



TRONDHEIM

EXPLORE
TRØNDELAG

ACTIVITY DAY



Welcome to Trøndelag & Trondheim

Experience a day filled with diverse tours, activities and adventures that's perfect for everyone!

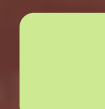
To ensure the best possible experience, a guide or dedicated host will accompany each tour. All transportation is arranged and free of charge.

Keep in mind that space is limited for each tour, so it's first come, first served!

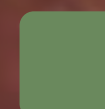
Tours with this specific symbol



are accessible for wheelchair users, however also subject to weather conditions.



are suitable for people of all ages who have a basic condition.



are easy to moderate tours and require some effort.

WHAT TO WEAR

Prepare for the unexpected in Trøndelag & Trondheim

In Norway, we live by the saying: “There is no such thing as bad weather, only bad clothes”. Check out our list of essentials to bring along for an even better experience up here in the North!

Experiencing the Contrasts of Trondheim's April Weather

In Trondheim, April can be both chilly and welcoming. From snow to rain, wind to sunshine, and icy to clear roads, the weather can change in a flash. During sunny days, temperatures can range from 5-10 degrees with 15-hours of daylight. On colder days, it's important to wear the right clothing to stay warm in both rain, snow, and sub-zero temperatures. Go by the 3-layers rule: with an outer, water resistant shell jacket (and pants), an inner fleece jacket and a woolen base layer.

Your packing list

- Woolen and/or thermal underwear for the upper and lower body
- Woolen socks, a warm beanie covering your ears, warm gloves, thick scarf
- Rainwear and rainboots/boots
- Warm, waterproof winter boots (this is a must for some of the tours)
- A wind- and waterproof warm outer layer;
 - Ski pants or something else to wear on your lower half when staying outside for a longer period
 - A warm winter jacket that covers your lower parts

For more information, check out this article:





















[Life in Norway - Trondheim in the winter](#)

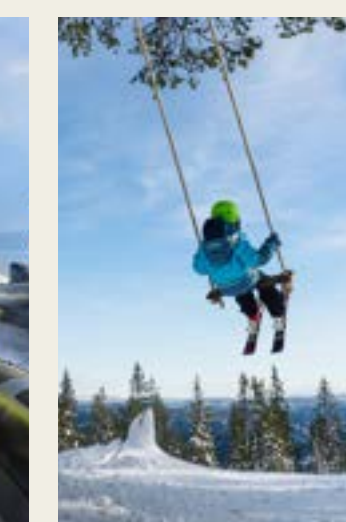


THE ACTIVITIES

An overview

Min. and max. nr. of participants:

- | | | |
|---|---|-------------|
| 1. Classic Trondheim kayak trip |  | 1. 4 / 40 |
| 2. Trondheim by boat - the river and the fjord |  | 2. 12 / 24 |
| 3. Urban skiing - Vassfjellet winter park |  | 3. 10 / 50 |
| 4. A Tautra adventure - rib boat excursion |  | 4. 6 / 36 |
| 5. A Pilgrim tour - an easy scenic hike |  | 5. 3 / 15 |
| 6. Guided fjord hike - hidden gems along the Trondheim's fjord |  | 6. 5 / 20 |
| 7. Bymarka nature reserve - explore the nature of Trondheim |  | 7. 5 / 10 |
| 8. Historical Trondheim - a guided city walk |  | 8. 5 / 20 |
| 9. Trondheim unveiled - panoramas, paddles, pints and sauna |  | 9. 4 / 40 |
| 10. Home of the Trolls - the world's only research station for Trolls |  | 10. 10 / 20 |
| 11. Explore Røros city - an unesco world heritage site |  | 11. 10 / 20 |
| 12. Olav's mine - a guided tour |  | 12. 10 / 20 |
| 13. Flavors of Røros - food safari |  | 13. 10 / 20 |
| 14. Dog sledding - in the mountains of Røros |  | 14. 10 / 30 |
| 15. Musk ox safari - in Dovrefjell national park |  | 15. 10 / 20 |
| 16. Oppdal Ski Center - a massive skiing playground |  | 16. 10 / 20 |
| 17. Foodie along Route 26 - a taste of Trøndelag's countryside |  | 17. 10 / 30 |
| 18. Hitra's world class sea food - with a historical touch |  | 18. 5 / 24 |
| 19. The Vikings from Trøndelag - Stiklestad national cultural center |  | 19. 10 / 40 |
| 20. Golden Road - award-winning flavors and cultural wonders |  | 20. 10 / 20 |



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TRONDHEIM

HALF DAY

trondheimkajakk.no/en



CLASSIC KAYAK TRIP

THROUGH TRONDHEIM CITY

HIGHLIGHTS

Explore Trondheim's rich history from a unique perspective on an urban kayak trip along the Nidelva river. Glide beneath ancient bridges, admire historic landmarks, and soak in the city's vibrant atmosphere. This adventure promises a perfect blend of culture and nature, offering a fresh and immersive experience in the heart of Trondheim.

Product fits: FIT's and groups

Category: Sightseeing / Soft Adventure

Level: Easy to moderate (you will need to paddle 8 km distance down the river)
No prior paddle experience needed

Dress code: Waterproof pants and jackets are recommended, gloves, beanie and light shoes or rubber boots

Organizer: Trondheim Kajakk

Included: Life jacket, dry bags (waterproof) and drysuits

Min./Max.: 4 / 40

Meeting time and place: 13:15
Radisson BLU Royal Garden Hotel
Duration: 13:30 - 15:30



Emark on an unforgettable journey through the heart of Trondheim

Are you ready to hop on an unforgettable journey through the heart of Trondheim? Discover the enchanting beauty of this historic city from a unique perspective as you paddle down its pristine river Nid.

Paddling in Trondheim is more than an activity – it's an escape, an exploration, and a chance to connect with nature and culture. Whether you're a solo traveler, a couple seeking romance, or a family in search of adventure, paddling down Trondheim's rivers promises a perfect day out for everyone. Glide by colorful old warehouses, the medieval Nidaros Cathedral, and the formidable Kristiansten Fortress, immersing yourself in the rich history and picturesque landscapes.

It's easy to imagine yourself paddling through the past as we glide by colourful old warehouses, medieval Nidaros Cathedral and the formidable Kristiansten Fortress

We also explore the river's channel near the harbour and see sights hidden from the usual hiker. Trondheim is waiting to be discovered, one paddle stroke at a time. Whether you're a seasoned paddler or a novice, it's an activity that can be enjoyed by people of all skill levels and ages.

Additional information

Led by experienced instructors, our tour begins with a brief introduction to paddling and safety. Whether you choose a stable double or single kayak, no prior experience is required!

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TRONDHEIM



HALF DAY

<https://www.trondheimbyboat.com/english>

TRONDHEIM BY BOAT

THE RIVER & THE FJORD

HIGHLIGHTS

Welcome aboard on our traditional wooden boats "Frøya" and "Himinglæva" which are built in the UNESCO recognized clinker style! Sailed by a team of passionate local captains and guides, we will take you on an unforgettable journey on the river Nidelva and the Fjord of Trondheim.

Product fits: FIT's and groups

Category: Sightseeing / Soft Adventure

Level: Easy

Dress code: Waterproof pants and jackets are recommended, gloves, beanie and light shoes or rubber boots

Organizer: Trondheim by Boat

Included: Life jacket, ponchos and warm blankets. Lunch.

