

# Trondheim

Trøndelag · Norway

## TRAVEL GUIDE

Tripomatic



## Overview

Trondheim is Norway's third-largest city and its historic religious capital, founded around 997 AD by the Viking king Olav Tryggvason at the mouth of the Nidelva river. For centuries it was known as Nidaros, the burial place of King Olav II and one of medieval Europe's great pilgrimage destinations. That layered history is still visible in the compact old center: a Gothic cathedral, colorful wooden warehouses leaning over the river, and a grid of 17th-century streets.

Today Trondheim pairs that medieval core with a young, energetic feel driven by NTNU, one of Norway's leading technical universities. Students fill the cafes and bike lanes, and the city has a strong music and tech scene alongside its heritage sites. It suits travelers who want a walkable, easy-going city with real history, good hiking and fjord access nearby, and none of the crowds of Oslo or Bergen. The violinist *Arve Tellefsen*, born and raised in Trondheim, is still a local point of pride.

## When to visit

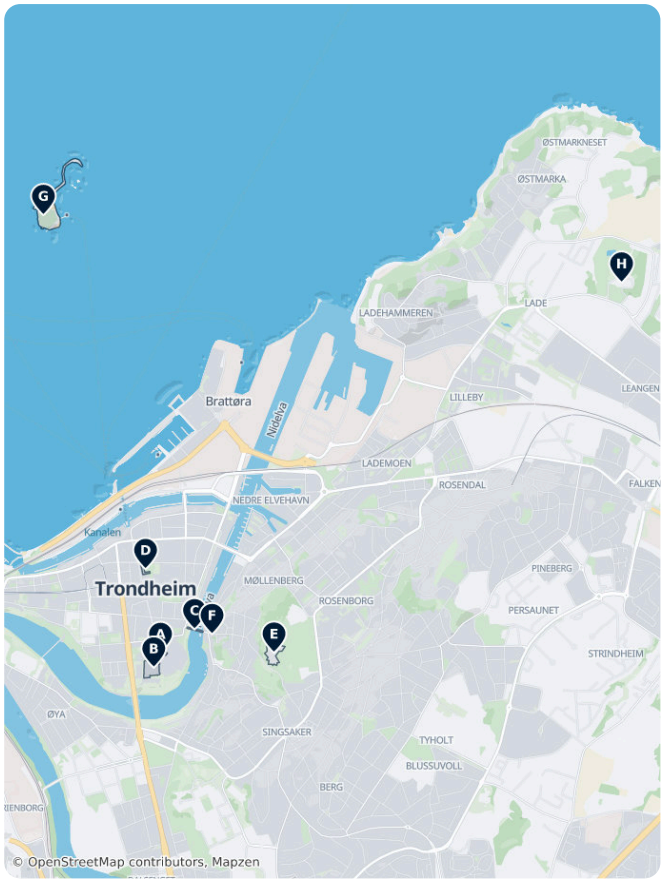
Summers (June–August) are mild with very long daylight hours, while winters are cold, dark, and often snowy, though the city stays lively indoors. The biggest annual event is the Olavsfestdagene (St. Olav Festival), a week of concerts and markets around St. Olav's Day on 29 July, worth timing a summer trip around.

| MONTH | CONDITIONS | DAY °C avg / max | NIGHT °C avg / min | |
|---|---|---|---|---|
| January | Poor<br>Poor for sightseeing | -1° / 5°<br>Feels like -5° | -6° / -16° | 17 rainy days · Dry air · Calm winds |
| February | Poor<br>Poor for sightseeing | 0° / 6°<br>Feels like -4° | -6° / -18° | 15 rainy days · Dry air · Calm winds |
| March | Poor<br>Poor for sightseeing | 3° / 9°<br>Feels like -1° | -4° / -13° | 17 rainy days · Dry air · Calm winds |
| April | Poor<br>Poor for cycling | 8° / 15°<br>Feels like 5° | 0° / -5° | 16 rainy days · Dry air · Calm winds |
| May | Fair<br>Fair for hiking | 13° / 23° | 4° / -1° | 17 rainy days · Dry air · Calm winds |
| June | Good<br>Good for sightseeing | 17° / 26° | 9° / 4° | 17 rainy days · Dry air · Calm winds |
| July | Good<br>Good for sightseeing | 19° / 28° | 11° / 7° | 17 rainy days · Dry air · Calm winds |
| August | Good<br>Good for sightseeing | 18° / 25° | 11° / 7° | 17 rainy days · Dry air · Calm winds |
| September | Good<br>Good for hiking | 15° / 21° | 8° / 3° | 16 rainy days · Dry air · Calm winds |
| October | Poor<br>Poor for cycling | 8° / 14° | 3° / -3° | 17 rainy days · Dry air · Calm winds |
| November | Poor<br>Poor for sightseeing | 3° / 9°<br>Feels like -1° | -2° / -9° | 14 rainy days · Dry air · Calm winds |
| December | Poor<br>Poor for sightseeing | -1° / 6°<br>Feels like -5° | -6° / -17° | 17 rainy days · Dry air · Calm winds |

