

TRONDHEIM



CRUISE EXCURSIONS

VALID FROM 2026

TRØNDELAG



Photo Knut Aage Dahl



Photo Knut Aage Dahl



Photo Marius Rua

TRONDHEIM



Photo Jarle Hvidsten

TRONDHEIM

THE ROYAL CAPITAL OF NORWAY

Trondheim 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 river winds through the city. The charming old streets at Bakklandet 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 accredited with the title of European Region of Gastronomy in 2022.

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 angling 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.

www.trondelag.com



PORT OF TRONDHEIM

Distance to nearest pilot station
Port Authority
Visiting Address

42 nautical miles
Trondheim Port Authority
Trondheim Maritime Senter
Skippergata 14
7042 Trondheim
PB 1234 Torgard
N-7462 Trondheim
Maria Kühnl Undheim
+47 73 99 17 25
kuehnl@trondheimhavn.no
www.trondheimhavn.no

Mailing Address

Contact person
Phone
E-mail
Internet

PORT FACILITIES & SERVICES

Bunkers delivery/method
Supplies
Waste Handling
Waste water method
Water handling
Tugboats
Anchorage*
Pilot
Emergency (Floro Radio)
Medical emergency
Norwegian charts
Tidal range
ISPS approved
Designated quays for cruise ships
Ship tenders allowed
Beam
Max size ship in port
Max number of passengerper day in port
Max number of ships per day in port
Ships stay min/max
Enviromental compliance

Yes, Truck/Trailer/ Barge
Yes
Yes
Yes, Truck/Trailer
Yes, if ordered
Yes, if ordered
Yes
VHF-Channel: 16
Channel: 16
113
458
Between 2-3 m
Yes
Yes
Yes
No limitation
MSC Meraviglia
9.000
4
No limitation
EPI, open-loop
scrubber alongside prohibited
96 m
280 m
13 m
8 m
4,54 m
polyurethane, Yokohamafenders
for rent
Wi-Fi in Pirsenteret,
special discounts nearby

Main cruise quay length
Ila quay 30 length
Maximum ship draft quay 68
Maximum ship draft quay 30
Quay height
Fenders

96 m
280 m
13 m
8 m
4,54 m
polyurethane, Yokohamafenders
for rent

Crew Facilities

IF ANCHORAGE

Type of bottom
Minimum depth
Distance from anchorage to tender pier

Mud
30 m
1000 m



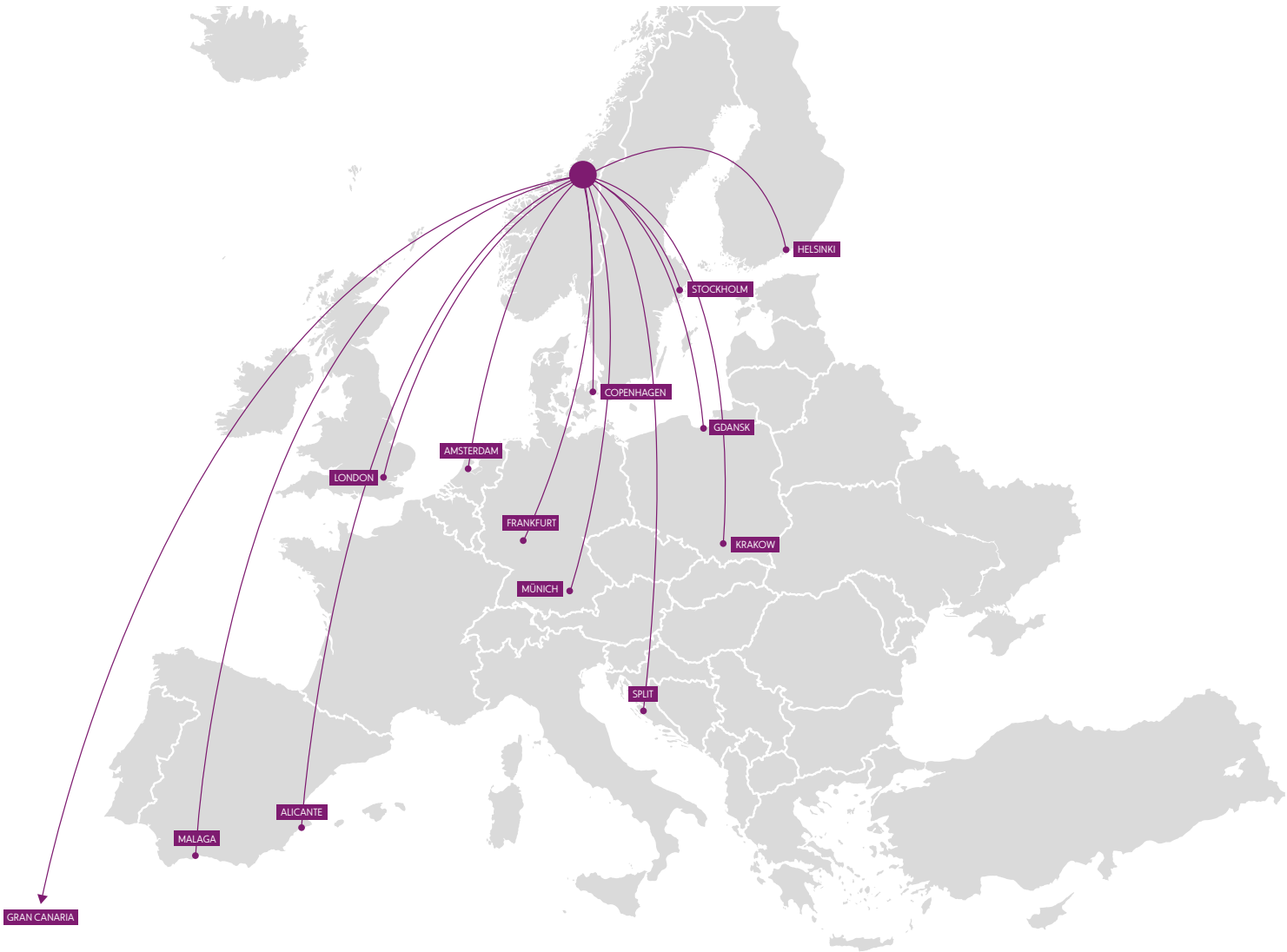
CONTACT

Maria Kühnl Undheim
Business Developer Cruise
kuehnl@trondheimhavn.no
+47 46 76 39 30



FLY DIRECTLY TO TRONDHEIM FROM ABROAD

(Destinations are subject to change. Last updated 2025.)



AVINOR TRONDHEIM AIRPORT

MAGICAL EXPERIENCES

VIP SMALL GROUPS
SPECIAL BY NIGHT

CLASSIC



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Photo Knut Aage Dahl

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 Nidelv River, right where the Old Town Bridge from 1861 is located. The red Old Town Bridge was only 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 only bicycle lift in the world called “Trampe”.



Photo Visit Trondheim

Nidaros Cathedral and the Archbishop's Palace

Nidaros Cathedral is the world's northernmost medieval cathedral, with more than 1000 years of history. Built over the tomb of St. Olav, the cathedral is an important destination for pilgrims. The cathedral is known for its beautiful stained glass windows, and the magnificent western façade. The Archbishop's Palace is located right next to the cathedral and houses several exhibitions, among them the Crown Regalia of Norway.



Photo Nikol Herec

PoMo - Trondheim's new Art Landmark

PoMo is Trondheim's new museum for modern and contemporary art. In the heart of the city, we've created an inclusive and welcoming space — even for those who've never visited an art museum before. This elegant Art Nouveau gem, designed by Norwegian architect Karl Norum and completed in 1911, once connected Trondheim to the wider world and will now do so again through world-class art.



Photo Visit Trondheim

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 Erik Børseth

Ringve – the Norwegian Museum of Music

Ringve is Norway's national music museum, showcasing a remarkable collection of unique instruments from around the world. Situated in the beautiful Ringve estate, the museum is surrounded by the lush Ringve Botanical Garden that overlooks the Trondheimsfjord. As the only museum of its kind in Norway, Ringve offers guided tours featuring live music performed by talented guides. Explore a diverse array of musical instruments, including an exhibition where visitors are invited to play traditional Norwegian instruments themselves.



Photo Sverresborg Folk Museum

Sverresborg Trøndelag Folk Museum

This open air museum is the 3rd largest cultural history museum in Norway, and has an impressive collection of houses, artifacts and photos, dated as far back as the 12th century. Located in picturesque surroundings on Sverresborg, close to the city center, the museum is a must-see. Based around the ruins of King Sverre's castle (Norway's oldest medieval stonecastle) the museum exhibits the story of Trøndelag and Trondheim through three main themes: The old town, The rural department and the castle ruins. With both outdoor- and indoor exhibitions our main mission is to tell a good story.



Photo Anne Valvatne

Stiftsgården – Royal Residence

Stiftsgården is the King's official residence in Trondheim and the largest wooden palace in Scandinavia. It was built for Cecilie Christine Schøller between 1774 and 1778, and thus, not originally supposed to be the home of the Norwegian monarchy. The palace, centrally situated on the city's most important thoroughfare, was built with more than one hundred rooms and halls, in Baroque classicistic style with elements of Rococo and Neo-classicism. From 1906 the palace became the official royal residence in Trondheim and used in connection with the royal coronations. Guided tours every day during the summer holidays, from June 1st to mid-August.



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.

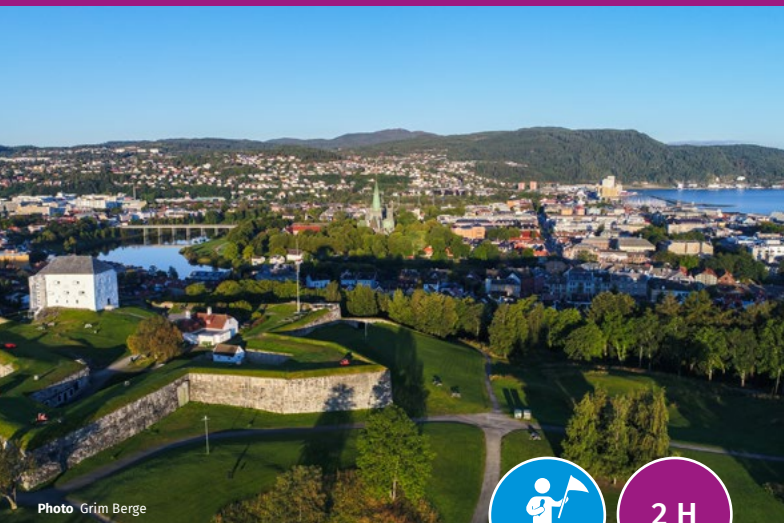


Photo: Grim Berge



2 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 hours
Capacity: max 45 pax per coach
Season: all year
Note: wheelchair accessible

KNOWN EXTENSION

- Add an organ concert while at Nidaros cathedral **(+30 min)**
- Add an audio guide app-system in German, English, French, Italian and Spanish. Bookable with Trondheim City Tours.