Min./Max.: 12 / 24



Meeting time and place: 12:45
Radisson BLU Royal Garden Hotel
Duration: 13:00 - 15:30

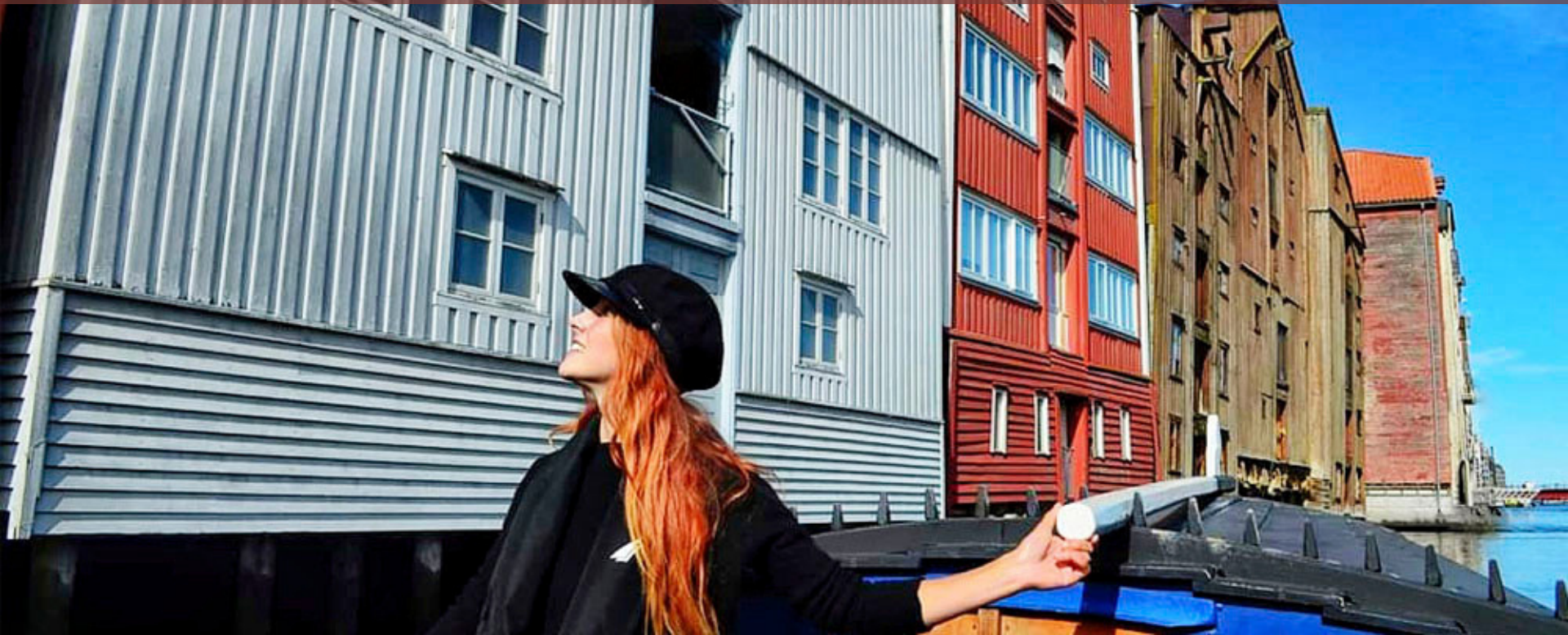


Photo: Knut Age Dahl

A tour with history and beautiful city landscapes

Join us on a scenic journey along the river Nidelva, winding through the heart of Trondheim. Highlights include the Nidaros Cathedral, the old harbor, Bryggerekka's colorful wharves, the WW2 submarine bunker DORA, and the historic city bridge.

A local guide shares tales of the town, blending old and new, revealing its rich history, culture, and people.

On the fjord, we circle Munkholmen island, enjoying the view of its fortress and the distant horizons. Experience the city from a different perspective, immersed in nature's beauty and the soothing sounds of waves and seabirds.

We end our tour at a traditional Norwegian restaurant for a lunch crafted from regional ingredients.

For registration please add

- Any food allergies
 - Disabled people need to be able to climb or lift themselves into the boat (assistance is given). Wheelchair is left on the dock.
- Be aware**



TRONDHEIM

3

VASSFJELLET

FULL DAY

www.vassfjellet.no/en/

URBAN SKIING /SNOWBOARDING

VASSFJELLET WINTER PARK

HIGHLIGHTS

Picture this: a winter wonderland playground, perfect for every type of adventurer! Just a quick 30-minute journey from Trondheim, you'll find a skiing heaven with easy-peasy slopes for newbies and gnarly off-piste runs for seasoned pros. No matter your level, this friendly terrain is calling your name!

Product fits: Moderately active outdoor and winter enthusiasts

Category: Soft Adventure

Level: All

Dress code: Outdoor ski clothing including ski jacket and pants, gloves and beanie

Organizer: Vassfjellet Vinterpark

Included: Ski or snowboard equipment, instructor or guide, ski pass and lunch

Min./Max.: 10 / 50



Meeting time and place: 09:20
Radisson BLU Royal Garden Hotel
Duration: 09:30 - 15:00



Welcome to Vassfjellet, a ski resort located just outside Trondheim city centre

Following a 30 min bus drive, your day begins in our cozy lavvu with a coffee or hot chocolate. Meet and greet our team and enjoy an introduction to our impressive playground. Vassfjellet has fostered several Olympic medalists in snowboarding and you might get to meet one of them too.

NOW it's time to hit the slopes! This tour caters to all skill levels, from beginners to experts. We offer top-notch ski or snowboard equipment and the city's finest instructors and guides, enabling you to learn, improve, or simply explore the area at your own pace.

Not into skiing? No problem, you're still welcome to join us! Enjoy a chairlift roundtrip, relax in our cozy lavvu, or bask in the Easter sun on the terrace. Fun fact: Vassfjellet offers fantastic hiking in snow-free months, with the chairlift providing easy access to the summit.

We will end the day with a local lunch in the lavvu before the buss takes you back to Trondheim.

For registration please add

- Your height, weight and shoe size
- Level of skiing/snowboarding, if instructor or guide is wanted
- Any food allergies

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TAUTRA

HALF DAY



<https://www.crazycoyote.no/this-is-crazy>

A TAUTRA ADVENTURE

RIB BOAT EXCURSION

HIGHLIGHTS

Experience the thrill of speed at 35 to 50 knots, just 50 cm above the sea. Join us on a RIB boat adventure to Tautra, featuring beer tasting at Klostergården, a visit to Tautra Maria Monastery Chapel and historic monastery ruins, all within walking distance from the harbor.