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

July and August are the warmest months, with highs typically in the high teens Celsius, while the darkest winter days barely reach freezing and get only a few hours of daylight.

## Top sights




A Nidaros Cathedral is Trondheim's centerpiece, a Gothic cathedral built over roughly 230 years starting in 1070 above the burial site of King Olav II. It is still the traditional site for the consecration of new Norwegian kings.

Just south of the cathedral, B Archbishop's Palace was the seat of the Archbishop of Nidaros for centuries and today holds a museum of medieval stonework and archaeology, along with a display of the Norwegian crown jewels.

C Old Town Bridge, a red wooden bridge over the Nidelva, gives the best view of the old warehouses lining the riverbank and passes through the ornamental Lykkens Portal, the Gate of Happiness.

D Stiftsgården is the royal residence in the city center, one of the largest wooden buildings in northern Europe at around 4,000 square meters, and has been used by the Norwegian royal family since 1800.

For city views, climb to E Kristiansten Fortress, a fortress built on a hilltop after the great fire of 1681.

Trondheim is also home to F Trampe Bicycle Lift, the world's first bicycle lift, which still carries cyclists up a steep street on the way to the student district.

A short ferry ride from the harbor reaches G Munkholmen, a small island that has served in turn as an execution ground, monastery, and fortress, and now has a summer cafe and swimming spots.

Music lovers should also make time for H Ringve Museum, a historic manor and botanical garden holding the national collection of musical instruments.

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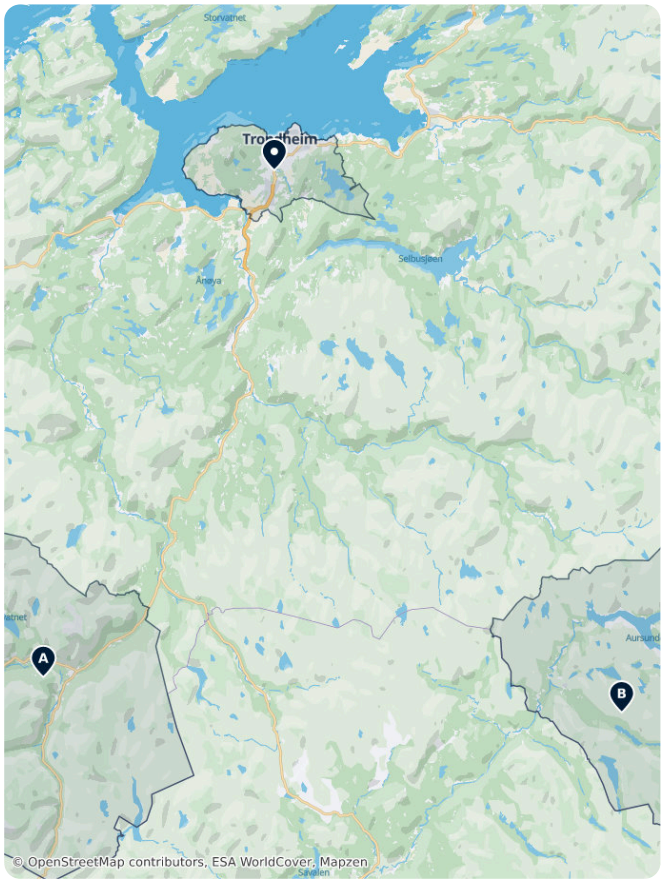
Scan to download the app

