

FRØYA & HITRA



CRUISE EXCURSIONS

VALID FROM 2024

TRØNDELAG



Photo Stian Vatn



Photo Per Erik Jæger, trondelag.com



FRØYA & HITRA

Photo Marita Hallan Lorås



Photo Vindfang

PORT OF FRØYA

Distance to nearest pilot station 12 nautical miles
 Port Authority Trondheim Port Authority
 Visiting Address Trondheim Maritime Senter
 Skippergata 14
 7042 Trondheim
 PB 1234 Torgard,
 N-7462 Trondheim
 Contact person Maria Kühnl Undheim
 E-mail kuehnl@trondheimhavn.no
 Internet 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 1-2m
 ISPS approved Yes
 Designated quays for cruise ships No
 Ship tenders allowed Yes
 Beam / Airdraft No limitation
 Sistranda Quay length 99 m
 Sistranda Quay draft 8.5 m
 Bollard strength 50 t
 Max number of passenger per day in port 1.000
 Max number of ships per day in port 1
 Max ship size in port 200 m in length
 Ships stay min/max No limitation
 Enviromental limitations/restrictions Member of EPI,
 no open-loop scrubber alongside
 Fenders Rubber tires
 Crew Facilities None

ANCHORAGE

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

DESTINATION FACILITIES

Distance to tourist information 750 m
 Distance to city center 1000 m
 Distance to Bygdetun museum 1100 m



LOCAL EXCURSION CONTACT

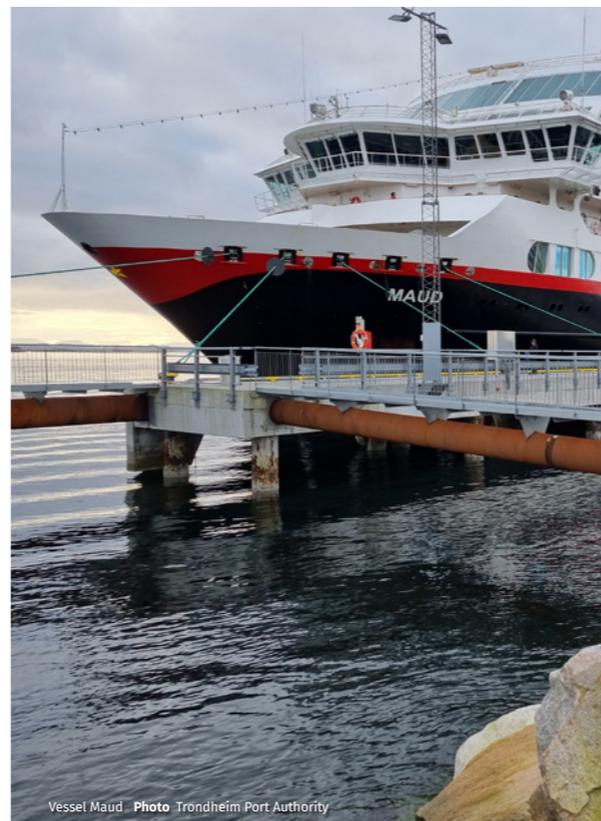
Frøya Kommune (municipality)

Beatrice Meland Bremnes

beatricemeland.bremnes@froya.kommune.no
 +47 92 63 90 70



Photo Trondheim Port Authority



Vessel Maud Photo Trondheim Port Authority

PORT OF HITRA

Distance to nearest pilot station 5 nautical miles
 Port Authority Trondheim Port Authority
 Visiting address Trondheim Maritime Senter,
 Skippergata 14,
 7042 Trondheim
 PB 1234 Torgard,
 N-7462 Trondheim
 Contact person Maria Kühnl Undheim
 E-mail kuehnl@trondheimhavn.no
 Internet trondheimhavn.no

PORT FACILITIES & SERVICES SANDSTAD QUAY

Bunkers delivery /method Truck/Trailer/Barge
 Supplies Yes
 Waste handling Yes
 Waste water method Yes, Truck/Trailer
 Water handling Yes, if ordered
 Tugboats Yes, if ordered
 Anchorage* No
 Pilot Channel: 16
 Emergency (Floro Radio) Channel: 16
 Medical emergency 113
 Norwegian Charts 38
 Tidal range Between 1.5-2 m
 ISPS approved Yes
 Designated quays for cruise ships No
 Beam/ Airdraft No limitation
 Sandstad Quay length 80m
 Sandstad Quay draft 12m
 Bollard strength 50 t
 Max number of passenger per day in port 1000
 Max number of ships per day in port 1
 Max ship size in port 140m in length
 Ships stay min /max No limitation
 Enviromental limitations /restrictions Member of EPI, no open-loop
 scrubber alongside
 Fenders Rubber tires