Product fits: FIT's and groups

Category: Sightseeing / Soft Adventure / Tasting

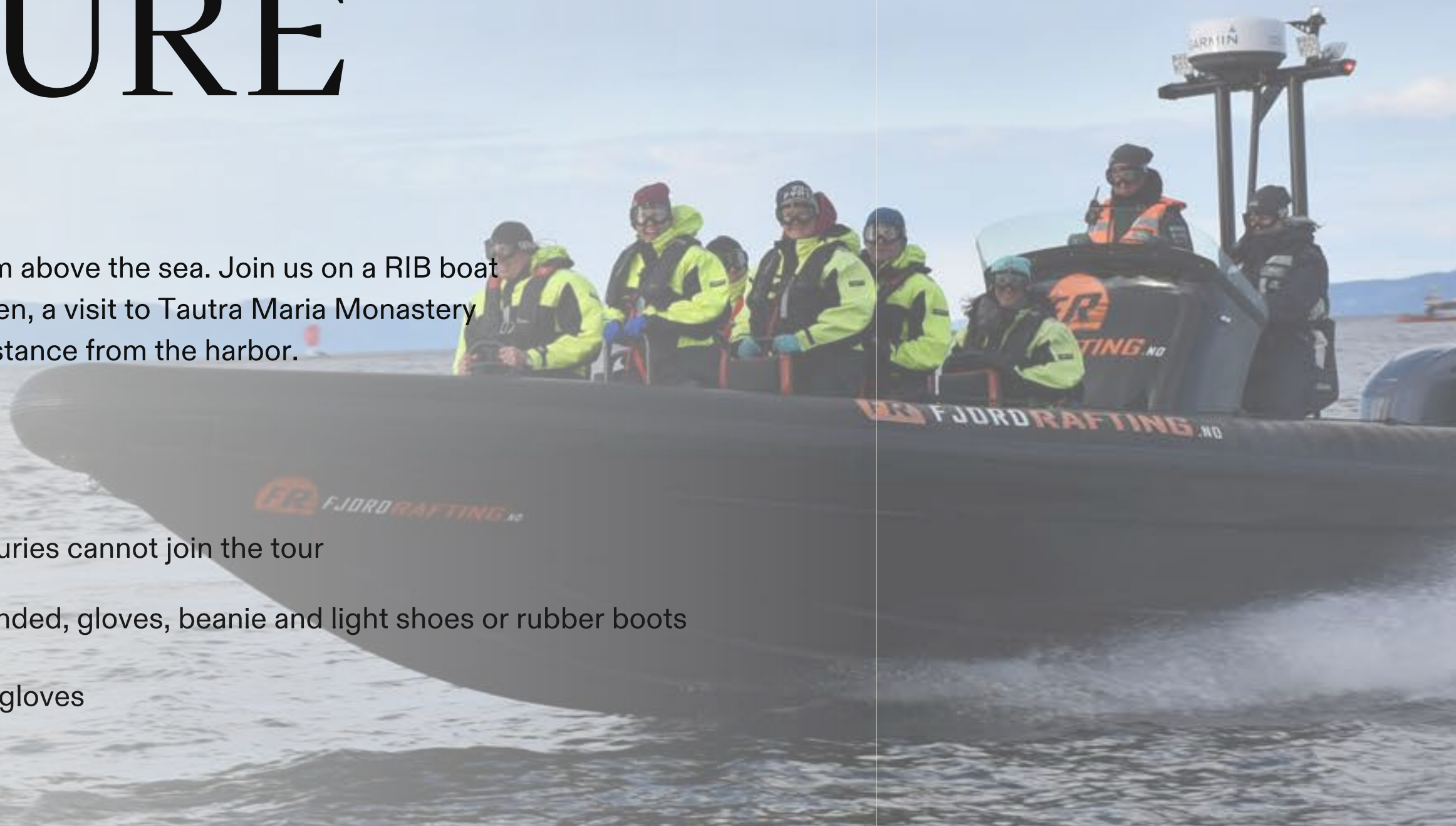
Level: Moderate - persons with back problems/injuries cannot join the tour

Dress code: Waterproof pants and jackets are recommended, gloves, beanie and light shoes or rubber boots

Organizer: Crazy Coyote

Included: Warm flotation suit, life jacket, goggles and gloves

Min./Max.: 6 / 36



Meeting time and place: 12:15
Radisson BLU Royal Garden Hotel
Duration: 12:15 - 16:00



Tautra RIB Expedition: Speed, beers and local flavors

Enjoy an exciting day out on our RIB, cruising at 35 to 50 knots, just 50 cm above the sea. Join us on a journey to Tautra, where you'll be treated to a beer tasting session of Klostergården's own brewed beer in many varieties. With about 30 types of beer on the farm, you'll get to taste five of them. Along with the beer tasting, we'll serve you several light meals made with fresh, local ingredients that pair perfectly with the beer.

Together we will visit and explore the fascinating Middle Age Monastery Ruins, which was built by the Cistercian monks in 1207 and in operation until the Reformation in 1537.

Before leaving, make sure to stop at the local outlet where you can purchase a range of homemade farm products like beer from Klostergården, cheese, spices, candy, soaps, and skin products from Tautra Mariakloster.

For registration please add

- Any food allergies

Be aware

- Persons with back problems/old injuries cannot join the tour

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TRONDHEIM

FULL DAY

<https://pilegrimsleden.no/en/>

A PILGRIM TOUR

AN EASY SCENIC HIKE

HIGHLIGHTS

This scenic hike starts with the world's northernmost tram line taking you from the city center to the city's natural reserve and hiking heaven, Lian. From these gorgeous outskirts of Trondheim, you are led through the last stretch of the Oslo-Nidaros pilgrim trail. We will pass by the open-air folk museum and its stave church, the city's viewpoint and of course the Nidaros Cathedral.

Product fits: FITs and groups, moderately active

Category: Soft Adventure / Hiking

Level: Moderate (8,5 km hike, easy terrain with occasionally steeper up- or downhill in short stretches). No prior hiking experience needed.

Dress code: Warm, water proof clothes and hiking shoes

Organizer: National Pilgrim Center

Included: Tram, lunch, entrance Sverresborg Folk Museum, guided tour Nidaros Cathedral. Bring your own backpack and water bottle.

Min./Max.: 3 / 15



Meeting time and place: 08:50
Radisson BLU Royal Garden Hotel
Duration: 09:00 - 15:00 (3 hrs of walking)



Photo: Erik Børseth



Photo: Andreas Winther

One day Pilgrim tour from Lian to Nidaros Cathedral

This guided tour starts with a charming tram ride from downtown Trondheim to Lian, a scenic recreational area on the mountainside. From Lian we walk along the pilgrim path through the beautiful forest to Sverresborg and “Sverresborg Folk Museum”, featuring over 80 traditional vintage buildings from the region. Here we will also visit a remnant from the first stave churches in Norway, made of wood covered in tar.

You are invited for lunch at a local restaurant, before we continue towards the city and Nidaros Cathedral, St. Olav’s burial church and the final destination of the St. Olav Ways.

The church is the world’s northernmost gothic cathedral. Work on the cathedral started in 1070 and was finished sometime around 1300. Since then it has lived through several fires, restorations and expansions. We finish this superb pilgrimage with a guided tour in the cathedral where you can spend some time, take in the atmosphere and simply be amazed.

For registration please add

- Any food allergies

Be aware

- The trail might be snowy, wet and slippery! Wear appropriate hiking shoes.

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TRONDHEIM

HALF DAY

<https://www.trondelagguideteam.no/en/>

GUIDED FJORD HIKE

HIDDEN GEMS ALONG THE TRONDHEIMSFJORD

HIGHLIGHTS

Discover Ladestien, a 6-kilometer scenic path along the Trondheimsfjord. From historic manor houses to war fortifications and the unique cave Polsmohulen, this trail offers a blend of nature and history. We will stop at some of the charming cafés along the route and enjoy a lunch and beautiful fjord-views at Ladekaia.

