

WELCOME TO THE CRUISE PORT OF **KRISTIANSUND**

THE GATEWAY TO THE ATLANTIC OCEAN ROAD

THE PORT
CLOSEST TO
THE ATLANTIC
OCEAN ROAD



2026-2027

Photo: Landilive/visitnorvest.no

KRISTIANSUND

— FLOATING IN THE ATLANTIC OCEAN...

Why Kristiansund?

- Closest port to the Atlantic Ocean Road
- Berth directly in the town centre
- Shopping, souvenirs, local handicrafts and jewellery
- Wide variety in nature, attractions and activities
- Intimate, colourful seaport on four islands at the ocean's edge
- Two stave churches in the area, two fishing villages to explore and our own opera in town



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TOUR SYMBOLS:


- 


Excursion by bus (or other transportation)
- 


Tour includes boat trip
- 


Tour includes a (very) easy walk
- 


Easy hiking – no experience required
- 


Medium hiking – some experience recommended
- 


Tour includes scenic locations
- 

Tour includes visit to a church or stave church
- 

Tour includes a museum
- 

Tour or activity suitable for families with children
- 

Tour includes a cultural element such as art or music
- 

Experience local produce
- 

Tour suitable for smaller groups or can be tailored to VIP customers

WHAT TO SEE?

More about attractions in Kristiansund on pages 40-42.

LEARN MORE

– about cruise destination Kristiansund:
www.knhavn.no/cruise
www.visitnorthwest.no

See also our other
cruise destination:
**SMØLA – ISLAND GEM OF
THE ATLANTIC OCEAN**
Tender port for small ships
and expedition
cruises only



VISIT NORTHWEST

Member of: Cruise Norway





WELCOME TO KRISTIANSUND

– the top of Fjord Norway and the gateway to the Atlantic Ocean Road

Kristiansund is the natural port of call for experiences of coast and ocean, culture and history.

The nearby Atlantic Ocean Road has been ranked the world's most scenic road trip. This amazing and unique stretch of road takes you right out to the ocean's edge, running across an archipelago of small islands and islets. Beautiful on a calm and sunny day, dramatic in storms and the rain – no matter what, always an unforgettable experience!

Kristiansund is known for clipfish and opera, which invites to both culinary and cultural experiences. This intimate, colourful and convivial town is spread out on four main islands at the edge of the ocean, with a charming harbour in the middle.

The passenger service boat «Sundbåten» has been

in service since 1876 to transport the locals between the islands. Considered to be the world's oldest public transport service in uninterrupted use, it is at the same time a great way to experience and explore Kristiansund!

The landscape at the top of Fjord Norway is full of contrasts. Deep fjords, steep mountains, lovely villages, traditional summer pasture farms and vibrant island communities await you. The region offers a wide range of great experiences and activities, suitable both for the more active visitors and those who just want to admire the scenery.

Welcome!

ALSO
TURNAROUND
PORT

CRUISE PORT OF KRISTIANSUND

Two cruise quays in town centre!

Our two cruise ship quays are located in the heart of the town within easy reach of attractions, activities and shopping.

The main cruise quay at «Storkaia» can accommodate ships up to 300 m (984 ft). The vessels are moored alongside Kristiansund's most central quay with a shopping centre including around 35 shops across the street. Further shops, restaurants, cafés as well as attractions are located nearby.

Passengers benefit from safe and easy embarkation and disembarkation within the ISPS fence. Coaches can park easily on the quay, just a few steps away from the ship.

We offer a full range of services, such as delivery of bunkers, fresh water, supplies, waste handling and wastewater.

The Port of Kristiansund is also available for smaller turnaround operations. Kristiansund Airport, Kvernberget, is located only 8 km from the city centre.



PORT OF KRISTIANSUND

– Facilities, services and information

PORT AUTHORITY

Port of Kristiansund and Nordmøre IMC
Contact info on page 43.

DOCKING INFORMATION

Berths for cruise: 2
Landing largest ship: 300 m
Air draft: No limit
Tidal movement: 1.8 m

ANCHORAGE/TENDER

Anchorage position: Bolgsvaet
Max GT: No limit
Type of bottom: Sand and mud
Minimum depth: 70–90 m
Distance from anchorage to tender pier: 1.5 nm

PORT SERVICES AND EQUIPMENT

Bunkers (by barge)
Fresh water bunkering
Garbage landing
Sludge landing (by truck)
Grey water landing (by truck)
Shore gangway 12 m
Yokohama fenders
Electrical forklift

TURNAROUND FACILITIES (Devoldholmen)

Distance to airport: 8 km, Kristiansund Kvernberget
Restrooms
Wi-Fi service
Taxi

Check in counters
Mobile luggage units
X-ray and screening of guests and luggage

SECURITY & ENVIRONMENT

Fenced terminals (ISPS approved)
Watchmen service
Shore power: 820 kWh (Storkaia)
ESI discount
Max ships per day: 2
Max pax per day: approx. 4 000

OTHER

Crew facilities: WiFi. See our crew guide with insider tips and crew member discounts.
Online cruise schedule: knhavn.no/cruise/cruise-calls
Itinerary planner for most Norwegian cruise ports: planner.cruise-norway.no

TOURIST INFORMATION

Tourist office in Hauggata 2 (Kaibakken), a few hundred meters from cruise ship. Contact info on page 43.
City maps are also available at the cruise pier.

NO DRONE ZONE

Please note that due to the proximity to Kristiansund airport Kvernberget, it is forbidden to fly a drone in Kristiansund town without permission. Breaking the rules can lead to fines and/or confiscation of the equipment.

Information updated August 2025.
Subject to possible changes and errors.



Devoldholmen cruise pier



Storkaia cruise pier

PORT OF KRISTIANSUND
– EASY REACHABLE
FROM THE MAIN
SHIPPING LANE

Cruise quays in Kristiansund town centre:

	STORKAIA	DEVOLDHOLMEN
Length	300 m	205 m
Depth	10 m	10 m
Height quayside	Low 3.55 m High 2.30 m	Low 3.55 m High 2.30 m
Fenders	Dumper tires	Dumper tires
Shore power	850 kWh	No

