HOW TO GET TO TRONDHEIM

You can reach Trondheim by air, rail or sea.

By air

The easiest way to travel to Trondheim will be by air. Trondheim Airport Værnes (TRD) is the local airport located about 30 kilometers to the north-east of the city center. The airport offers regular domestic flights to and from most major cities in Norway, as well as daily flights with service to a few European cities.

Traveling non-stop to Trondheim

Trondheim Airport Værnes (TRD) offers multiple daily flights with service to Copenhagen Airport Kastrup (CPH), Stockholm Airport Arlanda (ARN), Amsterdam Schiphol Airport (AMS), and London Stansted Airport (STN).

Copenhagen is the Scandinavian hub for Star Alliance, (with partner airlines SAS, United, Lufthansa, Air Canada, Air New Zealand and some others), and offers excellent connections to most parts of the world.

Amsterdam is the central European hub for the Skyteam Airline Alliance (with partner airlines KLM, Northwest, Continental and Air France), with even more connections to all parts of the world.

Nonstop flights between London (UK) and Trondheim are offered by the Norwegian Airline norwegian.no.
Traveling through Oslo Airport Gardermoen (OSL)

Many international travelers to Trondheim go through Oslo Airport Gardermoen (OSL).

Oslo Airport offers connections to most major cities in Europe, in particular with frequent flights to the important hubs Amsterdam Schiphol Airport (AMS), London Airports Gatwick and Heathrow (LGW, LHR), Copenhagen Airport (CPH), Frankfurt am Main (FRA) and Paris Airports de Gaulle (CDG) and Orly (ORY). In addition, Continental offers transatlantic flights to New York (Newark, EWR).

There are up to two departures with service to Trondheim Airport per hour in the daytime. Flight time from Oslo to Trondheim is about one hour. Airlines with service to TRD from OSL: SAS, Norwegian and Widerøe.

Note: Some budget airlines offer international flights to Oslo taking you to Sandefjord Airport Torp (TRF) rather than to OSL. If your connecting flight to Trondheim is scheduled to depart from OSL, please factor in an additional 2 hours of travel time by bus between TRF and OSL.

Getting to the city centre

The cheapest way to get from the Trondheim Airport to the city is by shuttle bus. The shuttles are lined up in the street just outside the arrival terminal. There are different companies running those busses. The “Flybussen” is the best option when going to Trondheim Centre. A bus leaves the airport just after arrival of each airplane, and stops outside most of the major hotels in the city, included conference hotels. Ask the driver for guidance when you purchase your ticket. Tickets are purchased after boarding the bus, and the fare is currently NOK 100. Cash is accepted only in Norwegian currency, but all major credit cards are also accepted. The trip from the airport to the city takes approximately 30 minutes.

Guests staying at RICA Nidelven hotel leave the bus at Radisson Bly Royal Garden Hotel and walk just cross the small bridge (2 min).

Taxi from Trondheim Airport to the city center costs about NOK 5-700 depending on the time of day. Night fares are more expensive. Cash is accepted only in Norwegian currency, but all major credit cards are also accepted.

There is no exchange office at the Trondheim Airport, but there is a cash point / ATM at the departure hall of the airport.
By train

Trondheim has train connections to Oslo and Stockholm, Sweden, and of course to both the northern and southern parts of Norway with several daily departures/arrivals. Travel time from Oslo is about 7 hours. See Norwegian State Railways (NSB) for more information.

Trondheim Central Station is right in the city center.

Going by train to Trondheim is easily combined with arriving in Oslo by plane as the train passes Oslo Airport Gardermoen on its way from Oslo to Trondheim. Travel time from Oslo Airport Gardermoen to Trondheim is about 6 hours by train. In this case you have to choose station name “Gardermoen” in your Travel Planner at www.nsb.no.

By boat

Hurtigruten, or the coastal express, the famous shipping line between Bergen and Kirkenes, calls at Trondheim harbor every day of the year, both on its northbound and southbound journeys. If you have the opportunity to spend some more time on your journey, we highly recommend the costal express liner from the city Bergen to Trondheim. You will encounter a land of contrasts, everything from fertile land to barren rock, small fishing hamlets, the open sea and narrow fjords. Bergen is the second largest city of Norway. Visiting the old wooden buildings along the hansiatic waterfront, or experience the home of the composer Edvard Grieg will be worth while. Bergen has good flight connections to major European cities and train connection to Oslo.