Product fits: FITs and groups

Category: Soft Adventure / Hiking

Level: Easy (6 km hike, easy terrain with occasionally steeper up- or downhill in short stretches). No prior hiking experience needed.

Dress code: Warm, water proof clothes and good walking or hiking shoes

Organizer: Trøndelag Guide Team

Included: Guided hike and lunch

Min./Max.: 5 / 20



Meeting time and place: 11:50
Radisson BLU Royal Garden Hotel
Duration: 12:00 - 15:30 (1 1/2 hrs of walking)



Discover the tranquil beauty of Trondheim's best 6-Kilometer trail

Following a brief bus ride from the city center to Rotvoll, we will together explore Ladestien, Trondheim's premier 6-kilometer fjordside trail. Winding through cherished beaches and historical landmarks, this scenic path offers a peaceful retreat along the Trondheimsfjord. Suitable for all fitness levels, Ladestien invites you to experience its tranquil beauty and uncover hidden gems like the Polsmohulen cave—an accessible WWII German bunker.

Indulge in leisurely moments at quaint cafes along your journey, fully immersing yourself in the local ambiance. Conclude your expedition at Ladekaia, where picturesque fjord views and exquisite cuisine offer a perfect opportunity for relaxation.

Ladestien isn't just a trail; it's a distinctive fusion of nature, history, and local allure, inviting both residents and visitors to relish the coastal beauty of Trondheim.

For registration please add

- Any food allergies

Be aware

- The trail might be snowy, wet and slippery! Wear appropriate hiking shoes.

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TRONDHEIM

FULL DAY

<https://www.trondheimforyou.com/> | <https://visittrondheim.no/en/activities-attractions/outdoor-adventures/lavollen/>

BYMARKA NATURE RESERVE

EXPLORE THE NATURE OF TRONDHEIM

HIGHLIGHTS

Enjoy the serenity of Norwegian Nature on this guided hike at the outskirts of Trondheim. Including a panoramic tram ride with the famous Gråkallbanen which takes us to Bymarka Nature Reserve. Nestled right at the doorstep of the city center, it offers a unique nature experience, inviting residents and visitors alike to explore its beautiful and diverse landscapes.

Product fits: FITs and groups

Category: Soft Adventure / Hiking

Level: Moderate (10 km hike, easy terrain with occasionally steeper up- or downhill in short stretches). No prior hiking experience needed.

Dress code: Warm, water proof clothes and good walking or hiking shoes.

Organizer: Trondheim for YOU

Included: Tram, guided hike and lunch and Lavollen café.
Bring your own backpack and water bottle.

Min./Max.: 5 / 10



Meeting time and place: 08:50
Radisson BLU Royal Garden Hotel
Duration: 09:00 - 15:00 (4 hrs of walking)



Photos: Maria E. Tørø



Nature's gateway: Gråkallen tram tour into Bymarka's wilderness

Let lovely Wanda from Trondheim for You take you on a brilliant guided tour, commencing with a ride on the iconic Gråkallen tram, the world's northernmost tram line. Within 20 minutes, this unique experience takes you to the outskirts of Trondheim and into the heart of Bymarka, a vast nature reserve west of the city.

Bymarka is more than just a park; it's a large area of 80 square kilometers, offering Trondheim residents and visitors a great network of paths and trails for hiking and cross-country skiing in beautiful nature partly overlooking the city and the fjord.

As the scenic route unfolds, we will pass by tranquil lakes and stunning sights. We'll discover charming cabins and farms, and enjoy a traditional Norwegian lunch, coffee and “kos” at Lavollen, an idyllic and venerable place with historical buzz.

The descent towards the city takes us along the Ilabekken trail, revealing the open view of the Trondheim Fjord and the spectacular Ila Waterfall.

For registration please add

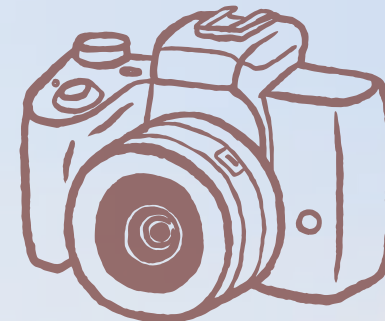
- Any food allergies

Be aware

- The trail might be snowy, wet and slippery! Wear appropriate hiking shoes and bring your own water bottle.

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TRONDHEIM



HALF DAY

<https://www.trondheimguideservice.no/en/>

<https://www.nidarosdomen.no/en>

<https://www.skydsstation.no/en/about-us>

HISTORICAL TRONDHEIM

A GUIDED CITY WALK

HIGHLIGHTS

Join a local guide on a tour of Trondheim's top attractions, including the Nidaros Cathedral, the Royal Residence, the vibrant wharves along the river, the Old Town Bridge, and the world's northernmost bicycle lift - Trampe. The city walk concludes with a lunch at Streif Bakeri & Café, Trondheim's little secret by the river Nidelven.