## What to experience

- **Walk the final stretch of the Pilegrimsleden.** Trondheim is the historic end point of Norway's medieval pilgrim route to St. Olav's grave; even a short final walk into Nidaros Cathedral along the marked path gives a sense of what drew pilgrims here for centuries.
- **Ride the Gråkallbanen tram up to Lian** for a lake swim in summer or a snowy walk in winter, then catch the sunset over the fjord from the hillside above the city.
- **Soak in a floating sauna at the Brattøra harbor/fjord waterfront.** Community-run floating saunas moored there are a popular local ritual, especially in colder months, and several can be booked for an hour at a time.
- **Watch for the northern lights on a clear winter night.** Trondheim is far enough north that aurora displays are occasionally visible on clear, dark nights between autumn and early spring, though sightings are less reliable than farther north.

## Day trips

Trondheim sits close to both forested hills and the wider Trøndelag region, so day trips range from a short tram ride to a half-day train journey.



- **Bymarka & Lian** — a short ride on the Gråkallbanen tram from the city center. This forested hill area has lakes, marked trails, and in winter cross-country ski tracks; Lian is the classic stop for a swim, a hike, or the view back over the fjord.
- **Hell** — about 35 minutes by train or car, near the airport. A small village whose English-sounding name and railway sign make it a popular quick photo stop.
- **Stiklestad** — around 1 hour 20 minutes by car northeast of the city. The site of the 1030 battle where King Olav II died, now home to a museum and open-air theater telling the story of Norway's conversion to Christianity.
- Ⓐ **Oppdal** — about 2 hours by train south. A mountain town on the edge of Dovrefjell National Park, popular for hiking in summer and skiing in winter.
- Ⓑ **Røros** — about 2.5 hours by train southeast. A UNESCO World Heritage former copper-mining town with wooden houses that look much as they did centuries ago.

## Where to explore

Trondheim is the gateway to the wider Trøndelag region, and two nearby towns are worth knowing about beyond a single day trip. Røros is a former mining town on the UNESCO World Heritage list, with a well-preserved wooden townscape and a distinctive stone church; it makes a good overnight stop if time allows. Oppdal is a mountain gateway town on the Dovrefjell plateau, popular with hikers in summer and skiers in winter, and a natural stop for anyone continuing south toward Oslo.

## Getting there

- **By air**: Trondheim Airport, Værnes (TRD), is about 35 km northeast of the city near Stjørdal and is the main gateway, with direct flights from other Norwegian cities and several European hubs. The Værnesekspressen airport bus and the Trønderbanen train both run into the city center in around 35–40 minutes.
- **By train**: The Dovrebanen line connects Trondheim to Oslo (around 6.5–7 hours), and the Nordlandsbanen continues north to Bodø (around 10 hours). Both arrive at Trondheim Central Station in the city center.
- **By bus**: Long-distance coaches connect Trondheim with other major Norwegian cities and are usually cheaper than the train, though slower.

## Getting around

- **Public transit**: AtB operates the city's buses and the Gråkallbanen tram. Buy tickets in advance through the AtB Mobillett app, which is the easiest option for visitors; drivers do not sell tickets on board.
- **Taxi**: Standard metered taxis are widely available; ride-hailing apps have limited presence compared to larger Norwegian cities.
- **On foot / cycling**: The old center is compact and easy to explore on foot. Trondheim also has an extensive network of bike lanes and the Trampe bicycle lift for the steepest hill, making cycling a genuinely practical way to get around.

## Getting around on foot & by bike

WALKABILITY

**High**

The old center is compact and easy to explore on foot, with most top sights within a 15-minute walk of each other.

CYCLING INFRASTRUCTURE

**High**

Trondheim has an extensive network of bike lanes and the Trampe bicycle lift for its steepest hill, making cycling a genuinely practical way to get around.

## Driving

- **Is a car worth it?**: Not for the city itself — the center is compact and walkable, and parking is limited. A car becomes useful for exploring Trøndelag's coast and mountains beyond the day trips reachable by train.
- **Parking**: Paid parking houses and metered street parking cover the center; look for blue "P" signs and pay by app or machine.
- **Restrictions**: An automatic toll ring (AutoPASS) surrounds the city center; there are no barriers or tickets, and charges are billed automatically to the vehicle's registered account.

