



A Variety of Choices

We know the destinations you'll be visiting. Our team works with reputable, local tour operators to offer you a variety of excursions to choose from.

Flexibility & Peace of Mind

We offer:

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- Convenient one-stop shopping for all ports.
- Flexibility to modify or cancel day tours up to 48 hours prior to arrival into port.
- If your tour is delayed, we'll hold the ship for you.
- Fully insured local tour operators.

Book Early

Our most popular tours sell out quickly so book early. Once your cruise is reserved and deposited, you can start booking your excursions. Excursions may be booked online, up to two days prior to sailing date, subject to remaining availability.

It's Easy

Visit www.ncl.com and log in to My NCL or complete the registration to create an account. For assistance, call 1.866.625.1167 in USA & Canada. European guests should visit www.ncl.eu and for assistance call +49 0611 3607 0 or 0845 201 8900 in the UK .

Key to Activity Levels and Tour Feature Icons

Please refer to the back pages for the key and other important information

Tour Descriptions for Trondheim, Norway

SCENIC TOUR OF TRONDHEIM BY COACH



Trondheim, Norway Tour Code: TRD_02

On this panoramic coach tour, you'll enjoy the perfect introduction to the highlights of Trondheim, one of Norway's oldest cities. Departing the pier you'll travel through the busy city center passing the market square with its statue of Viking King Olav, who founded the city in 977. You'll pass by Stiftsgarden, one of the largest wooden buildings in Norway, originally built in 1778 and now a royal residence.

A brief photo stop will be made to view from outside the magnificent Nidaros Cathedral, work on which was begun in 1070. Pilgrimages to the site were commonplace throughout the Middle Ages, as it marks the burial site of the patron saint of Norway, St Olav. Another stop will be made at the charming red-painted Old Town Bridge from 1681 that spans the Nidelven River with views of the brightly colored wooden buildings that line the wharf.

Leaving the city center you'll then drive past the university campus en route to your final photo stop at Kristiansten Fortress. From its hillside location, the fortress has stood guard overlooking the city since 1681 and was used as a place of execution for Norwegian members of the Resistance during the Second World War. Then board your coach for the return journey to the ship.

Note: This tour involves minimal walking on asphalt, with an optional 300 feet/91 meter walk to the Old Town Bridge and 150 feet/46 meter uphill walk at the fortress.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$83*	\$51*	3 hours	 German  Spanish

SCENIC TRONDHEIM BY COACH & TROLLEY

Trondheim, Norway Tour Code: TRD_06

Transfer by bus to the city center and board the Grakall Line streetcar, the five-mile line opened in 1924. The line runs from the city center to Lian, located on Trondheim's lush west side and the Bymarka, where residents enjoy outdoor activities in both summer and winter. You'll pass by the houses and gardens of Norway's third largest city, view several picturesque old wooden houses painted in vivid colors and see fortifications dating back to the 16th century.

Your 30-minute streetcar ride climbs Byasen Hill to Hoem Bridge for a splendid view of Trondheim and the beautiful countryside. The half-hour ride is not narrated, but the views will give you a wonderful insight into the lives of Trondheim's residents. Board your motorcoach and continue through modern and historic Trondheim, passing market square, the Gothic Nidaros Cathedral and the picturesque, red-painted Old Town Bridge over the Nid River.

Note: The trolley is not wheelchair accessible.

ACTIVITY LEVEL	1	Adults from	Children from	Approximate Duration	Tour Features
		\$104*	\$72*	2 hours	—

ROYAL TRONDHEIM

Trondheim, Norway Tour Code: TRD_08

Join this tour for insight into the City of Kings as Trondheim, the one-time capital of Norway, is popularly referred to. Begin with a drive through the heart of the city, passing streets of traditional wooden houses, before arriving at Nidaros Cathedral. Work on this magnificent medieval structure began in 1070 and it marks the burial site of the patron saint of Norway, St Olav. In ancient times, kings of Norway were hailed at Oretninget, near the Nidelva, but more recently kings and queens have been crowned or blessed in the cathedral.