CONTACT

Nidarosdomen | booking.ndr@nidarosdomen.no
 Tel: +47 73 89 08 00 | www.nidarosdomen.no
Trondheim City Tours | info@trondheimcitytours.com
 Tel: +47 47 92 27 75 | www.trondheimcitytours.com


 Photo left: Sverresborg Museum
 Photo right: Mykola Ksenofontov


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 Folk Museum on the footsteps of the locals during the past centuries. Nidaros Cathedral is known for its beautiful stained-glass windows and the breath-taking 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 Folk Museum giving you an insight view on the locals' life between the 17th and 19th century. Upon your return to the ship, you will stop at the best viewpoint in town.

FIGURES & FACTS

Duration: 3 hours
Capacity: max 150 pax
Season: all year
Note: The museum has some steep hills, good shoes are recommended. The old town is easily accessible for people with limited mobility. Comfort stops available.

KNOWN EXTENSION

- Add entrance to Nidaros Cathedral **(+30 min)**
- Combine with walking down from the fortress **(+30 min)**
- Add a snack or coffee at Borgstua café **(+30 min)**

CONTACT

Nidarosdomen | booking.ndr@nidarosdomen.no
 Tel: +47 73 89 08 00 | www.nidarosdomen.no
Sverresborg Trøndelag Folkemuseum
 sverresborg.booking@mist.no
 Tel: +47 73 89 01 00 | www.sverresborg.no


 Photo left: Boreal Travel AS
 Photo right: Sven Erik Knoff


2.5 H

TOUR 3 NORTHERNMOST TRAM RIDE IN THE WORLD & 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 80 pax in the tram
Season: all year
Note: no wheelchairs

Tram track under construction in 2026 and starts from Ilaparken.

KNOWN EXTENSION

- Book ski-jumpers practice and Q&A all year around
- Serve food or drinks (also alcoholic) during the tram ride
- Combine with visit to Sverresborg Open Air Museum **(+1h)**

CONTACT

Boreal Travel | tur@boreal.no
 Tel: +47 51 59 90 60 | www.boreal.no
Trønderhopp | havard.lie@tronderhopp.no
 Tel: +47 98 28 24 10 | www.tronderhopp.no

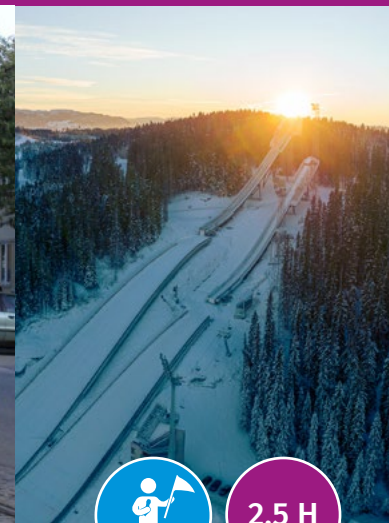


Photo: Jøran Wærdahl



2 H

TOUR 4 WHERE MUSIC COMES ALIVE

Ringve - the Norwegian Museum of Music - owns a collection of over 2000 instruments from all over the world. Join a musical tour through the history of Norwegian music and explore this unique and highly rated museum.

DESCRIPTION

You can explore the collection of musical instruments from all over the world and experience the magic of the traditional Norwegian folk instruments. Take a close look at the devil's instrument, the Harding fiddle, and hear the beautiful and soothing sound of the Norwegian sither, Langeleiken. 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 15 pax, max 80 pax
Season: April – October
Note: wheelchair accessible

KNOWN EXTENSION

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

CONTACT

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



Photo Vibeke S. Myren



3 H



Photo Tine Aasløkk / Orkla Industrimuseum



4.5 H



Photo Knut Aage Dahl



2.5 H



Photo Explorative AS

6 H

TOUR 5

GUIDED CITY WALK

In Trondheim city center everything is within walking distance. The Nidelv River 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 the preeminent Olav Tryggvason statue in its centre. 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 well-known part of the city called Bakklandet with its old wooden wharves standing along the waterfront. The tour may operate in reverse order.

FIGURES & FACTS

Duration: 3 hours
Capacity: max 15 pax per guide
Season: all year
Note: not recommend for persons with limited mobility. Distance to cover is approx. 5.5 km

KNOWN EXTENSION

- Add entrance to Nidaros Cathedral **(+30 min)**
- Walk up to the Kristiansten fortress **(+45 min)**

CONTACT

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

TOUR 6

FIRST ELECTRICAL TRAIN TO HISTORICAL 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 25 pax, max 80 pax
Season: 20.06.–31.08.
Note: There is quite a lot of waling during this tour, approx. 20min in the old mine. Not recommend for persons with limited mobility and wheelchairs cannot be accommodated

KNOWN EXTENSION

- The tour can be extended with lunch at Bårdshaug Manor **(+2.5 h)** 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 **(+30 min)**

CONTACT

Bårdshaug Herregård | post@baardshaug.no
 Tel: +47 72 47 99 00 | www.baardshaug.no
Orkla Industrimuseum | oi.post@mist.no
 Tel: +47 72 49 91 00 | www.oi.no

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 45 pax per coach
Season: all year
Note: Includes mostly walking downhill and on flat ground

KNOWN EXTENSION

- Walk to the market square **(+30 min)**
- Alternation: Drive to the viewpoints and end at the cathedral **(+2h bus)**. Continue from there with a city walk back to ship **(+1.5h).**

CONTACT

Nidarosdomen | booking.ndr@nidarosdomen.no
 Tel: +47 73 89 08 00 | www.nidarosdomen.no
Kristiansten Fortress Parking Lot Admin | anbjorn.viem@forsvarsbygg.no

TOUR 8

VIKING ROOTS - NORWAY'S 1000-YEAR JUBILEE

Visit the cradle of Norwegian history on the battlefield of Stiklestad. It became a milestone on the path to Norway's Christianization. Beautiful views of the Trondheim Fjord and the nature of Trøndelag, along with the chance to experience a journey back to the age of Vikings and the kingdoms of old, are the highlights of this tour.

DESCRIPTION

Leaving the cruise harbour in the morning, we enjoy a scenic two-hour coach drive to Stiklestad. We pass the village of Hell and travel through fertile farmlands. A short stop at a local farm is included. As the landscape unfolds, your guide will share stories of past and present, offering insight into the spirit of the Norwegian people.

At Stiklestad — the battlefield where King Olav fell in 1030 — we explore the Stiklestad National Cultural Centre. Here, you can step inside a Viking longhouse, reconstructed and furnished as it would have been during the transition from the Viking Age to the Middle Ages. Light refreshments, traditional drinks, and storytelling complete the experience before we return to Trondheim.

FACTS & FIGURES

Duration: 6 hours
Capacity: max 45 pax per coach
Season: all year
Note: Wheelchair accessible. Includes mostly walking downhill and on flat ground.

CONTACT

Vega Travel Group | post@vegatravelgroup.no
 Tel: +47 73 95 10 15 | www.vegatravelgroup.no



8 H

TOUR 9

UNESCO WORLD HERITAGE TOWN OF RØROS

Røros, featured on the UNESCO World Heritage list, is only a 2.5h trip away from Trondheim.

DESCRIPTION

The tour takes you by train from Trondheim main station to the scenic landscape of Trøndelag to the UNESCO mining town of Røros. A local guide will take you on a historical walk through the enchanting wooden town, visiting the historical smelter and Røros church. You will be treated to a divine lunch consisting of local produce before you'll have some spare time to stroll around the shops along the main road. The coach takes you back to Trondheim stopping at Gaula natural center along the way. Gaula is a known salmon river in Norway wild and beautiful. The center contains a great exhibition about life and wildlife in and along Gaula with over 60 different game species on display.

FIGURES & FACTS

Duration: 8 hours
Capacity: max 45pax per group
Season: all year
Note: Wear weather appropriate clothes (Røros can have extreme temperatures)
Included: lunch at Bergstaden Hotel, comfort stops available

KNOWN EXTENSION

- Visit the Olav copper mine located just outside Røros (+2h)

CONTACT

Rørosmuseet | roroseet.post@mist.no
 Tel: +47 72 40 61 70 | www.roroseet.no
Gaula Natursenter | gaula@gaula.no
 Tel: +47 72 43 10 65 | www.gaula.no
Bergstaden Hotel | post@bergstaden.no
 Tel: +47 72 40 60 80 | www.bergstadenhotel.no
SJ Norge | gruppereiser@sj.no | www.sj.no



VIP

2 H

TOUR 10

BOAT SIGHTSEEING

Welcome aboard our traditional wooden boats. Sailed by passionate captains and guides, she will take you on an unforgettable journey on the Nidelv Riverelva 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 Bryggerekka 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, fort res, 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

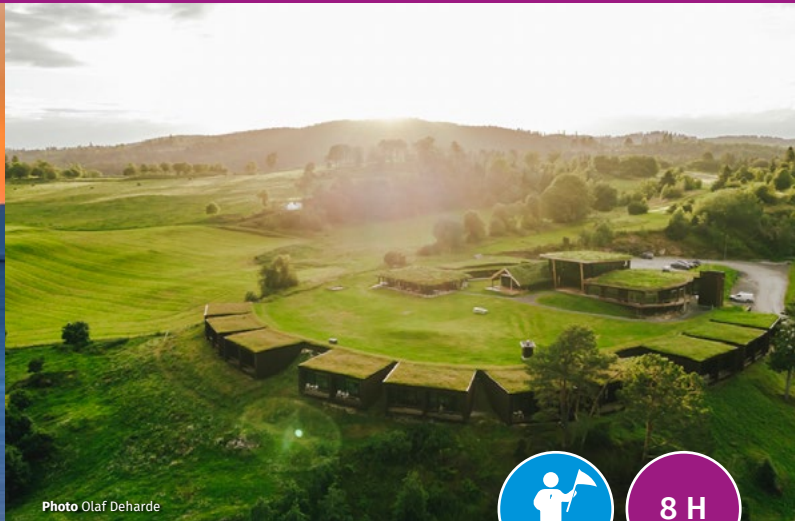
Duration: 2 hours
Capacity: max 12pax per boat, 3 boats
Season: all year

KNOWN EXTENSION

- Special christmas and winter holiday themed tour

CONTACT

Trondheim By Boat | info@trondheimbyboat.com
 Tel: +47 46 29 54 02 | www.trondheimbyboat.com
Crazy Coyote Events | post@crazycoyote.no
 Tel: +47 73 51 15 88 | www.crazycoyote.no



8 H

TOUR 11

FROM VIKING LEGACY TO COASTAL HERITAGE

Step back in time at Stiklestad, where King Olav fell in 1030, shaping Norway's history. Journey along the Trondheim Fjord and the Golden Road, and enjoy a local lunch at the scenic Øyna Cultural Landscape Hotel.

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. At the Stiklestad Cultural Centre, explore the Viking history of the area through exhibits and stories bringing this era to life.