# Food & drink

Trondheim sits on a fjord known for cod and other whitefish, so fresh seafood and fish soup are easy to find and worth seeking out. The city's brown cheese and cured meats also draw on the dairy and farming traditions of the surrounding Trøndelag countryside.

For a concentrated stretch of restaurants and bars, head to Solsiden, a former shipyard on the waterfront that has been rebuilt into the city's main dining and nightlife district, with options ranging from casual to upscale.

## 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

Trondheim is a very safe city by international standards, with low rates of violent crime. As in any city, keep an eye on bikes and bags in busy areas and around the train station, since bike theft is the most common complaint. In winter, sidewalks and the cobbled streets of the old town can turn icy; sturdy footwear helps avoid a fall.

## History

Trondheim's story begins around 997 AD, when the Viking king Olav Tryggvason founded a trading settlement at the mouth of the Nidelva and named it Nidaros. It served as Norway's capital for roughly two centuries. The turning point came in 1030, when King Olav II died at the Battle of Stiklestad and was later declared a saint; his grave became the object of pilgrimage across medieval Europe, and Nidaros Cathedral was built over it to house his shrine.

As seat of the Archbishop of Nidaros, Archbishop's Palace was the administrative center of the Norwegian church until the Reformation reorganized religious life in 1537. A catastrophic fire in 1681 destroyed much of the wooden city, after which it was rebuilt on the wide, straight streets still visible in the center today, with Kristiansten Fortress added on the hill above to defend against future attack. The medieval parish church Vår Frue Church, dating to the late 1100s, is one of the few buildings that predates the fire.

## 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**

# Trondheim Essentials

Trondheim showcases a transition from its medieval roots as Norway's religious capital to a modern hub of technology and culture. This collection features the Nidaros Cathedral, a Gothic pilgrimage site, and the adjacent Archbishop's Palace housing the Norwegian crown regalia. Visitors can explore the 17th-century Kristiansten Fortress, the massive wooden royal residence of Stiftsgården, and the world's first bicycle lift. Modern landmarks include the Rockheim music museum and the Solsiden district, a revitalized shipyard now serving as a prominent social and shopping hub.






## A Nidaros Cathedral

Nidaros Cathedral is a cathedral of the Church of Norway located in the city of Trondheim in Trøndelag county.

Bispegata 11, 7012 Trondheim, Norway
(63.42694, 10.39709)

| | |
|---|---|
| Mo–Fr | 09:00–14:00 |
| Sa | 09:00–13:00 |
| Su | 13:00–17:00 |

nidarosdomen.no, +47 73 89 08 00



## B Old Town Bridge

Old Town Bridge is located in Trondheim, Trøndelag County, Norway.

66 Øvre Bakklandet, Trondheim 7013, Norway
(63.42825, 10.40128)



## C Kristiansten Fortress

Kristiansten Fortress is located on a hill east of the city of Trondheim in Trøndelag county, Norway, named after Christian V of Denmark...

28 Kristianstensbakken, Trondheim 7015, Norway
(63.42695, 10.41111)

forsvarsbygg.no/no/verneplaner/kristiansten-festning/ka...



## D Stiftsgården

Stiftsgården is the royal residence in Trondheim, Norway. It is centrally situated on the city's most important thoroughfare, Munkegaten.

23 Munkegata, Trondheim 7011, Norway
(63.43158, 10.39524)

| | |
|---|---|
| Mo–Sa | 10:00–16:00 |
| Su | 12:00–16:00 |

nkim.no/stiftsgarden



## E Archbishop's Palace, Trondheim

The Archbishop's Palace in Trondheim is a castle and palace in the city of Trondheim, located just south of the Nidaros Cathedral.

1B Kongsgårdsgata, Trondheim 7013, Norway
(63.42614, 10.39626)



## F Trampe bicycle lift

The Trampe bicycle lift is a bicycle lift in Trondheim, Norway, invented and installed in 1993 by Jarle Wanwik.In 2013 it was upgraded and...

