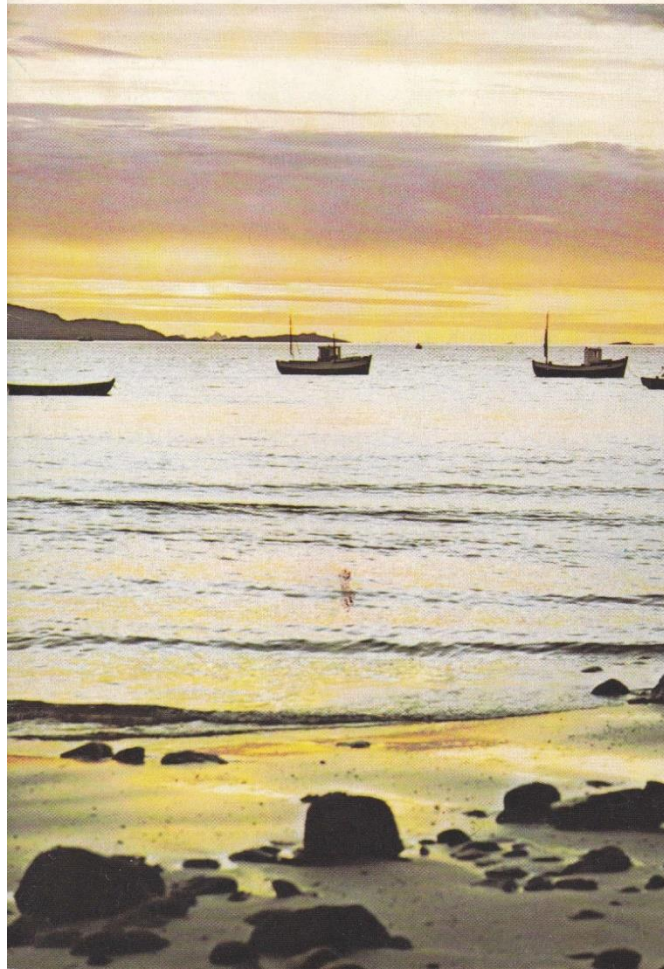


SAS CITY PORTRAIT

Bodø
Tromsø
Trondheim

3rd ed.

SAS SCANDINAVIAN AIRLINES



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The information given in this booklet is based on facts available in May 1973.

Introduction

Bodø and Tromsø are the two gateways to the Top of Europe – the Land of the Midnight Sun where the sun never sinks below the horizon from the end of May to July, while Trondheim is the port and gateway to central Norway.

Once both these regions were somewhat isolated and it took days, or even weeks, by land and sea from Oslo – but today SAS jetliners link the three cities to Norway's capital.

The fjord-shredded coastline and the latitudes of the cities suggest a vacationland for the sports enthusiast – but though it is an eldorado for angler, climber and naturalist, the scenic beauty of mid- and northern Norway, the Great Unpolluted Outdoors and the modern hotels in all three towns make it just as exciting for the ordinary vacationer.





Entry regulations

Passport and customs control takes place at either Bergen, Stavanger, Trondheim or Oslo depending on which gateway you enter Norway. There are no tax-free facilities at Bodø or Tromsø airports.

Currency: The Norwegian monetary unit is the "krone", N.kr., divided into 100 øre.

Cuisine

Breakfast – in Norway you are expected to have an enormous appetite at breakfast time! The Norwegian "Cold Table" is a table-long spread of eggs, meat, salad, herring, cheese, plus bread, butter, jam, milk, coffee and tea. You help yourself, and return as many times as you please. This meal is called "frokost". If you want a continental-style breakfast, just ask for coffee or tea complét. Breakfast is generally served from about 7 to 10 a.m.

Lunch – this meal starts around 1 p.m. You can either choose a three-course affair, if you are feeling hungry, or be like the Norwegians and pick two or three smørrebrød – open sandwiches – which, in fact, are quite a meal in themselves.

Dinner – served from about 7 p.m. and comprising hors d'oeuvres or soup, fish or meat and dessert.

What to eat?

You are in for a treat if you are fond of seafood, for Norway offers some of Europe's choicest fish. In Trondheim, Bodø and Tromsø you can be sure the cod you eat, for example, will be fresher than any fish you have ever bought. Other local delicacies include shrimps and fresh lobster, boiled or fried trout – and Norwegian salmon.

But, of course, it's not all fish. You can try the Norwegian speciality *fenalår* (cured smoked leg of mutton) or

spekeskinke (cured ham) and another Norwegian dish to be found on the menu is *fjellrype* (ptarmigan, the mountain cousin of the partridge) – and, of course, roast reindeer cutlets.

You can, naturally, also order international dishes.

What to drink?

As in all Scandinavian countries, "snaps" is a popular drink when eating certain seafoods and cheese. The most famous brand in Norway is "Linje". But, a word of caution: aquavit is powerful stuff and if you are unaccustomed to it you would be well advised to limit your "skål-ing" to two glasses.

Beer differs in strength but if you want the stronger type ask for "export". "Pilsner" is the standard grade. There are good local beers in Trondheim, Bodø and Tromsø.

International drinks are also available.

Shopping and souvenir hunting

It will no doubt surprise you to discover that the shops in these three towns are not only modern but are stocked with the latest in Scandinavian Modern design as well as locally-made products. There is a wide variety of souvenirs for sale from pewter drinking horns to polar bear furs.

Here are just a few shopping suggestions:

Textiles

Norway's hand-knitted sweaters are world-renowned and always a good buy. Handwoven plaids, napkins and tablecloths are also worth looking at while Lapp hats and sealskin boots make excellent souvenirs.





Handicrafts

Norway's coastal towns have a reputation for fine cottage-industry products, the wood-carving being particularly interesting. See the rose-painted trays, bowls and spoons.

Glassware and ceramics

Ingenious designs and high quality are the hallmark of Norwegian made glass and ceramics.

Furs

SAGA is the name to look for, particularly the mink and bluefox. Take a good look at the prices and compare them with the furs back home of the same quality – they are very reasonably priced here!

Sports equipment

Skiing equipment in the Cradle of Skiing is, of course, of the highest quality possible with prices which are hard to beat anywhere.

Special Gift Suggestions

– for Her, a bowl of enamelled silverware or a set of enamelled silver spoons in bold purple or emerald colors, unique Norwegian products. For Him – a pair of après-ski slippers made by Lapps with Lapp motives decorating them, a fishing rod, hand-made pipe or pewter drinking mug.

Business hours

Banks – open between 8.30 a.m. and 5 p.m. weekdays, Thursdays until 6 p.m. Saturdays closed.

Other businesses – weekdays 9 a.m. to 5 p.m., Saturdays 9 a.m. to 2 p.m. Some shops close earlier in the period June 15 to September.

Closing times differ in certain periods – check with your hotel.

Tipping

Airports – there are no porters but taxi drivers will assist you with your luggage if needed.

Hotels – a service charge of 10–15 % is generally added to the bills. The only services not included are those of the baggage porter and the hall porter both of whom should be tipped separately. There is no need to tip the hotel staff unless you have received extra services – telegram delivery, for example, would be worth about 50 øre.

Restaurants – there is a service charge on all bills but it is still customary to tip an additional 3 to 5 %.

Taxis – You pay the fare on the taxi meter plus 25 øre for each suitcase – and a 10 % tip if you wish.

Hairdressers and barbers – they do not expect tips but many customers leave between 50 øre and N.kr.1.

Cloakroom attendants – a fee of approximately N.kr.1 per person.

Cinema and theater ushers – do not tip.

Twenty words to begin with

Though many Norwegians speak and understand English, it is always useful to know a smattering of the language – and you'll find that the locals will appreciate your having the basic "thank you", "excuse me" and "good morning" tucked up your linguistic sleeve.

English	Norwegian	English	Norwegian
Hello	Hallo, morn	One	En, et
Thanks	Takk	Two	To
Excuse me	Unskyld	Three	Tre
How much	Hvor meget	Four	Fire
This, it	Dette, det	Five	Fem
Where	Hvor	Six	Seks
Street	Gate	Seven	Sju
Mr.	Herr	Eight	Åtte
Mrs., Miss	Frue, Frøken	Nine	Ni
Yes	Ja	Ten	Ti
No	Nei		

(A custom peculiar to Norway is the greeting for "hello" – the Norwegians say "morn, morn" at all times of the day, even in the evening!)



Public holidays

Shops and offices are closed in Trondheim, Bodø and Tromsø on the following days:

January 1	<i>New Year's Day.</i>
Maundy Thursday	
Good Friday	
Easter Monday	
May 1	<i>Labor Day.</i>
Ascension Day	
May 17	<i>Independence Day.</i>
Whit Monday	
December 25	<i>Christmas Day.</i>
December 26	<i>Boxing Day.</i>

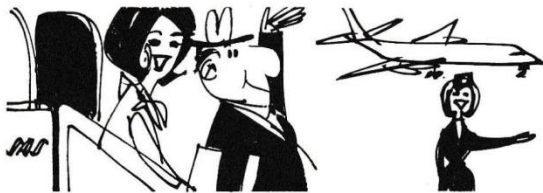
Bodø

Fifty miles north of the Polar Circle, on the same latitude as the northern parts of Alaska and Siberia, Bodø's geographical location suggests an all-year-round wintry outpost.