Passing fjord views and soft landscapes, we pause for lunch at the Øyna Cultural Landscape Hotel, set in a stunning natural environment that celebrates the region's heritage and local produce. We continue our journey through the scenic Fosen landscape toward the Coastal Heritage Museum, where skilled craftsmen share the centuries-old tradition of building wooden boats by hand. After an inspiring visit, we return to the city by bus and ferry.

FIGURES & FACTS

Duration: 8 hours
Capacity: max 45 pax per coach
Season: all year
Note: Wheelchair accessible. Includes mostly walking downhill and on flat ground.

CONTACT

Kysten Arv | kystensarv.post@mist.no
 Tel: +47 73 85 55 60 | www.kystensarv.no
Visit Fosen | post@visitfosen.no
 Tel: +47 91 78 21 45 | visitfosen.com



3 H

TOUR 12

FOLLOW THE PILGRIM TRAIL

Pilgrim traditions connect people through space and time. In Norway, pilgrims are heading to the Nidaros Cathedral, built over the grave of St. Olav, a pilgrim destination ever since the early Middle Ages. Walking the final leg of the 643 km (399.5 miles) long pilgrim path, this urban pilgrimage takes you through a beautiful neighborhood with stunning views.

DESCRIPTION

After an initial coach ride from the ship you'll pass the Haldalen stave church at Sverresborg Folk Museum and continue your journey on foot. Following the marked pilgrims' trail you join thousands of travelers throughout history, and get to admire birds' eye views of the city and the river Nid along the way. After walking through a peaceful area and passing by several churches, we arrive at the Nidaros Cathedral.

FIGURES & FACTS

Duration: 3 hours
Capacity: max 15 pax per guide, parallel groups possible
Season: March–October
Note: Good walking gear and weather-appropriate clothing required

KNOWN EXTENSION

- Add a visit to a museum (+1h) or a coffee stop (+45min)
- Add an entrance to Nidaros Cathedral (+30 min)
- Add an entrance to Sverresborg Trøndelag Folkemuseum

CONTACT

Trondheim Guide Service & Sykkelguide
 post@trondheimguideservice.no
 Tel: +47 94 43 68 13 | www.trondheimguideservice.no



Photo: Rockheim

1.5 H

TOUR 13

ROCKHEIM – ROCKS YOUR HOLIDAY!

Just a short stroll – only 150 meters – from the main pier, you will find Rockheim – The National Museum of Popular Music. More than a museum, Rockheim is a modern and interactive experience that takes you on a fun and nostalgic journey through 70 years of Norwegian pop and rock music.

DESCRIPTION

Join a guided tour and travel through the main exhibition, where each decade comes to life with music, stories, photos, and memorable moments. Touch, listen, and explore as you revisit the sounds of your youth, discover the artists who shaped Norway’s musical history, and see how music has connected generations.

Rockheim is the perfect stop for anyone who wants to relive the soundtrack of the past and celebrate the golden eras of pop and rock.

FIGURES & FACTS

Duration: 1.5 hours
Capacity: max 20 pax
Season: all year, except Mondays in off-season

KNOWN EXTENSION

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

CONTACT

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

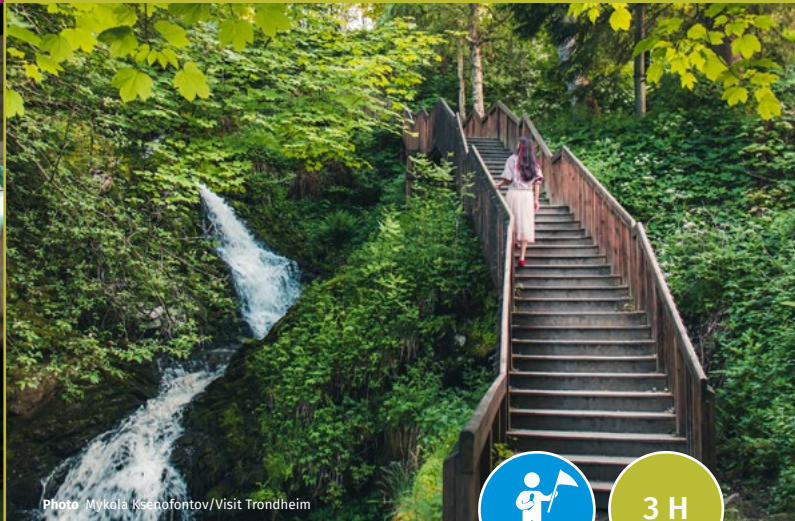


Photo: Mykola Ksenofontov/Visit Trondheim

3 H

TOUR 14

ILABEKKEN TRAIL

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 city.

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 35 pax per guide
Season: 01.05.–31.10.
Note: Good gear required, if possible water- and windproof. Kvikk-lunsj (chocolate bar) can be included.

KNOWN EXTENSION

- Add entrance to the Sverresborg Trøndelag Folk Museum **(+1 h)**

CONTACT

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



level of difficulty: 1

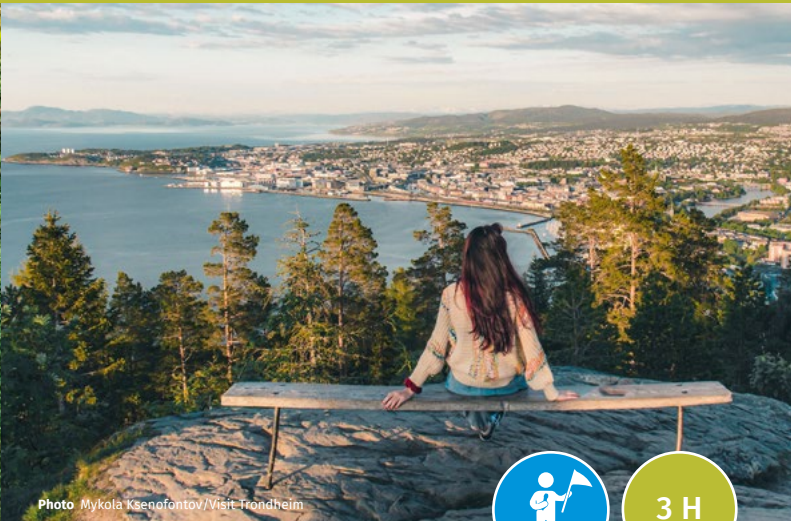


Photo: Mykola Ksenofontov/Visit Trondheim

3 H

TOUR 15

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 35 pax per guide
Season: 01.04.–31.10.
Note: Good gear required, if possible water- and windproof.

KNOWN EXTENSION

- Themed hike “Adventure along the old timber operating road” guided by Trondheim By Boat.
- Take the world’s northernmost tram line to Bymarka and hike around Lian, organized by Trondheim Kajakk.

CONTACT

Trondheim By Boat | info@trondheimbyboat.com
 Tel: +47 46 29 54 02 | www.trondheimbyboat.com
Trondheim Kajakk | info@trondheimkajakk.no
 Tel: +47 48 33 83 18 | www.trondheimkajakk.no




level of difficulty: 2



Photo: Söderholm - Steen trondelag.com

3 H

TOUR 16

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 35 pax per guide
Season: 01.04.–01.10.
Note: Good gear required, if possible water- and windproof.

KNOWN EXTENSION

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

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



4.5 H

TOUR 17 HIKING IN ESTENSTADMARKA

Experience Norwegian nature like the locals on this challenging hike through Estenstadmarka and Burmaklippen, Trondheims “mini Trolltunga”.

DESCRIPTION

A coach brings you to Bekken parking where the hike starts towards Burmaklippen. Although this cliff, does not have the same dimensions or equal height of the well known Trolltunga, it is still worth the trek. Following a forest path upward you pass a small creek and take a slightly secluded path downward to the Burma rock. The cliff leans down slightly towards the tip so one feels the source of gravity and gives a sense that you are actually higher up than 50 m. From the top of the cliff you can see over the beautiful cultural landscape and toward Trondheimsfjord.

Continuing on through Estenstadmarka make your way to a mountain lodge where you will be treated to refreshments and have time to enjoy the tranquil scenery before heading back down the trail passing by lakes.

FIGURES & FACTS

Duration: 4.5 hours

Capacity: max 35 pax per guide

Season: 01.04.–31.10.

Note: Good gear required, if possible water- and windproof. Approx. 6 km uneven, partly very steep terrain gradual slopes, rocks, roots and often wet terrain. Comfort stop available at Estendstadshytta.

CONTACT

Estenstadshytta | jarlinge.krognes@estenstadshytta.no
Tel: +47 41 44 99 04 | www.estenstadshytta.no



level of difficulty: 3



3 H

TOUR 18 TRONDHEIM BY BOAT & ON FOOT

Joining this tour you will get to know Trondheim from the shore and waterside - the best introduction there is.

DESCRIPTION

Taking our traditional wooden Åfjordboats on Nidelv River along the famous wharves and learning more about Trondheims’ history, is a fabulous introduction to the city. After one hour on the boat you will get dropped off at the former fishmarket Ravnkloa, where the walking part of the tour starts. You will continue walking to the astonishing Nidaros cathedral, crossing the market square with the statue of the city’s founder Olav Tryggvason on top and later cross the Old Town Bridge. The walking tour ends back at the pier and gives you access to all the hidden gems not reachable by bus. This tour can be operated in reverse order, doubling the capacity.

FIGURES & FACTS

Duration: 3 hours

Capacity: 3 boats, 12 pax per group

Season: all year

CONTACT

Trondheim By Boat | info@trondheimbyboat.com
Tel: +47 46 29 54 02 | www.trondheimbyboat.com



level of difficulty: 1



VIP

1.5 H

TOUR 19 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 Nidelv River passing by lots of the landmarks in Trondheim.

FIGURES & FACTS

Duration: 1.5 hours

Capacity: min 8 pax, max 12 pax per boat, max 36 pax 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.

KNOWN EXTENSIONS

- After the RIB tour step into a cozy waterside sauna to relax, unwind, and enjoy the contrast. **(+1 - 1.5 h)**
- Special by night: Can be booked as an evening tour.

CONTACT

Crazy Coyote Events | post@crazycoyote.no
Tel: +47 73 51 15 88 | www.crazycoyote.no



3 H

TOUR 20 TRONDHEIM BY BIKE

Trondheim aims at becoming the country’s bike capital with 180 kms of red carpet, - aka bike lane, - rolled out for cyclists within 2025. Trampe, the world’s first and only bicycle lift opened in town in 1993, and has since become an attraction.

DESCRIPTION

Exploring the city on bicycle gives you an intimate view of Trondheim, and your local guide will provide the stories. In addition to the “obligatory highlights”, you get the chance to swing by the bicycle lift in Baklandet, and see the former workers’ quarter and shipyard area. Frequent photo stops en route.

FIGURES & FACTS

Duration: 3 hours

Capacity: 70 bikes, max 10 pax per group

Season: weather permitting, typically March–October

Note: Please dress according to weather conditions. Helmets are available. Guests need to safely be able to ride a bicycle. Bikes are located at Pir I, so transportation is needed when docked at Illa 30. Comfort stop available during the tour.

