

# DISCOVER YOUR INNER *Norwegian*

**A COASTLINE FRAYED WITH FJORDS, FORESTS FULL OF WILDLIFE AND A BOOMING REGIONAL FOOD SCENE MAKE TRØNDELAG THE PERFECT YEAR-ROUND ESCAPE**

Nature packs a powerful punch in Trøndelag. This coastal region in Central Norway is where the experiences are just as unforgettable as the landscapes — a land of soaring mountains, salmon-rich rivers, and dramatic fjords and national parks are playgrounds for kayaking, hiking, biking and climbing.

Trøndelag offers visitors something all year long: snowy peaks and serene valleys can be explored on skis in the winter, when skies are streaked with the Northern Lights. Long summers mean visitors can experience Norwegian culture and meet the locals in postcard-pretty medieval towns in near-24-hour daylight.

Meanwhile the gastronomic capital of Norway, Trondheim, will satisfy those with an appetite for both delicious seafood and history. Viking king Olav Tryggvason founded this ancient city in 997, and his death in 1030 at the Battle of Stiklestad marks Norway's transition from paganism to Christianity, an era ushered in by a period of exploration and conquest.





## THE GOLDEN ROAD

If slow, sustainable tourism appeals, be sure to deviate off Norway's main E6 road for a detour through Inderøy, a small, picturesque peninsula with a big community spirit. Here, local businesses have joined together to create The Golden Road — a scenic route brimming with tasty food, intriguing art and fascinating cultural experiences. Drive or rent a bike and meander its length, calling at any of 22 dedicated stops along the way, including artist workshops, farm and handicraft shops, galleries and art museums, sculpture parks and historic monuments. Don't be fooled into thinking you'll only want to spend a few hours here — most visitors stay a few days, feasting on local dishes and listening to the charming stories of the farmers and producers, who turn a short detour into a truly unforgettable short break.

### DID YOU KNOW?

Trøndelag has the highest density of microbreweries of any region in Norway

## THREE FOOD EXPERIENCES

### 1 LOCAL FOOD SAFARI, UNESCO-LISTED RØROS

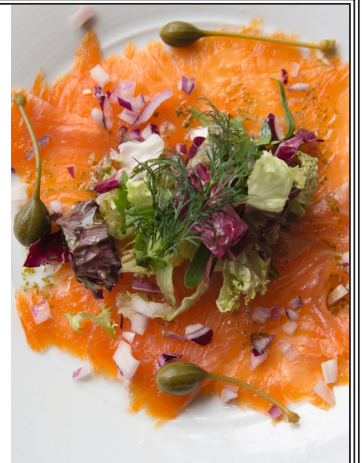
Cool temperatures and bright summers imbue the local larder with a unique high quality. On a four-hour tour, taste organic produce from Røros Dairy, air-dried salted reindeer chips and aquavit, a fiery spirit distilled from potatoes and flavoured with herbs and spices.

### 2 NAMSEN SALMON AND TRAIN EXPERIENCE

For a memorable foodie experience, head to the tranquil scenery of the Namsen river and surrounding valley. As well as a spot of fishing in its salmon-rich waters, spend the night in a 1960s train carriage and enjoy a delicious evening meal in the dining carriage.

### 3 TRONDHEIM: HOME OF NORDIC FLAVOUR

Norway's 'food capital' has a vibrant culinary and music scene, complete with coffee shops, microbreweries, and pretty waterfront restaurants and bars. Specialities include game, mushrooms, berries, and seafood. Visit in August for a feast at the annual food festival.





## A BREATH OF FRESH AIR

Full with breathtaking surroundings, Trøndelag's seven national parks and two nature reserves offer endless possibilities, from hiking and rafting in the summer to skiing and snowshoeing in the winter

### CAST AWAY

Rugged and raw, the scenery is arguably the best catch on a fishing trip to any of Trøndelag's great salmon rivers. The Gaula, Orkla and Namsen have attracted anglers from all over Europe since the 19th century. Even if you don't land a rod-bending 40-pounder, the epic views, forest hikes and fresh air will make any visit memorable.

### WHERE THE WILD THINGS ARE

Norse mythology speaks of trolls inhabiting the magical Dovrefjell mountains, but there's more chance of glimpsing the area's less mystical wildlife here. This is one of the only places in the world where you can see musk ox in the wild, with other inhabitants including reindeer, wolverines, arctic foxes and golden eagles. Hike from cabin to cabin along well-signed paths or observe oxen on a guided ox safari.

### THE ROAD MOST TRAVELLED

Walk in the footsteps of pilgrims by following the Gudbrandsdalen path — the longest such route in Norway, stretching approximately 400 miles from Oslo to Trondheim. Take the path from Oslo past Old Aker Church through beautiful Hadeland, or walk on the east section through tranquil forests and. End the journey at Nidarosdom, the world's northernmost medieval cathedral.



## LOCAL LINGO

Trøndelag is the home of *kos* — a uniquely Norwegian state of mind that celebrates the simple pleasures of warmth, kindness and togetherness.

### TRAVEL ESSENTIALS

Norwegian offers direct flights from London Gatwick to Trondheim on most days of the week. The flight takes around 2.5 hours, and Trondheim's airport, Værnes, is only 19 miles from central Trondheim.

### DISCOVER MORE

Start planning your own adventure at [trondelag.com](http://trondelag.com)

TRØNDELAG  
HISTORICAL  
NORWAY