



Culture makes the dust from everyday life disappear...

The typical inhabitant is an ardent patriot who insists that Trondheim is the world's greatest city to live in. They take pride in welcoming you to all the activities the city can offer. Trondheim famous market is the place to meet on a summers day. The real centre of Trondheim with market stalls packed with flowers, large juicy strawberries and all kinds of fruit and vegetables. Even busy people slow down to watch and perhaps to be noticed.

Trondheim has enough to satisfy the needs of the avid shopper. You can also find a variety of handicraft shops all over the city. For popular gifts, look at the pottery, glassware and knitwear. The theatres show how well-ingrained culture is in this part of the country. The old part of Trøndelag Theatre is Norway's oldest theatre with a total of five stages and abroad repertoire from musicals and children's plays to classical drama and modern theatre.

People in Trondheim and the region are ironically termed impulsive providing you allow them time to think...

Steady and calm, but with an exceptional sense of humour. Jokes and stories from the region are renowned.

And when the autumn evenings are supposed to sweep us into sweet dreams, the roar from Trondheim's football stadium Lerkendal, takes over.

The 22 000 supporters thrive on the atmosphere that comes Rosenborg football club at this time of the year

Today's special...

Last but not least. Take a stroll in the white night. Go to one of many small restaurants, sit down and relax...

With some of the world's best salmon rivers near to us, salmon is the king of the local cuisine. The variety of game is also a local speciality and in season there is grouse and tasty steaks from reindeer or elk. The local garnish often consists of mountain cranberries and wild mushrooms. For dessert: In the autumn, try the local strawberries. The soil and climate this far north makes them ripen slowly and are sweeter than you have ever tasted before.

With a café on virtually every corner in the city, Trondheim can claim to be one of Europe's most urban small cities. These are places to relax and socialize in comfortable seating with a cup of exquisite coffee or hot chocolate.

On your way back to the hotel we recommend a walk along the narrow streets, but stop on the Old Town Bridge called "Lykkens portal", The Gate of Happiness. From the bridge you can enjoy the subtle colours of the old wharves along the river, Trondheim's original market place. The view into the fjord and the interplay between sky and water are worth more than a casual glance