12 Brubakken, Trondheim 7013, Norway
(63.42798, 10.40345)

trampe.no



## G Sverresborg Trøndelag Folk Museum

A lovely open-air museum with numerous traditional Norwegian buildings that look as if taken straight from a fairy-tale.

Sverresborg Allé 13, 7020 Trondheim, Norway
(63.41939, 10.35849)

sverresborg.no, +47 73 89 01 00



## H Tyholt Tower

Tyholttårnet is a 124 metre tall radio tower with an observation deck in Trondheim, Norway. It was completed in 1985.

Otto Nielsens veg 4, 7052 Trondheim, Norway
(63.42237, 10.43193)




## I Rockheim

Rockheim is Norway's national museum for popular music from the 1950s to the present.

Nordre avlastningsveg, 7010 Trondheim, Norway
(63.43872, 10.40161)

Mo–Su 10:00–17:00

rockheim.no, +47 73 60 50 70



## J Crown Regalia Exhibition

Located within the Archbishop's Palace, this exhibition displays the Norwegian Crown Regalia, including the royal crowns, scepter, orb, and the sword of state used in historical coronations.

1D Kongsgårdsgata, Trondheim 7013, Norway
(63.42630, 10.39532)

nidarosdomen.no/attraksjoner/riksregaliene

## Solsiden

A vibrant urban district situated on the site of the former Trondhjems Mekaniske Værksted shipyard. It features a large shopping mall and a wide array of restaurants and bars along the waterfront docks.

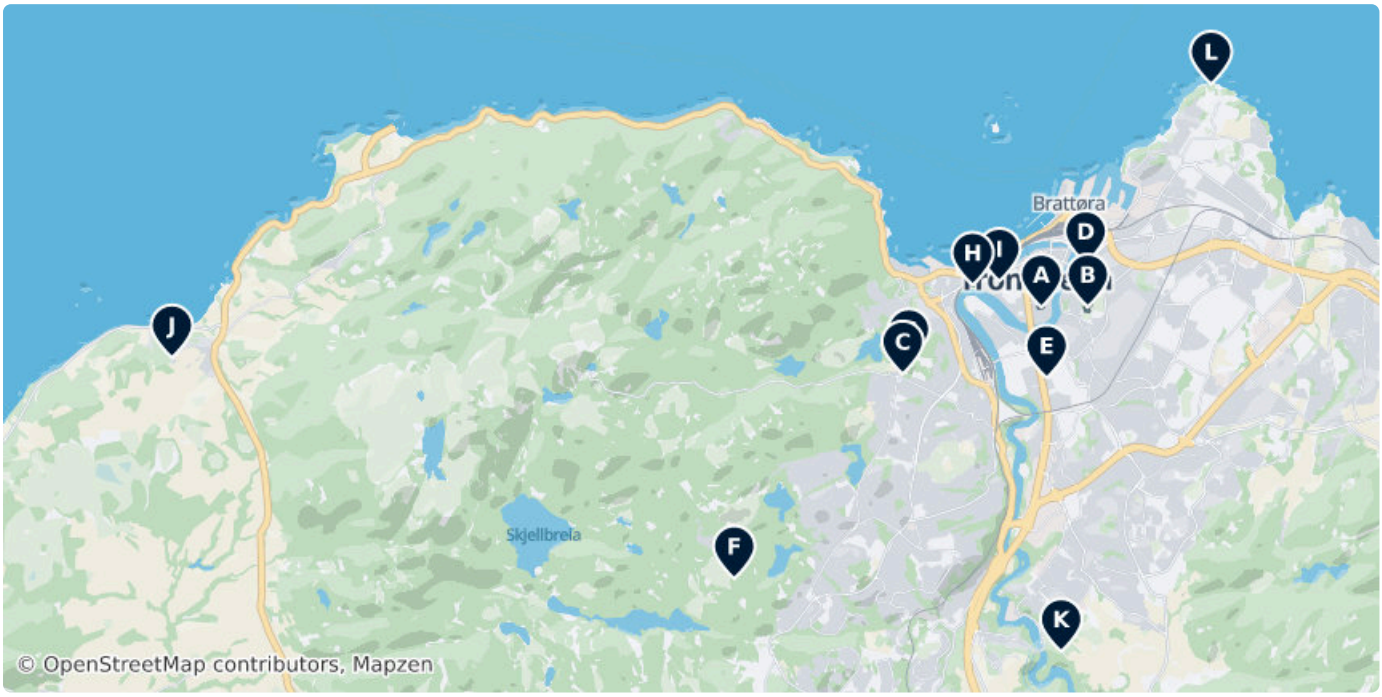
17 TMV-kaia, Trondheim 7014, Norway
(63.43485, 10.41216)

