



**ST.OLAV WAYS**  
THE PILGRIM PATHS TO TRONDHEIM

Cultural route  
of the Council of Europe  
Itinéraire culturel  
du Conseil de l'Europe



# Pilgrimage on the St. Olav Ways, Norway

**Media/tour operator trip, 21-26/08 and 25-30/09, 2023**



Photo: The coastal pilgrimpath at Selje overlooking the northern sea. (Bickfoto v Thomas Bickhardt)

**A spectacular and beautiful journey along the coast with fjords, islands, islets and reefs - a saga from Viking to pilgrimage.**

We are happy to invite you on a five-day pilgrimage filled with Nordic history, Norwegian culture and an outdoor experience like no other. You'll get to do a pilgrimage in different types of nature landscapes, from the long beaches at Jæren in the south to the harsh rocky landscape of Ålesund in the north. You'll stay at historical farms, hotels and seahouses and eat great food, outdoors and indoors. During this tour you will encounter the rich culture of the coastal region of Norway.

The coast pilgrimage is a beautiful and spectacular journey along Norway's most important road. The Kuystpilegrimsleia starts in Egersund and ends at the national sanctuary of Nidaros Cathedral in Trondheim. Both Norwegian and foreign pilgrimage travelled along the coastal route to Nidaros, which was the most important pilgrimage destination in Northern Europe until the Reformation in 1537.





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This media/tour operator tour caters media and touroperators from Norway and foreign countries. The tour will be conducted in English. The tour is free of charge. There will be one individual tour in august, and one individual tour in September.

## Program tour 1 Stavanger-Bergen 21-26 of august:

### 20.08.Sunday: Stavanger

Participants arrive in Stavanger. Individual arrivals  
Accommodation in Stavanger area.

### 21.08. Monday: Jæren – Sola

We meet at the Stavanger airport in the morning for an introduction of the week. We take a minibuss towards Jæren and doing a shorter hike towards Hå gamle Prestegård where we have lunch and a guided tour of the museum and art exhibition. We continue our walk on the beach and the coastal farmingarea of Jæren. We have a overnight stay at Sola strandhotell.



Photo: Obrestad fyr. (Asle Haukland. Hå gamle prestegård)

### 22.08.Tuesday: Jæren-Stavanger-Utstein/ Mosterøy

After a delicious breakfast we do a shorter hike to the old Sola churchruin. From here we take a minibus towards the art installation "Sword in stone". We have a guided tour in Stavanger and visit a maritime museum before lunch. Now we will embark the old boat Caroline af Sandnes and sail towards Mosterøy to visit the old Utstein monestary. A hidden gem in the Stavanger region.





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Photo: Swords in stone. (Stavanger kommune.no)

### 23.08. Wednesday: Avaldsnes-Karmøy

- We travel by boat towards the historic island of Karmøy and visit Avaldsnes with its historic church, Viking village and Nordvegen historycenter with beautiful shorter hikes in the landscape. <https://opplevavaldsnes.no/>



Photo: Caroline of Sandnes (Norsk Forening for Fartøyvern)



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#### 24.08. Thursday: Mosterøya, Moster Amfi, Lyse Kloster and Bergen

We make shorter hikes and visit the cultural area at Moster Amfi and the historical site at the ruins of Lyse kloster. By boat we continue our pilgrimage towards the hanseatic city of Bergen, that is also a designated Unescosite.

#### 25.08. Friday: Bergen, Lyngheisenteret and Kongshaugen

We take a local boat towards the peninsula of Lygra where we will hike in the coastal landscape and visit the Lyngheicenter where we have lunch. By bike we go towards the gravel mounds at Kongshaugen. In the evening we do a beautiful hike up on the mountain overlooking Bergen and the sunset towards the sea, enjoying our farewell dinner.

#### 25.08. Saturday: Individual departures from Bergen

The participants travel on a individual basis back to their hometown.



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## Program tour 2 Florø-Ålesund 25-30 of september:

### 24.09. Sunday: Arrivals Norway or Florø

Participants arrive in Oslo, Bergen or Florø. Individual arrivals

Accommodation in airport area.

### 25.09. Monday: Florø-Kinn island-Florø

We meet at Florø airport/ Florø in the morning for an introduction of the week. We do a vicinity walk of Florø, having lunch and catch a boat the island of Kinn. Here we do a spectacular hike towards the Kinn church where we have a guided visit and some coffee. We take the boat back for a overnight stay at Florø, included a museum visit and the local Kinn brewery.



Photo: Kinn Church. (Knut Magne Nesse)

### 26.09. Tuesday: Florø-Svanøy -Smørhavn/ Bremanger.

After breakfast we take the boat to the Island of Svanøy, south of Florø. This is a beautiful island with a lot of cultural heritage and shorter walks. We eat lunch before taking the boat towards Smørhavn in Bremangerlandet. Here we have some evening activities like kayak or hiking before settling inn in a coastal environment for the night.