DESTINATION FACILITIES

Distance to Hitra Kysthavn 300m
 Distance to café 300m
 Distance to Coastal Museum 300m



LOCAL EXCURSION CONTACT

Explore Hitra

Sara Lea

post@explorehitra.no
 +47 902 60 453



Hitra port Photo Felix Seifert



Hitra port Photo Felix Seifert



Vessel Hebridean Sky Photo Terje Holm

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



MAGICAL EXPERIENCES



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VIP SMALL GROUPS

These tours are for small groups

GENERAL INFO: Local guides and buses are supplied by Explore Hitra and Frøya Kommune. Guides speak primarily English and German, but other languages are possible in a small quantity. The local community is open to allowing zodiacs to add to the available local RIB-boats but needs to supply a local guide.



Photo Vindfang AS

2.5 H
FROM FRØYA

3 H
FROM HITRA

TOUR 1 VISIT THE OLD TRADING CENTRE OF HOPSJØ

Get captivated by histories of Hopsjø's Old Trading Center on a guided tour of the whale hunting museum, their old shoppe and the canning museum.

DESCRIPTION

On this tour to the old trading centre at Hopsjø, an historical place of trade and traditions you will walk in the well-preserved footsteps of the great Parelius family. Stroll through one of Norway's oldest country stores, a living relic of trading traditions. Take part in a guided tour of the local Whale Hunting Museum, learning more about the history of the whale hunting station at Hestnes. At the canning museum, immerse yourself in the tale of the local canning industry, a pillar of the community's livelihood. Both museums offer an intimate connection to the region's maritime and economic heritage. The trading centre at Hopsjø will beautifully paint a vivid picture of the past, connecting you with local history.

FIGURES & FACTS

- **Duration from Frøya:** 2.5 hours
- **Duration from Hitra:** 3 hours
- Capacity:** min 20 pax, max 120 pax
- Season:** April–October
- Note:** partly wheelchair accessible

KNOWN EXTENSIONS

- Hike to the hill Brannhaugen for a nice view (+ 1h)
- Traditional local lunch in the restaurant (+40 min)
- Combine with the Sea eagle safari (+ 1.5h)

CONTACT

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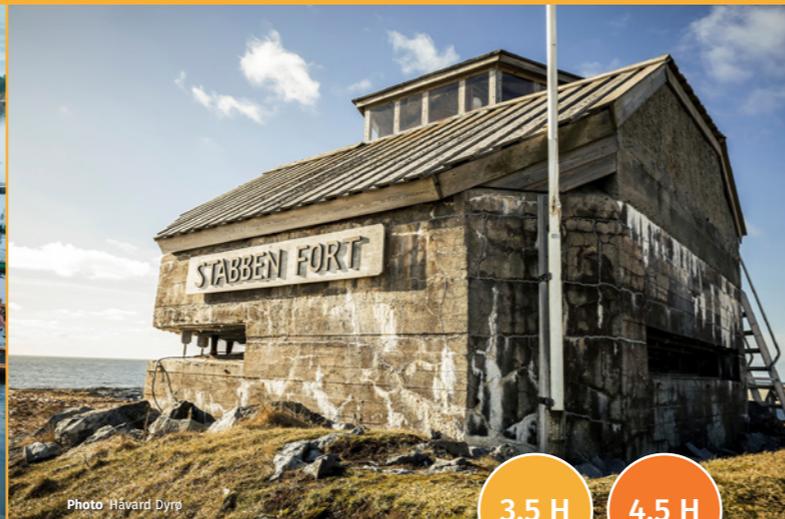


Photo Håvard Dyrn

3.5 H
FROM FRØYA

4.5 H
FROM HITRA

TOUR 2 THE BEST OF FRØYA

On this tour you'll get to see the highlights of Frøyas scenery, visit SalMar- world's second largest producer of Atlantic Salmon, and explore historical remnants.

DESCRIPTION

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

FIGURES & FACTS

- **Duration from Frøya:** 3.5 hours
- **Duration from Hitra:** 4.5 hours
- Capacity:** min 25 pax, max 45 pax per bus
- Season:** all year

Note: Wheelchair accessible, comfort stop at Stabben Fort and at SalMar wheelchair accessible. Tour can operate in reverse order.

CONTACT

Frøya Kulturhus | Tel: + 47 92 63 90 70
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Photo Kystmuseet

2.5 H
FROM FRØYA

1 H
FROM HITRA

TOUR 3 VISIT A SALMON FARM

Get an insider's view on a sea-based salmon farm with professional insights from the Coastal Museum.

