



# Trøndelag

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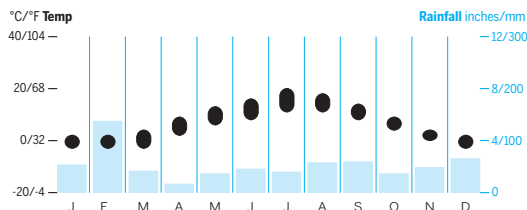
## Why Go?

Trondheim, the most northerly place in Norway that merits the title 'city', is the major draw. You'll find fulfilment wandering its medieval streets and quays, savouring its buzzing student life and sampling its pretty wharveside restaurants and bars. Dig into its history too as you visit Nidaros Cathedral, Scandinavia's largest medieval structure, and prow around the vast, open-air Sverresborg Trøndelag Folkemuseum.

Trøndelag is a region of rumpled hills, stippled with ox-blood-coloured farmsteads and ruffled green with wheat and barley. Hay stands out to dry on distinctive long, low trellises like a line of shaggy yaks in procession, and always there's water near at hand, whether sea, lake or incised fjord. Amid such rural splendour, atmospheric Stiklestad, famous as the site of the martyrdom of King Olav (St Olav) and an easy detour from the Arctic Highway, is at the heart of every Norwegian's sense of national identity.

## When to Go

### Trondheim



**Mid- to late June** Winter has retreated, and visitors are relatively few.

**Last week of July** Festivities in honour of St Olav in Trondheim and Stiklestad.

**September** Trondheim has a fresh buzz as its student population returns.

# TRONDHEIM

POP 170,000

Trondheim, Norway's original capital, is nowadays the country's third-largest city after Oslo and Bergen. With its wide streets and partly pedestrianised heart, it's a simply lovely city with a long history. Fuelled by a large student population, it buzzes with life. Cycles zip everywhere, it has some good cafes and restaurants, and it's rich in museums. You *can* absorb it in one busy day, but it merits more if you're to slip into its lifestyle.

## History

In 997, King Olav Tryggvason moored his longboat alongside a broad sandbank at Nidaros (meaning 'mouth of the River Nid') and established his farm. One plausible theory has it that Leifur Eiríksson (or Leif Ericson as he's usually transcribed in English) visited the king there before setting sail for Iceland and Greenland and possibly becoming the first European to set foot in North America. (If you're from the USA, the Viking staring out to sea near the Hurtigruten quay



## Trøndelag Highlights

- 1 Browse **Nidaros Cathedral** (p246), Trondheim, Norway's most sacred building
- 2 Trundle a **trolley** (p259) along the no-longer-active Namsos–Skage railway line
- 3 Explore the cultural centre and grounds of **Stiklestad** (p258), where St Olav was martyred
- 4 Learn about coastal life at multimedia **Norveg** (p260) in Rørvik
- 5 Tuck into Norwegian specialities in Trondheim's historical **Vertshuset Tavern** (p253)
- 6 Hike in the wilderness of **Bymarka** (p251), right in Trondheim's backyard