It comes as a surprise to find that the "outpost" is a busy, prosperous town with a population of 33,000, a modern airport, supermarkets and many buildings in keeping with the best in Scandinavian design. And the climate, even in winter, is not severe.

The Gulf Stream with its warm currents filtering along the craggy coastline of Norway is responsible for the exceptionally mild climate – and Bodø's location at the head of the Salt Fjord in a central position in northern Norway has resulted in it becoming a communications center. Air routes meet here. There is a rail connection from Bodø via Trondheim with Oslo. Steamer and ferry services link Bodø with the coastal districts to the north and south while a network of bus routes enable the rural population to make the town its main urban center for shopping and business. Thus Bodø has become the educational, administrative and commercial center for the county of Nordland.





Despite its present importance to the life of northern Norway, Bodø is not an old town. It was founded in 1816 and by 1825 there were still only about 200 inhabitants. In fact, for many years it seemed that the town was in danger of losing its charter rights, until in the 1860s, huge shoals of herring appeared off the coast bringing prosperity to the local fishermen and creating the stimulus for trade which had been needed. New shops and new industries sprung up. The population increased – and though the shoals moved away to fresh grounds some 20 years later, the town never looked back.

Most of the buildings in Bodø were destroyed during the Second World War, but in the reconstruction which followed a well-planned town emerged with wide streets, spacious squares – and a ready-made role as a business center.

For a number of years, cruise ships and coastal steamers have called at Bodø on their way to the North Cape – and with the building of the new luxury 500-bed hotel, the town now becomes a vacation resort in its own right, an excellent base from which to tour the unspoiled countryside surrounding it.

Your arrival in Bodø

Your SAS aircraft will land at Bodø Airport, just over one mile (1.6 kms.) from the town center. (Please note that this is a military airfield and photography is not allowed.) Proceed to the Arrival Hall where your baggage will be brought in on trollies.

Within the terminal building there are cafeteria and souvenir shop.

Just outside the airport building, you will find several taxis waiting to take you into the town – the fare is approximately N.kr.8, depending on the amount of baggage

you have with you. As it takes only 2–3 minutes by car, there is no bus service from the airport to town.

If you are flying on from Bodø, please remember to make your reconfirmation at the SAS Town Office, tel. 24 040. If you are staying at the SAS Royal Hotel, this is a simple task. You can stroll down to the lobby, for the SAS office is located near the main reception desk, or just pick up the telephone as SAS is directly connected to the hotel's main switchboard.

Hotels

First class

SAS Royal Hotel (C/D5/6)

Storgaten
Tel. 24 100

This new 14-story hotel is located at the harborside and is a first class international hotel. It has 500 beds and all rooms (suites, doubles and singles) are of a very high standard with bath/WC, telephone and modern wake-up alarm, radio and message service. All rooms have a view overlooking the busy har-

bor and offshore islands or of mountains. The hotel has three restaurants (see restaurant section), a bar, pub, grillroom, cafeteria, night club and discotheque.

Other hotels

Grand Hotel (E5)

3 Storgaten
Tel. 20 000

Central Hotel (E6)

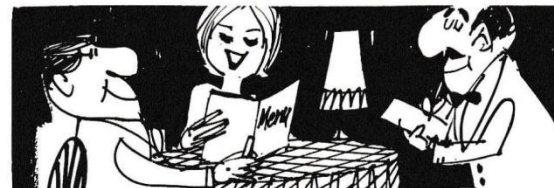
6 Schyttesgate
Tel. 23 585

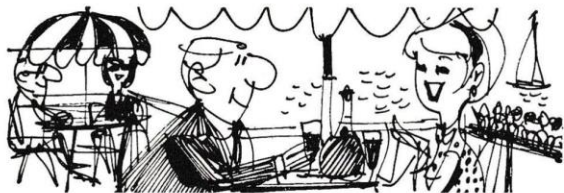
Approximate prices: First class, single room with bath approx. N.kr.70–80, double with bath N.kr.120. Medium-priced hotels, single without bath N.kr.45–55 and double without bath N.kr.65–75.

Voltage for electric appliances in Bodø is 220 A.C.

Restaurants

Inevitably, the modern restaurants of the Royal Hotel must be strongly featured in any resumé of eating establishments in Bodø and district. Apart from these new restaurants, the Rønvik Mountain Resort (about 2 miles – 3 kms. – from the town center) with its superb view over





sea and islands, is worth visiting – as is the Saltstrømmen Restaurant and Café Kjelen (see excursions page 13) noted for their fine seafood dishes.

Restaurants

Caravelle (C/D5/6)

Second floor,
SAS Royal Hotel

First class restaurant (with dancing) with capacity for 400 persons.

Balustrade Restaurant (C/D5/6)

Second floor,
SAS Royal Hotel

Open from 7 a.m. to 11 p.m. with capacity for 80 persons.

Polarama Lounge (C/D5/6)

14th floor,
SAS Royal Hotel

Located at the top of the Royal Hotel with panoramic view over Bodø, the sea, mountains and surrounding countryside:

Monty Restaurant (H5)

23 Storgaten

Café Royal (C/D5/6)

First floor,
SAS Royal Hotel

Open from 7 a.m. to 9 p.m. A self-service cafeteria-style restaurant with capacity for 140 persons.

Phoenix Restaurant (E5)

8 Storgaten

Rønvik Mountain Restaurant (off map)

Rønvik Mountain

Located 455 ft. (155 meters) above sea level with a superb view of sea and mountains.

(Open only in summer).

Saltstrømmen Restaurant (off map)

20 miles (32 kms.) from town center.

Speciality: fish dishes.

(Open only in summer).

Sights and excursions

We list here a number of city sights and suggested excursions. Ask the local tourist office or travel agency for more details regarding transportation and charges.

City sights

Lutheran Cathedral (E6). Replacing the church that was burned down in May 1940, the cathedral was dedicated in 1956. It is an unusually shaped building in the modern basilica style with impressive stained glass windows. During the summer it is open daily from noon to 3 p.m.

Bodin Parish Church (off map). Parts of this tiny church date from the 13th century. Though extensively renovated in recent years, the church still has its original richly carved altarpiece from 1670. Open daily in the summer from 10 a.m. to 7 p.m.

County Museum (E6). For those who would like to gain an impression of how people lived in northern Norway in times past, a visit to this museum is worthwhile. As well as ancient household items and costumes, there are collections of birds, fish and coins.

Excursions

Saltstraumen. This is one of the outstanding natural attractions at the Top of Europe – the world's most powerful maelstrom. Located 20 miles (32 kms.) east of Bodø, Saltstraumen can be reached by bus. Ask your hotel or the Tourist Information Office for the timetable of the tides and bus departures.

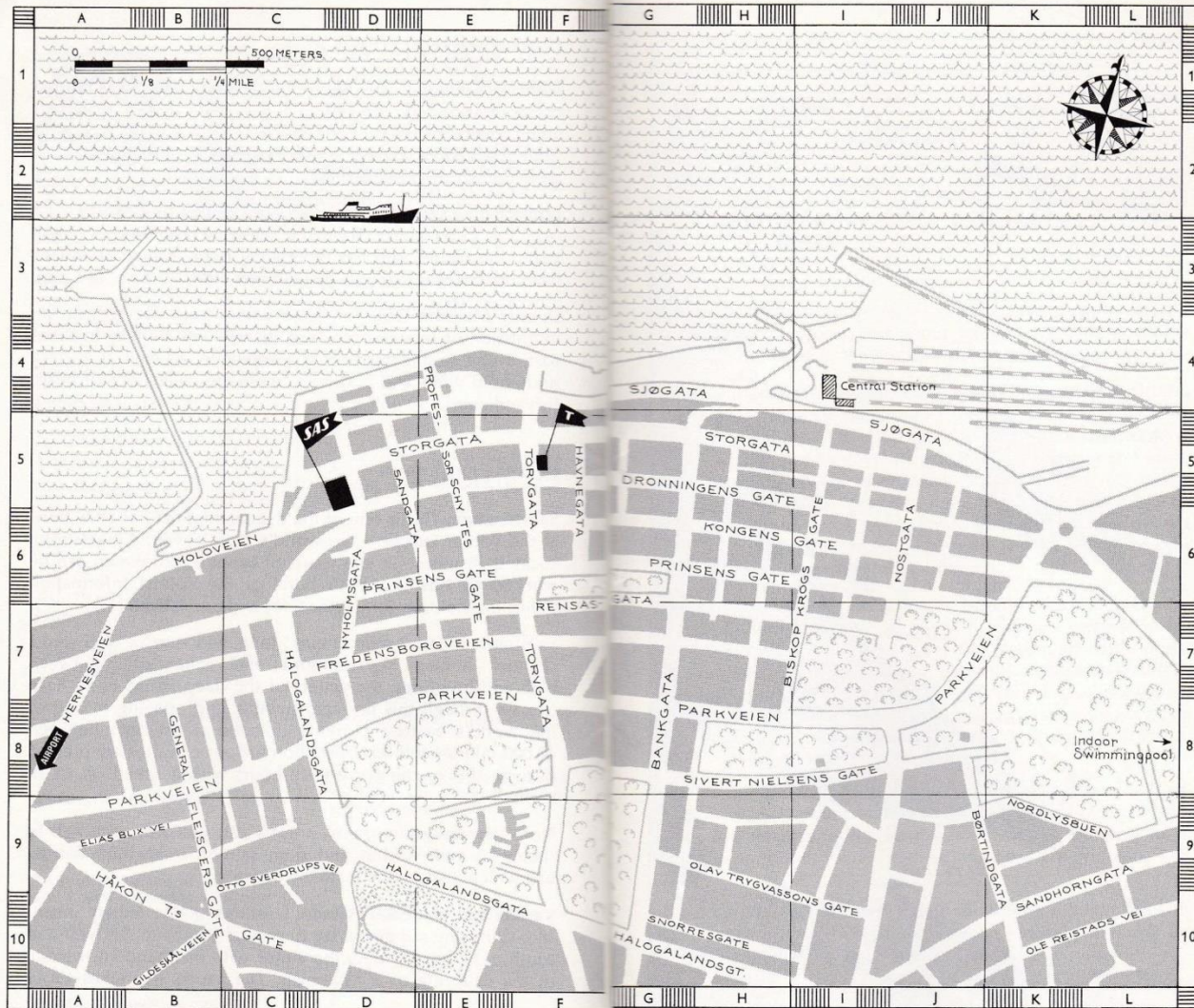
Saltstraumen is a 2-mile (3 kms.) long, very narrow (165 yards) channel linking Skjerstadvjord and Saltenfjord. Between high and low tides, the waters of the deep island basin have to pass through this passage, swirling and eddying in one of the world's swiftest currents (for the statistician: between 40,000 million and 82,000 million gallons of water are pressed through this opening every six hours with a speed up to 10 knots).