After a guided tour of the cathedral your tour continues to the adjacent Archbishop's Palace. It was the Archbishop's main residence from the middle of the 12th century until the reformation in 1537. Now it houses an archaeological museum and the crown jewels, which you can admire before continuing to your last stop. Stiftsgarden is one of the largest wooden buildings in Norway and was originally built in 1778 for the rich widow of the Privy Council. It is now a royal residence used by King Harald V and Queen Sonja when they visit the city. See the Throne Room and the Queen's Salon as well as some of the other 140 exquisitely decorated rooms before returning to the ship.

Note: This tour includes walking on level ground for approximately 0.28 miles in the cathedral and at the palace and for 0.11 miles in Stiftsgarden. You'll need to negotiate a flight of stairs in Stiftsgarden and a few steps at the cathedral and palace.

ACTIVITY LEVEL	2	Adults from	Children from	Approximate Duration	Tour Features
		\$209*	\$99*	4 hours	—

WONDERFUL TRONDELAG & LOKKEN VERK

Trondheim, Norway Tour Code: TRD_01

From the pier, you'll drive along the shores of Trondheim Fjord, which is the third longest fjord in Norway. Head up river to Fannrem to board the narrow-gauge Thamshavn Railway, originally built to transport ore from the mine to the harbor. This railway is the only one in Scandinavia with a gauge of 1,000 mm (one meter) and few lines have sharper curves and steeper climbs. You'll ride in a carriage that dates back to 1908.

After your ride, you'll visit the oldest part of the mine, now a museum. The colorful copper mines are 300 years old and you'll find corridors and even large halls inside the mountain. In Fagerli Hall, enjoy a short concert by a local artist. Returning to Trondheim, pass the market square with a statue of the Viking King Olav who founded the city. Stop at Nidaros Cathedral for an outside look at one of the finest 12th century Gothic-style cathedrals in

Scandinavia.

Note: This tour involves walking for 45 minutes inside the copper mine where the ground can be wet and slippery and you'll have to manage several steps to board the train. Neither the copper mine, nor the railway are wheelchair accessible. This tour is not recommended for guests with claustrophobia. Please wear flat walking shoes and bring windbreaker.

ACTIVITY LEVEL	1	Adults from	Children from	Approximate Duration	Tour Features
		\$177*	\$104*	5 hours	—

THE RINGVE MANOR & GARDENS

Trondheim, Norway Tour Code: TRD_05

After a short drive through Trondheim, passing Nidaros Cathedral and the statue of King Olav, you'll travel east to the Lade district and the Ringve Museum. Set within an 18th-century manor, the museum depicts Norway's musical heritage through the ages. Enjoy a tour of the elegantly decorated manor house with your guide dressed in traditional period costume. Your guide will explain a little about the exhibits and even play some of the classical musical instruments.

Then wander down to the Botanical Gardens overlooking Trondheim Fjord. The 35-acre gardens which include an English landscaped park, arboretum and Renaissance garden, were established in 1973 and contain some 2,000 different plants and special collections of Spiraea and Contoneaster. Board your coach for the return journey which will take you past the Open Air Folk Museum at Sverresborg and pauses at a viewpoint overlooking the city.

Note: This tour involves a walk from the Ringve Museum to the Botanical Gardens on asphalt and gravel for approximately 600 feet/183 meters, with some inclines/declines. There is optional walking at the gardens. Motorized wheelchairs are not allowed in the main building of the museum, only manual wheelchairs no wider than 32 in/82 cm. You'll have to negotiate a flight of stairs in the manor house.

ACTIVITY LEVEL	1	Adults from	Children from	Approximate Duration	Tour Features
		\$104*	\$72*	2½ hours	—

WALKING TOUR OF OLD TRONDHEIM

Trondheim, Norway Tour Code: TRD_03

Trondheim is one of Norway's oldest cities and was founded by Viking King Olav Tryggvason in 997. The city is located at the estuary of the River Nid facing the wide Trondheim Fjord. Walk along the river, savoring its village atmosphere with both historic and modern architecture. You'll cross the market square where you'll find the statue of the founder of the city.