DESCRIPTION

Embark on a thrilling Zodiac boat tour to a sea-based salmon farm. Witness aquaculture technology that enables the efficient production of this nutritious protein source and popular product. Our Coastal Museum experts offer independent industry insights, deepening your understanding of the practices that power this advanced facility. Dive into the past, present and future of salmon farming, where technology and nature unite to create a bountiful source of nourishment. Join us on an educational and adventurous journey through the dynamic world of modern aquaculture.

FIGURES & FACTS

- **Duration from Frøya:** 2.5 hours
- **Duration from Hitra:** 1 hour
- Capacity:** min 4 pax, max 48 pax (24 each group)
- Season:** all year
- Note:** not wheelchair accessible, walking distance from Sandstad, Hitra.

KNOWN EXTENSIONS

- Visit salmon hatchery (+1.5h)
- Visit salmon factory (+1h)

CONTACT

Explore Hitra | post@explorehitra.no
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Photo Stian Vatn

4 H

TOUR 4 HIGHLIGHTS OF HITRA

Discover Hitra's hidden gems: meet deer at the local farm Dalpro, explore the coastal museum, and visit Dolm's historic church.

DESCRIPTION

Embark on a captivating journey discovering Hitra's treasures. At the old Dolm Church, immerse yourself in rich history and architecture. At Dalpro, a local deer farm, you'll have the unique opportunity to feed the deer, and savor tastings of delectable local produced food. Continuing to the Coastal Museum, you'll learn about the past by the "People in Flatvika" exhibition, depicting the lives of local family in the 1920s. You'll also get to explore the fascinating history and myths of a Russian shipwreck. This tour is a delightful blend of animal-life encounters, cultural and historical insights, and culinary delights, offering a complete experience of Hitra's heritage.

FIGURES & FACTS

- **Duration from Frøya:** 4 hours
- **Duration from Hitra:** 4 hours
- Capacity:** min 10 pax, max 135 pax
- Season:** all year
- Note:** Wheelchair accessible. May be operated in reverse order.

KNOWN EXTENSION

- Add lunch at Dalpro (+45 min)

CONTACT

Explore Hitra | post@explorehitra.no
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Photo: Håvard Dyrø

VIP
 4 H FROM FRØYA
 5 H FROM HITRA

TOUR 5 DISCOVER THE WORLD'S FIRST OFFSHORE FISH FARM

Get ready for a spectacular guided tour by RIB-boat and visit the world's first offshore fish farm- Ocean Farm 1.

DESCRIPTION

The boats to Ocean Farm 1 will pick you up just a short walking distance away from the ship (800m). Ocean Farm 1- the world's first offshore fish farm- has now arrived at Frohavet. It may represent the first step towards a new era in aquaculture. Based on world-class Norwegian aquaculture and offshore technology, Ocean Farm 1 aspires to address central issues related to sustainable growth in the aquaculture industry. As a full-scale pilot facility, Ocean Farm 1 is designed to test out both the biological as well as the technological aspects of offshore fish farming. The archipelago consists of more than 5400 stunning islands and reefs. Heading out to the offshore fish farm we'll stop at one- Sula- with its charming fishing village. At the local restaurant Terna Brygge an amazing lunch awaits.

FIGURES & FACTS

- Duration from Frøya: 4 hours
 - Duration from Hitra: 5 hours
- Capacity:** min 10 pax, max 12 pax per boat (max 6 boats)
Season: all year
Included: wetsuits, life jackets, glasses, gloves, lunch
Note: not wheelchair accessible, subject to weather conditions

CONTACT

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Photo: Kystmuseet

2.5 H FROM FRØYA
 2 H FROM HITRA

TOUR 6 HISTORICAL LIFE ON THE COAST

Uncover the cultural heritage of Trøndelag's coast at our local Coastal Museum in Fillan.

DESCRIPTION

Explore the immersive exhibition "Folket i Flatvika," a mesmerizing journey through the life of a multigenerational family living along the coast of Trøndelag in 1920. Learn more about the family relations, conversations, and innovations that shaped their everyday life. Additionally, delve into the riveting exhibition "The Russian Shipwreck," a compelling narrative of a fateful shipwreck on Hitra's shores in 1760. Experience the blend of historical accounts, myths, and stories from both locals and Russians, crafting a vivid and thought-provoking portrayal of this maritime tragedy.