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### 27.09. Wednesday: Smørhavn-Selje-Stadt

Before lunch we do some coastal activities depending on the group and weather, hiking, kayaking or sailing. We take a boat towards Selje where we have lunch at the priest farm before we are heading out to the secluded and historical island of Selja. Here we do a hike towards the old ruins of the Sunniva monastery. Here we can overlook the westernmost point of Norway and the roaring sea. Here you can experience the celtic influences on the history. [Pilegrimsleden | Selja kloster i Stad kommune \(tibe.no\)](#)



Photo: Hiking towards the old Selja monastery. (Photo Hans Morten Løvrød)

### 28.09. Thursday: Stadt-Herøy-Ålesund

On a smaller boat we will travel towards the beautiful jugendtown of Ålesund. We make a stop at the Herøy museum. In the evening we have outdooractivities in the Ålesund region.

### 29.09. Friday: Ålesund- Borgund-Ålesund

For those who like, we start the day with some guided kayaking in the harbour of Ålesund, experiencing the nature and the jugend architecture at the same time. After that we will hike a section of the pilgrimpath up the Aksla mountain towards the historical site of Borgund. Here we will overlook the amazing mountains of Sunnmøre rising from the fjord.

### 30.09. Saturday: Individual departures from Ålesund

The participants travel on a individual basis back to their hometown.



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**Program may be subject to minor changes.**



Photo: Pilgrims arriving the Nidaros Cathedral, the burial church of St. Olav and the goal for many pilgrims.

## About the St. Olav Ways

**The St. Olav Ways - the pilgrim paths to Trondheim** is the name of the old pilgrim trails leading to Trondheim and the Viking king and Saint Olav Haraldsson's burial church; Nidaros Cathedral. The historic trails have been used by pilgrims and other travellers since the year 1032. The Kystpilegrimsleia (Coastal pilgrim path) from Egersund to Trondheim, is the first sailing pilgrim route in Norway, and was mentioned internationally already in 1072 as a route to Nidaros, today's Trondheim, during the Middle Ages.

The St. Olav Ways through Denmark, Sweden and Norway received the status as European Cultural Route through the Council of Europe's Cultural Route program in May 2010.

### Useful links:

- Pilgrimage
  - The Viking king and Saint Olav: <http://pilegrimsleden.no/en/about/olav-den-hellige>
  - History of pilgrimage in Norway: <http://pilegrimsleden.no/en/about/historisk-om-pilegrimsvandring>
  - <https://pilegrimsleden.no/en/trails/kystpilegrimsleia>
- Cultural heritage
  - Hamardomen glasscathedral: [www.domkirkeodden.no](http://www.domkirkeodden.no)
  - Nidaros Cathedral: [www.nidarosdomen.no](http://www.nidarosdomen.no)
  - European Institute of Cultural Routes: <http://culture-routes.net/>



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## Nice to know – fitness and equipment

Doing a pilgrimage can be demanding physically, and on this press tour a good level of fitness and some experience in hiking and being on the sea is expected. Good hiking shoes and clothes are also a requirement, a detailed packing list is suggested below.



Photo: A pilgrimage on the St. Olav Ways require good fitness and the right equipment (Roll company)

### **Contact information:**

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These mediatours will be arranged in a collaboration with the regional pilgrimcenters in Avaldsnes, Bergen, Selje and Smøla. [Pilegrimsleden](#) | [Regional Pilgrim centers](#)





# Packing list

General: In order for your stay in Norway to be as comfortable as possible, it is important that you bring the right clothes: Warm and comfortable clothes and sturdy walking shoes. We recommend wearing 100 % wool or similar quality clothing next to your skin. Layer your clothing, so that you can easily regulate your temperature by removing or adding a layer. Outer clothing should be lined and windproof. Rain wear is also important. Hat and gloves are recommended in the mountain, all year. In general, the weather can vary and change quite quickly.

Norway in August and September can feel both like late summer and autumn, you never know. Along the coast it is particularly important to be ready for various weather and colder temperatures. Make sure to check the weather a week before the pilgrimage using the Norwegian weather forecast site: [www.yr.no](http://www.yr.no). You can check the weather in five different regions: Stavanger, Avaldsnes, Bergen, Florø and Ålesund.

On a pilgrimage press trip we walk with small backpacks and have additional baggage (suitcases or bags) in the bus and the boat. So, in our recommended packing list we include the most important things you need depending on the weather, however everything does not have to be brought with us when we walk.

- Backpack (volume: 20 – 30 litres) with rain cover
- Sturdy walking shoes, and light slippers to use in the evenings
- Enough clothes to change (depending on weather and terrain)  
T-shirts, long sleeves, wool-socks, underwear, thicker midlayer jacket/fleece/jumper
- Warm clothes: long woollen underwear, scarf, hat, gloves (remember to check [www.yr.no](http://www.yr.no))
- Wind- and rainproof outerwear
- Sunscreen
- Sun glasses
- Hat/cap
- A refillable water bottle
- A small seat pad can be nice for breaks
- Walking poles, if you like to use it

Please, do not hesitate to send us an email if you have any questions.



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Red is tour 1. Green is tour 2.