Product fits: FITs and groups

Category: Sightseeing

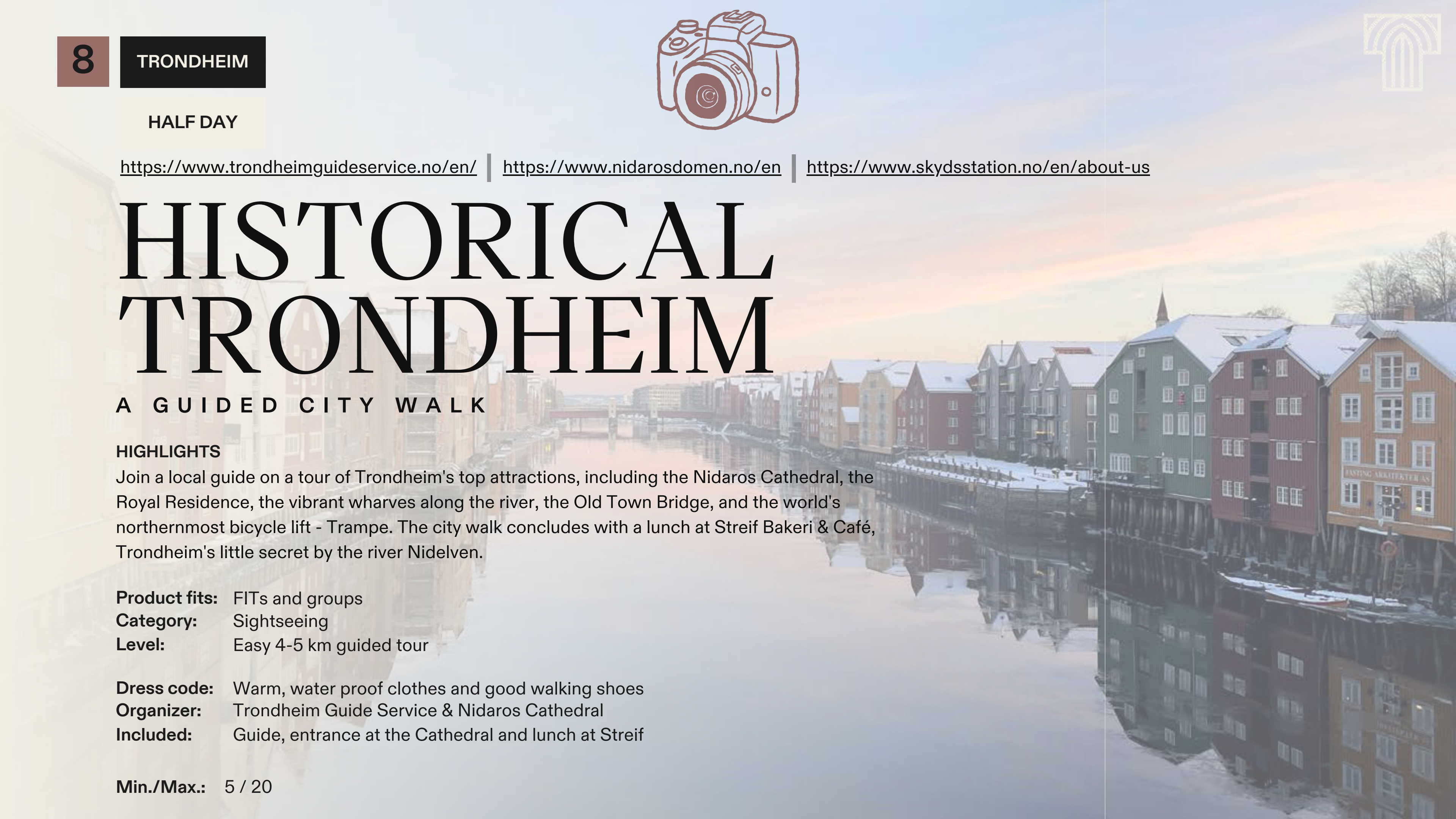
Level: Easy 4-5 km guided tour

Dress code: Warm, water proof clothes and good walking shoes

Organizer: Trondheim Guide Service & Nidaros Cathedral

Included: Guide, entrance at the Cathedral and lunch at Streif

Min./Max.: 5 / 20



Meeting time and place: 09:30
Radisson BLU Royal Garden Hotel
Duration: 09:30 - 14:00



The walkable city: Discover Trondheim's rich history

Step back in time and explore the fascinating history of Trondheim on a guided walk through the city's streets. Starting from the Middle Ages and continuing through to the present, you'll hear about the development of Trondheim and the evolution of its hi-tech industry. Follow in the footsteps of the first pilgrims who traveled to Nidaros, as the city was called whilst it was the capital of Norway.

Along the way, you'll see the Church of Lady, a stunning stone church dating back to the Middle Ages and located in the city's heart. The tour also takes you to the colorful wharves alongside the Nidelva River, a merchant hub already in the Viking age.

During our tour, we will pass by the Royal Residence, the most extensive wooden palace in Scandinavia, built in the late 18th century by Cecilie Christine Schøller, a widow and counselor. We will also visit the remarkable Nidaros Cathedral, a Gothic marvel and Norway's iconic religious landmark.

Finally, we conclude the tour at Bakeri & Café, one of the coziest cafés in Norway with a prime location by the Cathedral overlooking the Nidelven river and the colorful wharves.

For registration please add

- Any food allergies

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TRONDHEIM



FULL DAY

trondheimkajakk.no/en/ | <https://www.trondheimguideservice.no/en/>

TRONDHEIM UNVEILED

PANORAMAS, PADDLES, PINTS & SAUNA

HIGHLIGHTS

Discover a completely new perspective of Trondheim! A full day tour offering a diverse exploration of the city's history, nature, and innovative water sports: panoramic bus ride, kayak expedition down the Nidelv river, and brewery visit at EC Dahls, where you get to taste Europe's best beer. Wrap up the day with a sauna at Havet arena, and for the adventurous, dip your toes in the fjord or try e-Foiling and SUP.

Product fits: FIT's and groups

Category: Sightseeing / Soft Adventure

Level: Easy to moderate (you will need to paddle 8 km distance down the river)
*Main parts of this tour can be done by persons with reduced mobility;
Panorama bus tour, brewery tour

Dress code: Waterproof pants and jackets are recommended, gloves, beanie and light shoes or rubber boots. Swimming suit for sauna and sandals.

Organizer: Trondheim Kajakk, Trondheim Guide Service, EC Dahls Pub & Kjøkken, Havet Arena

Included: Life jacket, dry bags (waterproof) and drysuits, lunch, towels

Min./Max.: 4 / 40

Meeting time and place: 08:20
Radisson BLU Royal Garden Hotel
Duration: 08:30 - 16:00



A full day adventure in Trondheim

Join us on a captivating full-day journey in Trondheim, starting with a panoramic bus tour that unveils the city's rich history and culture. Enjoy picturesque stops at NTNU University, Utsiken viewpoint, and Kristiansten Fortress, followed by a visit to the upcoming 2025 World Champs venue at Granåsen ski center.

Transition to the heart of Trondheim for a kayak expedition down the river Nidelv, led by experienced instructors. We will uncover the city's vibrant past as we paddle by medieval wonders, colorful warehouses, and hidden gems.

After the kayaking adventure, we will explore the art and craft of brewing at EC Dahl's brewery. A guided tour of the brewing process and a varied beer tasting await us here.

Fun act: Did you know Trondheim Europe's best beer? Dahls Pils has just come out on top in the prestigious European Beer Star competition. The Trondheim brewery won gold in the International Lager category, where competition is fierce.

As the day winds down, it's time to slow down at Havet arena, featuring a traditional sauna. The brave ones can choose to go ice bathing, try e-foil or SUP on the fjord, or simply relax in the sauna, watching the adventurous spirits.

Additional information Kayak

Led by experienced instructors, our tour begins with a brief introduction to paddling and safety. Whether you choose a stable double or single kayak, no prior experience is required!

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TROLLHEIMEN

FULL DAY

<https://www.homeofthetrolls.no>

HOME OF THE TROLLS

THE WORLD'S ONLY RESEARCH STATION FOR TROLLS

HIGHLIGHTS

Join us on this unique adventure to the Home of the Trolls in Trollheimen, featuring high-tech troll detectors, delicious local cuisine in Troll tents, and a snowshoe trek through the majestic troll territory. Meet dedicated troll researchers, uncover secrets about Trollheim trolls, and wrap up the day with a feast of Trollheim-flavored "bakels" and our exclusive troll beer. Cheers to a day filled with troll encounters and natural wonders!

Product fits: Moderately active outdoor and winter enthusiasts

Category: Soft Adventure

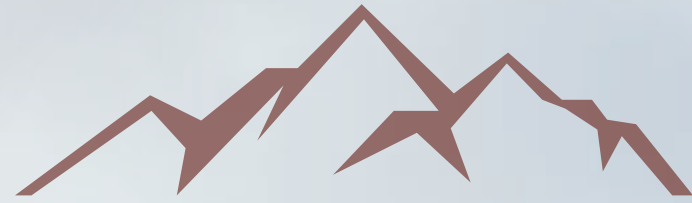
Level: Easy to moderate (you will need to walk in total about 3 km distance on snowshoes)

Dress code: Advice to wear warm clothes, gloves, a beanie, and sturdy shoes.