Continue past the Nidaros Cathedral and the Archbishop's palace, dating back to the Middle Ages. Passing through the rehabilitated Old Town, admire the many picturesque, wooden houses painted in vivid colors. Here small cafes and pubs sit next exclusive restaurants. Watch for the bicycle elevator. Towards the river, see the old drawbridge, painted bright red and head down the street along the riverbank with views to the old warehouses lining it.

Note: Participants must be at least 12 years of age and in good physical condition in order to walk for 3 hours on cobblestones and asphalt on this tour. Infants are not permitted. Wear comfortable walking shoes and bring a raincoat.


ACTIVITY LEVEL	3	Adults from	Children from	Approximate Duration	Tour Features
		\$72*	\$51*	3 hours	—

HIKING TOUR AT LADESTIEN

Trondheim, Norway Tour Code: TRD_07

You'll board a shuttle bus for the 10-minute transfer to Ladehammeren, the starting point for your 2 1/2 hour hike around the Lade Peninsula. Take in the pleasant landscapes of the peninsula and enjoy beautiful views of the Trondheim Fjord and its many sheltered bays, as you walk along the fjord's edge through Korsvika, Sponhuset and Ringve Bay. Rejoin the shuttle bus at Statoil for the 20-minute return to the pier.

Note: Participants must be at least 12 years of age and in good physical condition. This tour involves hiking for a distance of approximately 5 miles/8 km on flat ground, gravel paths and hilly inclines. You must wear good hiking shoes and bring a bottle of water.

ACTIVITY LEVEL	3	Adults from	Children from	Approximate Duration	Tour Features
		\$156*	\$93*	3 hours	AGE 

Activity Levels

- ACTIVITY LEVEL 1** Involves walking over relatively level terrain, possibly some cobblestone, gravel or a few steps. Comfortable shoes are recommended.
- ACTIVITY LEVEL 2** Involves a considerable amount of physical activity such as substantial walking over cobblestone streets, climbing stairs or steep terrain. They're not recommended for guests with walking difficulties. Comfortable, sturdy shoes are recommended.
- ACTIVITY LEVEL 3** Involves physical exertion for extended periods. The terrain may be uneven or steep. It can also indicate a need for swimming in a light current, biking or horseback riding. Recommended only for physically fit and adventurous travelers.

Tour Features Icon Legend



Age Requirement - This tour has specific age requirements.



C-Card - Must present a nationally recognized Scuba certification card, logged a dive within the past 12 months and bring a physician's note if you have a medical condition or are taking medication at the time of cruising.



Debark - Tour will conclude at the airport, a Norwegian Cruise Line program hotel or an assigned central location for your convenience. Guests are responsible for ensuring their debarkation tour is compatible with their departure flight times. Please allow extra time in case of unforeseen delays, and note that the tour will still run in it's entirely. Refer to the details section of the selected tour for more information.



Family Recommended - This tour is great for families.



Flightseeing Tours - Due to aircraft weight and balance limitations, the flight company charges an additional rate for passengers that weigh 250 lbs. or more. Space is capacity controlled, please call 1.866.625.1167 for assistance.



Guests with Disabilities - This tour accommodates guests that are full-time wheelchair users. Guests can remain in their wheelchair for the duration of the Excursion. Please contact the Shore Excursion staff upon boarding to ensure that your needs can be accommodated.



Height Requirement - This tour has specific height requirements.



Hiking - Sturdy walking shoes required.



Limited Mobility - This tour requires guests to transfer from their wheelchair to board the motorcoach (wheelchairs must be collapsible). Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this.



Meal - A meal and beverage is provided on this tour.



Outerwear - Outerwear/speciality equipment as noted will be provided by the Tour Operator.



Passport - This excursion crosses an international border so you'll need a valid passport. Some guests from certain countries may also need a visitor's visa.



Shopping - Time permitting, shopping is available on this tour.



Snack - A light snack or refreshment is served on this tour.



Ultimate Tour - With Norwegian's Ultimate Touring, experience custom adventures like yacht charters, VIP tours and small group touring.



Weight Requirement - This tour has specific weight requirements.

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Please Note

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