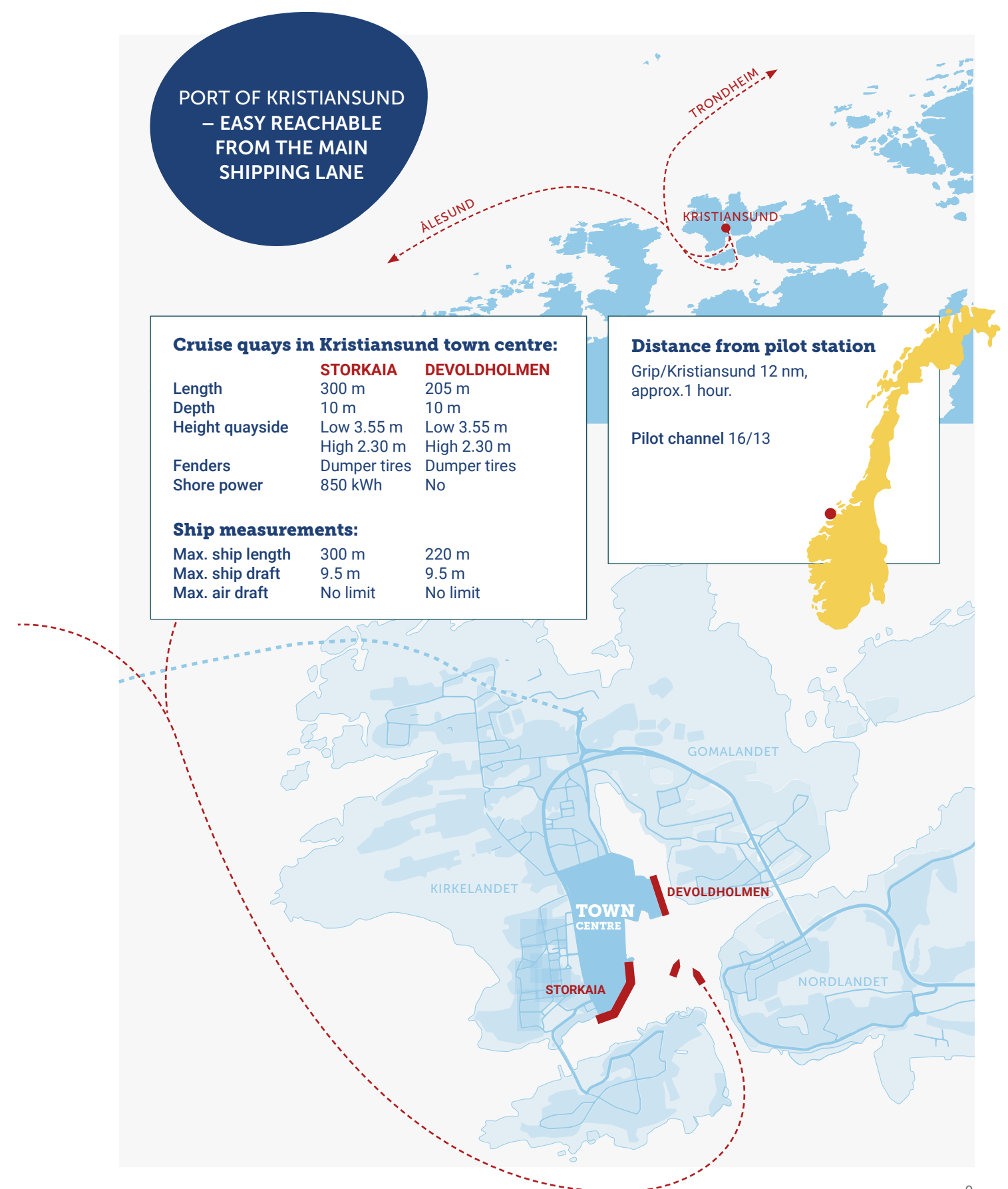
Ship measurements:

Max. ship length	300 m	220 m
Max. ship draft	9.5 m	9.5 m
Max. air draft	No limit	No limit

Distance from pilot station

Grip/Kristiansund 12 nm,
approx. 1 hour.

Pilot channel 16/13



WHAT AND
WHERE TO
EXPLORE?



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GROUP EXCURSIONS AND ACTIVITIES



1 THE ATLANTIC OCEAN ROAD
& KVERNES STAVE CHURCH

The Atlantic Ocean Road is a “must-see” attraction, located just a 30-minute drive from the centre of Kristiansund. The unique stretch of road takes you right to the ocean’s edge, winding across an archipelago of small islands and islets. The tour includes a stop at the scenic walkway (easy walk at an elevated walking path), where you can fully immerse yourself in the salty, refreshing sea air and breathtaking surroundings.

The next stop is the unique Kvernes Stave Church, beautifully perched above the Kvernes Fjord. Dating back to around 1630 AD, it is Norway’s only stave church built after the Middle Ages, making it truly one of a kind.

Step inside to discover a richly decorated interior

featuring a choir screen with a crucifix and royal monogram, an ornate baroque pulpit, and exquisite painted acanthus decorations. The altarpiece, dating from 1475, is a highlight of the church’s artistic and historical treasures.

OPTIONAL ADD-ON: Enjoy Norwegian folk music inside the church

Duration 3–4 hrs excursion

Season All year

Capacity Max. 45 per bus

Note It may be a bit chilly inside the church.

Contact Kvernes stavkirke | (+47) 951 81 111
stavkirkenikvernes@gmail.com
www.stavechurch.com/kvernes-stavkirke

GROUP EXCURSIONS AND ACTIVITIES



THE ATLANTIC OCEAN ROAD
& SEAL SAFARI

NEW!

2



The Atlantic Ocean Road is a “must-see” attraction, located just a 30-minute drive from the centre of Kristiansund. The unique stretch of road takes you right to the ocean’s edge, winding across an archipelago of small islands and islets. The tour includes a stop at the scenic walkway (easy walk at an elevated walking path), where you can fully immerse yourself in the salty, refreshing sea air and breathtaking surroundings.

The next stop is Strømsholmen Sea Sport Centre, just a 5-minute drive away, where an exciting seal safari awaits!

A RIB takes you on a 30-minute boat trip to Orskjæra, home to a seal colony. Here, you’ll have time

to photograph and admire these fascinating creatures in their natural habitat. After the safari, you’ll return to the Sea Sport Centre for a bus transfer back to the cruise ship.

Duration 3,5 hours excursion

Season May–October

Capacity Max. 12 persons per RIB (2 or 3 RIBs available). Multiple tours possible in one day.

Note Seal sightings are not guaranteed but are highly likely. Necessary equipment provided.

Contact Strømsholmen Sea Sport Centre
(+47) 951 39 269 / 992 26 757
post@stromsholmen.no | www.stromsholmen.no

GROUP EXCURSIONS AND ACTIVITIES



3

THE ATLANTIC OCEAN ROAD & THE MARBLE CAVES

The Atlantic Ocean Road is a “must-see” attraction, located just a 30-minute drive from the centre of Kristiansund. The unique stretch of road takes you right to the ocean’s edge, winding across an archipelago of small islands and islets. The tour includes a stop at the scenic walkway (easy walk at an elevated walking path), where you can fully immerse yourself in the salty, refreshing sea air and breathtaking surroundings.

Explore the magical and mystical marble caves at “Bergtatt.” This exciting attraction takes you deep into the mountain, where you’ll embark on an underground raft ride across crystal-clear waters, surrounded by marble cliffs and bathed in magical lighting.

Enjoy the opportunity to taste pure spring water drawn directly from the rock wall.

In the concert hall, a video about the history of the mines and the ongoing work since 1938 is shown, offering insight into the mining operations.

OPTIONAL ADD-ON: Coffee, lunch or snack.

TIP! Upgrade with musical entertainment and trolls.

Duration 5 hrs excursion

Season All year

Capacity Max. 45 per bus

Note Helmet and life jacket provided for the raft ride inside the caves. Wheelchair accessible.

Contact Bergtatt Opplevelser (+47) 48 31 88 00
post@berg-tatt.no | www.berg-tatt.no

GROUP EXCURSIONS AND ACTIVITIES



THE ATLANTIC OCEAN ROAD & ALPACA FARM VISIT

NEW!