| | |
|---|---|
| Mo–Fr | 09:00–22:00 |
| Sa–Su | 07:00–21:00 |

solsidensenter.no

# Heritage Sites in Trondheim

Trondheim serves as Norway’s historical heart, anchored by the Nidaros Cathedral, a Gothic masterpiece and national pilgrimage site. This collection spans centuries of architectural evolution, from the 12th-century Haltdalen stave church at the Sverresborg Folk Museum to the 17th-century Kristiansten Fortress. The list highlights the city's religious and military development, including Norway's first octagonal wooden church, 18th-century hospitals, and defensive coastal batteries that protected the Trondheim Fjord during World War II.






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nidarosdomen.no, +47 73 89 08 00



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28 Kristianstensbakken, Trondheim 7015, Norway
(63.42695, 10.41111)

forsvarsbygg.no/no/verneplaner/kristiansten-festning/ka...

## C Haltdalen stavkirke

A 12th-century single-nave stave church originally from Haltdalen, now preserved at the Trøndelag Folk Museum.

136 Breidablikveien, Trondheim 7020, Norway (63.41790, 10.35515)

sverresborg.no/stavkirka



## D Bakke Church

Bakke Church may refer to:

1E Innherredsveien, Trondheim 7014, Norway (63.43281, 10.41050)



## E Trondheim døvekirke

A wooden long church built in 1927, specifically designed to serve the city's deaf community.

(63.41736, 10.39866)

dovekirken.no/trondheim

## F Gravhaug

An ancient archaeological burial mound.

(Unnamed Road), 7024, Norway (63.39021, 10.30421)

## G Sion

The ruins of King Sverre Sigurdsson's medieval castle, Sion, which dates back to 1182.

Trondheim 7020, Norway (63.41955, 10.35706)

sverresborg.no/borgen

## H Ilen Church

Ilen Church is a parish church of the Church of Norway in Trondheim municipality in Trøndelag county, Norway.

(63.42990, 10.37630)

## I Hospitalskirken

Norway’s first octagonal wooden church, constructed in 1705 to serve the Trondhjems Hospital.

(63.43044, 10.38439)

kirkesok.no/kirker/Hospitalskirken-Trondheim

## J Langørjan fort

A World War II coastal fortification and artillery battery.

(63.42009, 10.13419)

## K Leira fort

Historical defensive fortification located south of the city center.

(63.38032, 10.40309)