Organizer: iTrollheimen

Included: Troll-detector, snowshoes, ice fishing tools, lunch

Min./Max.: 10 / 20



Meeting time and place: 07:20
Radisson BLU Royal Garden Hotel
Duration: 07:20 - 16:00 (Bus drive 1:30hr)



Troll research, snowshoes, ice-fishing & campfire

Welcome to the Home of the Trolls, the world's one and only troll research station! After the bus ride, we strap on the snowshoes and head up to our winter-clad tent village. Step inside, warm up with freshly brewed campfire coffee, meet our dedicated troll researchers, and hear the secrets of the Trollheim trolls and the troll research station.

Now it's your turn to be a troll researcher! Grab a troll detector, wander around, and see if you can spot those trolls. Usually, trolls are a bit less lively in winter, but they're super curious, so with tips from our experienced troll researchers, chances are high you'll meet some trolls!

For those not into troll research, just walking on snowshoes in troll territory is an awesome nature experience. You can explore the surroundings, have a hot chocolate by the bonfire, or try your luck at ice fishing. Langvatnet has some great trout – maybe you'll have some fishing luck?

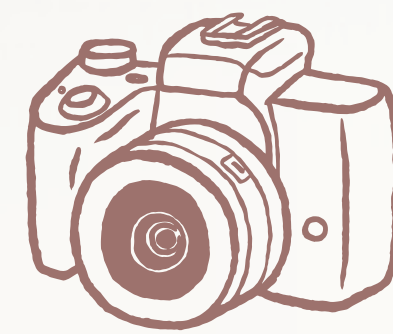
We wrap up the day with local favorites in the tent; "bakels" with Trollheim flavors, and if you're up for it, you can grab our very own troll beer. Cheers to a troll-tastic day!

For registration please add

- Any food allergies

11

RØROS



FULL DAY

<https://en.roros.no/>

EXPLORE RØROS CITY

AN UNESCO WORLD HERITAGE SITE

HIGHLIGHTS

Join a guided city walk through Røros, a UNESCO World Heritage Site, beginning with a taste of local delights from Rørosmeieriet Røros. You'll discover the charm of this heritage site, known for its craftsmen and unique shops, while the guide shows you special places where local craftsmen present their work. An ideal opportunity to find that very special gift from Norway. We end the tour with a delicious lunch of local flavours!

Product fits: FITs and small groups

Category: Sightseeing

Level: Easy

Dress code: Wear suitable warm, water- and windproof winter clothes, gloves, a beanie, and sturdy shoes

Organizer: Visit Røros & Østerdalen

Included: Guide, lunch

Min./Max.: 10 / 20

Meeting time and place: 07:00
Radisson BLU Royal Garden Hotel
Duration: 07:00 - 17:00 (Bus drive 2:00hr)



Norwegian treasures: Røros heritage tour with local tastes

Enjoy the sights of the world heritage town of Røros. The guide will take you through the capturing history of the old copper mining town while walking the old streets. The tour will end in the church, the icon of the old mining town.

Røros is known for its many craftsmen and speciality shops. Follow our guide who will take you to some of the most special places where you can get a feel for their work and maybe pick up that special gift from Norway.

The tour will include a visit to Lysgaard Pottery, Potteriet (ceramics), Røros Tweed (producers of woolen blankets) as well as some of the most special shops. The tour will be wrapped up at Rørosmeieriet, the award winning local dairy, for tastings.

For registration please add

- Any food allergies

12

Røros



FULL DAY

<https://en.roros.no/> | <https://rorosmuseet.no/en>

OLAV'S MINE ADVENTURE

A GUIDED TOUR THROUGH 300 YEARS OF MINING HISTORY

HIGHLIGHTS

Join us on a guided tour through the UNESCO World Heritage Site of Røros city, followed by a visit to Olavsgruva mine. Here you'll gain an insight into the town's rich history, before going underground with a dedicated guide and gaining an insight into the challenges faced by the old miners as they extracted copper from the mountains of Røros. A unique experience and impressive journey through time!

Product fits: FITs and small groups

Category: Sightseeing

Level: Moderate. The mine has some steep steps

Dress code: Wear suitable warm, water- and windproof winter clothes, gloves, a beanie, and sturdy shoes

Organizer: Visit Røros & Østerdalen

Included: Guide, small tasting at site, helmet, lunch in city center Røros

Min./Max.: 10 / 20

Meeting time and place: 07:00
Radisson BLU Royal Garden Hotel
Duration: 07:00 - 17:00 (Bus drive 2:00hr)



Røros city heritage and Olavsgruva underground adventures

Join us for a walk through Røros' 300 years of mining history. The guided tour takes you through the Nyberget mine dating from the 17th century and the Olav's Mine from the 20th century, descending 50 metres below ground and 500 m into the mountain before reaching the massive Miner's Hall. Sound effects and lighting add to the authentic feel.

The mine is authentic in the sense that it appears almost as it was when mining activities stopped in 1972. Unfortunately, the mine is not accessible for wheelchairs or prams due to the number of stairs. The mine remains at a constant temperature of around 5 degrees celcius throughout the year and the air is humid.

Optional: Enjoy the sights of the world heritage town of Røros and visit the Smelthytta Museum. Free entrance

For registration please add

- Any food allergies

13

Røros



FULL DAY

<https://en.roros.no/>

FLAVORS OF RØROS

GUIDED CITY WALK AND FOOD SAFARI

HIGHLIGHTS

A culinary journey in Røros, a UNESCO World Heritage Site. Start with a local flavour experience with small dishes from Rørosmeieriet. The food guide will then take you through the historic town and reveal its UNESCO and culinary history. Here you can enjoy genuine Røros flavours among the charming sights of this World Heritage town before we end the tour with a delightful local food lunch.

Product fits: FITs and groups

Category: Sightseeing

Level: Easy

Dress code: Wear suitable warm, water- and windproof winter clothes, gloves, a beanie, and sturdy shoes

Organizer: Visit Røros & Østerdalen

Included: Guide, small tastings at site, lunch in city center Røros

Min./Max.: 10 / 20



Meeting time and place: 07:00
Radisson BLU Royal Garden Hotel
Duration: 07:00 - 17:00 (Bus drive 2:00hr)



Taste of time: Røros' gastronomic heritage unveiled

Join us for a unique local culinary experience as we take you through the history of the 'local food capital' of Norway.

First on the list is Rørosmeieriet, Norway's leading organic dairy company. Here they create high quality organic products, originating from rich food traditions, good raw material from the Røros region and a lot of love. The products have won several prizes in Norway, and the butter is on the menu of Noma – a world renowned restaurant.

The guide will take you through the narrow and charming streets of Røros while we talk and eat our way through the history that has made Røros a true foodie destination.

Optional: If time after lunch, visit the Smelthytta Museum. Free entrance.

For registration please add

- Any food allergies

14

Røros

FULL DAY

<https://en.roros.no/>

DOG SLEDDING

IN THE MOUNTAINS OF RØROS

HIGHLIGHTS

Experience the Magic of dog sledding in Røros' stunning and wild nature. Join in on an exiting trip behind a pack of dogs as they do what they love most – pulling a sled through the snowy terrain of Røros.