4



The Atlantic Ocean Road is a “must-see” attraction, located just a 30-minute drive from the centre of Kristiansund. The unique stretch of road takes you right to the ocean’s edge, winding across an archipelago of small islands and islets. The tour includes a stop at the scenic walkway (easy walk at an elevated walking path), where you can fully immerse yourself in the salty, refreshing sea air and breathtaking surroundings.

Combine with a visit to Designerbonden’s farm (15 min. drive). Meet and feed friendly alpacas in the stable or out on the pasture, soak in the peaceful countryside atmosphere, and explore the small and cosy farm shop. Nestled in beautiful surroundings, the farm offers a fun and memorable experience for visitors of all ages.

The warm and knowledgeable hosts will share insights about the alpacas, everyday farm life in Norway, and their locally produced honey. A typical visit (30–60 minutes) includes feeding and learning about the alpacas, exploring the farm, and tasting homemade treats. Longer visits may also include a guided alpaca walk along a nearby hiking trail.

Duration 3–4 hours excursion

Season All year

Capacity 10–20 persons

Note No toilet facilities at alpaca farm. Please wear closed weather-appropriate footwear and clothing. Wheelchair accessible.

Contact Designerbonden Christine Blass
(+47) 458 05 882 | christine@designerbonden.no
www.designerbonden.no

GROUP EXCURSIONS AND ACTIVITIES

GRIP ISLAND –
RECOGNIZED WITH
TRIPADVISOR'S
TRAVELLERS' CHOICE
AWARDS FOR FIVE
CONSECUTIVE YEARS
(2021–2025)!



5

GRIP ISLAND — UNIQUE AND UNFORGETTABLE

Discover the enchanting island of Grip, a true gem in the ocean! Located 14 km off the coast of Kristiansund, this tiny, beautiful island was a thriving fishing village as far back as medieval times.

Today, it's a peaceful summer paradise, with quaint, narrow streets and colourful houses. Amid the houses stands a small, picturesque stave church dating back to 1470 – the world's northernmost stave church!

A visit to Grip is like stepping back in time. On a guided walk, you will discover the rich history of this small island and gain an insight into the lives of those who braved the elements to live and work here in the past.

You'll also have time to breathe in the fresh ocean air, stroll through the idyllic surroundings, and enjoy

the island's unique atmosphere at your own pace.

At Gripkroa Inn, indulge in coffee, snacks, local food and a variety of beverages.

OPTIONAL ADD-ON: Enhance your visit with a meal at Gripkroa Inn.

Duration 3.5 hrs

Season May–September (main season). April–November on request.

Capacity Max. 48 persons

Note This tour is weather-dependent. The boat ride takes appr. 35 min. each way, with refreshments available for purchase on board. The tour is wheelchair accessible; however, accessibility may vary depending on tide levels and wheelchair size.

Contact Gripruta (+47) 92 85 17 44 | post@gripruta.no
www.gripruta.no/en

GROUP EXCURSIONS AND ACTIVITIES



HARBOUR SIGHTSEEING WITH THE ICONIC «SUNDBÅTEN»

6



The passenger boat "Sundbåten" is a trademark of Kristiansund, and the locals take great pride in its long-standing tradition in the harbour. Much like the cable cars in San Francisco, the Sundbåten is one of the world's oldest public transport services still in operation, dating back to 1876.

Explore the inner harbour of Kristiansund on a chartered harbour sightseeing. Your local guide will meet you directly at the cruise pier and walk you to the harbour boat. Learn about the town's evolution, from its early days in the timber trade and clipfish export to its modern-day oil industry. From the seaside, you'll see the historic maritime district of Vågen, the old town of Innlandet, the oil base area, and a lively port with industry, business, and residential areas side by side.

TIP! Combine the harbour sightseeing with one of the following:

- The Norwegian Clipfish Museum (page 18).
- The clipfish mansion Lossiusgården (page 20)

- Walking tour and Bacalao at Innlandet (page 22)
- Organ performance in the Atlantic Cathedral (page 23)

OPTIONAL ADD-ONS:

- Coffee and "svele", a typical Norwegian pancake made with sour milk.

For a complete local food experience, check out "Flavours & tales aboard the historic ferry Framnæs" on page 21.

Duration 1.5 hrs

Season All year

Capacity «Angvik» 50 passengers, «Framnæs» 47 passengers

Note Group bookings are not possible on the ordinary transport route (charter only). Wheelchair accessible.

Contact Sundbåten (+47) 92 85 17 44
post@sundbaten.no | www.sundbaten.no

GROUP EXCURSIONS AND ACTIVITIES



EASILY
REACHABLE BY
BUS OR BOAT

7

KRISTIANSUND
— THE CITY OF CLIPFISH

Norsk Klippfiskmuseum is located in a large, well-preserved warehouse from 1749, once used for the production of clipfish (dried and salt-matured codfish). A visit to the museum offers a vivid and sensory insight into a trade that was vital to the growth and prosperity of Kristiansund from the 18th century through to the post-war era. You can still catch the scent of salt and clipfish.

Discover the traditional clipfish production process through historical photos and engaging stories shared by knowledgeable guides. The visit includes a tasting of salt cod stew, the beloved local dish made from clipfish.

The museum can be reached by bus, or the visit can be included as an extension of the harbour sightseeing – see page 17.

Duration 2 hrs (3 hrs if combined with harbour sightseeing)
Season All year
Capacity Max. 45
Contact Nordmørmusea (+47) 71 58 70 00
post@nordmormusea.no | www.nordmormusea.no

GROUP EXCURSIONS AND ACTIVITIES



NEW!

8

NORDMØRSMUSEA
— WHERE COASTAL HERITAGE COMES ALIVE



Visit Nordmørmusea, located in Normoria – Kristiansund's brand-new opera and culture house. Here you can explore the region's unique coastal heritage through inspiring exhibitions and activities.

The exhibition *People on the Move* takes you on a journey through thousands of years of Nordmøre's history, telling the story of a people constantly on the move – both physically and mentally. Along the way, you'll uncover fascinating themes such as textiles, art and culture, new industries, and the lost collection, which was destroyed during the bombing of the town in 1940. Among the highlights is the magnificent gold arm ring from Bremsnes, discovered in the 18th century, sent to the king in Copenhagen, and never returned to Norway – until now.

A guided tour lasts about 45 minutes, but you can also explore at your own pace – the exhibition is designed for self-guided visits and is fully cap-

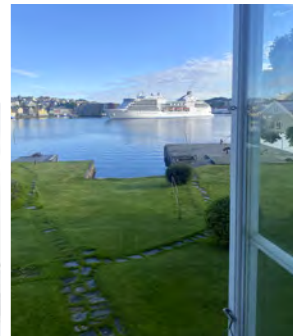
tioned in both Norwegian and English.

Complete your visit with a taste of local tradition: a waffle or svele (a fluffy Norwegian pancake) with freshly brewed coffee, served in Normoria's welcoming café.

OPTIONAL ADD-ON: Combine your museum's visit with a guided walking tour in maritime Kristiansund, including a visit to the historical and still operational shipyard Mellemværftet.