FIGURES & FACTS

- Duration from Frøya: 2.5 hours
 - Duration from Hitra: 2 hours
- Capacity:** min 10 pax, max 120 pax (max 40 per group)
Season: all year
Note: wheelchair accessible

CONTACT

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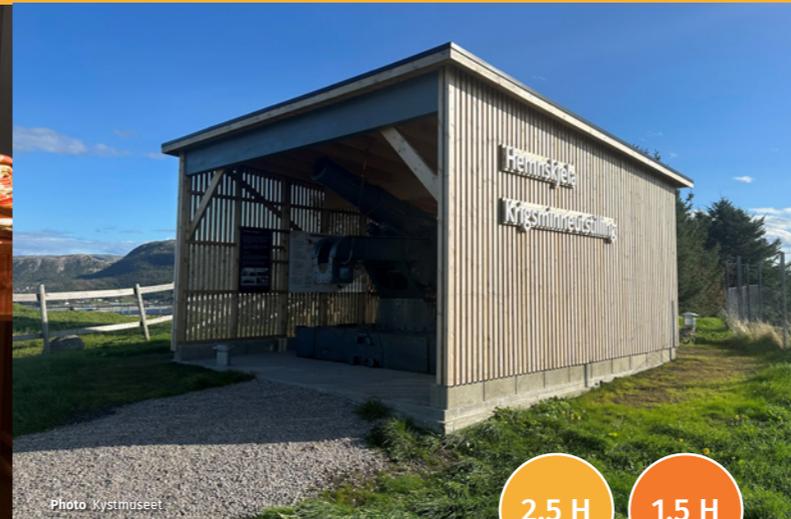


Photo: Kystmuseet

2.5 H FROM FRØYA
 1.5 H FROM HITRA

TOUR 7 UNDER OCCUPATION

Learn about the entangled lives of locals, German soldiers as well as Russian prisoners on Hemnskjela during World War II.

DESCRIPTION

Join us for a tour of the historic bunker on Hemnskjela, a strategic German stronghold. Explore this well-preserved relic of wartime history and gain deep insights into the island's role during World War II. Our knowledgeable guide will share compelling, true stories of the locals, their connections with prisoners and soldiers, and the challenges they faced. Uncover the hidden narratives that bring this era to life as you step into the past on this immersive journey through local wartime legacy.

FIGURES & FACTS

- Duration from Frøya: 2.5 hours
 - Duration from Hitra: 1.5 hours
- Capacity:** min 10 pax, max 30 pax
Season: all year
Note: Not wheelchair accessible

CONTACT

Explore Hitra | post@explorehitra.no
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Photo: Håvard Dyrø

VIP
 3 H FROM FRØYA
 4 H FROM HITRA

TOUR 8 EXPLORE THE COASTLINE OF FRØYA

Join our guided RIB-tour and experience many of our small islands outside of Frøya.

DESCRIPTION

A RIB-tour is a fantastic way to explore our coastline and the many islands and reefs around Frøya. During this tour, you will see some of the most picturesque fishing villages on the archipelago, stopping at one of them - Sula. We will round off by passing by an old shipwreck triggering many interesting stories to tell. Join us on this amazing roundtrip and see the best of the coastal life by boat.

FIGURES & FACTS

- Duration from Frøya: 3 hours
 - Duration from Hitra: 4 hours
- Capacity:** min 10 pax, max 12 pax per boat (max 6 boats)
Season: all year
Included: wetsuits, life jackets, glasses, gloves

KNOWN EXTENSION

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

CONTACT:

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2.5 H



5.5 H

4 H



2 H

3 H



3.5 H

TOUR 9 SEA EAGLE SAFARI IN TRADITIONAL BOATS

Discover the natural habitat of the Sea Eagle on this safari with local sailors in traditional wooden boats. Sight of sea eagles guaranteed!

DESCRIPTION

After a short scenic bus ride, you'll enter a traditional wooden sailboat at Hopsjø, a former trading centre, which will take you along the stunning coastline of Hitra and Frøya. Encounter the majestic sea eagles in their natural habitat as they soar above. The guide will convey knowledge both about the eagles and the surroundings before you return to Hopsjø, where the bus awaits to bring you back to the ship.

FIGURES & FACTS

● Duration from Frøya: 2.5 hours

● Duration from Hitra: 2.5 hours

Capacity: min 12 pax, max 48 pax (max 24 pax per group)

Season: April–October

Note: Not wheelchair accessible, comfort stop available at Hopsjø Trading Centre

KNOWN EXTENSIONS

- Tour at the old trading center at Hopsjø (+45 min)
- Lunch at Hopsjø (+45 min)

CONTACT

Explore Hitra | post@explorehit.no
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TOUR 10 FROM HATCHERY TO PLATTER

Take part in this educational tour depicting the circle of life for farmed salmon from hatchery to shipping factory.

