

The background features a large, stylized 'N' shape composed of overlapping translucent polygons in shades of yellow, orange, and pink. A bright light source is positioned within the upper part of the 'N', creating a lens flare effect. On the right side, there is a faint, tilted watermark that reads 'VISIT TRONDHEIM' with a small square icon above the word 'TRONDHEIM'.

Destination

**TRONDHEIM**

# TRONDHEIM

A BIG VILLAGE – OR A SMALL CITY

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# TRONDHEIM

IN THE HEART OF NORWAY!



# TRONDHEIM

## A CITY WITH HIGHLIGHTS!

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- Trondheim was founded in 997 by the Viking King Olav Tryggvason.
- Historical and beautiful charming sights!
- The population is today about 180.000. Including the students, it amounts to more than 200.000.
- Technology and science have made the city internationally famous.
- Trondheim is situated in the heart of Norway, centrally located and charming vibrant!
- A wide range of recreational activities in beautiful surroundings.
- Ideal for small and large congresses with hotels within walking distance.
- Short distance to the airport. Only 30 min by bus.
- The city and knowledge make us the perfect hosts!

# HOW TO GET TO TRONDHEIM?

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Trondheim Airport is only 35 km from the city centre.  
It takes only 30 minutes by shuttle.

Trondheim Airport has frequent direct flights from:  
Alicante, Amsterdam, Antalya, Barcelona, Berlin, Frankfurt, Gdansk,  
Helsinki, Copenhagen, Las Palmas, London, Nice, Malaga, Reykjavik, Riga,  
Stockholm and Tallin.

**30 flights every day: Oslo – Trondheim**

Avinor, the company that owns all main airports in Norway, is very optimistic that they will have quite a high number of international direct flights to Trondheim Airport by 2015.

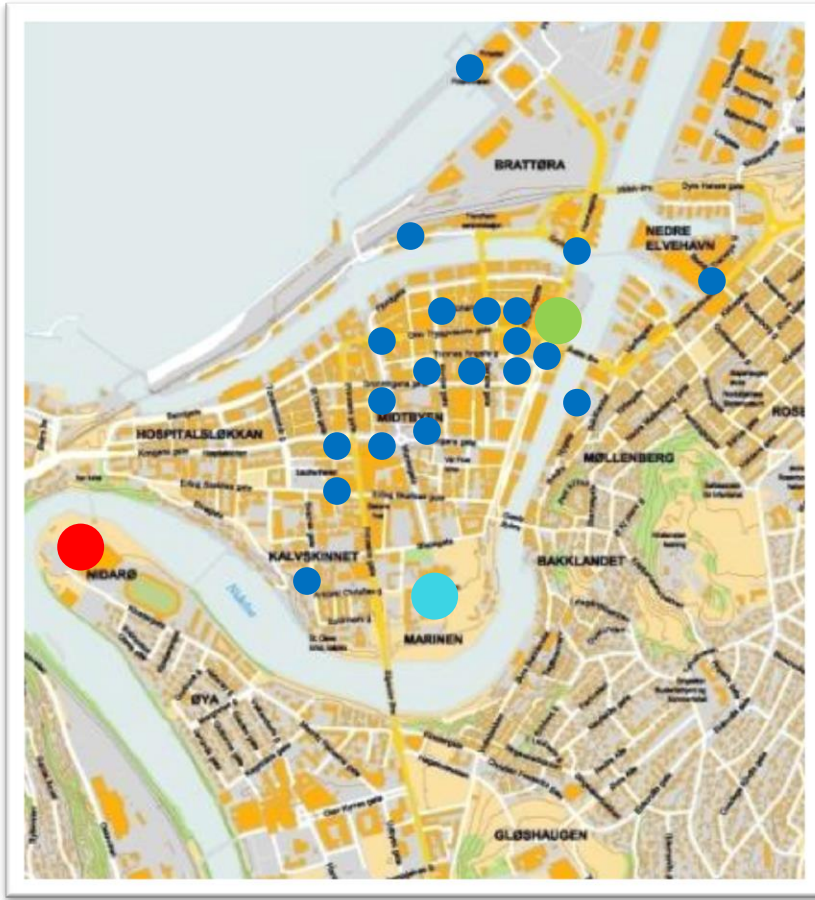


Trondheim has several daily train connections with both the northern and southern parts of Norway as well. Also a daily direct connection with Stockholm, Sweden.



# TRONDHEIM - THE INTIMATE AND COMPACT CITY!

EVERYTHING WITHIN WALKING DISTANCE!