Duration 1–2 hrs
Season All year
Capacity 20 persons per group
Note Nordmørmusea at Normoria is located 400 m from cruise pier. Mellemværftet 1,2 km from museum. This can be a walking tour or partly by bus.
Contact Nordmørmusea (+47) 71 58 70 00
l post@nordmormusea.no | www.nordmormusea.no

GROUP EXCURSIONS AND ACTIVITIES



NEW!

9

LOSSIUSGÅRDEN CLIPFISH MANSION — HISTORICAL HOME VISIT

Experience a historical home visit in a mansion dating back to the heyday of the clipfish empire. Lossiusgården, located on the waterfront of the small island of Innlandet, was built in 1780 and is officially listed as part of the Norwegian Cultural Heritage.

The owner of the property will share the fascinating story of the clipfish trade, its impact on the town's development, and what life has been like in the mansion over the past 245 years.

With genuine Norwegian hospitality, you will be served coffee in rose-painted china and offered a taste of our local specialities. You'll have time to enjoy the peaceful garden and explore the historic interior. Today's owners, who also live in the house, will offer a glimpse into the daily life of a

Norwegian family preserving a treasured heritage property.

OPTIONAL ADD-ON: Upgrade your visit with an afternoon tea experience, a musical performance and/or a guided tour amongst the historical houses in the area.

TIP! Combine with a harbour sightseeing (page 17/21), or walking tour and bacalao (page 22)

Duration 1–2 hours

Season May–September

Capacity Max. 20 persons per group

Note Guiding in English. Toilet facilities. Not wheelchair accessible.

Contact Lossiusgården (+47) 905 08 512
lill@lossiusgarden.no | www.lossiusgarden.no

GROUP EXCURSIONS AND ACTIVITIES



NEW!

10

FLAVOURS & TALES ABOARD THE HISTORIC FERRY FRAMNÆS



Step aboard the small passenger ferry "Framnæs" and experience some of the finest flavours and stories Kristiansund and its surrounding region have to offer!

"Framnæs" is a gem in itself – a beautifully crafted replica of the boat which served Kristiansund's harbour from 1917 to 1951.

While experiencing the intimate and charming harbour of Kristiansund, treat yourself to a variety of local specialities that will delight your taste buds, such as:

- Tingvoll Cider – Organic and award-winning
- Tingvoll Cheese – Recognized as the world's best cheese
- Dry-cured ham – Aged to perfection by the local butcher
- Local craft beer

- Homemade cakes – Baked by a local artisan
- In the colder seasons, warm up with a cup of locally roasted coffee or apple mulled cider

A knowledgeable local guide will enrich your journey with fascinating tales about Kristiansund's history – from its role as a cornerstone of Norway's clipfish trade starting in the 18th century, to its post-WWII reconstruction and modern-day charm. Welcome onboard!

Duration 1,5 hrs

Season All year

Capacity 47 passengers

Note Harbour boat is wheelchair accessible. Toilet facilities on board.

Contact Sundbåten (+47) 92 85 17 44
post@sundbaten.no | www.sundbaten.no

GROUP EXCURSIONS AND ACTIVITIES



NEW!

11

WALKING TOUR AND BACALAO ON INNLANDET
— HISTORIC DISTRICT WITH SOUL

Discover Kristiansund's oldest and smallest district: Innlandet. The island is connected to the city centre by a bridge, so that you can arrive either with bus or you can combine it with a harbour sightseeing and arrive at the nearby pier.

Innlandet is a living museum of old wooden houses, narrow alleyways and warehouses. Many of the buildings date back to the 18th and 19th centuries, offering a unique glimpse into the city's past.

Along the waterfront you'll find traditional sea warehouses that once played a vital role in Kristiansund's clipfish industry. Hear the stories, enjoy the peaceful atmosphere and take in the district's authentic charm.

The tour ends with lunch at Thon Hotel Kristiansund, where the group can enjoy Bacalao a la Kristiansund in a setting that combines historical character with modern design – and beautiful views across the harbour to the city centre. The hotel itself is built

around restored sea warehouses and embraces elements from Kristiansund's rich clipfish heritage.

TIP! Combine with a visit at Lossiusgården Clipfish Mansion (page 20) or harbour sightseeing (page 17).

Bacalao is a traditional local dish made with dried and salted cod (clipfish), potatoes, tomatoes, onions, and olive oil – slow-cooked into a rich and flavourful stew.

Duration 2 hours

Season All year, weekdays only.

Capacity Max. 20 persons per guide. Max. 60 persons for lunch

Note Transport and guide to be booked separately.

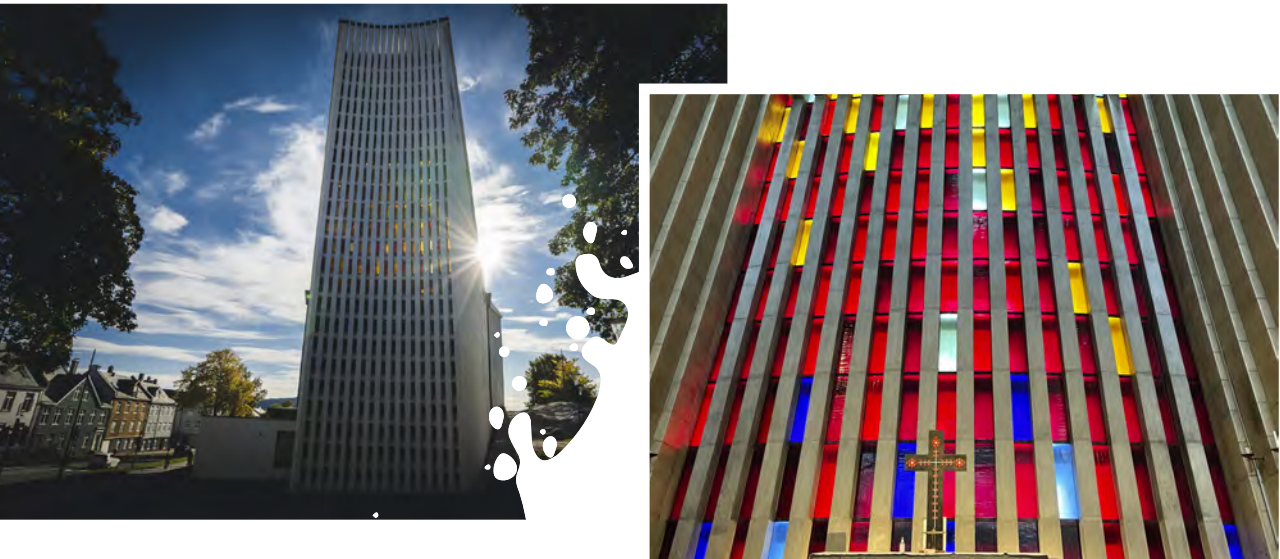
Contact Thon Hotel Innlandet (+47) 71 57 30 00
kristiansund.booking@olavthon.no | www.thonhotels.no

GROUP EXCURSIONS AND ACTIVITIES



ORGAN PERFORMANCE
IN THE ATLANTIC CATHEDRAL

12



Step into the striking Kirkelandet Church, also known as The Atlantic Cathedral. Built in 1964 to replace the wooden church destroyed during the World War II bombing of Kristiansund in April 1940, this architectural masterpiece was designed by Odd Østby.