From these angry currents, anglers can pull fish after fish as shoals of cod, halibut and even salmon follow the natural bait which is sucked in from the ocean.

Vaeran and Gildeskål islands. Steamers of the Salten Steamship Company sail every day to several islands to the west and south of Bodø providing the visitor with first hand knowledge of the daily life of a fisherman. The round trip takes about

(cont'd on page 17)





Code numbers in the Bodø section of this booklet refer to the above map. Thus

D5) is located where lines drawn from "D" and "5" cross each other.

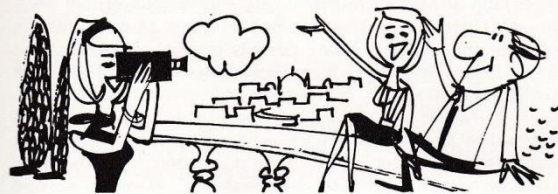
Interesting sights in Bodø

- | | |
|---|--|
| (E6) Lutheran Cathedral. | (E9) Education Center. |
| (E6) County Museum. | (E9) City Hall. |
| (C/D5/6) SAS Town Office (SAS Royal Hotel). | (I4) Railway Station. |
| (D7) Nordland County Administration Center. | (E4) Quay for North- and South-bound Coastal Steamers. |
| (D8) Aspåsen School and Bodø's Music Hall. | (D4) Quays for Local Steamers. |
| (D/E10) Sports Stadium. | (C6) Small Craft Harbor and Fishing Wharf. |

Useful addresses

- SAS** SAS Ticket Office:
 Storgaten (SAS Royal Hotel Center) (C/D5/6), tel. 2 40 40.
 Open hours: 9 a.m. to 4 p.m., Saturdays 9 a.m. to 2 p.m.
 Sundays closed. When office closed please make your seat bookings by calling SAS Oslo (tel. (02) 12 01 20).
- T** Tourist Information Office:
 1 Torvgaten (F5), tel. 21 240.
 Open hours: 9 a.m. to 4 p.m.
 Saturdays 9 a.m. to 1 p.m. Sundays closed.

Distance from city center to airport: 1 mile (1.6 kms.).



(cont'd from page 13)

6-7 hours and costs approx. N.kr.10-20. Snacks can be bought on board. For information about fares and schedules please contact your hotel or the Tourist Information Office.

Lofoten Islands—Just a few hours' sailing from Bodø with M/S Røst of Vesteraalens Steamship Company or a short flight in one of the Widerøe 20-passenger Twin-Otter aircraft (booking office located in SAS Royal Hotel). Both the steamer and plane take you to Svolvaer, one of the world's biggest cod-fishing centers, at the foot of towering mountains. The Lofoten islands are also the home of the largest and finest colonies of sea birds to be found anywhere — in particular the islands of Røst and Vaerøy are known for their birdrocks.

Narvik — A suggested excursion to Narvik, which annually exports 15-20 million tons of Swedish iron ore carried by rail to this Norwegian town to avoid the ice-bound Baltic ports: Take an early morning bus from Bodø following a route which includes three ferry crossings arriving Narvik in the evening. The next afternoon depart from Narvik by steamer sailing along the picturesque coastline to arrive back in Bodø early the next morning.

Part of the fun of this trip is to watch the loading and unloading activities at each stopping point — for several of the islands the small steamer represents the main supply line bringing in tractors, furniture, food — and picking up dairy products, fish, etc.

Please note that there are only two afternoon return trips by steamer every week from Narvik — so be sure to check the schedules before leaving Bodø.

Narvik was founded as recently as 1901. Its economy is based chiefly on the transportation of iron ore extracted from the rich mines of Swedish Lapland.

But for the tourist it is a communications center amidst lovely scenery — you only have to take the mountain lift in the summer to the Fjellheimen (2,000 ft. — 656 meters above sea level) to see how magnificent is the surrounding countryside.

Skjerstad. If you have time to explore the countryside near Bodø, the Skjerstad district, nestling on the side of the Misvaer Fjord, ought to be high on your excursion list. There are two main centers Skjerstad and Misvaer. A popular excursion point

is the farm at Ljøsenhammer where the famous brown goat-cheese is produced. This is fine rambling country and an eldorado for anglers. Fishing permits can be obtained at the Tourist Office in Bodø or from local tradesmen and farmers in the district.

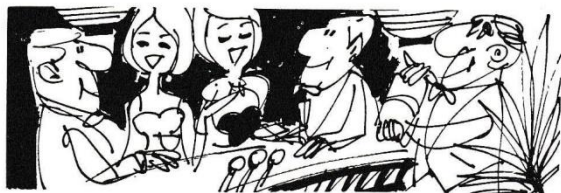
Beiarn. The Beiarn districts lies in a valley terrain stretching inland from a finger of the Saltenfjord and in a southerly direction towards Saltfjellet and Svartisen, Norway's second largest glacier. The district includes old farm buildings, rivers offering salmon and trout fishing, mountain lakes, grottoes and underground rivers. Recent archaeological finds are evidence of ancient settlements in this area.

Up to 1966 Beiarn was accessible only by the sea route through the narrow Beiarn Fjord – and even today this boat trip should be experienced. It could well be the highspot of your North Norway visit!

Svartisen Glacier, near Holandsfjord (190 miles – 280 kms. from Bodø via Mo i Rana). Though the glacier is gradually decreasing in size it is still an impressive sight with a number of interesting walks to enjoy – and scenes to please the photographer. A chairlift and cable-car from Glomfjord takes you to Glomvasshaugen from where there is a splendid view of the glacier.

Entertainment and night life

In a town the size of Bodø, north of the Polar Circle, night life must of necessity be on a limited scale – but there is one first class night club which stays open until 3.30 a.m.! It is, of course, located in the SAS Royal Hotel and bears the appropriate name “Polar Night Club”. Wine, beer and food are available and during the summer the nightclub is open from 15 minutes past midnight until 3.30 a.m. on Wednesday, Thursday, Friday and Saturday. During the winter season, the opening hours vary so please ask the hotel personnel for details. There is also a discotheque at the Royal Hotel, the “Polar Club”, with a capacity for 250 persons, offering snacks



such as hamburgers, sausages, fish and chips, with beer and mineral water.

In addition to dancing at the Caravelle restaurant in the Royal Hotel, there are four other dance-restaurants in Bodø: Monty Restaurant, 23 Storgaten; Phønix Restaurant, 8 Storgaten; Centrum Restaurant, 7 Storgaten; and in the summer, Rønvik Mountain Restaurant.

There is also a pub “Skomvær” serving beer from the barrel – in the Royal Hotel – open from noon to 11 p.m.