Hurtigruten - The Norwegian Coastal Voyage.
PRACTICAL INFORMATION

Travel Documents

A valid passport is a necessity when entering Norway. For visitors from some countries a visa may be needed. To confirm visa requirements you are advised to contact the Norwegian embassy or consulate. A list of countries with visa requirements for Norway can also be found at http://www.udi.no/. If you need a special invitation letter, please contact the conference secretariat.

Insurance

The conference organizer takes no responsibility for injury or damage involving persons or property during the conference. Participants are advised to arrange for their own personal insurance.

Currency

The Norwegian Krone (NOK) is the national currency unit.

1 EUR = NOK 7,86
1 CHF = NOK 6,10
1 GBP = NOK 8,90
1 USD = NOK 5,46
1 CAD = NOK 5,65
100 JPY = NOK 6,56

Middle exchange rates are at April 14, 2011.

Bank Facilities

Banks are located downtown Trondheim, and banking hours are usually 9:00 am - 3:00 pm (Monday - Friday). NB! Saturdays and Sundays closed.

Participants are advised to get cash hand money /change currency (in Norwegian Kroner) upon arrival at Trondheim Airport. There is a cash point / ATM at the departure hall of the airport and you will also find them at many places in the town.
Credit Cards

Major credit cards including American Express, Diners Club, Visa and Mastercard are honored throughout Norway at hotels, stores and restaurants. Taxis in Norway accept all major credit cards.

Tipping

A service charge is automatically added to hotel and restaurant bills. Tipping for special superior service at restaurants is appreciated (10-15%).

Climate

Given Norway’s extreme northerly position, its mainland climate is surprisingly mild. Norway is the northernmost country in the world to have open waters during winter time. This is due to the trade winds forced across the Atlantic Ocean by the American continent and the warm currents flowing north from the Equator towards the Norwegian Sea, where the angle of the Norwegian coastline and an open path to the Arctic Ocean helps to guide the temperate air and waters to more northerly latitude. Norway’s climate fluctuates greatly from year to year.

In the middle of June the daytime temperature in Trondheim is usually +12 – +18°C but might also be up to +20°C. The evenings may be chilly, so bring a jacket or trench coat. An umbrella might also come in handy.

No Smoking Policy

Smoking is not permitted in Norway in any indoor public areas including bars and restaurants or on any means of public transportation.

Electricity

The electricity supply is 220 volts, 50 cycles. Plugs have two round pins. To use appliances with different plugs require converters that are not commonly available.

Time Zone

GMT/UTC +1
ABOUT TRONDHEIM

Trondheim is the third largest city in Norway with a population of about 170,000 and is the political and economic centre of the region of Sør-Trøndelag. Founded by King Olav Tryggvason of Viking fame in 997, Trondheim holds a special place in Norwegian history and culture. Trondheim was the first capital of Norway, and is still the city where new kings receive their ceremonial blessing. Situated by the Trondheim fjord, it is surrounded by lovely forested hills, with the Nidelv River winding through the city. It has been and still is a popular pilgrimage site, a clerical centre, a regional capital, a centre for commerce and administration – and last, but not least a city of education and research. Trondheim is a centre of knowledge with a highly respected university, many popular colleges and a research community ranking among the best in Europe.

Trondheim (63º 36’ N; 10º 25’ E) is located quite far north, only 500 kilometers south of the Arctic Circle. The Trondheim climate is blessed by the warming presence of the Gulf Stream, providing weather conditions similar to those of Scotland.

Visitors will find the people of Trondheim friendly and sociable. Trondheim is a very hospitable city, with its doors wide open to the world. You will find more information on the city WEB-site: http://www.trondheim.no/engelsk/
CONFERENCE VENUE

The 12th International Conference on Air Distribution in Rooms - ROOMENT 2011 will be staged on the campus of the Norwegian University of Science and Technology, beautifully situated on Gløshaugen with the view over Trondheim city and the Trondheim fjord. The campus is about 15-20 minutes walking distance from the central city.

The venue address:

Norwegian University of Science and Technology
Campus Gløshaugen

Building: Realfagbygget
Street address: Høyskoleringen 5

PRE OR POST MEETING RECOMMENDATIONS

Tour 1: Bergen

Take the Costal Liner (ship) to Bergen, the second largest city of Norway. Visit the old wooden buildings along the hansiatic waterfront, or experience the home of the composer Edvard Grieg. Take the train to Oslo, or an airplane.

Tour 2: Tromsø

Take the airplane to Tromsø, and explore the "Paris of the North" or visit the “Arctic Cathedral”. Take airplane back to Trondheim, or to Oslo.

Tour 3: Røros

A historic mining town found on UNESCO's World Heritage List. Trains and buses are available to and from Trondheim.