DESCRIPTION

On this in-depth guided tour, the entire chain of production for farmed salmon will be shown. You'll start at the hatchery, then explore at-sea farming techniques, and finally visit a new high-tech processing factory. Throughout the tour, the Coastal Museum provides expert guidance and independent information, enriching your understanding of salmon farming, the technology that drives the industry and the challenges it faces. Join us for an immersive educational journey that takes you from hatchery to factory, unveiling this industry that is so important for people along the Norwegian coast.

FIGURES & FACTS

● Duration from Frøya: 5.5 hours

● Duration from Hitra: 4 hours

Capacity: min 10 pax, max 72 pax

Season: all year

Note: Not wheelchair accessible. Next to the port at Hitra.

KNOWN EXTENSION

- Add lunch including salmon produce (+45 min)

CONTACT

Explore Hitra | post@explorehit.no
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TOUR 11 BEER TASTING AT FRØYA BREWERY

Whether you are a seasoned beer enthusiast or a newbie looking to explore the world of craft beer, this tour is for everyone. Take part in our local brewery tour to taste our variety of beers, combined with local snacks.

DESCRIPTION

After a short ride to Uttian, we welcome you to Frøya Brewery. The brewery was established in 2016, and locally crafted beers reflected coastal life in their product names and logo. The beers are also made to complement the variety of local food on both Frøya and Hitra. Join this behind-the-scenes brewery tour and witness the brewing process up close, from grain to glass. You will then be treated with a variety of their finest beers, from lagers to ales, each with its unique flavour profile. Our brewmaster will lead the tasting and provide tips on how to savour and appreciate the nuances of each brew. To elevate your tasting experience, you will be served some local snacks that perfectly complement the flavours of our beers.

FIGURES & FACTS

● Duration from Frøya: 2 hours

● Duration from Hitra: 3 hours

Capacity: min 10 pax, max 50 pax

Season: all year

Note: wheelchair accessible

KNOWN EXTENSION

- Add tasting of local delicacies at Frøya Hotell (+1h)

CONTACT

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TOUR 12 SEAFOOD BONANZA

Indulge in a seafood feast with abundant table servings and delightful small courses. A culinary delight awaits!

DESCRIPTION

Ansnes Brygger invites you to a seafood extravaganza like no other! Delight in an abundance of langoustine, crab, shrimps, freshly baked bread, and sauces presented in the center of your table. Experience culinary artistry by probably one of Norway's finest seafood chefs, creating an unforgettable feast. As you savor the grand seafood platter, the chefs' craft small courses that harmonize with the ocean's flavors. Immerse yourself in the coastal charm and exquisite tastes of the island kingdom with the warm yet laidback "Hitra hospitality".

FIGURES & FACTS

● Duration from Frøya: 3.5 hours

● Duration from Hitra: 3.5 hours

Capacity: min 4 pax, max 200 pax

Season: all year

Note: Wheelchair accessible

KNOWN EXTENSION

- Combine with local beer tasting

CONTACT

Explore Hitra | post@explorehit.no
+47 902 60 453 | explorehit.no



Photo Kristina Vélaviciénė

3.5 H

TOUR 13 BACK TO THE IRON AGE

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 and try some “Iron Age Games”.

DESCRIPTION

After a short bus ride, you will reach Dolmsundet. The authentic longhouse from the Iron Age was built in the age of migration during the 5th and 6th centuries. The local guide will tell you about Hitra’s history and the original habitats from Stone Age, Bronze Age and Iron Age. The fun yet challenging «Iron Age Games» is another way to immerse yourself in the history. Then step into the lavvu, with a warm, crackling fire to take a seat on plush sheepskins and get enchanted by live local music.

FIGURES & FACTS

● **Duration from Frøya:** 3.5 hours

● **Duration from Hitra:** 3.5 hours

Capacity: min 15 pax, max 90 pax

Season: All year – recommended winter activity!

Note: Wheelchair accessible

KNOWN EXTENSION

- Add a local deer stew (+30 min)

CONTACT

Explore Hitra | post@explorehitra.no

Tel: +47 902 60 453 | explorehitra.no



1 H

TOUR 14 LOCAL CHOIR CONCERT

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

DESCRIPTION

Sit back and relax to the tunes of a great local choir, singing beautiful Norwegian songs at the local concert hall, Frøya culture- and competence centre. From Sistranda quay the concert hall is walking distance (800 m). The coach may bring you to the venue passing through Sistranda, the central town of the charming island of Frøya.

FIGURES & FACTS

Duration of concert: 1 hour

Capacity: min 50 pax, max 300 pax

Season: all year

Note: wheelchair accessible

CONTACT

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