Kirkelandet Church was Norway's first truly modern church, gaining widespread attention for its innovative design. A standout feature is its 30-meter-high chancel wall, adorned with 320 glass panes in radiant shades of red and yellow. When sunlight streams through, the panes create a stunning symphony of colors that illuminate the space.

This tour includes a guided visit to the church, followed by a short concert on the church organ, performed by the church cantor.

OPTIONAL ADD-ON: Extend your tour with a visit to Nordlandet Church (1914), famous for its beautiful frescoes and stained glass designed by Emanuel Vigeland. The church is situated on a hill overlooking the harbour and town. Bus transfer is required for this add-on.

Duration 1–1.5 hrs (incl. walk or transfer)

Season June–September, other periods on request

Capacity Max. 100 persons (Nordlandet Kirke (add-on) max. 50 persons).

Note Toilet facilities available. Wheelchair accessible. Bookings must be made no later than 30 days in advance.

Contact The Church of Kristiansund (+47) 71 57 38 00
kirkevergen@kristiansund.kommune.no
www.kirken.no/kristiansund

GROUP EXCURSIONS AND ACTIVITIES



DID YOU KNOW?

Kristiansund is home to Norway's oldest opera, established in 1928 – soon 100 years old!

GROUP EXCURSIONS AND ACTIVITIES



**ART, CULTURE AND ARCHITECTURE
IN KRISTIANSUND**

NEW!

14



DID YOU KNOW?

In 2025, Kristiansund was named The Norwegian Cultural Municipality of the Year.

13 **THE OPERA TOWN KRISTIANSUND**
— A MUSICAL SOUVENIR

THEME CRUISE!

Take home a musical souvenir from Kristiansund – the opera capital of coastal Norway. Each February, the town hosts the Opera Festival Weeks, featuring around 50 performances and concerts. If you're visiting at another time of year, a tailor-made event can be arranged to suit your preferences – whether you're drawn to opera, operetta, ballet, or classical music.

From 2026, the opera festival takes place in the new opera and cultural centre, called Normoria. The impressive building combines modern design with the preservation of historic structures, such as Folkets Hus from 1959 and Langveien Secondary School from 1924. By seamlessly linking existing buildings with contemporary architecture,

Normoria forms a unified cultural quarter in the heart of Kristiansund.

The main hall at Normoria accommodates up to 550 guests (450 when the orchestra pit is in use), built to host performances ranging from grand operas to symphonic concerts.

Duration 1–4 hrs + walk or transfer

Season All year. Annual Opera Festival Weeks in February (page 42)

Capacity 45–450/550 persons

Note The opera house is a short and easy 500 m/10 min. walk from the cruise pier. Wheelchair accessible.

Contact Operaen i Kristiansund (+47) 71 58 99 60
post@oik.no | www.oik.no

Join us for an exciting guided walk and discover the city's fascinating blend of architectural styles shaped by its unique heritage and dramatic past.

Heavily bombed during WWII, much of Kristiansund's original wooden architecture was destroyed. The post-war reconstruction gave rise to a town centre characterised by clean lines, functional forms, and bright pastel colours. On this tour, you will explore these distinctive features in the town centre and visit **Festiviteten**, the former opera house built in elegant Art Nouveau style.

Modern architecture also leaves its mark on the city. Visit the impressive **Campus Kristiansund** and the spectacular **Normoria** Opera and Culture House, representing a bold new chapter in Kristiansund's urban development.

In Normoria, you will find Norway's oldest opera and the opera ballet centre, the culture school, the public library, and the regional museum with ex-

hibitions. Your visit can be customised to include professional music, dance, and other high-quality cultural experiences.

Enhance your experience with coffee and a traditional Norwegian "svele" (pancake of sour milk) – or indulge in a glass of sparkling wine.

OPTIONAL ADD-ON: Extend with a guided tour through the regional museum's (Nordmørmusea) exhibitions, see page 19.

Duration 2,5 hours + walk or transfer

Season All year.

Capacity 20 persons per guide. Max. 2 groups at a time. (For larger events: Total capacity Campus Kristiansund 270/Normoria 570)

Note Easy walk. Buildings are wheelchair accessible.

Contact Normoria AS (+47) 976 29 726
ingeborg@normoria.no | www.normoria.no

GROUP EXCURSIONS AND ACTIVITIES



NEW!

15

EXCLUSIVE PHOTO ADVENTURE ON THE EDGE OF THE ATLANTIC

Join a professional photo guide on an exclusive journey combining Nordic Light's spirit with the dramatic Atlantic Ocean Road – one of the world's most beautiful drives.

Along the way, you'll stop at some stunning viewpoints and hidden gems, guided by an experienced photographer who shares tips on light, composition, local lore and storytelling.

The experience ends with coffee and a relaxing image review at the Nordic Light House in Kristiansund – home of the renowned Nordic Light photo festival that has hosted legends like Steve McCurry, James Nachtwey, Joyce Tenneson, and Albert Watson.

The festival has made Kristiansund a cultural hub for visual storytelling in the north. Now, you can experience the same spirit in an intimate, tailor-made workshop designed for curious and creative travelers.

OPTIONAL ADD-ON:

- Local lunch at the Photo Café
- High-res group photo
- Private mini-exhibition or image book (on request)

Who is this adventure for?

This tour isn't just for photographers. It's for anyone curious about light, nature, and the art of seeing.

Duration 4 hours excursion

Season April to October

Capacity 4–10 persons

Note No prior photo experience needed. Camera or smart-phone welcome. Bring windproof jacket and comfortable shoes. English-speaking photo guide. Not all stops are wheelchair accessible. Subject to weather.

Contact Nordic Light Events +47 977 72 223
info@nle.no | www.nordiclightfestival.com

GROUP EXCURSIONS AND ACTIVITIES



NEW!

16

SALMON FARM ADVENTURE BY RIB



The adventure begins as you board a high-speed RIB directly in the town centre of Kristiansund for a ride to an active salmon farm. Out on the water, you'll see the cages up close and gain a unique insight into how the fish are cared for.

Knowledgeable guides accompany you throughout the experience, answering questions and sharing fascinating facts about this important Norwegian export.

Duration 2–3 hrs depending on location

Season March–November

Capacity 12 passengers per tour

Note Not suitable for people with back problems or pregnancy in case of rough sea. Not wheelchair accessible. RIB suits, goggles, and life jackets are provided.

Contact Salmon Centre Smøla (+47) 979 78 892
marit.myrvoll@salmar.no | www.salmarcenter.no



17 EASY HIKING OR COASTAL WALK CLOSE TO TOWN CENTRE

VANNDAMMAN AND VARDEN VIEWPOINT

Start your walk right from the cruise pier and stroll through Kristiansund's charming town centre, known for its unique architecture. From there, continue to the green park areas of Vanndamman and Kringsjå, where you'll find peaceful water ponds and easy hiking trails surrounded by lush and varied vegetation. Just a few hundred metres away, the rugged coastline offers a striking contrast.