Shops

In the SAS Royal Hotel shopping center (C/D5/6) you'll find the following establishments:

Bank

A/S Nordlands Banken
(in Traveler's Center)

Clothes

Knøttene (Children's)
Prinsen Herremagasinet
(Men's)
Lady M A/S (Women's)

Confectionery

Narvesens Kioskkompani
A/S

Cosmetics

Arne Hoff

Jeweler

Georg Øiesvold

Quality design products

A/S Impuls

Hairdressers

Berntsen (Men's)
Hetty (Women's)

Supermarket

Royal Matcenter A/S

In Bodø's main streets:

Department store

Otto Koch A/S (E5)
5 Storgaten

Handicrafts and knitwear

Husliden (G5)
15 Storgaten

Glass and ceramics

Bodø Glasmagasinet A/S (E5)
14 Storgaten

Furs

Aage Lund (G5)
13 Storgaten

Skyruds A/S (E6)
8 Torvgaten

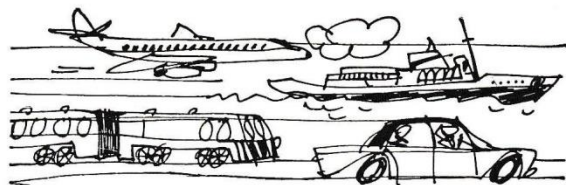
Photographer

Johnson & Sotberg (E4)
15 Sjøgaten

Watches

Arne Klette (D5)
1b Storgaten

Urmaker Hansen (E4)
10 Tollbugten



Tromsø

Transportation

Bus services link the suburbs with downtown Bodø and there is one bus line which criss-crosses the town regularly in an east-west direction. But distances in central Bodø are not great and the main shopping street, for example, is only a few minutes' stroll from the SAS Royal Hotel.

Sports

Mountain climbing, exploring glaciers or caves, fresh-water- and sea-fishing, swimming – the sporting opportunities in this northern town are remarkably varied. Be sure to call at the Tourist Information Office, 1 Torvgaten (tel. 21 240) for more detailed information.

Yet another pleasant anomaly – Bodø has an excellent, Olympic-sized indoor swimming pool, heated all year round. The attractive swimming baths have full-time attendants keeping a trained eye on the swimmers, and such facilities as a high-diving board, children's pool, sauna and keep-fit room.

There is a football (soccer) stadium at Aspmyra (D/E10) – and fishing boats can be rented with skipper (tackle available on the boats).

If you are a guest at the SAS Royal Hotel, the hotel has its own fishing boat and organizes trips on request.

During the winter there are excellent skiing facilities within reach of Bodø, by bus or taxi.

Climate

Average temperatures for Bodø:

	Min. °C	°F	Max. °C	°F		Min. °C	°F	Max. °C	°F
January	-4.7	23	0.2	32	July	10.8	52	16.7	63
February	-4.8	25	-0.1	31	August	9.9	49	15.5	60
March	-3.6	26	1.3	35	September	7.0	45	12.0	54
April	-0.3	32	4.6	40	October	3.0	37	7.2	45
May	3.6	38	8.7	47	November	-0.2	32	3.8	38
June	7.4	45	12.8	55	December	-2.3	29	2.1	36

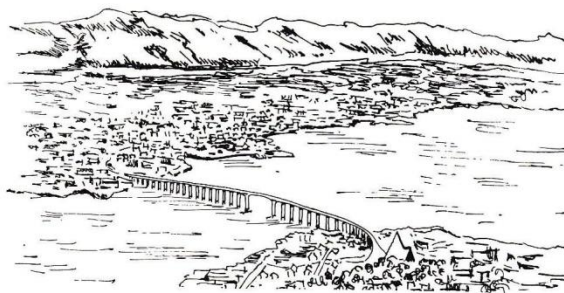
You have to look at a map to remind yourself just how far north Tromsø is located – at a latitude of almost 70 degrees!

Its city limits enclose 960 square miles (2,400 sq. kms.) making it Norway's largest city in terms of area and with a population of about 40,000 it can also claim to be the largest city in the world situated so far north.

But neither of these "titles" could replace the city's justifiably proud name as "Gateway to the Arctic" for Tromsø has been the starting point for many expeditions of exploration into the Arctic. Yet there is nothing arctic about the town with temperatures in winter being similar to cities many hundreds of miles to the south – while in summer it is not unusual for the mercury to climb to 25 degrees C (77°F).

The Tromsø Sound has been an important channel for coastal shipping since ages past and it was only natural that the town itself should become a commercial center as well as a busy fishing port. With the opening of the airport at Langnes, the old concepts of time and distances have been rapidly changed, for the trip to Oslo which formerly took days or weeks by land or sea, now takes just 1½ hours by SAS jetliner.

As well as being a business and communications center, Tromsø also plays a not insignificant role in the scientific





field through the Northern Lights Observatory, Tromsø Museum with its research departments, the Meteorological Station and its arctic outposts and the State Experimental Farm at Holt.

The world's northernmost university has also been established here.

The city itself is in a beautiful natural setting with the center on an island linked to the mainland by a sweeping concrete bridge 3,398 ft. (1,036 meters) long and 141 ft. (43 meters) high. On the mainland side, across the bridge is a mountain cable car which takes you some 1,400 ft. (420 meters) to a restaurant at Storsteinen from where there is a panoramic view of the city – and which is the starting point for rambles in the summer and skiing in the winter.

Tromsø is an ancient place, for excavations have revealed traces of an earlier civilization dating back 4,500 years. Though it did not receive a city charter until 1794, Tromsø was a parish center for over 700 years – and there are still a number of charming old buildings in the town.

In recent years the city's history has been marked by a tremendous expansion, which is still continuing, and it is estimated that in the next 10 to 15 years the population will have almost doubled.

Your arrival in Tromsø

On arrival at Langnes Airport, 3½ miles (5½ kms.) from the town center, a traffic officer will direct you to the arrival hall where you pick up your baggage. In the arrival hall there is a cafeteria, a small souvenir shop and a newspaper stand.

A bus leaves from just outside the arrival hall for the town's main hotels after flight arrival with the departure time announced over the loud speaker system. Fare is N.kr.4 for the 10-minute trip. Taxis are also available, the fare being about N.kr.15.

Hotels

There are only three hotels in Tromsø so it is imperative that you make advance room reservations. You can do this by contacting your travel agent or an SAS office. Should you for any reason arrive without reservation, contact the local Tourist Information Office (tel. 84 776) or the SAS office in the Grand Hotel (tel. 84 020).

SAS Royal Hotel (F10)

10 Sjøgata
Tel. 83 606

This is the former Central Hotel which has been extensively modernised offering 350 beds, 6 suites, meeting rooms for 350 persons, restaurant seating 400, bar, two cafeterias, congress hall with capacity for 500 persons.

Polar Nordic Hotel (F9)

45 Grønnegaten
Tel. 86 480

Grand Nordic (F9)

44 Storgaten
Tel. 85 500

Saga Hotel (F10)

2 Richard Withs plass
Tel. 81 180

Restaurants

There is a surprisingly wide choice of good restaurants in the town, the best of which we list below:

SAS Royal Hotel (F10)

10 Sjøgata

Alexander (E9)

27/29 Grønnegate

Modern, fully licensed, fish specialities.

Sesam (F9)

57 Storgaten

Intimate atmosphere, discotheque.

Polar Nordic Hotel (F9)

45 Grønnegaten

Restaurant on top floor with panoramic view over Tromsø, fully licensed. "Bistro" on ground floor (sandwiches only).

Mercur (G9)

84 Storgaten

Modern, fine menu, bar.

Grand Nordic (F9)

44 Storgaten

Sagatun (F10)

2 Richard Withs plass
Restaurant at Saga Hotel.

Maritim (F10) (Cafeteria)

Havnebygget at Steamship Quay

Fjellstua (H5)

The top station on the cable car line
The restaurant with a view!

Peppermøllen (F9)

42 Storgaten

Wine and Food House.

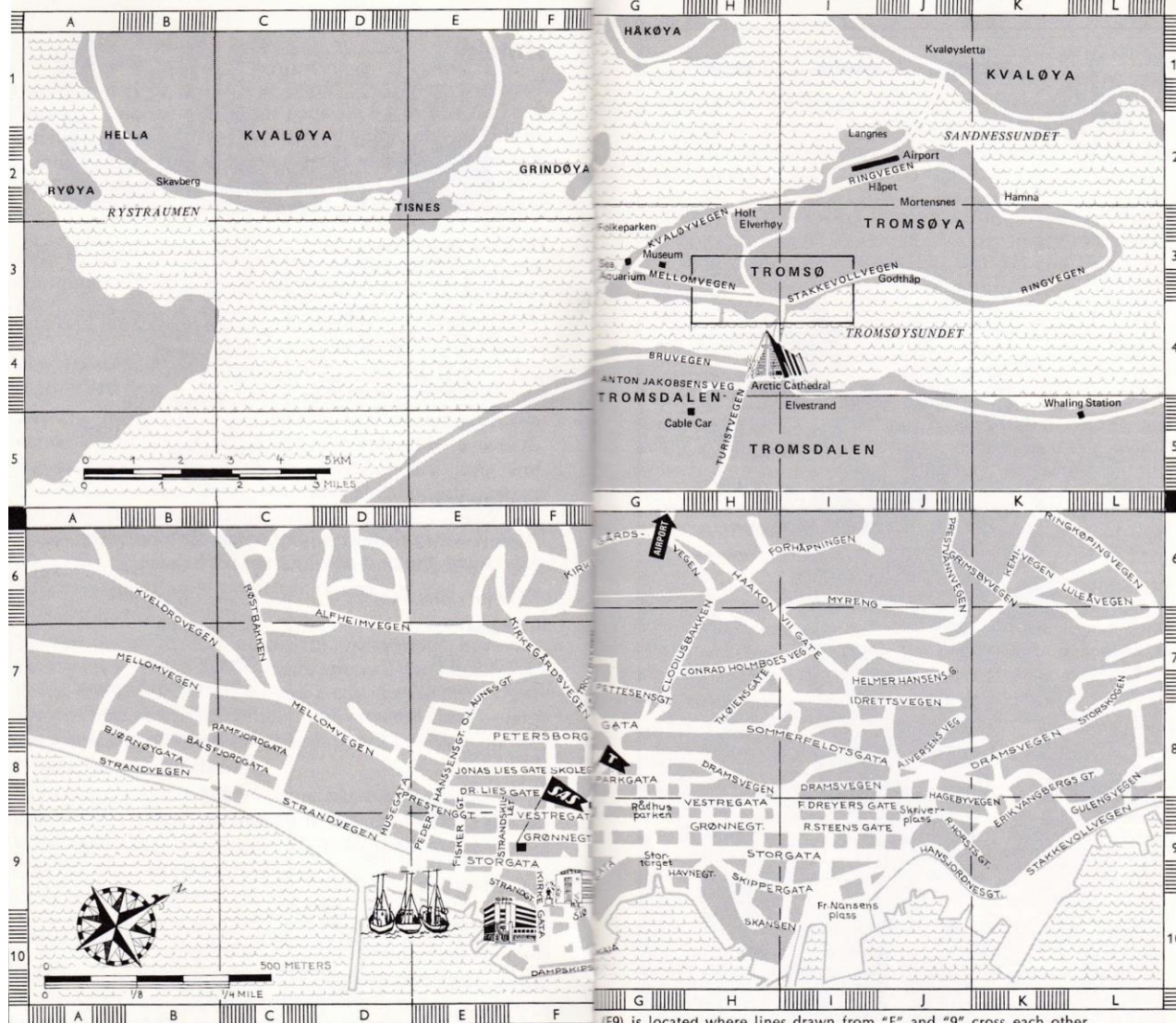
Roger's (G9)

