

Molde

Møre og Romsdal · Norway

TRAVEL GUIDE

Tripomatic



Overview

Molde is a small, friendly town on the north shore of the Romsdalsfjord, in the north-west of Norway. It is known as the "Town of Roses" for the roses that grow in its parks and gardens. Its other famous feature is the view: from the hills above town you see the fjord, its islands and a long chain of mountains known as the Molde panorama.

The town makes a good, quiet base for two or three nights. In summer it fills up for one of Europe's oldest jazz festivals. From here you can reach the Atlantic Ocean Road, the fishing village of Bud and the mountain roads around Åndalsnes in a day.

When to visit

Summer (June to August) is the best time to visit, with mild days, very long evenings and every museum and summer boat running. It rains often in every season, and autumn is the wettest time of year. Winter is dark and cold, and the famous mountain road Trollstigen is closed.

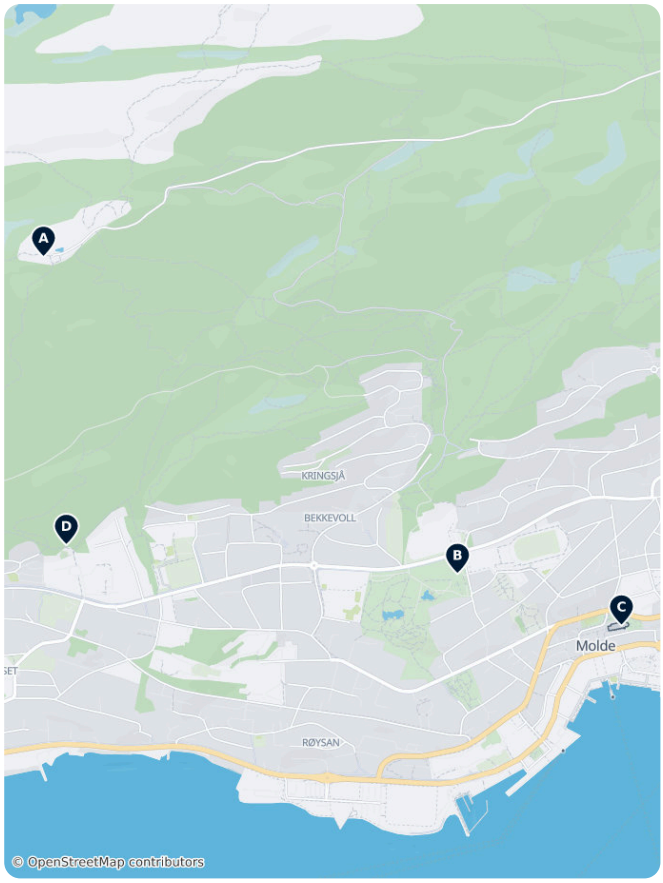
The biggest event is **Moldejazz**, a week-long jazz festival in mid-July. It has run since the early 1960s, and concerts fill the town's venues, streets and parks. Book accommodation early if you plan to come that week.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for sightseeing	1° / 7° Feels like -4°	-2° / -10°	19 rainy days · Dry air
February	Poor Poor for sightseeing	2° / 7° Feels like -3°	-2° / -11°	18 rainy days · Dry air
March	Poor Poor for sightseeing	4° / 9° Feels like 0°	-1° / -9°	19 rainy days · Dry air
April	Poor Poor for hiking	8° / 14° Feels like 4°	2° / -3°	16 rainy days · Dry air · Calm winds
May	Fair Fair for hiking	12° / 19° Feels like 9°	5° / 1°	17 rainy days · Dry air · Calm winds
June	Good Good for hiking	14° / 22°	9° / 5°	16 rainy days · Dry air · Calm winds
July	Good Good for sightseeing	17° / 24°	12° / 9°	17 rainy days · Dry air · Calm winds
August	Good Good for sightseeing	17° / 23°	12° / 9°	18 rainy days · Dry air · Calm winds
September	Fair Fair for hiking	14° / 20°	10° / 5°	18 rainy days · Dry air · Calm winds
October	Poor Poor for hiking	9° / 14° Feels like 6°	5° / 0°	19 rainy days · Dry air · Calm winds
November	Poor Poor for sightseeing	5° / 10° Feels like 0°	1° / -5°	17 rainy days · Dry air · Calm winds
December	Poor Poor for sightseeing	2° / 8° Feels like -3°	-2° / -10°	19 rainy days · Dry air

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights

Most of the town's sights are a short walk from the harbour; Varden and Hjertøya take a little more effort.