Continue uphill to Varden, a historic watchtower with a stunning 360-degree view of the town, sea, and surrounding islands. This is an easy walk – no hiking experience needed.

HAVSTIEN OCEAN PATH

Just a 20-minute walk from the harbour, Havstien is

a scenic coastal trail with breathtaking views of the open sea. The 4 km route includes a mix of natural paths and dirt roads, with bridges and steps for improved accessibility.

The terrain is moderately hilly, so we recommend some hiking experience for this trail.

Duration Vanndamman and Varden: 2 hrs
Havstien: 2 hrs incl. walk or transfer

Season May–September

Capacity 10–25 persons

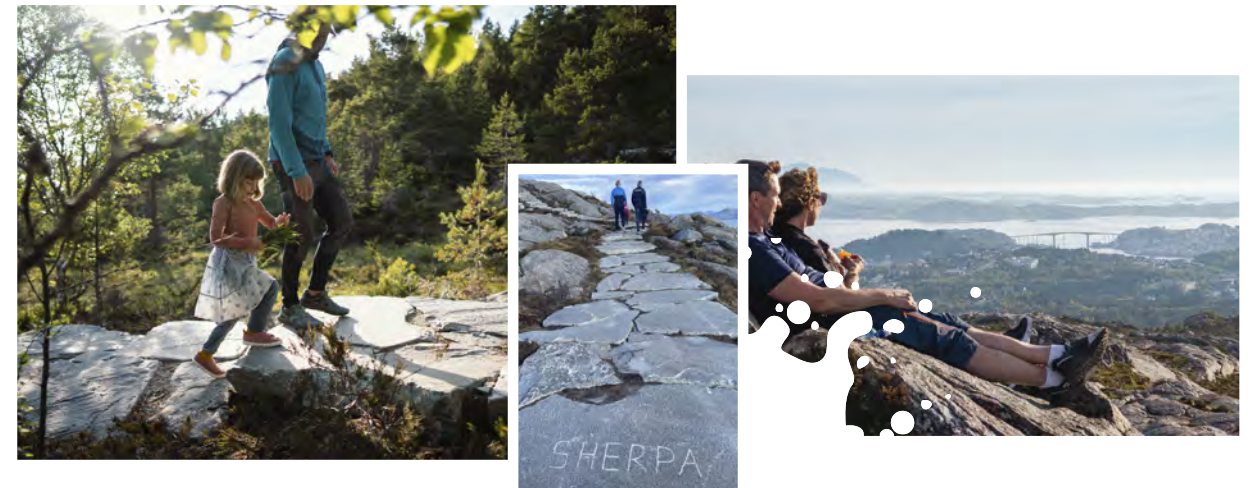
Note Wear comfortable walking shoes and dress in warm, windproof clothing appropriate for the day's weather conditions.

Contact West Norway Travel (+47) 46 51 45 00
info@westnorwaytravel.com
www.westnorwaytravel.com



SHERPA STEPS UP THE MOUNT KVERNBERGET

18



Mount Kvernberget is a popular and easily accessible peak, just a 15-minute drive from Kristiansund town centre.

The Sherpa steps at Mount Kvernberget are an attraction in themselves. Carefully crafted by Nepalese Sherpas, this impressive stone stairway winds its way to the top of the 205-metre-high mountain.

The stairs provide a safe and comfortable climb while preserving the delicate landscape – offering both a unique experience and a sustainable solution. It's also possible to choose a hiking path that runs parallel to the steps.

The hike is relatively easy, though a bit hilly. The panoramic views from the top are well worth the climb: town, fjords, ocean, and mountains all in one sweeping view.

The trail also forms a round trip via the slightly steeper west side, with a combination of steps and

rocky sections, offering a different perspective of the mountain and the surroundings.

Allow 1 hour for a walk to the top and back. The hike is suitable for most people, with no experience needed.

TIP! Combine with a visit to the Varden viewpoint (page 28) on the way back. Bus transport from Kvernberget to Varden, then walk back to the cruise ship (approx. 15 min walk).

Duration 2 hrs incl. transfer

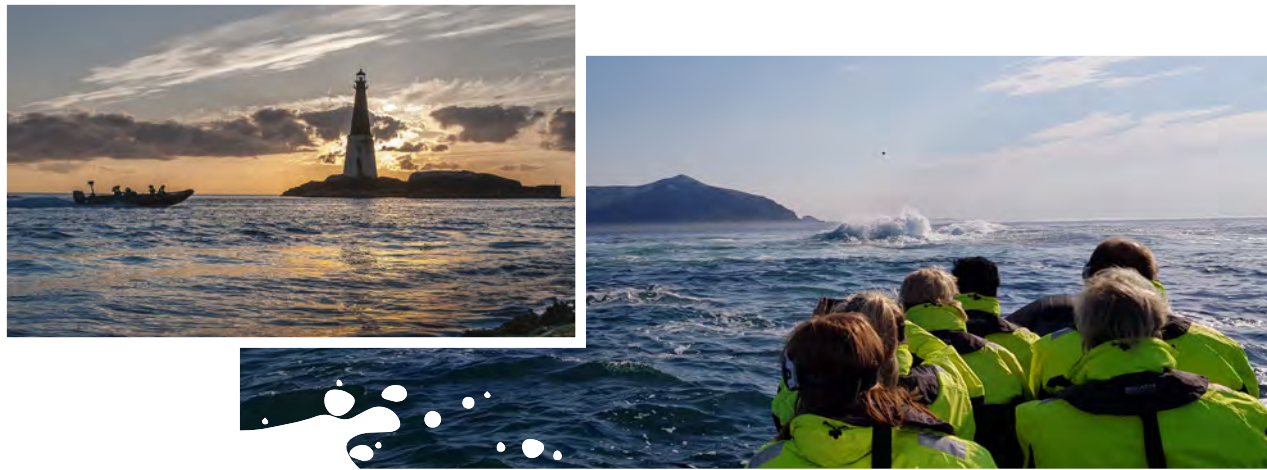
Season May–September

Capacity 10–25 persons

Note Wear comfortable walking shoes and dress in warm, windproof clothing appropriate for the day's weather conditions.

Contact West Norway Travel (+47) 46 51 45 00
info@westnorwaytravel.com
www.westnorwaytravel.com

GROUP EXCURSIONS AND ACTIVITIES



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RAFTING
THE ATLANTIC OCEAN

Explore the open sea and the stunning archipelago around Kristiansund with exciting RIB tours – whether you prefer a relaxed, scenic journey or a thrilling adventure!

RIB-TOUR FROM KRISTIANSUND

For example, a 3-hour Atlantic Safari could take you to the famous Atlantic Ocean Road, the charming island of Ringholmen, the picturesque, colorful island of Grip, and/or one of the many beautiful lighthouses in the region. All tours can be customized to your preferences.

Duration 1–4 hrs

Season All year

Capacity Max. 12 persons

Contact Holberg Shipping (+47) 450 01 450
sindre@holbergshipping.no | www.holbergshipping.no

RIB-TOUR FROM ATLANTIC OCEAN ROAD

You can also start your RIB adventure directly from Strømsholmen Seasport Centre, located near the iconic Atlantic Ocean Road.