Product fits: Moderately active outdoor and winter enthusiasts

Category: Soft Adventure

Level: Easy to moderate

Dress code: Wear suitable warm, water- and windproof winter clothes, gloves, a beanie, and warm sturdy winter shoes

Organizer: Visit Røros & Østerdalen

Included: Small meal at site, thermal suit during the dog sledding and lunch in city center of Røros

Min./Max.: 10 / 30



Meeting time and place: 07:00
Radisson BLU Royal Garden Hotel
Duration: 07:00 - 17:00 (Bus drive 2:00hr)



Exploring the wonders of Røros' natural landscape

We will travel by bus to Dølanvollen, just a ten-minute ride from the Røros city centre. Upon arrival, you will be greeted with a delicious selection of tastings from Rørosmeieriet, Rørosrein and Kalsa Gårdsbakeri, along with local drinks from Røros Bryggeri.

We then meet the dogsledders and experience the great outdoors of Røros while getting up close to the huskies. You are welcome to participate in preparing the dogs for the ride before we depart. The 30-min sled ride allows you to drive your own dog sleigh with 4-5 dogs, providing a unique opportunity to interact with them and enjoy the beautiful surroundings.

After the dogsledding, we take you to the city center, where you will get lunch based on local food.

For registration please add

- Any food allergies

15

Oppdal



FULL DAY

moskussafari.no

MUSK OX SAFARI

IN DOVREFJELL NATIONAL PARK

HIGHLIGHTS

Dovrefjell National Park is the only place in Norway, and one of few places in the world, where you can experience the impressive musk ox. Join a guided snowshoe hike in a magnificent landscape.

Product fits: Moderately active outdoor and winter enthusiasts

Category: Hiking / Soft Adventure

Level: Moderate

Dress code: Wear suitable warm, water- and windproof winter clothes, gloves, a beanie, and warm sturdy winter shoes

Organizer: Oppdal Safari

Included: Guide, snowshoes and lunch

Min./Max.: 10 / 20



Photo: Oppdal Safari /S.Frengen

Meeting time and place: 07:50

Radisson BLU Royal Garden Hotel

Duration: 08:00 - 16:00 (Bus drive 2:00hrs)



Photos: Oppdal Safari /S.Frengen

Come explore the beauty of Norway's wildlife & natural landscape with us

You don't need to leave Norway to encounter wild animals in a natural setting. Our knowledgeable guides will lead you on an unforgettable journey to see the country's magnificent animals in their natural surroundings.

Join us in a safari through the Dovrefjell National Park with expert guides who know where to find the musk ox. This way you are just about guaranteed to see these majestic creatures, which can weigh up to 400 kilos, and capture unique pictures and memories to bring back home.

While musk oxen are peaceful creatures, we advise you to keep a safe distance and enjoy the spectacle from afar.

There is also a good chance to see reindeer and mountain grouse during the hike. The experienced guides will also give you insight in the area's plant- and animal life.

The hike is moderate, so dress appropriately according to the weather forecast and wear sturdy winter boots. A packed lunch and beverages will be provided to keep you energized throughout the journey.

Additional information

Bring a bottle of water and a backpack to carry your lunch that will be handed out in the beginning of the tour.

For registration please add: Any food allergies

16

Oppdal

FULL DAY



<https://en.oppdal.com/forside/engelsk-forside/>

OPPDAL SKI CENTER

A MASSIVE SKIING PLAYGROUND

HIGHLIGHTS

Join us on a guided ski adventure to Oppdal Ski Center, a fantastic ski resort located in the heart of Norway 2hrs away from Trondheim. It is central Norway's largest alpine skiing area, with 4 mountains bundled into one lift card.

Product fits: Moderately active outdoor and winter enthusiasts

Category: Skiing / Soft Adventure

Level: Moderate (Ski or snowboard level: advanced intermediate, you can ski with parallel skis almost all the time on easy red slopes)

Dress code: Outdoor ski clothing including ski jacket and pants, gloves and beanie

Organizer: Visit Oppdal

Included: Guide, ski passes and lunch

Min./Max.: 10 / 20

Meeting time and place: 07:50

Radisson BLU Royal Garden Hotel

Duration: 08:00 - 16:00 (Bus drive 2:00hrs)



Exploring the mountain paradise of Oppdal

The ski season is long in Oppdal, typically beginning in November and finishing with sunny days in April and May. Here you have fantastic winters with snow-covered mountains and endless ski slopes awaiting to be explored. The highest peak in Oppdal is an impressive 1,350 meters and the slopes follow the natural trails and terrain and you can easily combine high mountain activity with softer cruising downhill.

This tour is led by an experienced guide and skier, who will show us the magnificence and attraction of this mountain paradise. While we ski, the guide shares valuable insight into the snow conditions and Oppdal's fascinating history.

One of the highlights of this tour will be lunchtime at the Hill, Central Norway's highest restaurant, located 1,125 meters above sea level. Here, we'll have the best wood-fired pizza made with local ingredients from Oppdal and Central Norway while enjoying a panoramic view of the majestic surroundings.

For registration please add

- Your height, weight and shoe size
- Level of skiing/snowboarding and ski/snowboard experience
- Any food allergies

17

Stjørdal



FULL DAY

<https://route26.no/>

FOODIE ALONG ROUTE 26

A TASTE OF TRØNDELAG'S COUNTRYSIDE

HIGHLIGHTS

Route 26 is a collection of eight farms situated on the countryside road east of Hell, near the Trondheim airport. Journey through three of the farms, all of which are excellent examples of the many small-scale food producers and local attractions in the area. At the end of the tour, you'll have the unique opportunity to enjoy a lunch crafted from ingredients collected during the previous farm visits.

Product fits: Groups - All ages, foodies and farm lovers, local beer enthusiasts

Category: Tasting, foodie, farmlife, sightseeing, shopping, sustainable

Level: Easy

*Main parts of this tour can be done by persons with reduced mobility except of the visit to the small local farm shop at Øfsti Søndre

Dress code: Wear suitable warm clothes and sturdy waterproof shoes (it might be a bit muddy)

Organizer: Ersgard farm hotel, Eidum farm bakery, Øfsti Søndre farm

Included: Guide, tastings and lunch

Min./Max.: 10 / 30



Meeting time and place: 08:20
Radisson BLU Royal Garden Hotel
Duration: 08:30 - 15:30 (Bus drive 40min)



Photos: Kristian Helgesen



A culinary safari through local farms

After a 40min bus drive we meet the farmer and baker Solvår Lillemo Reinsberg at her family farm Eidum. You will be served freshly baked bread in her small café, where you can view the bakers in action. The snack is accompanied by locally produced coffee from “Langøra Kaffebrenneri” and tea from “Blinde bonde and Babe”.

The tour continues to "Øfsti Søndre", where we'll be greeted by farmer Marit Lianes and enjoy a guided tour of the farm. We will get up close with the local sheep and cow breeds, as well as the goats, hens, peacocks and maybe even some quails. All meat from Øfsti Søndre is grass-fed, making it the perfect ingredient for the day's lunch. While you enjoy a snack in the

farm shop, you can buy locally made wool yarns, foods, and other crafts.

The final stop is at the historical Ersgard farm, where Grete Sørebo will introduce the 250-year family history and serve the traditional smoked beer "Stjørdalsøl" as an apéritif. Lunch will be held in the historical farm building, featuring lamb from Øfsti Søndre cooked in a wood-fired stove and served with mashed potatoes and vegetables. Grete caps off the day with a homemade dessert that will leave you savoring the flavors of Trøndelag long after.