- A Varden is the 407 m hill above town and the classic viewpoint for the Molde panorama of about 222 peaks. Walk up on the signed "green corridor" trail from the centre, or drive up the Vardevegen road in summer.
- B Romsdalsmuseet - Krona is the newer building of the Romsdal Museum, one of Norway's largest folk museums, with an art collection, a photo archive and a permanent exhibition. The open-air part around it has more than 40 old farm buildings from across the region and a rebuilt town street that shows Molde before the fire of 1916.
- C Molde Cathedral is a white brick church from 1957, built after the war destroyed the older church on this site. It has been the cathedral of the Diocese of Møre since 1983.
- D Kongebjørka marks the birch tree where *King Haakon VII* and *Crown Prince Olav* sheltered during a German air raid in April 1940. A photo of them under the tree became a famous symbol of Norwegian resistance.
- **The Town Hall roof garden** holds the largest collection of roses in town. In front of the Town Hall stands the bronze statue Rosepiken, a girl with roses, surrounded by a fountain.
- **The Fishery Museum on Hjertøya** is an open-air fishing village on an island about 10 minutes by boat from the centre. Old houses, boat sheds and a cod-liver oil factory show coastal life from around 1850. It is open in summer only.

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What to experience

Molde's best moments are outdoors, between the fjord and the mountains.

- **Walk the green corridor to Varden.** This signed nature trail starts at the quay and climbs about 4.4 km through parks and pine forest to the viewpoint. Allow about 1.5 hours up. On a clear summer evening the light stays on the mountains until late.
- **Take the summer boat to Hjertøya.** Combine a guided tour of the Fishery Museum with a walk around the island and a picnic by the shore.
- **Watch an autumn storm on the coast.** When strong westerly winds hit the Hustadvika coast, waves break over the rocks along the Atlantic Ocean Road. Watch from a safe viewpoint, not from the bridges.
- **Ride the Rauma Line.** From Åndalsnes, the railway climbs the Romsdal valley past high cliffs and waterfalls. In summer, tourist trains stop at the Kylling Bridge high above the river.
- **See a Molde FK match.** The local football club is one of Norway's most successful, and plays its home games at Aker Stadion by the fjord.

Day trips

Molde is surrounded by coast, fjords and mountains, and the best day trips need a car or a careful look at the bus timetable.

- **Hjertøya** (about 10 min by summer boat from the town square): A small island with the open-air Fishery Museum and a nature path.
- **Bud** (about 50 min by car): An old fishing village on the open coast. Ergan Coastal Fort, a German fort from the Second World War, is now a museum here.
- Storseisundbrua **and the Atlantic Ocean Road** (about 1–1.5 hours by car): An 8 km National Tourist Route that jumps between small islands on eight bridges. It is most dramatic in stormy weather. Combine it with Bud for a coastal loop.
- **Trollkyrkja** (about 30 min by car, then a steep hike of about 1.5 hours each way): Marble caves with an underground waterfall. Bring a headlamp.
- Ⓐ Åndalsnes **and Trollstigen** (about 1 hr 15 min by car with a short ferry, then 30 min more to Trollstigen): The town sits under the Romsdal Alps. From there, Trollstigen og Stigfossen climbs the mountain in 11 hairpin bends. Trollstigen is usually open from mid/late May until October or November, depending on snow; check before you go. Rødven Stave Church, a small wooden church from around 1300, is a short detour on the way.
- **Kristiansund** (about 1.5–2 hours by car or bus over the Atlantic Ocean Road): A harbour town spread over several islands, known for its history of salted and dried cod.
- Ⓑ Ålesund (about 2 hours by bus or car, with a ferry): A coastal town famous for its Art Nouveau buildings, rebuilt after a fire in 1904.



