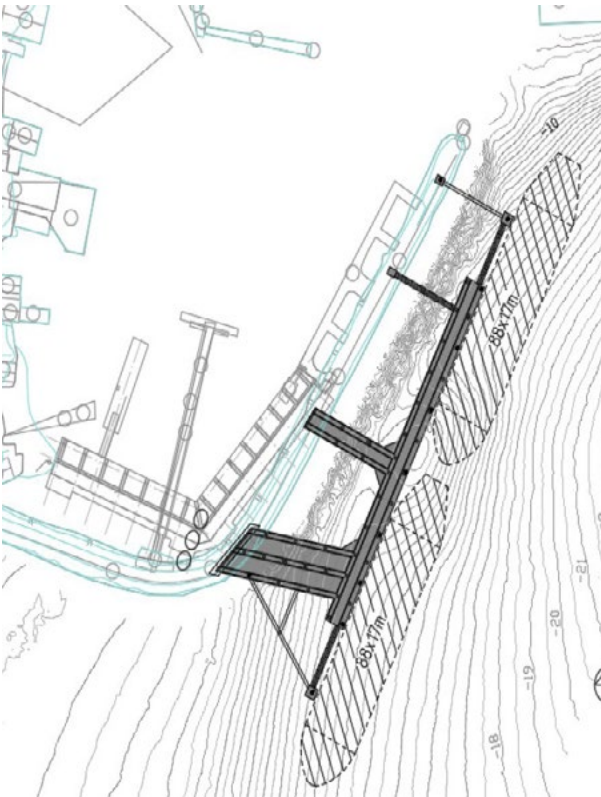
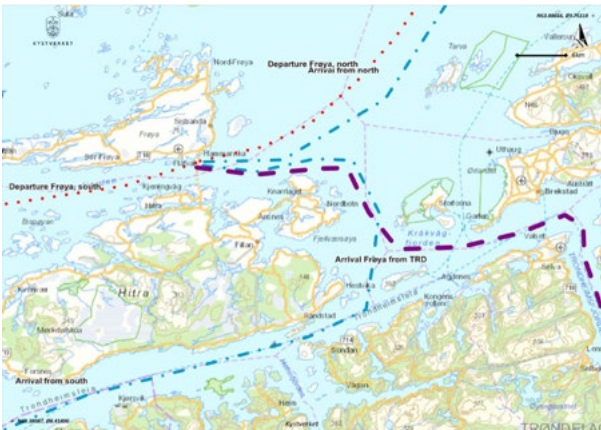
|                                   |   |
|-----------------------------------|---|
| Distance to nearest pilot station | 12 nautical miles   |
| Port Authority                    | Trondheim Port Authority                                  |
| Visiting Address                  | Trondheim Maritime Senter, Skippergata 14, 7042 Trondheim |
| 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 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 / Aircraft                         | 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                   | 200m in length              |
| Ships stay min/max                      | No limitation               |
| Enviromental 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 |



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





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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 10pax, max 20pax per group (max 90pax 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](mailto:post@explorehitra.no)  
Tel: + 47 95 13 94 85 | [www.explorehitra.no](http://www.explorehitra.no)



Photo: Ruben Undheim

3 H

## TOUR 2 - PANORAMA TOUR TO TITRAN

On Frøya you will find many fishing villages, but at Titran is the tallest lighthouse in Norway towering over the village casting a magic spell.

### DESCRIPTION

The guided bus tour across the island of Frøya will bring you to Titran, formerly an important fishing village in the middle of Norway. You will visit Titran chapel and the monument in memory of Titran-accident in 1899, where 140 fishermen died in a violent storm. Additionally, we will visit the bunker remnants from WWII. You can also see the lighthouse Slettringen, which is northern Europe's tallest lighthouse of 45 meters. At Gaustadbrygge Norwegian waffles and tea/coffee will be served to you before you return to the ship.

### FACTS & FIGURES

**Duration:** 3 hours

**Capacity:** min 25pax, max 46pax per bus

**Included:** Norwegian waffles and tea/coffee

**Note:** wheelchair accessible

### KNOWN EXTENTION

- Add a visit to Salmar (Norways biggest Salmon Farm) (+1h)

### CONTACT

Opplev Frøya | [stig@hotellfroya.no](mailto:stig@hotellfroya.no) | + 47 99 46 90 31



Photo: Ruben Undheim

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 12pax per group, max 36pax on tour

**Season:** April-October

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

### KNOWN EXTENTION

- Stop at Terningen lighthouse to go ashore on the small island to enjoy a delicious buffet lunch made from local salmon, naturally served with local beer. (+1h)
- 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](mailto:post@explorehitra.no)  
Tel: + 47 95 13 94 85 | [www.explorehitra.no](http://www.explorehitra.no)





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 10pax, max 45pax  
**Season:** April-October  
**Note:** only partly wheelchair accessible

### CONTACT

Explore Hitra | [post@explorehitra.no](mailto:post@explorehitra.no)  
 Tel: + 47 95 13 94 85 | [www.explorehitra.no](http://www.explorehitra.no)



4 H

## TOUR 5 - ISLAND HOPPING

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.

### DESCRIPTION

Our trip takes us by boat to some of these exotic and picturesque villages (Mausund, Bogøya and/or Sula). Nothing can compare to what you will see and experience here. The pure genuineness of the people and places are memorable. We will also stop by the local coastal museum at Mausund that depicts the local history of fishing, including whales and seals. Learn about their fishing heritage and the cultural importance. Later we stop for a small local snack before we head back to the ship by boat.