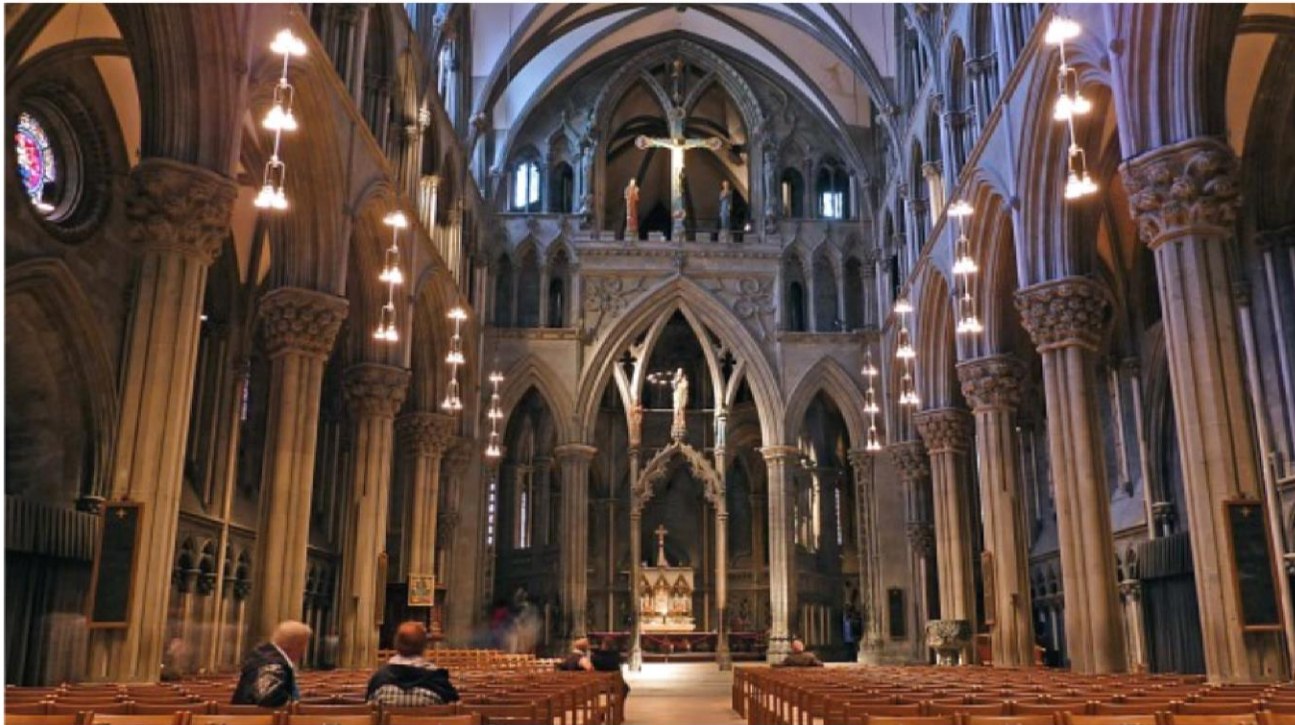
- 24 hotels with capacity 3200 rooms  
Largest conference hall at a hotel takes about 1800 persons in plenary.
- Nidarø convention hall with capacity for 3400 persons.
- Olavshallen (concert hall).
- Nidaros Cathedral.

**The wireless city**  
Trondheim was the first wireless city in Norway, and one of the first wireless cities in Europe.

# COMPLIMENTARY CONCERT IN NIDAROS CATHEDRAL?

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For international meetings with more than 100 delegates, the Mayor of Trondheim city can host a 20 minutes complimentary organ concert in Nidaros Cathedral, -free of charge!



# FOOD & BEVERAGE IN TRONDHEIM RESTAURANTS

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Central Norway is known to have the highest number of quality food producers in Norway, both when it comes to fish/seafood and meat.

Many meetings are solely placed to Trondheim just because of the food!

Apart from local food, we have a large number of other restaurants serving both traditional Norwegian food and international dishes.





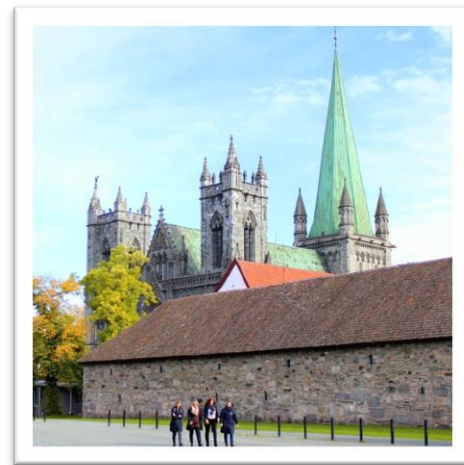
# NIDAROS CATHEDRAL

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**Nidaros Cathedral** is the world's northernmost cathedral and Norway's national shrine.

The construction started in the year 1070 and it was built above the tomb of St. Olav.



# THE ROYAL RESIDENCE - STIFTSGÅRDEN

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**Stiftsgården** is the royal residence in Trondheim. It is possibly the largest wooden building in Northern Europe, and it has been used by royals and their guests since 1800.