KNOWN EXTENSIONS

- Extend the tour to DORA bunker from WWII **(+30 min)**
- Add a coffee stop and/or lunch with local tastes **(+30 min)**
- Add entrance to the Nidaros cathedral **(+30 min)**

CONTACT

Trondheim Guide Service & Sykkelguide
post@trondheimbiketours.no
Tel: +47 94 43 68 13 | www.trondheimguideservice.no



2 H

TOUR 21 URBAN KAYAKING

Do you want to get to know the city from another perspective? With this kayak tour down the Nidelv river you will experience beautiful nature, wildlife and the colorful city surroundings of Trondheim in a very special way, both during the day or at nighttime.

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 4 pax, max 12 pax per instructor, max 60 pax 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 EXTENSION

- Stop close to the Nidaros Cathedral and walk over the old city bridge to visit the magnificent church (+1h)
- Special by night: Can be booked as an evening tour.

CONTACT

Trondheim Kajakk | info@trondheimkajakk.no
Tel: +47 48 33 83 18 | www.trondheimkajakk.no



2 H

TOUR 22 STAND UP PADDLING - THE VIKING WAY

Looking for something new and exciting? Try stand-up-paddling on a huge board down the Nidelv 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 4 pax, max 20 pax

Season: all year

Note: Equipment is provided. Wear suitable clothes and light shoes. Sun cream in summer is recommended.

KNOWN EXTENSION

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

CONTACT

Trondheim Kajakk | info@trondheimkajakk.no
Tel: +47 48 33 83 18 | www.trondheimkajakk.no



Photo left: Marius Rua
Photo right: Riksantikvariatet



VIP

3.5 H

TOUR 23 RIB TO TAUTRA 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 of Tautra – with its rich animal and plant life – is only a 30-minute exciting sea ride from Trondheim port. After speeding along the Trondheimsfjord, you'll visit the monastery ruins near the Monastery Farm "Klostergården". At the farm, enjoy lunch and/or taste their locally brewed beer in a charming atmosphere. You'll have time to explore the ruins of the Cistercian monastery founded in 1207. The tour can be extended with a visit to the still-active Maria monastery or springtime birdwatching.

FIGURES & FACTS

Duration: 3.5 hours

Capacity: min 8 pax, max 12 pax per boat, max 36 pax total

Season: all year

Note: With high speeds and sharp turns, a good physical condition is required. Safety gear and drysuits are provided.

Included: local beer tasting

KNOWN EXTENSION

- Choose wildlife focus instead of farm visit
- Hands-on Viking activities: archery and axe throwing

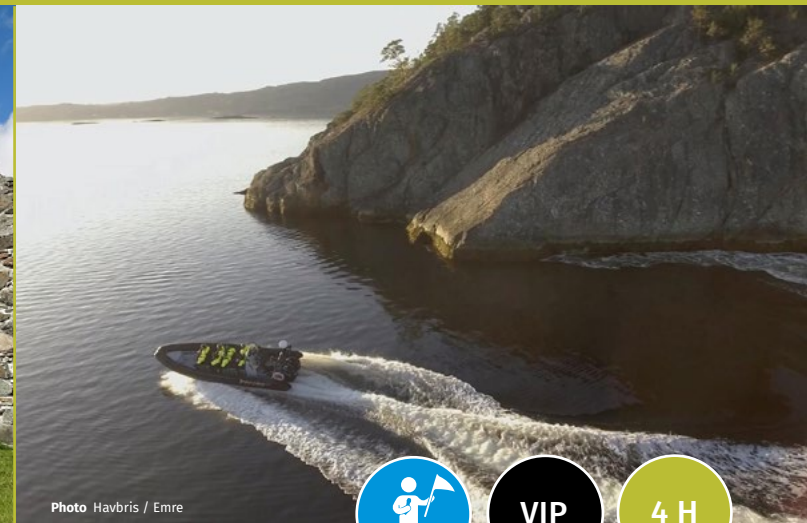
CONTACT

Crazy Coyote Events | post@crazycoyote.no

Tel: +47 73 51 15 88 | www.crazycoyote.no

Havbris AS | info@havbrisas.no

Tel: +47 988 02 283 | www.havbrisas.no



VIP

4 H

TOUR 24 FJORD & FARM ADVENTURE

Experience Trøndelag from fjord to farm on this unique adventure! Start with a RIB safari across Trondheim Fjord, then cycle through Frosta's countryside, visit local gardens, and enjoy seasonal drinks and snacks with a local farmer.

DESCRIPTION

Combine a thrilling fjord crossing with a gentle countryside e-bike ride on this unique Trøndelag adventure. Start with a RIB safari across the Trondheim Fjord, passing islands and sea bird habitats. On arrival at Frosta – known as the Kitchen Garden of Trøndelag – hop on comfortable electric bikes for a relaxed ride along fields and quiet farm roads with views of the fjord.

A local farmer welcomes you for an exclusive guided tour of gardens and crops, sharing stories of sustainable agriculture and Trøndelag food traditions. The experience ends with a farm tasting of seasonal drinks and light snacks in a rustic barn or garden.

KNOWN EXTENSION

- Add lunch at Klostergården (+30 min)
- Add bird watching in spring (+1h)

FIGURES & FACTS

Duration: 4 hours

Capacity: 8-12 PAX

Season: May - September

Note: Dress for outdoor cycling. Safety gear and drysuits are provided for the RIB ride.

CONTACT

Havbris AS | info@havbrisas.no

Tel: +47 98 80 22 83 | www.havbrisas.no



Photo Trondheim by boat

VIP

2 H

TOUR 25 FISHING ON THE FJORD

Go fishing on the fjord! Our traditional boats Frøya and Himing-læva will sail you 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 4 pax, two boats: 8 pax or 10 pax
Season: all year
Included: fishing gear, poncho, blanket, vest

CONTACT

Trondheim By Boat | info@trondheimbyboat.com
Tel: +47 462 95 402 | www.trondheimbyboat.com



Photo Trondheim Havn

VIP

2 H

TOUR 26 E-FOIL

E-foil licence to fly or be an Aladdin for a day!

DESCRIPTION

Become an Aladdin for a couple of hours, just here we use a more modern “carpet”- E-foil. A feeling that can’t be described but can only be experienced.

Try new technologies with us! We have a short briefing on the land first about safety and introduction and shortly after that we are healing into the water to train how to ride an electric e-foil board.

No prior experience needed.

FIGURES & FACTS

Duration: 2 hours
Capacity: max 2 pax per instructor, or 4 people 30min each
Season: all year
Note: Equipment is provided. Suits included in the price.

KNOWN EXTENSION

- Add sauna (+1h)

CONTACT

Trondheim Kajakk | info@trondheimkajakk.no
Tel: +47 48 33 83 18 | www.trondheimkajakk.no



Photo Norway Husky Adventure



6 H

TOUR 27 KENNEL VISIT AND HIKE

Welcome to Kopperå, where you can join our hiking tour in the mountains and meet all of our 60 Alaskan huskies.

DESCRIPTION

This tour takes us away from the lively city of Trondheim and towards the Swedish border to Kopperå. A scenic bus drive of about 75 min will take you past rural Trøndelag. Arriving at our camp you will meet our huskies and we will bring some of them on the hiking tour. You can take turns walking them and since the dogs are energetic and eager to join the tour, you will be glad to share the load with others. Enjoy the view of the beautiful nature and mountains we are surrounded by, and don’t forget to capture the silence. The guide will share knowledge on the life of a sled dog, like training, feeding and differences in races. After the hike it’s cuddle time, which huskies love, so be ready for some hugs.

FIGURES & FACTS

Duration: 6 hours
Capacity: min 2 pax, max 45 pax, children minimum 6 years
Season: May-October
Note: Wear waterproof shoes and weather appropriate clothes. The weather can change quickly.

CONTACT

Norway Husky Adventure | post@huskyadventure.no
Tel: +47 47 37 05 58 | www.huskyadventure.no



Photo Brattørkaia Sykkel AS

VIP

3 H

TOUR 28 E-BIKE TOUR AROUND TRONDHEIM

Join us for an unforgettable E-bike tour around Trondheim! Explore the city’s top attractions in no time as you glide through its scenic, hilly streets on top-notch premium E-bikes — the perfect way to experience Trondheim with ease and style.

DESCRIPTION

Experience Trondheim like few others can — on modern electric bikes! Effortlessly explore the city’s main attractions, from the majestic Nidaros Cathedral and historic Kristiansten Fortress to the charming Old Town Bridge. With the help of your E-bike, you’ll also discover hidden gems such as the Tyholt Tower, offering stunning views of the city. Our local guides know Trondheim inside and out and love tailoring each tour to highlight the favorite spots of our guests.

FIGURES & FACTS

Duration: 3 hours
Capacity: min 2 pax, max 8 pax per group
Season: May to October
Note: Helmets are provided, basic cycling skills are required.

CONTACT

Trondheim Bike Adventures
post@trondheimbikeadventures.com
Tel: +47 40 88 70 27 | www.trondheimbikeadventures.com

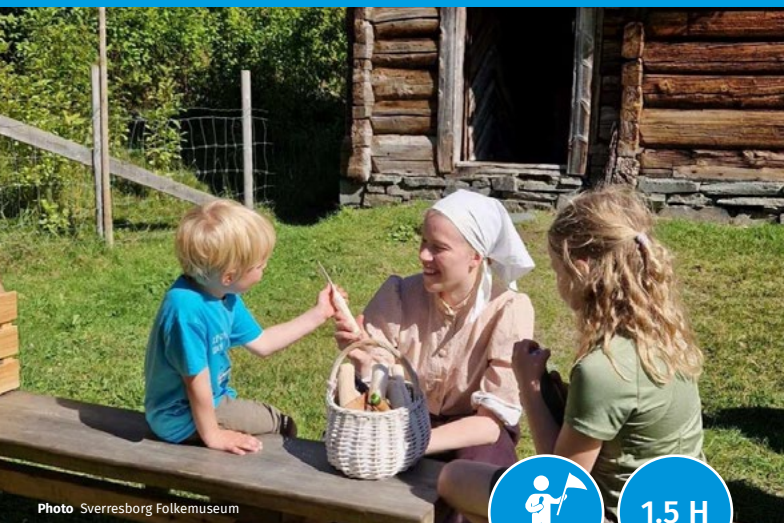


Photo Sverresborg Folkemuseum



1.5 H

TOUR 29

LIFE AT THE OLD FARM

Feed the animals, play in the barn, jump in the hay. Take a stroll along the mysterious folktale trail and find the three-headed Troll and the alluring Siren.

DESCRIPTION

After a short scenic bus ride, you arrive at Sverresborg Folk Museum. Our English-speaking guide in costume invites you to join the daily struggles at the farm, back in the 19th century. On the farm there are animals such as goat, pig, cow, rabbits, hens, and chickens. The coffee must be grinded. The house must be cleaned. Food to be made, and animals to feed. If there is time, we walk through the folktale trail and you can learn more about the Norwegian Folk Tales.

FIGURES & FACTS

Duration: 1.5 hours

Capacity: min 15 pax - max 25 pax per group

Season: June - September

Note: Children (2 – 15 age) must be accompanied by at least one parent. Clothes and shoes according to the weather.