### FACTS & FIGURES

**Duration:** 4 hours  
**Capacity:** min 4pax, max 12pax per boat  
**Season:** all year  
**Note:** not wheelchair accessible, subject to weather conditions

### CONTACT

Opplev Frøya | [stig@hotelfroya.no](mailto:stig@hotelfroya.no) | + 47 99 46 90 31



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 10pax, max 50pax  
**Season:** April-October  
**Note:** only partly wheelchair accessible

### CONTACT

Explore Hitra | [post@explorehitra.no](mailto:post@explorehitra.no)  
 Tel: + 47 95 13 94 85 | [www.explorehitra.no](http://www.explorehitra.no)



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 30pax per group  
**Main Season:** April-October  
**Note:** eligibility is a condition to be able to visit the bunker

### CONTACT

Kystmuseet | [post@kystmuseet.no](mailto:post@kystmuseet.no)  
 Tel: +47 72 44 40 10 | [www.kystmuseet.no](http://www.kystmuseet.no)





2 H

## TOUR 8 - A TASTE OF FRØYA

Famous for their fresh fish and harbouring the two main salmon farms of Norway – Frøya is the cradle of local Norwegian food.

### DESCRIPTION

In the restaurant Søvnæst on top of the highest building in the town of Sistranda you will have an amazing view over the islets and the mountains at the mainland. Here you will get a taste of the local beer and local food such as deer, wild sheep and salmon. All you get served will be properly explained and you may ask questions about both the preparation of the food as well as their origin. It will be possible to buy all kind of local food after the tasting.

### FACTS & FIGURES

**Duration:** 2 hours

**Capacity:** min 10pax, max 50pax

**Season:** all year

**Note:** wheelchair accessible

### CONTACT

Opplev Frøya | stig@hotellfroya.no | + 47 99 46 90 31



Photo: Vindfang AS

2.5 H

## TOUR 9 - SEA EAGLE SAFARI

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

### DESCRIPTION

The boat picks you up from the ship and after a short trip we reach the islands where the wild sea eagles live. On this exciting tour you will see the eagles in their natural habitat! These magnificent birds have a wingspan of up to 2.5 meters and live by hunting fish and seabirds. The best time to watch the eagles soar is in spring and autumn. We will have a very good chance of seeing the eagles hunt prey and we might even get lucky and see some other wildlife. The guide will assist you with taking pictures before we return to the ship.

### FACTS & FIGURES

**Duration:** 2.5 hours

**Capacity:** min 5pax, max 12pax per boat

**Season:** all year

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

**Note:** not wheelchair accessible, subject to weather conditions

### CONTACT

Opplev Frøya | stig@hotellfroya.no | + 47 99 46 90 31



Photo: Trøndelag Reiseliv / Bård Svendsen

4 H

## TOUR 10 - DEEP SEA FISHING

Join the fisherman in search of the big catch!

### DESCRIPTION

An experienced fisherman will take you to the rich fishing grounds on Frohavet, where there have been large deposits of fish for many centuries. Here you are taught how to catch the fish and if you get one, we will cook it together back at the starting point. Be ready to catch cod, pollock, ling or halibut.

### FACTS & FIGURES

**Duration:** 4 hours

**Capacity:** min 4pax, max 4pax fishing per boat (max 2 boats)

**Season:** all year

**Included:** all gear

**Note:** not wheelchair accessible, subject to weather conditions

### CONTACT

Opplev Frøya | stig@hotellfroya.no | + 47 99 46 90 31



Photo: Stein O. Svendsen

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.

### FACTS & FIGURES

**Duration:** 1.5 hours

**Capacity:** max 3pax

**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



2.5 H

## TOUR 12 - STONE AGE TRAIL

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

### DESCRIPTION

After a short ride to the town of Sistranda we start the easy hike along the restored Stone Age Trail. This hike takes you 10-11000 years back to the early Stone Age. At this time the sea was about 35-40 meters higher than today and there were rich occurrences of fish, seals and whales in the area. Returning to the town, we visit the local exhibition that sheds light on the history of the excavations of these early settlements. Later the coach brings you back to the ship.

### FACTS & FIGURES

**Duration:** 2.5 hours

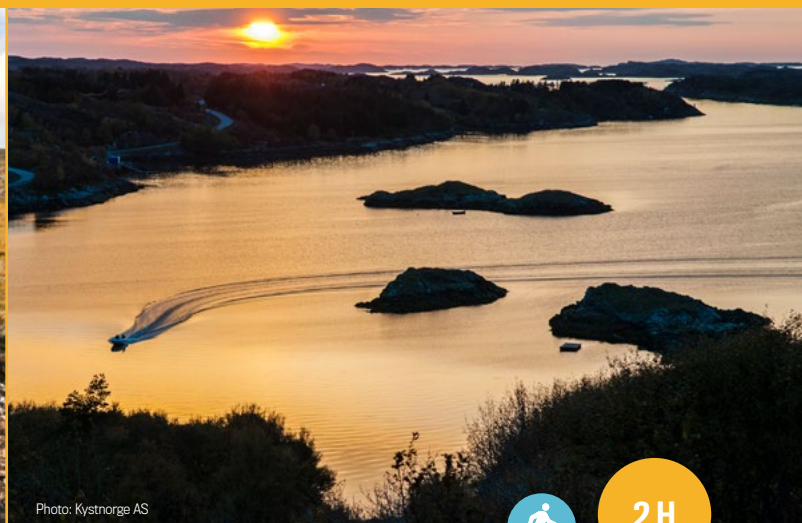
**Capacity:** min 15pax, max 20pax per group

**Season:** all year

**Note:** wheelchair accessible

### CONTACT

Opplev Frøya | stig@hotellfroya.no | + 47 99 46 90 31



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 95 13 94 85 | www.explorehitra.no