Stortorget

Sights and excursions

From mid-June to mid-August, one of the best ways of getting to know Tromsø is to join a city sightseeing tour by bus departing the Grand Nordic Hotel at 10 a.m.,

(cont'd on page 27)



Code numbers in the Tromsø section of this booklet refer to the map above. Thus

Interesting sights in Tromsø

- (G3) Tromsø Museum.
- (G3) Tromsø Sea Aquarium.
- (H5) Fjellheisen (Mountain cable car).
- (F9) Tromsø Cathedral.
- (H4) Tromsdal Kirke (Arctic Cathedral).
- (D6) Beer Hall.

(F9) is located where lines drawn from "F" and "9" cross each other.

Useful addresses



SAS Ticket Office:

45 Grønnegate (F9), tel. 84 020.
 Open hours: 8.30 a.m. to 4 p.m., Saturdays 8.30 a.m. to 2 p.m.
 Sundays closed.
 Delivery and pick-up at main hotels.



Tourist Information Office:

18 Parkgt. (F8), tel. 84 776.
 Open hours: 10 a.m. to 7 p.m. (June 10–August 30) 9 a.m. to 3 p.m.
 (rest of year).

Distance from city center to airport: 3½ miles (5.6 kms.).

Excursions

Tromsø is situated in an ideal location for excursions by boat into the fjords extending far inland or out to the islands in the open sea where there are rich fishing banks and myriads of sea birds.

We list a few round-trip excursion suggestions by boat:

Tromsø–Steinfjord–Tromsø. This is a trip into the Arctic Ocean along the outer side of the large island of Senja with stops en route at small but busy fishing villages. You have an unforgettable glimpse of nature. The ship returns from Senja around midnight with arrival in Tromsø the next morning. Departures twice a week – in the afternoon (Tuesday 3 p.m., Friday 4.30 p.m.).

Tromsø–Helgøy–Tromsø. This is a tour which includes visits to a group of islands with several fishing villages being ports of call. The ever-changing landscape is typical of the Troms County. Departures five times per week (Monday 4 p.m., Tuesday 4 p.m., Thursday 4 p.m., Friday 8.30 p.m. and Sunday 10.30 p.m.).

Day trips by motor coach. Full-day tour by motor coach to beautiful Lyngen Fjord. Departure Tromsø Tuesday and Thursday at 10 a.m. Via Ullsfjorden to Lyngseidet where you can fish (tackle can be hired). Continue along the Lyngen Fjord, stopping for traditional North-Norway luncheon, then along Balsfjorden to Tromsø arriving back at 5.30 p.m. This tour is operated mid-June–end July. Price per person N.kr.75 including luncheon. For tickets apply to Tourist-Information.

Sea fishing trips are arranged throughout the summer. You will be taken to places where catches are guaranteed. Fishing equipment can be rented on board. Duration 3 hours. Departure every day at 10 a.m. and 4 p.m. Prices: Adults N.kr.25, children N.kr.15. Tickets at the Tourist-Information/hotels/travel agents.

Photo safari by boat. Tours in comfortable boat to islands outside Tromsø – birdrocks with hundreds of thousands of sea-birds. Magnificent experience of nature with opportunities to fish. Apply to Tourist-Information for further details.

Contact the Troms Fylkes Dampskibsselskab, 4 Kirkegaten (tel. 81 074) or Tromsø Reisebyrå (tel. 83 538) for tickets.

Hella Excursion Center. Another popular trip is to the Hella Excursion Center located on the Hella peninsula, 17 miles (27 kms.) south of Tromsø on the island of Kvaløya, beside the wild and rough **Rystrømmen**. There are dense shoals of coal-fish swimming in this tidal race and untold numbers have been whipped ashore with fishing rods and boiled and consumed on the spot! Adding to the scenic beauty are several houses from Old Tromsø which have been re-erected here. Don't forget to take your fishing rod! The Bryggeloftet café is open daily throughout the summer from 12 noon to 8 p.m. and on Saturdays until 10 p.m.

Evening tour to Hella. During high season the M/B "Terje" also operates late-evening tours to Hella excursion center, about 1 hour's sailing from Tromsø, leaving at 7 p.m. and returning at midnight on Mondays, Wednesdays, Fridays and Saturdays. Light meal served at "Bryggeloftet" café. Fishing equipment. Haddock plentiful. Prices: Adults N.kr.35 incl. food, children N.kr.25. Tickets at the Tourist-Information.

Entertainment and night life

There are several restaurants offering dancing: Alexander at 27/29 Grønnegate; the Sesam at 57 Storgaten; Roger's at Stortorget; Mercur, 84 Storgaten; the Grand Nordic Hotel, 44 Storgaten; and the fine new restaurants at the Royal Hotel, a popular part of Tromsø's merry night life.

Another spot which you ought to visit is the Øllhallen (The Beer Hall) – the meeting place for fishermen and hunters. It's just the place to call at during the day for it opens from 9 a.m. to 5 p.m. and on Saturday from 9 a.m. to 1 p.m.

Shopping

There are literally scores of good shops in Tromsø but we list below just a few of the ones which stock items of interest to visitors:

Department stores

KV A/S Kjøpmennenes
Varehus (F9)
70 Storgaten

Tempo Varehus (F9)
67 Storgaten

Handicrafts, knitwear and souvenirs

Husliden (G9)
77 Storgaten

Glass and ceramics

Olaf Martinussen (E9)
32 Storgaten

I. Austad A/S (G10)
13 Sjøgaten

Jewelry

Anna Eriksen (G9)
78 Storgaten

K. Johannessen (G9)
74 Storgaten

Sev. Dalbyes Eftf. (F9)
14 Kirkegaten

Tromsø Gullsmedforretning
(G9)
84 Storgaten

Furs

Paul Figenschau Eftf. A/S
(F9)
64 Storgaten

Transportation

The taxis have no special color but are clearly marked with a taxi-sign and can be hailed on the street. The fare is N.kr.3 per kilometer though for distances over 10 kms. there is a special rate of N.kr.2 per km.

There is a bus – number 29 – which takes about 10 minutes to reach the starting point for the cable car to Storsteinen. The bus starts from Prostneset, near the Saga and Royal Hotels at the Steamship Quay and passes the Grand Hotel en route to the cable car station.

Sports

Fishing is the number one item on any visitor's sporting calendar.

There are three ways to be the "complete angler".

1. The starting point is Stortorget. Destination – the fjords around Tromsø Island. Tackle is provided. Obtain your tickets at the Tourist Information Office, 18 Parkgaten (tel. 84 776) or at hotels and travel agents. Fare N.kr.25 adults and N.kr.15 children. Duration 2½–3 hours.

2. You can try your hand at sea-fishing from the Hella Excursion Center at Kvaløya for which there is no charge.

3. You can go fresh-water fishing in the small lakes and rivers in the Tromsø area. The fastest, and easiest, way of reaching the lakes is by Air-Taxi which costs approximately N.kr.400 per hour for 1–5 persons.

Unfortunately there is no hunting in this area during the summer as all the animals are protected but licences can be obtained for "limited hunting" in the winter.

But, another great outdoor sport which can be enjoyed is mountain climbing. Some 88 miles (140 kms.) by road from Tromsø lies the Lyngen area with the beckoning Jekkevarre Peak some 5,600 ft. (1,845 meters) high, locally known as "the Mont Blanc of the North"!