CONTACT

Sverresborg Trøndelag Folkemuseum

sverresborg.booking@mist.no | Tel: +47 73 89 01 00

www.sverresborg.no

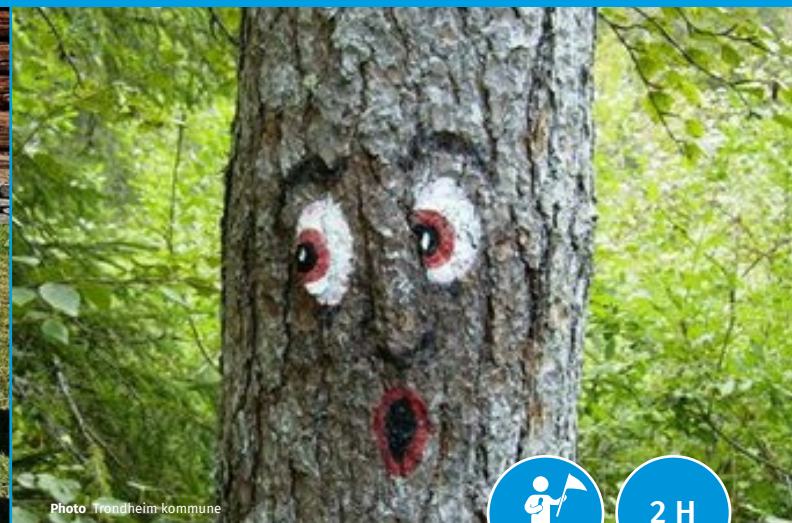


Photo Trondheim-kommune



2 H

TOUR 30

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.



level of difficulty: 1



Photo Stabbursatelieret



4.5 H

TOUR 31

EXPERIENCE NORWAY UP CLOSE

Cross the Trondheim Fjord and dive deeper into the calm Trønder rural life. Meet German expats sharing their experiences on living in Norway. Learn more about Norwegian culture and myths and get a deeper insight into how integration into a small rural community works.

DESCRIPTION

We cross the Trondheim Fjord to the Fosen region on a local ferry. After just 20 minutes by boat, passing the legendary island of Munkholmen, we arrive in Vanvikan, where a bus takes us to the Stabbursatelier. Here, Nina, a German expat living locally, talks about her life in Norway at her self-founded ceramics and art studio. While enjoying a local delicacy, we gain insights into rural life, a passion for Norwegian mythology, and integration into Norwegian culture.

Next, we continue to a traditional wooden boat workshop, with a short stop at the charming boutique Fruene i Fjoset for browsing and a break. At the workshop, part of the Coastal Heritage Museum, we watch the boat builders at work. Filled with new impressions and knowledge, we leave the idyllic landscape by bus and head back to Trondheim.

FIGURES & FACTS

Duration: 4.5 hour

Capacity: max 30 pax per coach

Season: all year

Note: Meeting German expats, includes baked goods.

CONTACT

Visit Fosen | post@visitfosen.no

Tel: +47 91 78 21 45 | visitfosen.com

Kysten Arv | kystensarv.post@mist.no

Tel: +47 73 85 55 60 | www.kystensarv.no



Photo Ellen Homstad



8 H

TOUR 32

THE GOLDEN ROAD

The Trøndelag region surrounding Trondheim is renowned for its “short-travelled” food. The scenic Inderøy peninsula is home to a variety of local food and drink producers. On this day trip, we will visit a selection of farms and producers, each contributing in their own way to Trøndelag's reputation as one of Norway's premier food regions.

DESCRIPTION

Our bus and guide will pick you up at the harbour and start the tour driving northeast toward Inderøy. Along the way we stop at Vuddu Valley — a quirky diner and shop filled with curiosities. We then visit the award-winning Gangstad Gårdssysteri, whose blue cheese Nidelven Blå was crowned World Champion Cheese in 2023. Enjoy a platter of their fine cheeses and browse the shop.

Continuing along the west coast of the peninsula, we stop at Berg Gård, famous for its aquavit, mustard, and rapeseed oil, while enjoying scenic farmlands and postcard-views. Before reaching Straumen we climb to Øynaparken for lunch at Øyna Kulturlandskapshotell, featuring local produce and magnificent fjord views — on clear days you can see seven counties. After our food experience we return to Trondheim Harbour.

FIGURES & FACTS

Duration: 8 hours

Capacity: max 45 pax per coach

Season: all year

Note: The small artifact museum in Vuddu Valley is not wheelchair accessible.

CONTACT

Vega Travel Group | post@vegatravelgroup.no

Tel: +47 73 95 10 15 | www.vegatravelgroup.no



1.5 H

TOUR 33 UNDERSTAND SALMON FARMING

Discover the fascinating world of Norwegian salmon farming on this educational visit to SeeSalmon Exhibition center, located in Trondheim's iconic Powerhouse building. Admission and guided tours are free of charge.

DESCRIPTION

Just a short walk from the main cruise quay, the exhibition center offers an engaging introduction to one of Norway's most important industries. On this short guided tour, experienced professionals will walk you through the story of salmon farming — from sea to plate.

Afterwards, you will have time to explore on your own, learning about the myths and facts surrounding aquaculture and discovering current challenges and new innovations. The center features interactive exhibits including films, touch screens, and tactile installations. You'll also get a chance to virtually visit a real salmon farm using VR glasses — a truly immersive experience. Suited for all ages.

FIGURES & FACTS

Duration: 2 hours
Capacity: max 25 pax per group
Season: all year
Note: wheelchair accessible, comfort stop available

KNOWN EXTENSION

- Combine with Fishing in the fjord, see tour, number 25 (+2 h)

CONTACT

SeeSalmon | seesalmon@salmar.no
+47 91 30 80 80 | www.salmarcenter.no/seesalmon



3.5 H

TOUR 34 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 be guided through the most beautiful rooms and halls where royal weddings have been celebrated and learn about the history of the Norwegian monarchy. 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 30 pax per group (max 60 pax capacity)
Season: Stiftsgården is open for guided tours from June 1st to mid August every year.
Note: Stiftsgården will be closed during royal visits

CONTACT

Nidarosdomen | booking.ndr@nidarosdomen.no
Tel: +47 73 89 08 00 | www.nidarosdomen.no
***) Please specify entrance to Crown Regalia in your booking**
Stiftsgården | nkim.omvisningsleder@mist.no
Tel: +47 73 80 89 50 | www.nkim.no/en/stiftsgarden



3 H

TOUR 35 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

Enjoy a guided sightseeing tour by coach from the port to the city centre, ending at the Armoury Military Museum in the Archbishop's Palace beside Nidaros Cathedral. Here, your guide will share engaging stories and historical insights. After the museum visit, your guide takes you on an exterior tour of Nidaros Cathedral, sharing its history and unique architecture, before the coach continues to Kristiansten Fortress for a guided walk and a visit to the museum inside the fortress tower. On the return to the port, the tour includes a stop at the historic Dora submarine bunker, where you'll hear about its wartime history and walk through the original torpedo tunnel.

FIGURES & FACTS

Duration: 3 hours
Capacity: max 25 pax per coach
Season: all year
Note: Kristiansten fortress tower is not wheelchair accessible
Distance to walk is approx 1 km in total

CONTACT

Rustkammeret | rustkammeret@fhm.no
Tel: +47 40 02 26 11 | www.rustkammeret.no



2 H

TOUR 36 NIGHT AT THE MUSEUM

Visit Rockheim – the National Museum of Popular Music – after dark!

DESCRIPTION

Join a guided evening tour through Rockheim's main exhibition and experience Norwegian popular music from the 1950s to today in a unique nighttime atmosphere. Stroll through the decades, see how international icons like the Beatles and Elvis left their mark on Norwegian music and culture, and enjoy the songs that bring back memories of first concerts, favorite records, and the soundtrack of your youth.

In the evening, Rockheim's illuminated façade and the quiet harbor surroundings create a memorable setting for your visit.

FIGURES & FACTS

Duration: 2 hours
Capacity: max 60 pax
Season: upon request only, 19–21 o'clock
Note: English guide at Rockheim

CONTACT

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

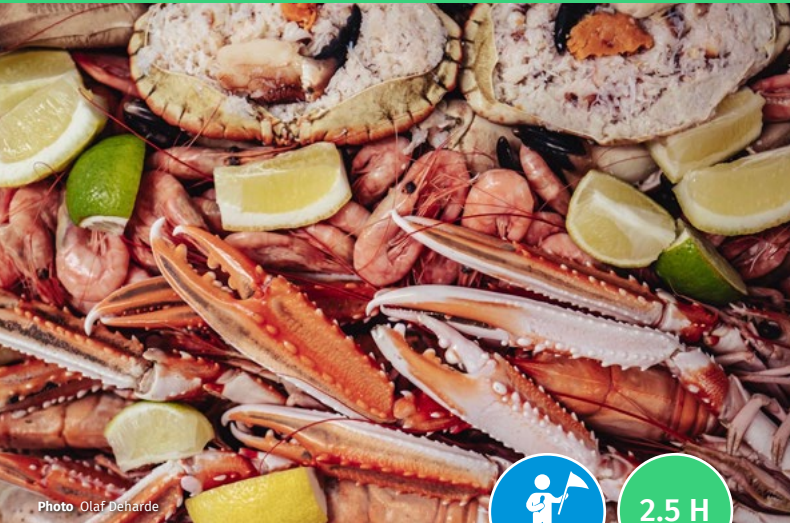


Photo: Olaf Deharde



2.5 H

TOUR 37 SEAFOOD EXTRAVAGANZA

Indulge in a six-course seafood feast, curated by World Champion Chef, Christopher Davidsen! A culinary delight awaits.

DESCRIPTION

Tollbua invites you to an unforgettable culinary experience, built around the finest local seafood. The restaurant is located in Tollboden, the city’s historic customs house from 1910, designed by architect Karl Norum with distinctive Art Nouveau details.

The fjord-side building is now host to Chef Davdisen’s (Bocuse d’Argent 2017) Nordic gourmet bistro. Enjoy a generous six-course meal with seasonal highlights including scallops, langoustines, skrei and halibut. A true taste of Trondheim’s maritime heritage delivered by one of the country’s leading culinary stars. Tollbua can cater for large groups and also offers a seafood bonanza at its sister restaurant, Phoenix Gastropub in the centre of town.

FIGURES & FACTS

Duration: 2.5 hours
Capacity: max 100 pax
Season: all year
Note: wheelchair accessible

KNOWN EXTENSION

- Add champagne tasting experience, designed and delivered by five-time Norwegian sommelier champion Henrik Dahl Jahnsen.

CONTACT

Tollbua | booking@tollbua-trondheim.no
Tel: +47 960 04 070 | tollbua-trondheim.no



Photo: Nadia Caroline Andersen /TKM



3.5 H

TOUR 38 EXPERIENCE TREASURES OF NORWEGIAN ART

Trondheim kunstmuseum is one of Norway’s leading art institutions and holds an impressive collection of more than 6,000 works representing art, especially from the 19th century to contemporary art. The museum exhibits Norwegian and international art from its collection, such as works from Edvard Munch, Johan Fredrik Eckersberg, Hans Gude or the Danish painter Christoffer Wilhelm Eckersberg.