Where to explore

Molde sits in Møre og Romsdal, a county of fjords, islands and steep mountains.

- Ålesund is the region's largest town, south across the fjord.
- Åndalsnes is the gateway to the Romsdal valley, Trollstigen and the Rauma railway.
- Geirangerfjord is a UNESCO-listed fjord, about 3.5 hours away by car with a ferry. It is better as an overnight trip than a day trip.
- Runde is a bird island beyond Ålesund, known for its puffin colony in summer.

Getting there

- **By air**: Molde Airport Årø is about 5 km east of the centre, with direct flights to Oslo and Bergen. FRAM buses take 10–20 minutes to the centre, and a taxi takes about 10 minutes. Molde Airport: transport
- **By train**: There is no railway in Molde. The nearest station is Åndalsnes, at the end of the Rauma Line from Dombås, which connects with trains from Oslo and Trondheim. A connecting bus from Åndalsnes to Molde takes about 1 hour.
- **By bus**: Regional FRAM buses link Molde with Åndalsnes, Kristiansund (over the Atlantic Ocean Road) and Ålesund (about 2 hours with a ferry).
- **By sea**: The Hurtigruten coastal ships call at Molde every day on the route between Bergen and the far north.
- **By car**: Allow about 4 hours from Trondheim and about 7 hours from Oslo. Most routes from the south include a car ferry, such as Vestnes–Molde (about 35 minutes).

Getting around

- **On foot**: The centre is small and easy to walk, from the harbour to the museum and the cathedral. Paths up to Varden start right in town, but they are steep.
- **Bus**: FRAM runs the local and regional buses. Buy tickets in the FRAM or Entur app. On regional routes you can also pay by bank card on board. FRAM
- **Boat**: In summer a small passenger boat runs from the town square to Hjertøya. Car ferries leave from the harbour for Vestnes.
- **Taxi**: Taxis are available, but expensive; order by phone or at the taxi stand.

Getting around on foot & by bike

WALKABILITY

High

The compact centre along the harbour is easy to walk; paths up to Varden are steep.

CYCLING INFRASTRUCTURE

Moderate

Cycling works in town, but the hills behind the centre are steep and the weather is often wet.

Driving

- **Is a car worth it?** Not for the town itself, which is compact and walkable. A car is the easiest way to explore the coast and mountains, because buses are infrequent outside the main routes.
- **Ferries**: Many routes in the region include short car ferries. Expect queues on summer weekends.
- **Mountain roads**: Trollstigen and other high roads close in winter. Trollstigen is usually open from mid/late May until October or November, depending on snow; check before you go.
- **Parking**: The centre has paid car parks and on-street parking. The parking area at the top of Varden is private.

Food & drink

Molde has a small but good food scene based on fish and seafood from the coast. Look for dishes with cod, salmon and shellfish, and for bacalao, a stew made with dried and salted cod that is a speciality of this part of Norway.

The best area to eat is the waterfront around the town square and the harbour, where restaurants and cafés look out over the fjord. During Moldejazz, food stalls and outdoor bars add to the choice in the centre.

What to eat & drink

DINNER

Fårikål
Lamb and cabbage stew simmered with whole peppercorns; widely regarded as Norway's national dish, especially in autumn.

Cured salmon · Gravlaks
Salmon cured in salt, sugar, and dill, served thinly sliced with a mustard-dill sauce.

Fermented fish · Rakfisk
Trout fermented for months, eaten cold with flatbread, sour cream, and onion. A strong-smelling acquired taste.

Dried salted cod · Klippfisk
Cod salted and air-dried, then rehydrated and cooked into stews such as bacalao.

SNACKS & STREET FOOD

Brown cheese · Brunost
A caramel-colored whey cheese with a sweet, slightly tangy flavor, typically sliced thin onto bread or waffles.

Potato flatbread · Lefse
A soft flatbread made from potato, rolled up with butter and sugar or cinnamon.

SWEETS & DESSERTS

Waffles · Vafler
Heart-shaped, thin waffles served with sour cream and jam, a common café treat.