# THE MONK'S ISLAND - MUNKHOLMEN

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## **Munkholmen «The Monk's Island»**

This was Trondheim's execution ground in ancient times.

Benedictine monks built a monastery on the island.

The Monk's Island is today a popular meeting and recreation area.



# KRISTIANSTEN FORTRESS

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## **Kristiansten Fortress.**

This was built after the great city fire in 1681, and still proudly stands guard over the city centre.

Here is a spectacular view over Trondheim and its surroundings, the fjord and the mountains.



# RINGVE MUSEUM

## NORWAY'S NATIONAL MUSEUM FOR MUSIC AND MUSICAL INSTRUMENTS

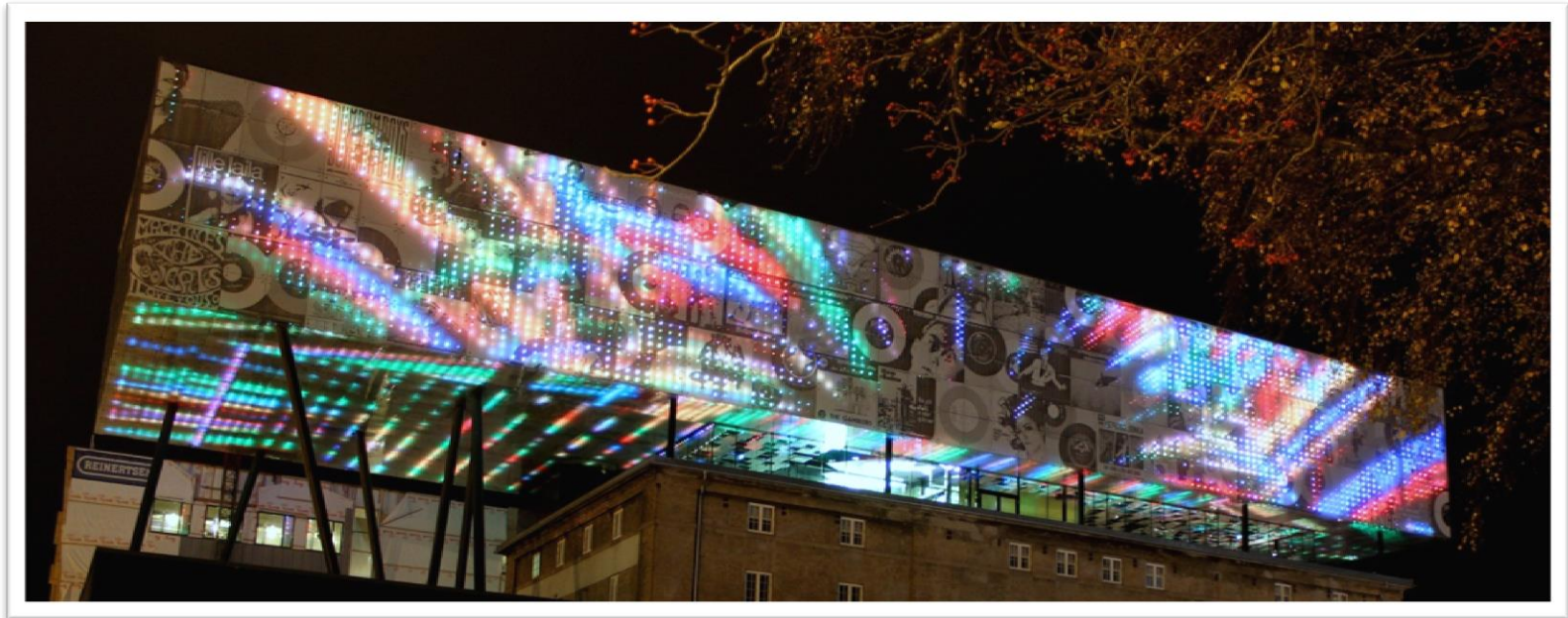


**Ringve** is Norway's national museum for music and musical instruments, exhibiting collections from all over the world. The historic interiors create a unique backdrop, making the guided tour a completely unique experience.

# ROCKHEIM

## THE NATIONAL MUSEUM OF POP & ROCK CULTURE

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**ROCKHEIM** is our National Center of Pop and Rock Culture. It is located in an old building, but with the “lightbox” on the roof, it has become a signature building of the city.