Climate

Average temperatures for Tromsø:

	Min. °C	°F	Max. °C	°F		Min. °C	°F	Max. °C	°F
January	-5.7	21	-1.5	29	July	9.1	49	16.1	61
February	-6.3	21	-1.9	29	August	8.3	47	14.2	58
March	-5.2	23	-0.4	32	September	1.1	34	9.8	48
April	2.3	23	3.0	37	October	1.1	34	4.9	41
May	1.4	34	6.9	44	November	-2.0	28	1.7	35
June	5.8	42	12.3	54	December	-4.0	24	0.0	32

Trondheim

Third largest city in the land, Trondheim was, until the thirteenth century, the most important residence of the Kings of Norway. It is positioned in central Norway on a fjord at the mouth of the river Nid and is connected by ferry to Vanvikan across the fjord.

During the Middle Ages, Trondheim, which was founded by the Viking King Olav Tryggvason in 997 A.D., was the capital of Norway and today it has a population of about 130,000. The town is a thriving business and industrial center with its own University and a number of institutes of science and technology. Old wooden houses can still be found as well as Nidaros Cathedral, one of the finest Gothic buildings in the world and dating back to the eleventh century, alongside the fine glass and concrete buildings of the present age.

Trondheim is an important export center for copper and iron ores, pyrites, woodpulp, timber and fish. But it is also the tourist's starting point for a land rich in nature's treasures. North of the city, in the country of the Trøndelag, there are fjords, farms and forests with modern tourist centers like Steinkjer and, on the road to Sweden, Størdal and Meråker.

At Hegra, famous for its Second World War battle, rock drawings of great archaeological importance have recently been discovered. North again is the Snåsas forest, famous for its elk hunting, and the Namsen river equally so for its salmon fishing. In fact the tourist can stay at Namsos and explore much of the area by boat.



Your arrival in Trondheim

Arriving at Vaernes Airport, 21 miles (34 kms.) from the city center, you are close to the historic battle site of Stiklestad. The terminal building is well equipped with cafeteria, money exchange bureau, souvenir shop and rent-a-car agency. Bus fare to Trondheim is N.kr.9. Don't forget to reconfirm your passage home at the SAS office at 26 Munkegaten (tel. 29000).

Hotels

First class

Ambassadeur (E5/6)

18 Elvegaten
Tel. 27 134
85 beds, licensed

Astoria (I4)

24 Nordregate
Tel. 29 550
70 beds, licensed

Bristol (J/K4)

3 Krabugaten
Tel. 21 696
100 beds, licensed

Britannia (I5)

5 Dronningensgate
Tel. 30 040
180 beds, licensed

Esso Motor Hotel (off map)

186 Brosetveien
Tel. 39 500
220 beds, licensed

Prinsen (G/H5)

30 Kongensgate
Tel. 30 650
115 beds, licensed

Economy class

Phoenix (H5)

Torget
Tel. 28 380
140 beds, licensed

Trøndelag Misjonshotell
(H5)

26 Kongensgate
Tel. 28 348
75 beds, licensed

Trønderheimen (H5/6)

15 Kongensgate
Tel. 27 030
77 beds, licensed

Norrøna Misjonshospits (I4)

20 Thomas Angellsgate
Tel. 32 020
46 beds, licensed

Brondeheimen (J4)

22 Søndregate
Tel. 28 340
80 beds, licensed

Sentrum (J5)

5 Olav Tryggvasonsgate
Tel. 20 524
60 beds, licensed

Student accommodation

Singsaker Studenterhjem
(K9)

1 Rogertsgt.

Open from mid-June to
1st September only.

class double room with shower. Economy hotels are US\$8 per day single and US\$12 per day double with bath.

Electricity. Voltage is 220 AC. Plugs are two-pin continental type – so buy your adaptor for your electric razor if needed, before leaving home.

Restaurants

Dinner-Dance restaurants

Astoria Hotel (I4)

24 Nordregate

Open every day from 8 p.m. until after midnight. Fully licensed. No dancing on Sundays and Mondays.

Grenaderen (H8)

Kongsgården

A place of character in an old wooden house. Dancing and licensed bar. Open all the year.

Kunstnerkroen (G/H5)

38 Prinsensgate

Open all the year 3 p.m. to midnight. Intimate dance floor and a not-too-noisy discotheque.

Palmehaven (I5)

(Palm Court)

Britannia Hotel

Open: summer 12 to after midnight and in winter from 4 p.m. to after midnight. First class service.

Skansen Restaurant (E4)

Skansen

Open every day except Mondays and Tuesdays; in winter open until 2 a.m. Favorite haunt for young people. Situated on fjord.

Others

Daniel i Veita (H5/6)

1 Tinghusplass

A steak house in the city center. Open all the year from noon to 11.30 p.m. Serves wine and beer.

Naustloftet (G/H5)

42 Prinsensgate

Open all the year noon to midnight. Fully licensed. Fish restaurant.

Tavern (A/89)

Sverresborg

Open summer only noon to midnight. Serves traditional local food. Open fire, cosy atmosphere. Serves wine and beer.

Teatergrillen (G/H5)

Prinsen Hotel

An evening restaurant with quiet atmosphere, piano and wine bar. Fully licensed.

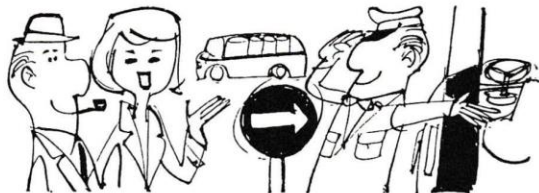
Trubadur (G5)

34 Kongensgate

Sandwich counter. Licensed for wine and beer.

Most hotels have their own restaurants and there are numerous cafés and snack bars for the budget-conscious tourist.





City sights

Nidaros Cathedral (H7). A fine Gothic building dating back to 1070 A.D. and completed in 1320. The cathedral is the landmark of Trondheim. Ten Kings of Norway were laid to rest here. Traditionally it stands on the site where St. Olav was buried after his death at the Battle of Stiklestad. Organ recitals can be heard here – between June 15 and September 1 – in the afternoon at 12.15.

Archbishop's Palace (H8). Behind the cathedral, the palace was once fortified and dates from the end of the twelfth century. The Knight's Hall has been restored and is used for receptions. Open from June 16 to August 15 daily 10 a.m. to 3 p.m. Closed one hour earlier at weekends.

Kunstindustrimuseet (I6) (The Museum of Arts and Crafts), 5 Munkegaten. Open May 19 to September 15: weekdays 10 a.m. to 4 p.m., Saturdays 10 a.m. to 3 p.m., Sundays noon to 4 p.m.; September 16 to May 18 open daily noon to 3 p.m.

Stiftsgården (The Royal Palace), Munkegaten. Painted buttercup yellow and built entirely of wood in the 18th century. It is simply furnished inside but outside has elaborate window pediments and cast-iron stair balustrade. Open daily June 1 to August 31, noon to 2 p.m. Closed on Sundays.

Folk Museum (A9), Sverresborg. A collection of old houses and a Stave church on the site of a ruined fortress built by King Sverre Sigurdsson at the end of the 12th century. Open May 15 to September 14 daily 11 a.m. to 6 p.m. Can be reached by the No. 8 bus from Dronningensgate.

Ringve Museum of Musical History (off map), Ringve Manor Farm (2 miles – 4 kms. – from the city center). Tours of this fascinating museum by guides only, when you can hear selections played on old instruments. There is a small museum here devoted to Admiral Tordenskiold, who owned the house and was one of Norway's naval heroes. There is a concert hall, recital rooms and a restaurant, all refurbished in 1972. Open daily May 1 to November 1, 9.30 a.m. to 4 p.m.

Home Front Museum (H8), next to the Archbishop's Palace. A Resistance museum of World War II containing photographs, weapons, etc. used by Norwegian resistance fighters. Open June 1 to September 30, 10 a.m. to 3 p.m.

There is also a **Museum of Scientific Association** in Erling Skakkesgt. – plus the Art Gallery (H7) and Kristiansten Fortress (K/L7/8).

Excursions

Munkholmen Island. In the fjord, Munkholmen is the site of an early Christian abbey. Before the abbey was built it was a pagan place of execution and after the Reformation it became a fortress. In its dungeons, Count Peter Griffenfeld spent 18 years during the turbulent 17th century. Today it is a well-known bathing beach, with a restaurant. Conducted half-hour tour of island N.kr.2 per person. Trips every hour by motorboat from the Fish Market (Ravnkloa) between 10 a.m. and 6 p.m. Return fare approx. N.kr.5.

Austråt. Norway's most famous Renaissance manor house with its own chapel. Open May to September daily 10 a.m. to 5 p.m. Conducted tours at midday, 2 p.m. and 4 p.m. Trips by coach and fast Westamaran-boats every Sunday from May 20 to August 20. Return fare approx. N.kr.35.

Bymarka. For those who like mountain walks and fine views. Take the tram to Lian or bus to Skistua. Return fare approx. N.kr.4.