A 1-hour tour may include an exciting ride through the tidal current at Vevangstrømmen, past the open waters of Hustadvika, the striking Kvitholmen lighthouse, and alongside the Atlantic Ocean Road itself. This impressive road dances from island to island across eight bridges. The most spectacular of them all, the Storseisundet Bridge, features a dramatic curve – so striking it feels like a piece of art as much as an engineering feat.

Duration 1,5–3 hrs

Season May–October

Capacity Min. 6 persons, max. 24 persons per tour (2 boats with 12 persons). Possible with several tours in one day.

Contact Strømsholmen Sea Sport Centre
(+47) 951 39 269 | (+47) 992 26 75
post@stromsholmen.no | www.stromsholmen.no

Note All passengers are provided with essential safety gear. We also recommend wearing appropriate footwear gear for your comfort.

GROUP EXCURSIONS AND ACTIVITIES



TUSTNA ISLAND
— FOR THE ADVENTUROUS HEDONIST

20 NEW!



Are you ready for a tasty, cultural journey in scenic surroundings? Enjoy an exclusive experience at Tustna Ladestasjon – a charging station for body and soul. Taste locally brewed beverages such as beer and apple cider, crafted using traditions dating back to Viking times. Each tasting is accompanied by local snacks and stories about apple thieving, beer brewing, and how this charging station for humans started.

Tustna island is only 1 hour drive from Kristiansund, including a 25 min ferry crossing.

OPTIONAL ADD-ON:

Lunch of local produce.

Duration 3–4 hours excursion from Kristiansund

Season May–October

Capacity 5–30 persons per group

Note For adults only (18 years +). Dress for the weather. Indoor activities, but great opportunities for outdoor experiences.

Contact Tustna ladestasjon (+47) 922 89 016
post@tustnaladestasjon.no | www.tustnaladestasjon.no

GROUP EXCURSIONS AND ACTIVITIES



21

CIDER TASTING AT TINGVOLL
— ORGANIC AND AWARDWINNING

The eco-friendly municipality of Tingvoll is beautifully situated by the fjord, just a scenic one-hour drive from the centre of Kristiansund.

Visit Tingvoll Sider at Strupstad Farm, idyllically located with a stunning view of the fjord and the Trollheimen mountain range – the legendary home of the trolls. The farm has been inhabited since before the 1300s and has long traditions of fruit cultivation.

In 2020, current owner Silje Osnes planted a new apple orchard in the very same fields where her great-grandfather once grew his trees. She now transforms the apples into exquisite cider and juice. In 2022, her cider was awarded medals at the World Cider Championships.

Sustainability is at the heart of every step of the production. Take a guided tour of the farm to learn

about the process – from apple to sparkling cider – and enjoy a tasting session among the apple trees (total visit approx. 1.5 hrs).

You can also visit the farm shop and bring home a taste of Tingvoll.

OPTIONAL ADD-ON: Lunch or snack.

TIP! Combine with another nearby attraction, such as Tingvoll cheese, Tingvoll church or the Tingvoll museum – see next page for information.

Duration 3.5–5.5 hrs

Season Spring, summer, autumn

Capacity 40 persons

Contact Tingvoll Sider (+47) 416 16 846
post@tingvollsider.no | Facebook/Instagram
@strupstadgarden

GROUP EXCURSIONS AND ACTIVITIES



TINGVOLLOST
— THE WORLD'S BEST CHEESE

22



MEET THE
CHEESE CHAMP!



The eco-friendly municipality of Tingvoll is beautifully situated by the fjord, just a scenic one-hour drive from the centre of Kristiansund.

A remarkable journey began in 2003 at Saghaug Farm in Tingvoll, when the Waagen family established Tingvollost (Tingvoll cheese) – a family-run dairy producing white and blue mould cheeses from pasteurised cow's milk sourced from their own herd.

Their most renowned cheese, the blue mould variety "Kraftkar", was crowned The Best Cheese in the World in 2016.

At the farm shop, you'll find a tempting selection of local delicacies and handmade crafts. Visitors can even peek into the cheese production process through a viewing window.

The cows graze freely outdoors during the summer months. Each has a name and personality – and they love visitors! The farm is family-friendly, with a small playground, seating areas and toilet

facilities available.

Make the most of your visit by combining it with local heritage highlights:

- Tingvoll Church (around 1180) – one of few remaining old stone churches that was built in Norway. Beautiful church featuring a unique runic inscription on the altar stone.
- Tingvoll Museum – a 19th-century open-air farm museum with original buildings including a schoolroom, shop, gate saw, mill and smithy. Step back in time and experience everyday life in rural Norway over a century ago.

OPTIONAL ADD-ON: Lunch or snack.

Duration 3–5 hrs

Season May–September

Capacity 8–50 persons

Contact Tingvollost AS (+47) 46 16 40 00
post@tingvollost.no | www.tingvollost.no

GROUP EXCURSIONS AND ACTIVITIES



GROUP EXCURSIONS AND ACTIVITIES



24

SEA EAGLE SAFARI
— BOAT EXCURSION TO SMØLA



23 SMØLA ISLAND
— CULTURAL AND COASTAL HERITAGE IDYLL

Discover the highlights of Smøla on this full-day excursion by bus, including scenic ferry crossings. Throughout the day, you'll explore the unique landscape and cultural treasures of this distinctive island.

Start your journey at The Guri Centre, a regional hub for culture and coastal pilgrimages located in Edøy. The centre features engaging exhibitions and hands-on activities, using modern technology to bring history to life. Nearby, see the beautiful Old Edøy Church, a stone church dating back to around 1190.

Continue to Dyrnes, where a small, privately-run fisheries museum is tucked inside a historic wharf building. The museum showcases an impressive

collection of artefacts related to fishing, trapping and shipwrecks, reflecting the island's deep connection to the sea.

Your final stop is Veiholmen, a picturesque fishing village at the northernmost tip of Smøla, home to around 300 residents. Enjoy a guided walk through this vibrant coastal community, with its cosy cafés, local pubs, fascinating museum, and authentic coastal charm.

Duration 8-10 hrs

Season All year

Capacity 2 buses, max. 45 per bus

Contact Holberg Shipping (+47) 45 00 14 50
sindre@holbergshipping.no | www.holbergshipping.no

Smøla is an island located just north of Kristiansund, surrounded by a vast archipelago and renowned for its rich wildlife.

Join this guided safari to discover one of the densest populations of white-tailed sea eagles in the world! This half-day excursion (4-5 hours) includes an exciting sea eagle safari and a guided visit to one of Smøla's small, historic fishing villages.

Enjoy comfortable transport from Kristiansund to Smøla by high-speed passenger boat MS "Skalmen".

The safari features a scenic boat ride to prime eagle-watching areas, far off the beaten track, with excellent chances of spotting these majestic birds in their natural habitat.

OPTIONAL ADD-ON: Lunch at a local guest house.

This tour is a must for photographers!



We recommend you bring a tele-lens. 70-200/300/400 mm are perfect for eagle photography.

Season All year

Capacity «Skalmen» 12 passengers, RIB max. 11 per boat.

Note All necessary gear for the boat trip (thermal suit and life jacket) will be provided. Please wear appropriate footwear and clothing suited to the weather and season.