DESCRIPTION

After a short stroll from the main cruise pier you’ll enter TKM Gråmølna, one of two venues of Trondheim Kunstmuseum. Here you will find works from the local Norwegian artist Håkon Bleken. After the guided tour you’ll continue further along the picturesque district Baklandet with its colourful wooden houses and charming cafes, to the main venue close to the Nidaros Cathedral. Here you will have a guided tour in the exhibition of the collection “Learning from the artist”. You will return to the ship on foot passing by the market square.

FIGURES & FACTS

Duration: 3.5 hours
Capacity: max 20 pax
Season: all year
Note: wheelchair accessible

KNOWN EXTENSION

- Visit the Nidaros Cathedral (+30 min)

CONTACT

Trondheim Kunstmuseum (TKM) | tkm.formidling@mist.no
Tel: +47 73 53 81 80 | trondheimkunstmuseum.no



Photo: Mykola Ksenofontov/Visit Trondheim



3 H

TOUR 39 THE OCCUPATION OF TRONDHEIM

Trondheim was occupied by German Nazis on April 9th 1940. On this guided tour, we take you through the city in the footprints of the advancing occupying forces on this day in 1940 and tell you local stories about Norwegian resistance and the fate of the Jewish community in the city.

DESCRIPTION

Leaving the new harbour area, you will walk to the former fish market “Ravnkloa”, where the occupying forces walked ashore in Trondheim. From there you will follow the “Monk street”, across the market square, all the way up to the Nidaros Cathedral and the Archbishop’s Palace courtyard, with detours in crossing streets along the way. In the Archbishop’s Palace you will drop by the Armoury Military Museum for a look at the WW2 resistance exhibition, before we head back to the ship, walking past the Old Town Bridge and down Trondheim’s busiest shopping street, the “Nordre street”.

FIGURES & FACTS

Duration: 3 hours
Capacity: max 25 pax per guide
Season: all year
Note: not recommended for persons with limited mobility. Distance to cover is approx 5 km

KNOWN EXTENSION

- Walk up to the Kristiansten fortress (+45 min)
- Visit the Museum of Justice (+45 min)

CONTACT

Rustkammeret | rustkammeret@fhm.no
Tel: +47 40 02 26 11 | www.rustkammeret.no

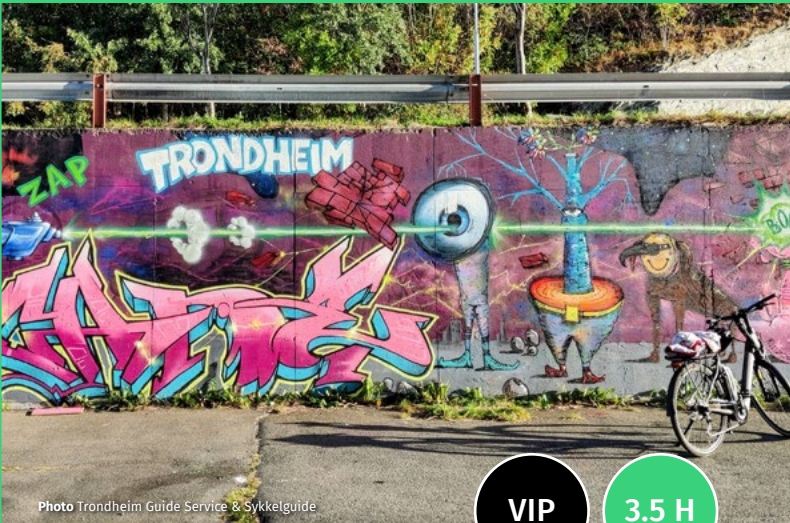


Photo: Trondheim Guide Service & Sykkelguide



3.5 H

VIP

TOUR 40 STREET ART BY BICYCLE

As a major student town, Trondheim has always embraced great ideas and big ideals. The city has experimental architecture, communal gardens, graffiti from young wannabes, murals by renowned artists, and even a part of the Berlin Wall. See Trondheim from a different point of view.

DESCRIPTION

On this bike tour you get a chance to see what’s not considered mainstream, but is embraced in this town, like the community of Svartlamoen. Get around town as many of the locals do and enjoy the colorful artwork along the way. Photo stops en route.

FIGURES & FACTS

Duration: 3.5 hours
Capacity: 70 bikes, max 10pax per group
Season: weather permitting, typically March–October
Note: Please dress according to weather conditions. Helmets are available. Guests need to safely be able to ride a bicycle. Bikes are located at Pir I, so transportation is needed when docked at Ila 30. Comfort stop available during the tour.

KNOWN EXTENSION

- Add a coffee stop or lunch box with local tastes (+30 min)
- Stop by an art gallery (+30 min)

CONTACT

Trondheim Guide Service & Sykkelguide
post@trondheimbiketours.no
Tel: +47 45 25 35 60 | www.trondheimguideservice.no



level of difficulty: 1



2 H

TOUR 41 A CULINARY VISIT AT BJØRN – THE MUSICIAN

Bjørn invites you to his restaurant in the centre of Trondheim to serve you some traditional Norwegian food, telling stories and entertain you with his music. It will be a unique and unforgettable memory.

DESCRIPTION

A short walk will bring you to Bjørns old wooden house in the city center. Bjørn is an artist, chef 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 with stories and songs. You will be totally entertained.

FIGURES & FACTS

Duration: 2 hours

Capacity: min 10 pax, max 30 pax per group

Season: All year

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

CONTACT

Visit Bjørn | bjorn@visitbjorn.com

Tel: +47 915 21 915 | www.visitbjorn.com



Photo Vindfang AS

VIP

5 H

TOUR 42 LIGHTHOUSES ON TRØNDELAG'S COAST

Explore the coast of Trøndelag on a high-speed boat ride taking you to picturesque lighthouses.

DESCRIPTION

Leaving Trondheim by RIB you are heading through small passages out to open sea, where you may have the opportunity to see some local wildlife, such as sea eagles or porpoise. There are a range of lighthouses to visit. Among the most popular are Sula, Halten and Kjeungskjær lighthouse located along the coast of Trøndelag. Several stops will be made throughout the entire tour to give you a real sense of the coastal pearls you find on this adventurous boat ride. Enjoy a light lunch at one of the stops before continuing your journey along islets.

FIGURES & FACTS

Duration: 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.

Included: one meal, comfort stops

KNOWN EXTENSION

- Combine several lighthouses and add another meal (+3h)

CONTACT

Crazy Coyote Events | post@crazycoyote.no

Tel: +47 73 51 15 88 | www.crazycoyote.no



Photo Söderholm - Steen/trondelag.com

3 H

TOUR 43 THE DARK SIDE OF TRONDHEIM

Join us on an immersive journey through the darker chapters of Trondheim's history. Step back in time and explore the grim history of Trondheim from the 1700s to the 1900s on this guided tour through Ila, Skansen, Kalvskinnet and the city's historic center.

DESCRIPTION

This tour sheds light on the unsettling tales of executions, witch burnings, slaves, and prisoners, revealing the shadowy side of Trondheim's past. With vivid storytelling and visits to key locations, you'll gain an understanding of the darker social and political forces that shaped the city. From the cruise quay, we walk towards Skansen and through Ila, an area steeped in history where public executions and punishments once took place. The tour continues through Kalvskinnet, a vital part of Trondheim's cultural and historical landscape, before moving towards the city center. You'll also learn about the important role Nidaros Cathedral played in Trondheim's history, particularly in the legal and religious institutions of the time, before we return to the ship.

FIGURES & FACTS

Duration: 3 hours

Capacity: min 20 pax

Season: all year

Note: Comfortable walking shoes recommended

CONTACT

Trondheim By Boat | info@trondheimbyboat.com

Tel: +47 46 29 54 02 | www.trondheimbyboat.com



Photo Anne-Line Bakken

2 H

TOUR 44 MEET THE VIKINGS

The University Museum is a treasure trove of riveting stories and artifacts from our region's distant past. Visit the exhibition Viking and see Mid-Norway's most spectacular finds from the Viking Age. Find out what made the Scandinavians journey out to plunder and trade, and how they lived their lives on the farms back home.

DESCRIPTION

The coach takes you on a short ride to the University Museum, where a guide is ready to introduce you to the world of the Vikings. On their journeys the Vikings obtained magnificent swords, silver coins, church relics and other foreign objects, all of which can be seen in the exhibition. You will also be invited to explore the Vikings' everyday life on the farms, admire their skillful crafts, and sit in an authentically made chief's high seat. Children can explore the exhibition through a built-in miniature world where a young Viking mouse goes on adventures. Following the guided tour, you may explore the museum on your own.

FIGURES & FACTS

Duration: 2 hours

Capacity: max 40 pax

Season: all year

Note: wheelchair accessible

CONTACT

NTNU University Museum | kontakt@vm.ntnu.no

Tel: +47 73 59 21 60 | www.ntnu.edu/museum



level of difficulty: 1



Photo: Adrien Safranka

2 H

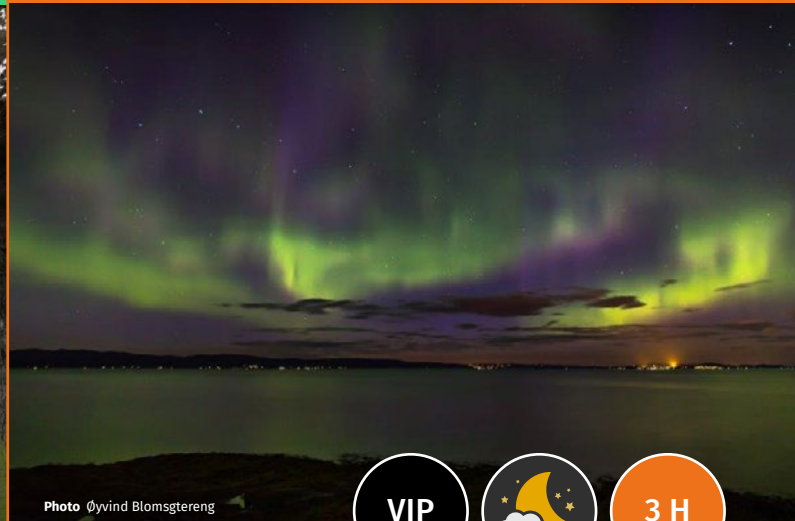


Photo: Øyvind Blomsgtereng

VIP



3 H



Photo: Marius Rua, Buckethaus



8 H



Photo: Erik Børseth



2 H

TOUR 45 TECHNOLOGY IN TRONDHEIM

Join us on a science journey from an electric locomotive from 1908 through Cray X-MP computers to Bluetooth technology in modern cell phones, and find out how it's connected to Trondheim. Listen to a recap of developments we now take for granted, and how local scientists put their efforts into good use when it comes to the weather forecast, race cars, oil rigs, or toys - just to name a few.