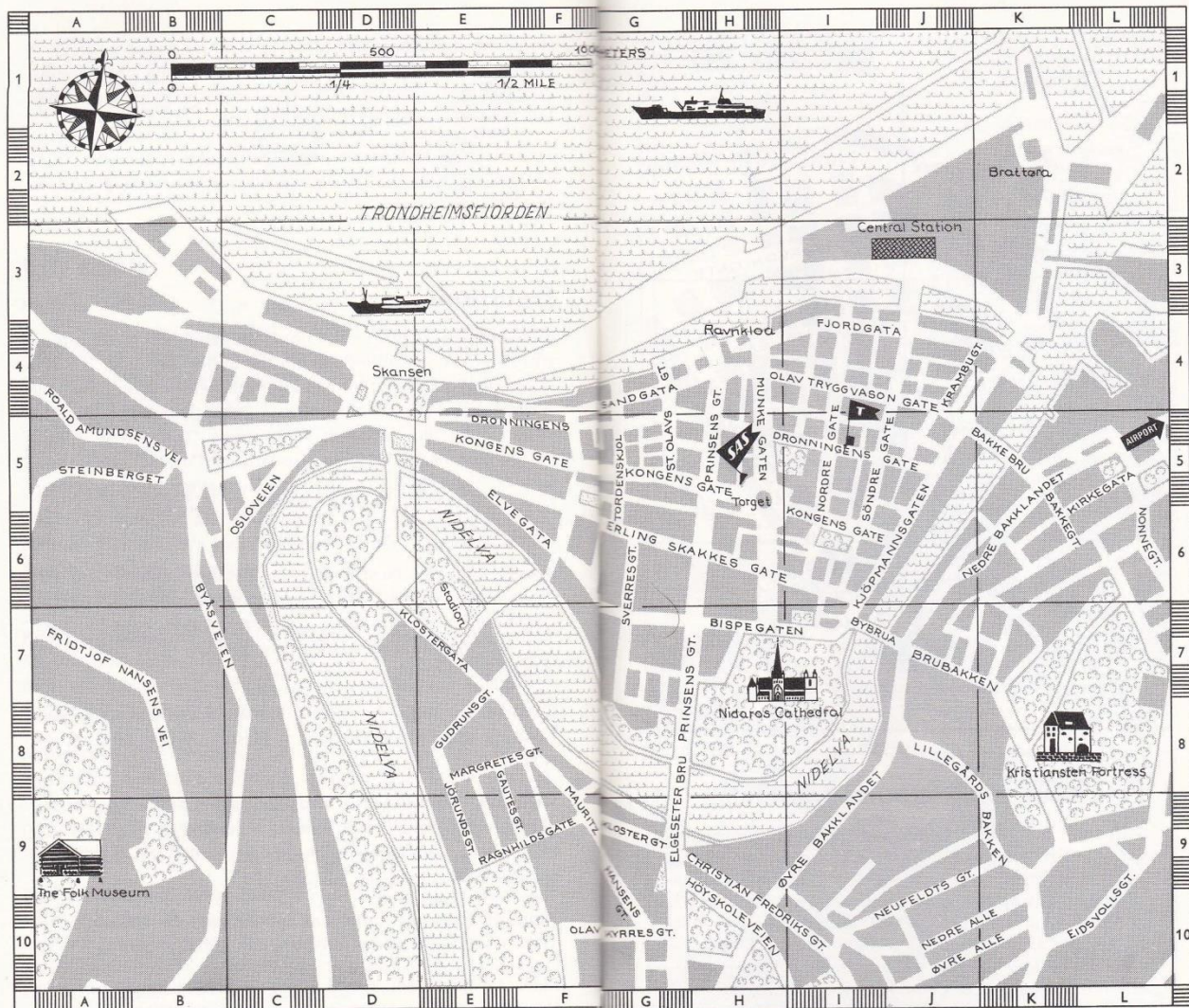
Stiklestad. The scene of a battle between St. Olav and a peasant army in 1030 A.D. The site is marked by a 12th-century church where an annual pageant takes place – the Stiklestad festival of plays between July 28 and 30.

Tautra. The kitchen garden of Trøndelag is the Isle of Tautra. There is a ruined Cistercian Abbey dating from 1207.

Rein. An important manor-house in Rissa dating from King Harald the Fair Hair's time. It was converted into a convent and later became the property of the celebrated Lady Inger of Austråt.

Trollheimen Mountains. A 225-mile (360 kms.) unforgettable trip round the mountains through valleys and mountain scenery. Takes 2 to 4 days to see it properly with travel by private car, train or bus. Contact the Tourist Information Office (see "Useful addresses").

(cont'd on page 40)



Code numbers in the Trondheim section of this booklet refer to the above map.

Interesting sights in Trondheim

- | | |
|-------------------------------------|---------------------------------|
| (H7) Nidaros Cathedral. | (H8) Home Front Museum. |
| (H8) Archbishop's Palace. | (H7) Art Gallery. |
| (I6) The Museum of Arts and Crafts. | (K/L7/8) Kristiansten Fort. |
| (I5) The Royal Palace. | (I/J1/2) Quays Coastal Steamer. |
| (A9) Folk Museum. | (H4) Ravnkloa Fish Market. |
- (off map) Ringve Museum of Musical History.

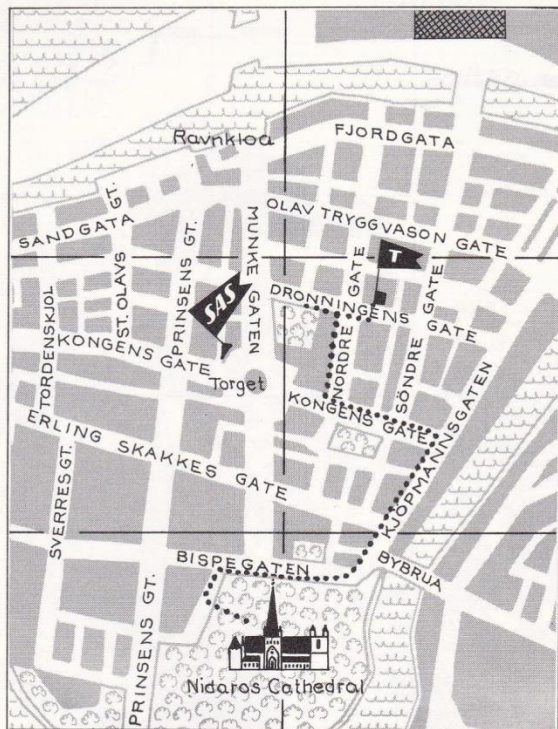
Thus (H5) is located where lines drawn from "H" and "5" cross each other.

Useful addresses

SAS SAS Ticket Office and Air Terminal:
26 Munkegata (entrance Kongensgate) (H5), tel. 28 300 (booking 29 000). Open hours: Monday through Friday 8.30 a.m. to 4 p.m. Saturdays 8.30 a.m. to 2 p.m.

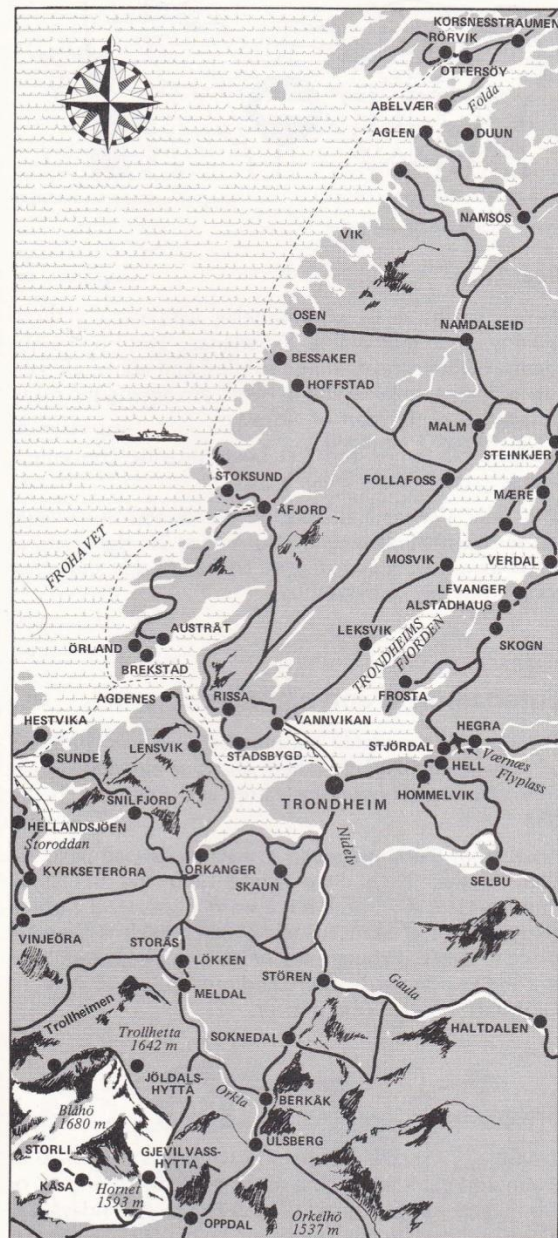
T Tourist Office:
12 Dronningensgate (I5), P.O. Box 2102, tel. (075) 25 890.
Open hours: Until June 16 and from August 25: weekdays 9 a.m. to 4 p.m., Saturdays till 2 p.m., June 18 to August 24: weekdays 9 a.m. to 9 p.m., Saturdays till 6 p.m., Sundays 2 p.m. to 7 p.m.