# THE OLD TOWN «BAKKLANDET»

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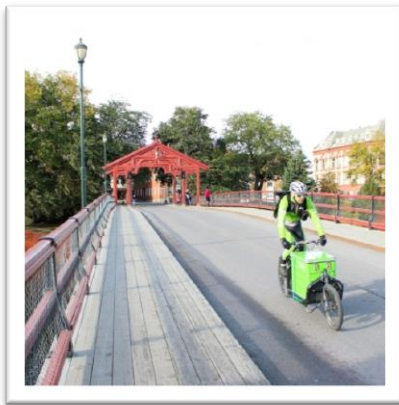


**Bakklandet** is a neighbourhood of Trondheim. The area is dominated by small, wooden houses and narrow streets.



# THE OLD TOWN BRIDGE «GAMLE BYBRO»

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**The Old Town Bridge (Gamle bybro)** was constructed by Johan Caspar von Cicignon in 1681. A must to see!



# THE WARE HOUSES

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The oldest of **The Ware Houses** along the River Nidelven is dated from the 18th century.

A very popular view, and visitors are often standing on The Old Town Bridge capturing this beautiful sight with their own camera.

# VIEW FROM THE CITY

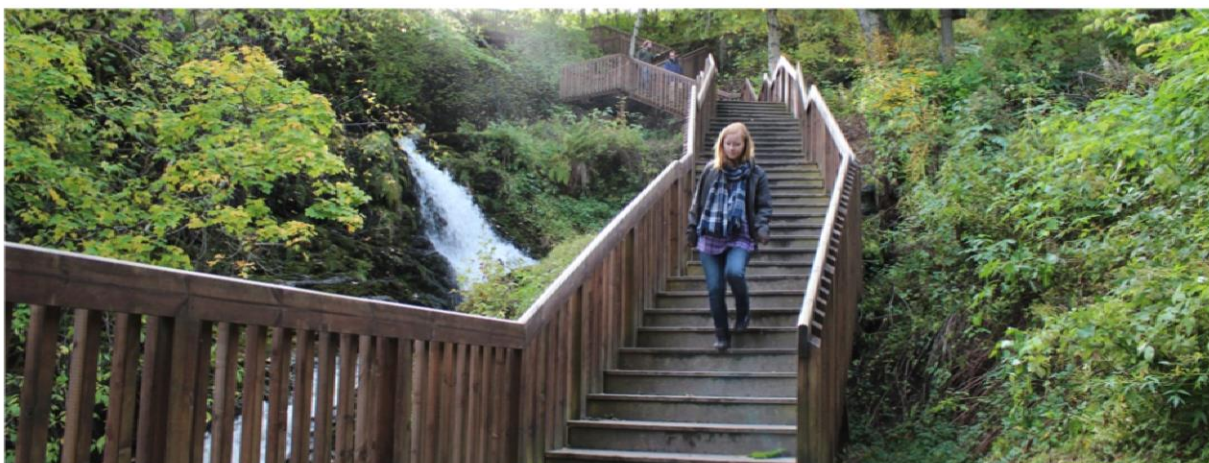




# TAKE A STROLL OUTSIDE THE CITY!

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The walking path **“Ladestien”** is located on the east side of the town center. The path is 8 km long and you pass many popular spots along the Trondheim fjord.

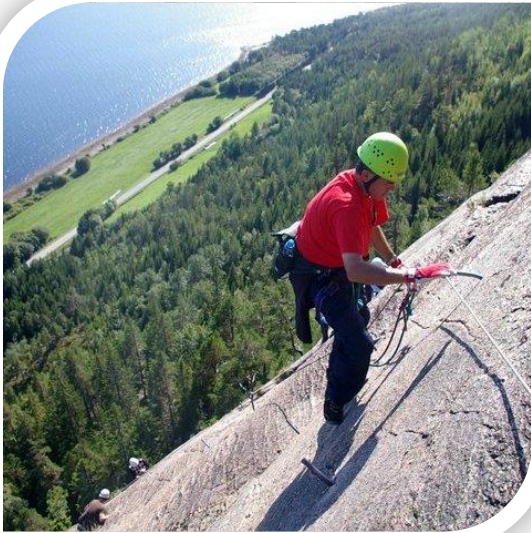


**Ilabekken** is another popular walking path on the western side of town center.



# CREATIVE SOLUTIONS FOR OUTDOOR ACTIVITIES!

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# CLIMATE & NATURE

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The warm Gulf Stream blesses the area with a fairly mild climate. The area is well known by photographers for very special light (every season), - sunset and sunrise can suddenly turn to magical moments!

# RECOMMENDED ATTRACTIONS!

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Nidaros  
Cathedral



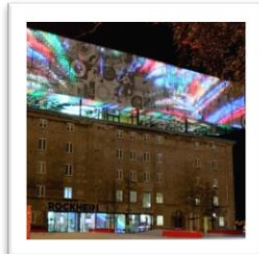
The Old Town  
Bakklandet



Guided tour



Rockheim



Sverresborg  
Folk Museum



The Monk's Island  
«Munkholmen»



Ringve museum



# WELCOME TO TRONDHEIM!

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## Visit Trondheim AS

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