DESCRIPTION

The tour starts with a coach ride from the ship. After arriving to the main campus, the tour continues on foot. You'll learn about the history and hear about the institutions that lead to Norway's largest university, about student life, and, of course, technological milestones and curiosities.

FIGURES & FACTS

Duration: 2 hours

Capacity: 20 pax per guide, parallel groups possible

Season: all year

Note: The walking part of the tour is around 1 km (0.6 miles). Dress according to weather conditions.

KNOWN EXTENSION

- Add a highlights-sightseeing tour or a museum visit (+1h)

CONTACT

Trondheim Guide Service & Sykkelguide

post@trondheimguideservice.no | Tel: +47 45 25 35 60
www.trondheimguideservice.no

TOUR 46 HUNT THE NORTHERN LIGHTS

Enjoy the tranquility of a northern night! Spectacular green lights dancing in the sky are a good reason to stay up late and dress for the cold. At latitude 63° you might very well be able to see the Northern lights. This natural phenomenon can be explained, yet it keeps us amazed whenever we get a chance to see it.

DESCRIPTION

You will be picked up and driven to a location outside the city center, from where you have a good chance to observe Aurora Borealis, depending on conditions. Depending on the chosen supplier and tour duration (3–6 hours), you will be taken to the areas in the region with the best chances of seeing the Northern Lights, based on the weather conditions.

FIGURES & FACTS

Duration: 3 hours

Capacity: min 3 pax, max 15 pax

Season: September–April

Note: Not wheelchair accessible. Depends on weather conditions. Dress in warm clothes. Bring your own camera. Extra charger/power bank and tripod is advisable.

Included: a warm drink and local snacks, seat pads

CONTACT

Trondheim Guide Service & Sykkelguide

post@trondheimguideservice.no | Tel: +47 45 25 35 60
www.trondheimguideservice.no

Trondheim By Boat | info@trondheimbyboat.com

Tel: +47 46 29 54 02 | www.trondheimbyboat.com

TOUR 47 WINTER WONDERLAND IN RØROS

Røros is a historic mining town which is most charming in wintertime. Snowy roads invite you to kick-sleigh through town.

DESCRIPTION

The tour takes you by train from Trondheim main station to the scenic landscape of Trøndelag to the UNESCO mining town of Røros. A guide will take you on a historical tour through the enchanting wooden town, where you will stop and visit Røros church and the historical smelter. From there sleighs with horses will pick you up to bring you to Røros Hotel. Here, you will be treated to a divine lunch consisting of local produce. You will have the chance to try a traditional kick-sleigh, a popular way for locals to get around in wintertime. The coach takes you back to Trondheim stopping at Gaula natural center. The center contains a great exhibition about life and wildlife in and along Gaula with over 60 different game species on display. The tour may operate in reverse order.

FIGURES & FACTS

Duration: 8 hours

Capacity: max 40 pax per group

Season: November–March

Note: weather permitting, wear weather appropriate clothes (Røros can have extreme temperatures).

Included: lunch at Røros Hotel, comfort stops available

CONTACT

Rørosmuseet | roroseet.post@mist.no

Tel: +47 72 40 61 70 | www.roroseet.no

Gaula Natursenter | gaula@gaula.no

Tel: +47 72 43 10 65 | www.gaula.no

Røros Hotel | post@roroshotell.no

Tel: +47 72 40 80 00 | www.roroshotell.no

Røros Kjørelag | roros.kjorelag@roros.net | Tel: +47 92 01 26 47

SJ Norge | gruppereiser@sj.no | www.sj.no

TOUR 48 TRAVELLING THROUGH TIME

A visit to the Folk Museum takes you back in time as far back as the 10th century. The artifacts and objects that people have surrounded themselves with throughout the times are not simply a testament to the evolution of technology, but expressions of people's thoughts, opinions, and way of life. During this guided tour we visit both outdoor- and indoor exhibitions.

DESCRIPTION

Join our guided tour to the Old City and also our indoor exhibitions. In the urban section, you will experience images of life and exciting interiors from Trondheim's fascinating history in the old city, from the 18th century to the present day. The indoor exhibition is called Images of Life, which chronicles everyday life in this region for the last 150 years. The exhibition is based on the museum's collection of artifacts, and focuses on the circle of life - childhood, youth, adult life and old age. The visit will evoke feelings and reflection

FIGURES & FACTS

Duration: 2 hours

Capacity: min 15 pax – max 30 pax per group

Season: September – May. Mondays closed.

Note: Sverresborg has some steep hills, good shoes are recommended.

KNOWN EXTENSION

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

CONTACT

Sverresborg Trøndelag Folkemuseum

sverresborg.booking@mist.no | Tel: +47 73 89 01 00
www.sverresborg.no



Photo Trondheim Kajakk

VIP

3.5 H

TOUR 49 RECREATIONAL KAYAK TOUR WITH SAUNA

Healthy & refreshing – take a dip in the Trondheim Fjord after a kayak trip! Paddle along the Nidelv River to a floating sauna rounding up the experience.

DESCRIPTION

This perfect recreational tour takes you to Tempe where we start after a short safety briefing on an easy kayak tour downstream Nidelv River. We are paddling past Trondheims beautiful historical waterfront and may teach some easy paddling techniques on the way. We will head towards Nyhavnas new floating sauna. With the backdrop of Lade hill and the remnants of WW2 - Dora bunker a new suburb of Trondheim is in the making. The new sauna offers heated changing facilities and showers. Relax and reboot your body and take a dip in the Trondheim Fjord like many Norwegians do daily. You will receive a certificate for dipping, stating the temperature of the water. This tour is beginner friendly.

FIGURES & FACTS

Duration: 3.5 hours
Capacity: max 60 pax per group (sauna: max 60 pax)
Season: all year
Note: Not recommended for people with heart issues. Normal physical condition is required. Bring your own swimsuit and towel.
Included: Double sea-kayaks for beginners, single for advanced, dry suit, certificate of dipping

KNOWN EXTENSION

- Add refreshments and snacks (+30 min)
Can be offered all year

CONTACT

Trondheim Kajakk | info@trondheimkajakk.no
Tel: +47 48 33 83 18 | www.trondheimkajakk.no



Photo Trondheim Kajakk

VIP

3 H

TOUR 50 ON SNOWSHOES IN BYMARKA

This guided snowshoe hike through Bymarka, a snowy nature reserve in the hills above Trondheim, includes scenic stops, snacks and warmth around a campfire overlooking the fjord.

DESCRIPTION

Enjoy a guided snowshoe tour through Trondheim's winter wonderland! The coach takes you to Bymarka's forests, where you'll explore the trails and nature at a slow pace with plenty of breaks and photo spots. The beginner-friendly route includes some uphill sections to reach a scenic viewpoint, where you'll enjoy a cozy campfire break with a warm drink. Along the way, your guide will share stories about the area's history, making it a perfect introduction to snowshoeing and Norwegian winter landscapes.

FIGURES & FACTS

Duration: 3 hours
Capacity: min 4 pax, max 20 pax per supplier, 2 groups
Season: weather permitting, typically December – March
Note: Clothing according to weather conditions, sturdy and warm footwear. Route will be adjusted to snow conditions.
Included: Snowshoes and poles

KNOWN EXTENSION

- Exchange coach with the scenic Gråkallbanen, the world's northernmost tram line (+60 min)

CONTACT

Trondheim Kajakk | info@trondheimkajakk.no
Tel: +47 48 33 83 18 | www.trondheimkajakk.no
Trondheim Guide Service | post@trondheimguideservice.no
Tel: +47 94 43 68 13 | www.trondheimguideservice.com



level of difficulty: 2



Photo Will Lee-Wright

VIP

2 H

TOUR 51 SOUNDTRACKS - THE INSTRUMENT GALLERY AT RINGVE

Welcome to a musical experience at Ringve Music Museum in winter season!

DESCRIPTION

This unique museum owns a collection of over 2000 instruments from all over the world and is seated on an old country estate just outside Trondheim's city centre.

Come and explore Ringve's new instrument exhibition which shows the different ways musical instruments affect our lives, both in everyday life and great celebrations, and also in life's big and small moments. You may explore what a musical instrument really is, and why they look and sound the way they do. The guide will demonstrate examples of instruments from all over the world and of course the Norwegian sither, Langeleiken.

FIGURES & FACTS

Duration: 2 hours
Capacity: min 15 pax, max 100 pax
Season: November – February
Note: wheelchair accessible

KNOWN EXTENSION

- Add a mini concert in the concert hall (+30 min)
- Add sparkling wine reception to the concert

CONTACT

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

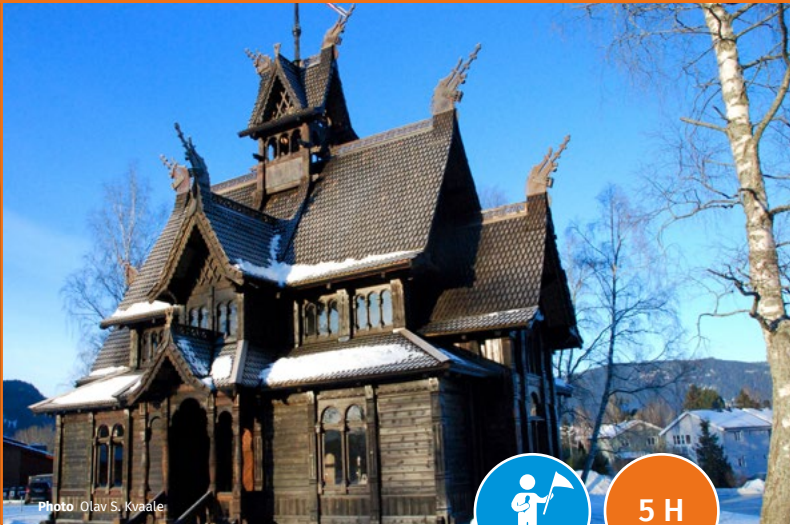


Photo Olav S. Kvaale

VIP

5 H

TOUR 52 NORWAY BUILDING AND COPPER MINE

Visit the Thams pavilion also known as "The Norway building" and Løkken, an underground pyrite mine which contained the largest deposits of its kind in Norway.

DESCRIPTION

The coach takes you from Trondheim to the copper mine at Løkken. During your visit you'll learn about its activity from 1654 to 1987 on a route through corridors and large caverns. We'll also stop at the Thamshavn Railway Museum connecting the mine to Orkanger. There you'll visit the charming Thams pavilion. It has the appearance of a stave church, though it is not. Built to represent Norway in the World Exhibition in Chicago in 1890 it returned to Norway in 2017. Right across lies the picturesque Bårdshaug manor. It was the home of Thams, who built the house in different styles. You'll return to Trondheim on a scenic route.