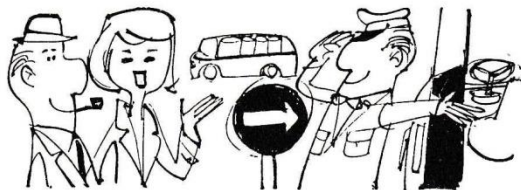
Distance from city center to airport: 21 miles (34 kms.).



One hour's walk around Trondheim

Start from the Tourist Office and follow Dronningens-gate towards Munkegaten. Turn left, and on the corner of the two streets you will see the Stiftsgården Mansion, which is painted pale yellow and has the coat of arms of King Haakon the VII above the door. At Torget, and in the center of a large "sun-clock" stands a statue of the founder of the city, the Viking king Olav Tryggvason. Carry on left down Kongens gate passing Vår Frue Church on your right, until you come to Kjøpmannsgaten. Turn right here and walk along the picturesque canal warehouses until you reach the old town bridge (Bybrua) with its carved wooden piers. Now you are near the Cathedral in Bispegaten and the Archbishop's Palace. If you feel a little tired you'll find the peace and quiet of the Cathedral refreshing before taking the short walk down Munkegaten to Torget.





(cont'd from page 35)

Boat Trips

A visit to the coast of Trøndelag with its wonderful scenery is a memorable experience. Historic monuments, bathing and touring facilities, and above all fishing in the sea, in lakes and in rivers, are among the many attractions of this part of Norway.

Modern car ferries and fast boats provide convenient access to this holiday area.

The new Westamran-boat makes a trip to Austråt Manor every Sunday June 3 to August 26, departure at 10.30 a.m., return at 2.40 p.m. Details of this and other tours from the Tourist Office.

Entertainment and night life

Trondheim's Trøndelag Theater (G/H6) closes from end of June to mid-August. There are four cinemas – Sentrum, Filmteatret, Verdensteatret and Rosendal Teater (J5).

Apart from the Dinner-Dance restaurants (see page 33) there is the "Night Star" Night Club and Bar at 42 Prinsens Gate (G7), or, if it is a warm night, try the open-air restaurant at Skansen, tel. 27 330, which is the "in" place to dance if you are under 30 (but who cares about the odd year or two?). The "Landlord" pub at 40 Prinsens Gate (GH5), serves English beer.

Shopping

Trondheim's shops are open on weekdays from 8.30 or 9 a.m. to 5 p.m. with a late night on Thursday until 7 or 8 p.m. and some shops closing at 6 p.m. on Fridays. On Saturdays they are open until 2 or 3 p.m.

Here is a brief guide of where to find what you want:

Department stores

Domus (off map)

Haakon VII gate

EPA (I4)

28 Olav Tryggvasons gate

Det Nye HK (H6)

22 Munkegate

Steen & Strøm (I4)

16 Olav Tryggvasons gate

Sundt & Co. (H5/6)

Kongens gate

Knitwear and Handicrafts

Husfliden (I4)

30 Olav Tryggvasons gate

Reimers A/S (I5)

18 Ths. Angellsgate

"*Den Gamle krambod*" (J5)

Paulsen & Co.

32 Kjøpmannsgaten

Souvenir (I5)

Nordregate

Gold and Silverware

Odin Domaas (H5)

23-26 Munkegate

Arne Hansen (H4)

62 Munkegate

H. P. Henriksen (I5)

15 Nordre gate

Fridtjof Morken A/S (I5/6)

9 Nordre gate

H. Møller (H6)

3 Munkegate

Ole Aas (I5)

24 Dronningens gate

Glass and Ceramics

Galligani (I5)

11 Nordre gate

Keramikk-Loftet (G5/6)

4 Repslagerveita

Hand-made glass and ceramics.

Andreas Moe (I4)

29/31 Olav Tryggvasons gate

Furs

I. N. Brunn (I4)

37 Olav Tryggvasons gate

Watches

E. Erlandsen (I5)

Nordre gate

Håkon Lian (I5/6)

9 Nordre gate



Transportation

Trondheim has buses and trams. Long-distance buses leave from Rutebilstasjonen. Coastal steamers from Brattøra (K2). The railway goes north to Bodø, south to Oslo and east to Stockholm.

Bus Routes and Tramcars

No. 1. and 5. Tram Lademoen–Ilevollen–Lian via Bakke Bridge.

No. 2. Tram Lade–Elgester via Ringve and Bakke Bridge to Dalsenget via Elgester Bridge.

No. 3. Bus Singsaker–Railway Station via Elgester Bridge and Bakke Bridge to Sondre Gate.

No. 4. Bus Coach Terminal–Lade. Across Bakke Bridge to Lade via Ringve Museum.

For sightseeing coach tours telephone or contact the Tourist Office (tel. 25 890).

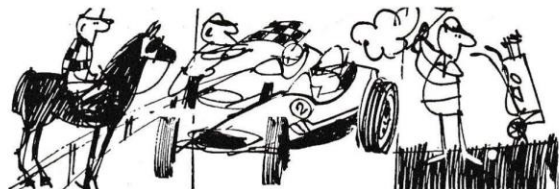
Sports

Horse Trotting. At Leangen Trotting Center, 2½ miles (5 kms.) from town. Open on Sundays from April until the end of November.

Golf. The most northerly golf course is a 9-hole rink at Sommerseter in Bymarka. If you complete a round at midnight you win a special Midnight Certificate. Tel. 31 885.

Swimming – Indoor heated: Svømmehallen, 61 Prinsens Gate (closed in July). – Outdoor: At Munkholmen, Brennebukta, Devlebukta, Korsvika or 11 miles (18 kms.) from town at Øysand Beach on E6.

Skiing. The two main skiing centers of Trøndelag are Oppdal and Røros. Oppdal has several good hotels, ski-



school, lifts, curling hall and rinks and is known as Norway's "Alpine Town". Røros is an ideal center for Nordic ski touring and is a fascinating old mining town. Here are first class hotels, lift, curling-rink, conducted tour of an old copper mine, etc. Røros has also provided the setting for a number of films, most recently "Et Dukkehjem" by Henrik Ibsen starring Jane Fonda and Trevor Howard. Both Oppdal and Røros are reached by train from Oslo and Trondheim, and Røros also has a daily air service.

Religious services

Morning service in the Trondheim churches and the Cathedral every Sunday at 11 a.m.

Catholic Church, 2 Prinsengt. (A2). Mass on weekdays at 8 a.m., Sundays 8.45 a.m. High Mass 11 a.m. and 7 p.m.

You also find a Synagogue, a Baptist church and other edifices.

Post Office

The main post office is at 10 Dronningens Gate; open 8 a.m. to 5 p.m. weekdays and 8 a.m. to 2 p.m. Saturdays.

Climate

Trondheim is in central Norway and in June and July it has daylight round the clock. Winter temperatures are surprisingly mild and summer can be very warm!

Average temperatures are as follows:

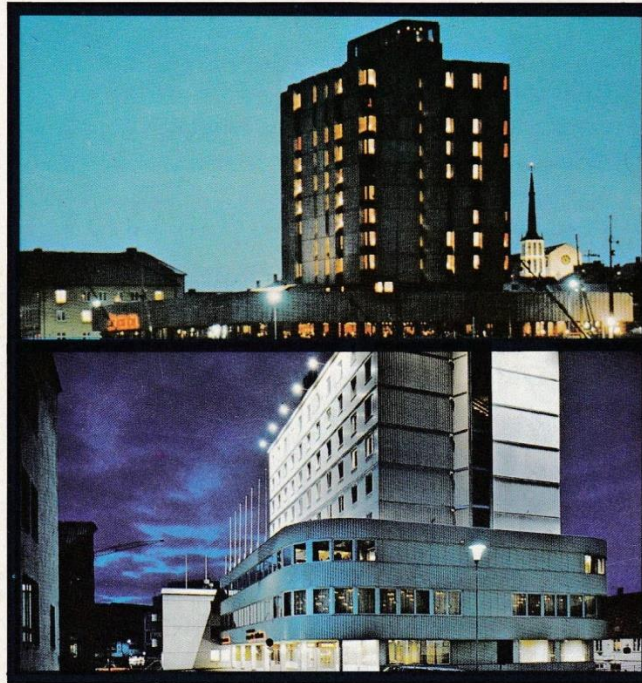
	Min.		Max.			Min.		Max.	
	°C	°F	°C	°F		°C	°F	°C	°F
January	-6.3	21	-0.6	31	July	11.0	52	18.5	65
February	-6.0	21	0.0	32	August	10.1	50	17.3	63
March	-4.1	25	2.8	37	September	6.6	44	13.0	55
April	0.0	32	6.9	44	October	2.6	37	7.8	46
May	4.2	40	11.8	53	November	-1.0	30	3.9	39
June	7.8	46	15.4	60	December	-3.6	26	1.4	35

Edited by Mike Simon

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