For registration please add

- Any food allergies

18

Hitra



FULL DAY

<https://www.explorehitra.no/?lang=en>

HITRA'S WORLD CLASS SEA FOOD

WITH A HISTORICAL TOUCH

HIGHLIGHTS

This tour offers a rare insight into Trøndelag's diverse history, landscapes and culture. With the Coastal Express departing from Trondheim several times a day, visitors can not only witness the stunning Trondheim fjord but also explore the enchanting islands that surround it. Our tour takes you on a captivating expedition of Hitra, a historically rich island with plenty of exciting sights to discover.

Product fits: FITs and groups

Category: Nature and sea life, historical sightseeing

Level: Easy

*The tour can be done by persons with reduced mobility, except for the visit to the fish farm and second floor museum at Hoppsjø.

Dress code: Wear comfortable warm, water- and windproof clothes, gloves, a beanie, and sturdy shoes / rubber boots

Organizer: Explore Hitra and the Coastal Museum

Included: Guide and lunch. At the fish farm: Warm flotation suit, life jacket, goggles and gloves

Min./Max.: 5 / 24

Meeting time and place: 07:45
Radisson BLU Royal Garden Hotel
Duration: 08:10 - 16:00 (Boat 1:40hrs)



Time travel and tastings: Historical Hitra coastal experience

We arrive at Hitra after a 1:40hrs boat trip and will then join the Coastal Museum to Storskogøya salmon farm. We change into appropriate clothes before the rib boats takes us to one of Norway's largest operating fish farms to give us insights into modern fish farming. The visit aims to provide visitors with a better understanding of the industry, enabling them to form their own opinions, whether they're in favor, neutral, or against it.

Next, we will transport you back in time as we head to Hopsjøbrygga, a cozy, rustic setting located right on the waterfront. Here, we really are on historical grounds. The oldest traces of people are between 10.000 and 11.000 years old. The trading centre at Hopsjø was one of Trøndelag's largest trading centres in the 17th and 19th centuries.

Here you'll be treated to a guided tour of the center's historic structures and served world class seafood and traditional local food. You will also get the opportunity to explore the past at "Krambua", an authentic mid 1800s shop.

Our journey concludes with a visit to DalPro, where we'll get up close with the deer population. Feel the joy of hand-feeding the deer, a rare experience for both children and adults. Before we leave, explore DalPro's farm shop, offering a variety of locally sourced products.

For registration please add

Any food allergies

Be aware

Visitors must be able to go out in an open boat and climb a small ladder out on the fish farm.

19

Innherred



FULL DAY

www.visitinnherred.com

THE VIKINGS FROM TRØNDELAG

STIKLESTAD NATIONAL CULTURAL CENTER

HIGHLIGHTS

Stiklestad in Innherred is considered the cradle of Norway and the place where Viking king Olav (later St. Olav) fell in the famous battle of Stiklestad in 1030. Here we will visit the Stiklestad National Cultural Center and get a guided tour of the area. We will step back in time and play Vikings and we are treated with a great historical lunch in Stiklastadir – the beautiful Viking longhouse on the medieval farm Stiklastadir.

Product fits: Groups and FITs interested in culture and history

Category: Sightseeing and adventure

Level: Easy

*Main parts of this tour can be done by persons with reduced mobility; the Church and Stiklastadir medieval farm

Dress code: Wear suitable warm, water- and windproof clothes, gloves, a beanie, and sturdy shoes

Organizer: Visit Innherred

Included: Guide and lunch

Min./Max.: 10 / 40

Meeting time and place: 08:00

Radisson BLU Royal Garden Hotel

Duration: 08:00 - 16:00 (Bus drive 1:30hrs)



A taste of the Viking Age

Stiklestad National Cultural Centre is a must-see destination that offers a variety of entertainment activities and exhibitions. The center boasts an open-air museum that features Scandinavia's largest outdoor amphitheater, the medieval Stiklestad church from 1180, the Catholic chapel, and the folk museum which houses 30 antiquarian buildings from the 1600s to the 1800s.

But that's not all. The center also features an intriguing medieval farm known as Stiklastadir. At this majestic medieval farm you get good stories from the time when honor, power and the right of the strongest were natural parts of everyday life. The most spectacular building is the long

longhouse, 7-8 meters wide and 36 meters long. The building is constructed, equipped and furnished as one assumes that a longhouse from the transition between the Viking Age and the Middle Ages might look like.

Before the day is over, join us for a historical lunch and a taste of the Viking Agr in the longhouse. Sit in the chief's high seat in the guild hall and hear about his role as a political and religious leader in the period before 1030.

You get to taste the handmade food of the time, and our own Stiklastadir beer.

For registration please add

- Any food allergies

20

Innherred



FULL DAY

www.visitinnherred.com



GOLDEN ROAD

AWARD-WINNING FLAVORS AND CULTURAL WONDERS

HIGHLIGHTS

Relatively untraveled, award-winning cuisine, and off-the-beaten-path: The Golden Road! The “Golden Road” is a charming travel to the heart of the Trøndelag region. Passing through beautiful fjord landscapes in Inderøy, a peninsula located 2hrs north of Trondheim, the route offers food, art, and cultural experiences. You can visit local craftsmen and workshops, meet farmers and buy fresh products, or enjoy traditional recipes in relaxing surroundings.

Product fits: Groups and FITs interested in culture and history, local culinary and handicraft

Category: Sightseeing, food and tastings

Level: Easy

*Main parts of this tour can be done by persons with reduced mobility

Dress code: Wear suitable warm, water- and windproof clothes, gloves, a beanie, and sturdy shoes

Organizer: Visit Innherred

Included: Guide, tastings and lunch at Øyna Culture Landscape Hotel

Min./Max.: 10 / 20

Meeting time and place: 08:00
Radisson BLU Royal Garden Hotel
Duration: 08:00 - 16:00 (Bus drive 1:45hrs)



Photo: Sigurd Løvseth



An off-the-beaten-path culinary adventure

Explore three of the 21 dedicated members of the Golden Road on this guided tour, beginning with Gangstad Gårdssystem, the country's first authorized dairy farm founded in 1998. Discover their rich history, savor flavors, and meet the pioneers, including the award-winning Nidelven Blå cheese, crowned the world's best at the 2023 World Cheese Awards, triumphing over 5,501 other cheeses.

From here we travel to another impressive place, Øyna Culture Landscape Hotel (a Fodor's 2022 Finest Hotel pick). Øyna is located on a magnificent viewpoint overlooking Inderøy. Let your gaze rest upon a stunningly beautiful cultural landscape, while enjoying delicious local food of the

highest quality. The food is served in unique buildings, built according to old building traditions with a modern twist.

Lastly, we visit Jegtvolden Fjordhotel, highlighting cultural landscapes, history, and traditions. Explore the rich history of Jegtvolden Fjordhotel, where the tradition of Aquavit is vividly brought to life, maintaining its legacy 125 years after the last local aquavit was distilled at Sundnes Brenneri. A unique experience awaits with inspiring storytelling and a delicious aquavit tasting

For registration please add

- Any food allergies



TRONDHEIM