

FRØYA & HITRA



CRUISE EXCURSIONS

VALID FROM 2026

TRØNDELAG



Photo Stian Vatn



Photo Per Erik Jæger, trondelag.com



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
Mailing Address	Maria Kühnl Undheim kuehnl@trondheimhavn.no trondheimhavn.no
Contact person	
E-mail	
Internet	

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
Shore power	2x350A, 690/400 V, 50/60Hz, 784kVA
Tugboats	Yes, if ordered
Anchorage*	Yes
Pilot	Channel: 16
Emergency (Floro Radio)	Channel: 16
Medical emergency	113
Norwegian charts	41
Tidal range	Between 1–2 m
ISPS approved	Yes
Designated quays for cruise ships	No
Ship tenders allowed	Yes
Beam / 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



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
Mailing address	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

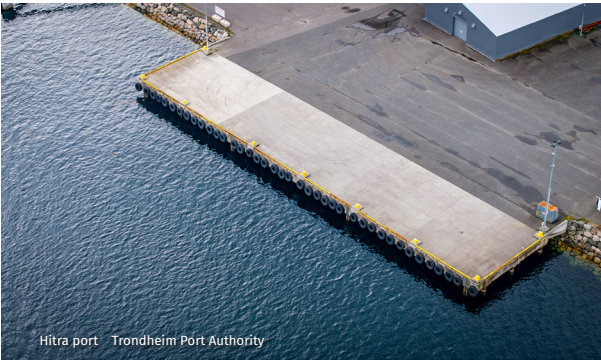
DESTINATION FACILITIES

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



LOCAL EXCURSION CONTACT

Explore Hitra
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+47 902 60 453



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



Photo: Havard Dyre

Photo: Marcin



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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

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 Parelus 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:** 3 hours

● **Duration from Hitra:** 3 hours

Capacity: min 20 pax, max 120 pax

Season: all year

Note: partly wheelchair accessible

KNOWN EXTENSIONS

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

CONTACT

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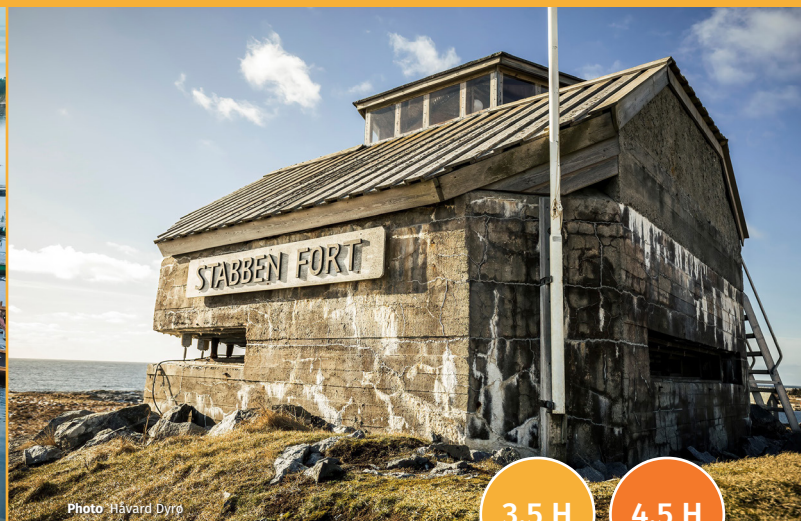


Photo Håvard Dyrø

3.5 H

4.5 H

FROM FRØYA

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

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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

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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 Explore Hitra

5 H
FROM FRØYA

6 H
FROM HITRA

TOUR 5 CRUISE WITH MS FRØYFART

Cruise with MS Frøyfart to the islands of Sula, Bogøya and Mausundvær, and enjoy a scenic journey through Frøya's outer archipelago.

DESCRIPTION

Your journey begins right next to the port as MS Frøyfart takes you out through Frøya's coastal waters toward the small island communities offshore. The first stop is Sula, where local guides welcome you and show you the lighthouse, how they live on the island, and sweeping views of the archipelago. From there, you continue to Bogøya to enjoy what locals proudly call the world's best fish & chips and visit the old country store. The cruise then sails past Mausundvær, offering a glimpse of daily life in these remote island communities and the raw, beautiful nature of the open sea.

FIGURES & FACTS

● **Duration from Frøya:** 5 hours

● **Duration from Hitra:** 6 hours

Capacity: max 92 in summer, max 72 in winter

Season: all year

Included: lunch

Note: 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



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



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 (+1h)

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Photo Nes Vindfang AS



VIP

3 H



Photo Kystmuseet

5.5 H

4 H

FROM FRØYA

FROM HITRA

TOUR 9 COASTAL SAILING IN FIVE PIPE BOATS

Sail along Hitra's coast in traditional five pipe voats and experience nature and wildlife close up.

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 Dolmøy. The route takes you between islands and sheltered waters where locals have lived and probably sailed for 10 000 years. You may spot sea eagles, seabirds and other forms of wildlife. The tour offers a simple, calm and authentic way to experience Hitra from the sea.

FIGURES & FACTS

● **Duration from Frøya:** 3 hours

● **Duration from Hitra:** 3 hours

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

Season: May–September

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

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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

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Photo Bryggeriet Frøya



3 H

FROM FRØYA

3 H

FROM HITRA



Photo Vindfang

3.5 H

TOUR 11 GRAZING TABLE

Local food including cheeses, smoked salmon and cured meats, is laid out on a generous grazing table, ready for guests to taste, explore, and enjoy.

DESCRIPTION

The grazing table is beautifully arranged with local flavours, featuring cheeses, smoked salmon, cured meats, honey, vegetables, spices, and fresh seafood. Everything is delicately presented for guests to explore at their own pace, creating a fun and interactive tasting experience. The excursion takes place at Dalpro, a working farm known for producing deer and Old Norwegian sheep, and, along with other local producers, recognised with awards for its high-quality products. Surrounded by authentic coastal farmland, guests are invited to discover the region's ingredients in a relaxed and engaging way, gaining a true taste of Hitra and Frøya's culinary traditions.

FIGURES & FACTS

● **Duration from Frøya:** 3 hours

● **Duration from Hitra:** 3 hours

Capacity: min 10 pax, max 200 pax

Season: all year

Note: wheelchair accessible

KNOWN EXTENSION

- Add tasting of local beer
- Move it to other locations and combine with other excursions

CONTACT

Explore Hitra | post@explorehitra.no

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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@explorehitra.no

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Photo: YooF

2.5 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. There you'll step into the iron age longhouse from the 5th century. Your local guide will walk you through Hitra's early history, from stone age hunters to iron age farmers. Then, you can take part of the fun and slightly demanding “iron age games”, an enjoyable hands-on dive into history.

FIGURES & FACTS

● **Duration from Frøya:** 2.5 hours

● **Duration from Hitra:** 2.5 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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