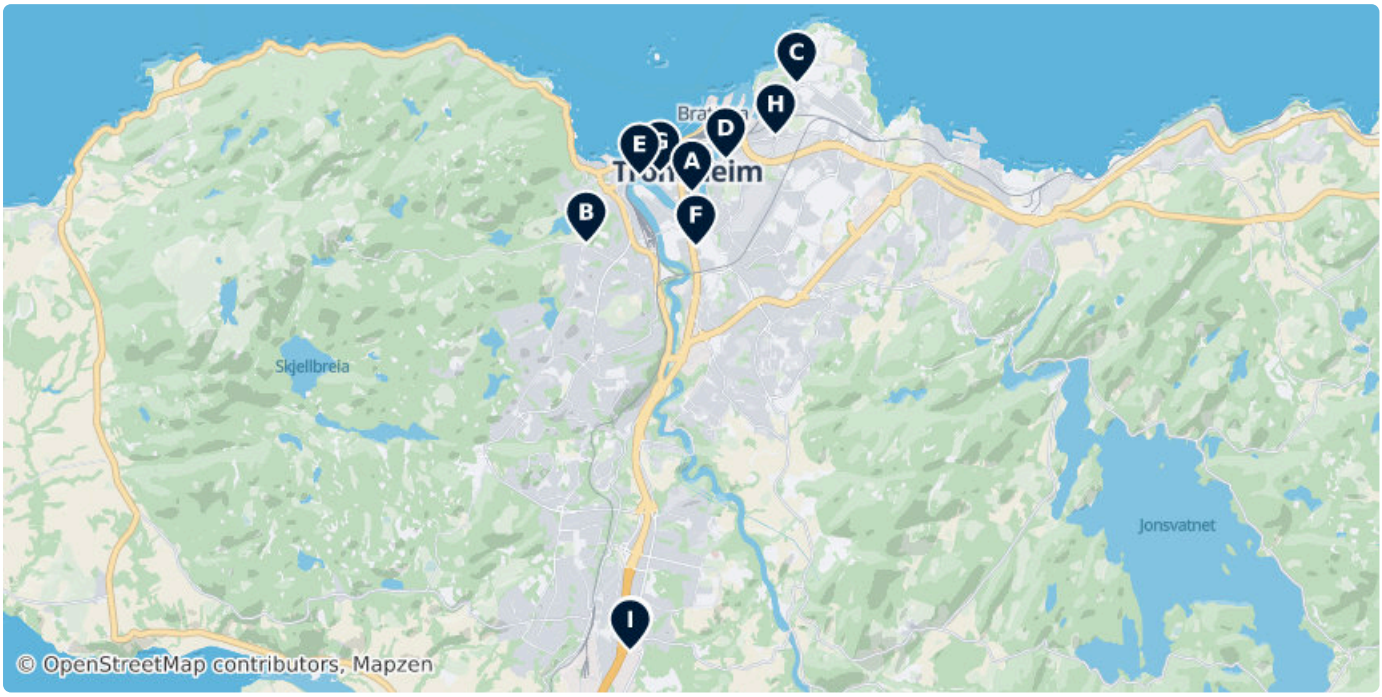
## L Peter Lie - Elen Lie

A memorial monument dedicated to Peter and Elen Lie.

(63.45708, 10.44840)

# Historic Churches & Temples

Trondheim's religious landscape is anchored by the Nidaros Cathedral, a Gothic masterpiece and national shrine built over the burial site of Saint Olav. The city preserves medieval stone structures like Lade Church alongside unique wooden heritage, including the 12th-century Haltdalen Stave Church. More recent additions, such as the octagonal Hospitalskirken and contemporary Hindu and Buddhist temples, reflect the city's architectural evolution and cultural diversity.






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nidarosdomen.no, +47 73 89 08 00

## B Haltdalen stavkirke

A 12th-century stave church relocated to the Sverresborg Folk Museum. It is the only remaining example of the eastern-style stave church, characterized by its simple, single-nave construction.

136 Breidablikveien, Trondheim 7020, Norway
(63.41790, 10.35515)

sverresborg.no/stavkirka

## C Lade kirke

One of Norway's oldest stone churches, dating back to approximately 1190. This Romanesque structure stands on a site formerly used for pagan worship by the Earls of Lade.

(63.44623, 10.43863)



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(63.42990, 10.37630)



## F Trondheim døvekirke

A wooden long church completed in 1927 to serve the deaf community. Designed by architect Roar Tønseth, it features a simplified traditional aesthetic.

(63.41736, 10.39866)

dovekirken.no/trondheim

## G Hospitalskirken

Completed in 1705, this is Norway’s first octagonal church. It was built to serve the Trondhjems Hospital, the oldest charitable institution in Scandinavia.

(63.43044, 10.38439)

kirkesok.no/kirker/Hospitalskirken-Trondheim

## H Lademoen kirke

A massive stone church inaugurated in 1905. The architecture blends Romanesque Revival and Art Nouveau styles, featuring a prominent tower and seating for over 1,000 people.

78 Innherredsveien, Trondheim 7042, Norway (63.43707, 10.43029)

## I Sri Tiller Ganesha-tempelet

A Hindu temple dedicated to Lord Ganesha, serving as a spiritual and cultural hub for the local Tamil community.

5 Djupmyra, Trondheim 7075, Norway (63.34551, 10.37256)

tillerganesha.no

## J Chua Don Hau

A Buddhist temple and cultural center for the Vietnamese community in Trondheim, used for traditional ceremonies and meditation.

1 Djupmyra, Trondheim 7075, Norway (63.34586, 10.37300)

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