DRINKS

Caraway spirit · Akevitt
A potato-based spirit flavored with caraway and other spices, traditionally aged in oak sherry casks and served at holidays.

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Safety & health

Molde is very safe, and serious crime against visitors is rare. Normal care with your belongings is enough, especially during the crowded festival week.

The main risks are natural. Weather changes fast on the coast and in the mountains, so carry warm, waterproof clothes even in summer. On hikes such as Varden or Trollkyrkja, wear good shoes, as paths can be steep and wet. In the Trollkyrkja caves, rocks can be loose, so bring a headlamp and take care.

History

Molde grew from a small trading place around 1600, when merchants shipped timber and herring from the fjord. It received its town charter in 1742.

In the 19th century, Molde became a popular summer resort for wealthy visitors from Europe, who came by steamship for the views and the mild climate. This is when it became known as the Town of Roses. You can still see the style of that time in Bygata, the old town street in the open-air part of the Romsdal Museum.

Two disasters shaped the town you see today. In 1916, a fire destroyed about a third of Molde. German bombing in April and May 1940 then destroyed about two-thirds of the town. During those weeks, *King Haakon VII*, *Crown Prince Olav* and the government escaped here from Oslo, and Molde was in effect Norway's capital for a week. The famous photo at Kongebjørka dates from those days. After the war the centre was rebuilt in a modern style, including Molde Cathedral.

Country facts

Quick practical facts for Norway at a glance:

CURRENCY
NOK kr

ELECTRICITY

Type C / Type F
230 V · 50 Hz

LANGUAGES
Norwegian Bokmål,
Norwegian Nynorsk

TAP WATER
Safe to drink

Molde Essentials

Molde, known as the 'City of Roses,' features a blend of historic landmarks and modern architecture along the Romsdal Fjord. This selection includes the Molde Cathedral and the Royal Birch, a national symbol of Norwegian resistance during WWII. The town is home to Aker Stadion, the coastal stadium for Molde FK, and cultural sites like the protected Chateauet and the Møre og Romsdal Art Center. For panoramic views, Kringsjåbakken and Brattlihaugen offer perspectives of the Romsdal Alps and their 222 mountain peaks.





A Molde Cathedral

Molde Cathedral is a cathedral of the Church of Norway in Molde Municipality in Møre og Romsdal county, Norway.

2 Kirkebakken, Molde 6413, Norway (62.73828, 7.16054)

B Kringsjåbakken

Elevated viewpoint offering views of the Molde panorama, including the fjord and the surrounding Romsdal Alps.

(62.74644, 7.14923)



C Kongebjørka

The Royal Birch is a Norwegian national symbol and memorial of the Nazi occupation of Norway during World War II.

Molde 6410, Norway (62.74047, 7.12760)

D Aker Stadion

The Aker Stadion is an all-seater football stadium located at Reknes in Molde, Norway, and is the home of Eliteserien club Molde.

Julsundvegen, 6414 Molde, Norway (62.73339, 7.14807)

E Chateauet

A protected heritage building and cultural monument featuring a historic garden, located near the city center.

42 Parkvegen, Molde 6413, Norway (62.73668, 7.15069)

F Brattlihaugen

Scenic viewpoint overlooking the town and the 222 mountain peaks of the Molde panorama.

(62.74356, 7.13818)

G Molde rådhus

Modern administrative building known for its public roof garden, which features a variety of roses and views over the fjord.

1 Rådhusplassen, Molde 6413, Norway (62.73803, 7.15888)

molde.kommune.no

H Molde library

Public library situated in the heart of the city, providing community services and accessible facilities.

1 Gørvellplassen, Molde 6413, Norway (62.73619, 7.15563)

molde.kommune.no/bibliotek.266046.n... , +47 71 11 15 50

I Møre og Romsdal Kunstsenter

Regional art center showcasing contemporary visual arts and crafts through rotating exhibitions. Entry is free to the public.

1 Gørvellplassen, Molde 6413, Norway (62.73639, 7.15538)

We–Fr	11:00–16:00
Sa	11:00–15:00

mrkunst.no, +47 941 66 452

DATA SOURCES

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