FIGURES & FACTS

Duration: 5 hours
Capacity: max 45 pax per group
Season: winter season
Note: uneven terrain with gradual slopes, approx. 800 meters with 12 stairs, poncho recommended, not wheelchair accessible
Included: helmet, comfort stops available

KNOWN EXTENSION

- Add lunch at Bårdshaug Manor (+45 min)
- Add exhibition about first electrical train at Orkla Industry Museum

CONTACT

Bårdshaug Herregård | post@baardshaug.no
Tel: +47 72 47 99 00 | www.baardshaug.no
Orkla Industrimuseum | oi.post@mist.no
Tel: +47 72 49 91 00 | oi.no



Photo Åre Foto Crazy Coyote

VIP

6 H

TOUR 53 SUPERCAR ICE EXPERIENCE

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 50 pax

Season: January–March

Note: need drivers licence

CONTACT

Crazy Coyote Events | post@crazycoyote.no

Tel: +47 73 51 15 88 | www.crazycoyote.no



Photo Norway Husky Adventure



6 H

TOUR 54 DOG SLEDDING ADVENTURE

Get ready for a one of a kind outdoor activity in beautiful scenery with cuddly dogs.

DESCRIPTION

This tour takes us away from the lively city of Trondheim and towards the Swedish border to Kopperå. A scenic bus drive of about 75 min will take you past rural Trøndelag. Arriving at our camp, you will receive instructions on how to ride a dog sled. Afterwards you may assist with preparing the husky teams. Two persons will share one sleigh, one being the driver and one as passenger. Swapping midway will be possible. The guide will escort the group sledding through the beautiful winter landscape. You will have time to relax by the bonfire with coffee and traditional Norwegian baked goods. Alternatively, the tour operates in reverse order starting with the bonfire.

FIGURES & FACTS

Duration: 6 hours

Capacity: min 4 pax, max 40 pax, children minimum 6 years

Season: December to April

Note: Wear weather appropriate clothes, recommended are wool cloths close to the body, fleece/wool mid layer and thermo water/windproof outer layer. High winter boots, hat and cap.

KNOWN EXTENSION

- You can operate the tour with mushers, min. 4, max 18 pax.

CONTACT

Norway Husky Adventure | post@huskyadventure.no

Tel: +47 47 37 05 58 | www.huskyadventure.no



level of difficulty: 2



Photo Anne Valvatne

VIP

1.5 H

TOUR 55 FLOATING SAUNA AND AUGUSS

Experience the Nordic Aufguss ritual in a floating sauna – warmth, aroma, and birch whisks, with a refreshing fjord dip to complete your sensory journey.

DESCRIPTION

Let yourself be captivated by a unique Nordic sauna ceremony in our elegant floating sauna, where warmth, scent, and rhythm come together in perfect harmony.

Over 75 minutes, you'll experience a 10–12 minute Aufguss ceremony, guided by an expert sauna master using essential oils, ice balls, handpicked music, and precise towel techniques. Fresh birches – a timeless Nordic tradition – enhance the ritual, stimulating the skin and awakening the senses. The ceremony is followed by a refreshing dip in the sea or a cold shower, before you return to the comforting warmth, aromas, and tranquility of the sauna.

This is more than just a sauna session – it's an artistic and invigorating journey into Scandinavian wellness, set against the stunning fjord landscapes of Trondheim.

FIGURES & FACTS

Duration: 1.5 hours

Capacity: 12 pax per sauna, max 24 pax

Season: all year

Note: Offered in English only

CONTACT

Trondheim Kajakk | info@trondheimkajakk.no

Tel: +47 48 33 83 18 | www.trondheimkajakk.no



Photo Trondheim by Boat

VIP

3 H

TOUR 56 FROSTY TRAILS: YOUR QUICK WINTER GETAWAY

Experience dog sledding and snowshoeing just outside Trondheim in Bymarka with a local musher. Enjoy a cozy lavvu break, and hear stories about the Sámi and Kven people on this soft winter adventure. Beginner-friendly and suited for families!

DESCRIPTION

Given the right conditions we welcome the group in snowy Bymarka, just a short bus ride from the main cruise quay. Participants can try snowshoeing on an easy path while they take turns on a dog sled driven by a local musher. Close by, a cozy lavvu serves as a warm plac for storytelling after this short and sweet winter adventure.

FIGURES & FACTS

Duration: 3 hours

Capacity: min 3 pax, max 15 pax, children minimum 6 years

Season: min 3 pax, max 15 pax, children minimum 6 years

Note: Wear warm, layered clothing: a wool base layer, fleece or wool mid-layer, and a waterproof and windproof outer layer. Sturdy winter boots, a hat, and gloves are essential.

KNOWN EXTENSION

- Add tour 55

CONTACT

Trondheim By Boat | info@trondheimbyboat.com

Tel: +47 46 29 54 02 | www.trondheimbyboat.com



level of difficulty: 1

SUPPLIERS

MOORING

Trondheim Boatman
rodney@trondheimboatman.no
Tel: +47 93 85 64 52

GUIDE SERVICES

Møre og Trøndelag Guideservice
post@moereguideservice.com
Tel: +47 45 29 98 67
www.moereguideservice.com

Trondheim Guide Service
post@trondheimguideservice.no
Tel: +47 45 25 35 60
www.trondheimguideservice.no

Vega Travel Group
post@vegatravelgroup.no
Tel: +47 73 95 10 15
www.vegatravelgroup.no

MUSEUMS AND ATTRACTIONS

Museet Kystens Arv
kystensarv.post@mist.no
Tel: +47 73 85 55 60
www.kystensarv.no

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

NTNU University Museum
kontakt@vm.ntnu.no
Tel: +47 73 59 21 60
www.ntnu.edu/museum

Orkla Industrimuseum
oi.post@mist.no
Tel: +47 72 49 91 00
www.oi.no

Ringve Musikmuseum
ringve.post@mist.no
Tel: +47 73 87 02 80
www.ringve.no

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

Rustkammeret
rustkammeret@mil.no
Tel: +47 40 02 26 11
www.forsvaretsmuseer.no

Rørosmuseum
rorosmuseum.post@mist.no
Tel: +47 72 40 61 70
www.rorosmuseum.no

SeeSalmon
seesalmon@salmar.no
+ 47 91 30 80 80
www.salmarcenter.no/seesalmon

Stiftsgården
nkim.omvisningsleder@mist.no
Tel: +47 73 80 89 50
www.nkim.no/en/stiftsgarden

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

Trondheim Kunstmuseum
tkm.formidling@mist.no
Tel: +47 73 53 81 80
www.trondheimkunstmuseum.no

Trondhem Sjøfartsmuseum
sverresborg.sjofartsmuseet@mist.no
Tel: +47 73 52 89 75
www.trondheimsjofart.no

EVENTS

Julemarkedet (annually in December)
www.julemarkedet-trondheim.no

Olavsfestdagene (annually in July/August)
https://www.olavsfest.no/en

ACTIVITIES

Crazy Coyote Events
post@crazycoyote.no
Tel: +47 73 51 15 88
www.crazycoyote.no

Norway Husky Adventure
post@huskyadventure.no
Tel: +47 47 37 05 58
www.huskyadventure.no

Trondheim Bike Adventure
post@trondheimbikeadventures.com
Tel: +47 40 88 70 27
www.trondheimbikeadventures.com

Trondheim By Boat
info@trondheimbyboat.com
Tel: +47 462 95 402
www.trondheimbyboat.com

Trondheim City Tours
info@trondheimcitytours.com
Tel: +47 41 11 29 42
www.trondheimcitytours.com

Trondheim Kajakk
info@trondheimkajakk.no
Tel: +47 48 33 83 18
www.trondheimkajakk.no

Trondheim Sykkelguide
post@trondheimguideservice.no
Tel: +47 94 43 68 13
www.trondheimguideservice.com

Trønderhopp
havard.lie@tronderhopp.no
Tel: +47 98 28 24 10
www.tronderhopp.no

Visit Bjørn
bjorn@visitbjorn.com
Tel: +47 915 21 915
www.visitbjorn.com

Visit Fosen
post@visitfosen.no
Tel: +47 91 78 21 45
www.fosenregionen.no/visitfosen

TRANSPORTATION

Boreal Travel AS Midt Norge
tur@boreal.no
Tel: +47 51 59 90 60
www.boreal.no

Trøndertaxi
bjarne.farbu@trondertaxi.no
Tel: +47 92 48 52 60
www.trondertaxi.no

RESTAURANTER

Krambua
post@krambua.no
+47 904 81 688
www.krambuatrandheim.no

Matigruppen
post@mati.no
Tel: +47 47 27 66 80
www.mati.no

TRONDHEIM

BY NIGHT



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Authentic Experience: Immerse yourself in genuine Norwegian hospitality and culinary tradition.
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Krambua Trondheim
Krambugata 12–14
+47 904 81 688
www.krambua.no



TRONDHEIM

- 1 Nidaros Cathedral
- 2 Archbishop's Palace
The Armoury &
Resistance Museum
The Crown Regalia
- 3 The Royal Residence
- 4 Our Lady's Church
- 5 Museum of Fine Arts
- 6 Museum of Decorative Arts
- 7 Museum of Natural History and Archaeology
- 8 Trondheim Maritime Museum
- 9 Kristiansten Fortress
- 10 Sverresborg
- 11 Trondelag Folk Museum
- 12 Boat to Munkholmen island
- 13 Public Library and Church Ruins
- 14 Old Town Bridge
- 15 The Wharves
- 16 Granåsen ski area
- 17 The Hospital Church
- 18 Ringve Music Museum
- 19 Ringve Botanical Garden
- 20 Kunsthall Trondheim
- 21 Trondelag Theater
- 22 Trondheim Spektrum
- 23 Tyholt Tower
- 24 NTNU
- 25 St. Olavs Cathedral
- 26 Norwegian Museum of Deaf History and Culture
- 27 The Church under the Street
- 28 KUK - Kjøpmannsgata Ung Kunst
- 29 Munkholmen island
- 30 Trondelag Centre for Contemporary Art
- 31 Student Society - Samfundet
- 32 Trondheim Art Society
- 33 Cinema - Trondheim Kino
- 34 Synagogue - Jewish Museum
- 35 Trondheim Science Center
- 36 The Norwegian National Museum of Justice
- 37 Trondheim Tramway Museum
- 38 Rockheim, museum of popular music
- 39 Bicycle lift, "Trampe"
- 40 Tramway, "Gråkallbanen"
- 41 Polmo - museum for modern and contemporary art
- 42 Nye Hjorten Teater

LEGEND

- Public toilet
- Quay
- Passenger ferry
- railway station
- Taxi rank
- Tramway
- Indoor swimming pool
- Open air swimming
- Kayak rental - self pickup-point
- Public library
- Letter box
- Police

SIGHTSEEING-ROUTES

- Basic route (5 km = ca. 2h.)
- Leisure route, cycling (11 km.)
- Route from Ila (2 km. one way)
- Ladies' hiking trail (small map)
- Shopping and restaurants
- Old and picturesque wooden buildings
- Other important buildings
- Hop-on-Hop-off, bus-stops
- Announcements/Advertisers

Polit/Police: 73 89 90 90
St. Olavs Hospital: 72 57 30 00
Nødnummer/Emergency: 113