Contact Holberg Shipping (+47) 45 00 14 50
sindre@holbergshipping.no | www.holbergshipping.no

GROUP EXCURSIONS AND ACTIVITIES



25

DEEP SEA FISHING TOUR
WITH GUIDE

Depart directly from the pier in Kristiansund, only steps away from your cruise ship, or from the Atlantic Ocean Road, if you also want to experience the magnificent nature and the unique stretch of road. A qualified fishing guide will show you where the fish are hiding.

Two boats are available, one suitable for 10 persons and the other for 12. You can expect to catch codfish, pollock, mackerel and halibut.

Try your luck!

Duration 3–4 hrs incl. bus transport
Season May–October
Capacity 2–12 persons
Contact Strømsholmen Sea Sport Centre
(+47) 951 39 269 / 992 26 757
post@stromsholmen.no | www.stromsholmen.no

BIG IMPACT
– SMALL
FOOTPRINT

SLOW CRUISING – MORE TIME, LESS IMPACT



The concept of slow cruising is gaining momentum. By lowering sailing speed and choosing ports that are close together, cruise lines can significantly reduce emissions while giving guests more time ashore. It's a win-win approach: more sustainable for the environment – and more rewarding for the guests.

COMBINE SMØLA ISLAND AND KRISTIANSUND

Smøla island is just a short sail from our main cruise port Kristiansund. These two destinations can easily be included in the same itinerary – either split across the northbound and southbound legs, or on consecutive days.

The short sailing distance allows for reduced speed and longer port stays, enhancing the guest experience, cutting emissions, and increasing the positive impact on local communities.

This combination is possible for small ships and expedition cruises only.

EXPLORE MORE OF MØRE AND ROMSDAL

Want to take the concept of slow cruising one step further? Møre og Romsdal county, including cruise destinations Smøla island, Kristiansund, Molde, Åndalsnes, Eresfjord, Ålesund, Geirangerfjord (Geiranger/Hellesylt/Stranda), and Hareid, is an ideal region for exploring this trend!

With short distances between ports and great variety in shore experiences, the region enables low-im-

pact, high-quality cruising with extended time ashore and a reduced carbon footprint.

Top attractions within the county include highlights such as

- the Atlantic Ocean Road
- the Grip island
- the vacated fishing village Brattvær by Smøla
- the Geirangerfjord
- the Mount Dalsnibba and the Eagle Bend
- the Trollstigen road
- the Raumabanen railway
- the Romsdalen gondola
- the Art Nouveau architecture in Ålesund
- the Aksla viewpoint
- the Polar Museum in Hareid
- the the Hjør-Hjørungavåg Viking Settlement

Each port has its own character and locally rooted products, offering travellers an exciting, varied, and authentic journey – aligned with the values of modern, responsible cruising.



TO SEE AND DO IN KRISTIANSUND

These pages highlight sights, museums, and local attractions in Kristiansund that individual guests can explore on their own – either within walking distance of the harbour or by using the harbour boat that connects the islands.



Nordic Light House of Photography

Enjoy the inspiring atmosphere of the gallery and photo café. See photo exhibitions, learn local stories, and experience the special light that has drawn photographers from all over the world to the Kristiansund photo festival.



Boat Excursion to Grip Island

The tiny island of Grip is located about 35 minutes by boat from Kristiansund. The trip includes a guided tour of the island and a visit to the picturesque stave church. Daily departures from “Piren” during the summer season.



Nordmørsmusea at Normoria

The regional museum is dedicated to preserving and showcasing the cultural heritage of the Nordmøre region. At Normoria, it will feature both permanent and temporary exhibitions, giving visitors an insight into the region’s unique coastal traditions.



The Town Park

In the lower part of the park, you’ll find Byfossen, a waterfall given as a jubilee gift when the town celebrated its 250th anniversary in 1992. The park stretches up to Kirkelandet Church, including Nerparken and Øverparken with beautiful plantings and numerous works of art. At the top of the park stands the World War II Holocaust memorial.



Normoria

Normoria is the new cultural heart of Kristiansund. This modern opera and cultural house will bring together the regional museum, the Kristiansund Opera, the public library, and the cultural school under one roof – creating a vibrant space for arts, history, and learning.



Mellemværftet Shipyard

Located in historic surroundings in the inner harbour of Kristiansund. A charming area with old boats, shipyard buildings, and houses from the late 1800s. The outdoor area is open all year round with free access.



“Piren” (The Pier)

Here you’ll find landmarks such as the statue of the Clipfish Woman, the Herring Boy, and the World War II memorial monument.



Vanndamman and Kringsjø

An area of ponds and idyllic walking trails with rich and varied vegetation. Continue all the way to Klubba for a view of the open sea.



Sundbåten Harbour Boat

The iconic harbour boat is a great way to travel between the islands. It operates as local transport on a hop-on/hop-off basis. No guiding. Departs from “Piren” at Kirkelandet.



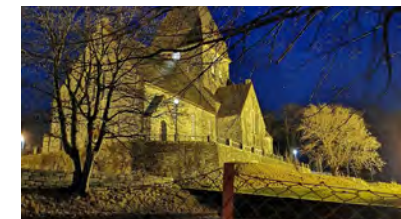
Kirkelandet Church (“The Atlantic Cathedral”)

Built in 1964, this church features striking modern architecture and hundreds of coloured glass windows.



Varden View Tower

A reconstruction of an old watchtower offering panoramic, 360-degree views. Open 24/7 with free admission.



Nordlandet Church

Hop off the Sundbåten at “Nordlandet” quay and visit the Art Nouveau Nordlandet Church from 1914. Known for its beautiful frescoes and stained-glass windows by Emanuel Vigeland. Located on a hill with a fine view over the harbour.



Kristiansund Kunsthall (Art Hall)

A contemporary art venue that opened in 2021. It has showcased material-based art in creative ways and played a key role in stimulating the local art scene. In spring 2026, it will host the thematic exhibition of the Norwegian Association for Arts and Crafts.



Campus Kristiansund

Kristiansund’s new hub for education, innovation, and business development is a striking landmark on the waterfront. Visitors can explore the open first floor, which includes a spacious atrium, restaurant, café, pizzeria, auditorium, and meeting centre. In front of the building stands a statue of the former football player and manager Ole Gunnar Solskjær.



The Old Part of Town

Explore the island of Innlandet with its narrow streets and well-preserved wooden houses, including the oldest building in town, Tollboden (1643). Stop by Wirumbrygga for an art exhibition and café visit, and see the memorial stone “Bautaen”, which offers a nice view over the harbour.



Festiviteten

The former opera house, built in Art Nouveau style, was completed in 1914. It is one of the few older buildings in central Kristiansund that survived the bombing during World War II. No public access – admired from outside only.



The Norwegian Clipfish Museum

An authentic museum housed in a warehouse dating back to 1749, once used for the production of clipfish (dried and salted cod). A visit here will engage all your senses. For easy access, take the Sundbåten harbour boat – Gomalandet pier is a 300-metre walk from the museum. Open in summer.



Shopping and souvenirs

ALTI Storkaia Brygge shopping centre is located directly opposite the Storkaia cruise pier. It includes 35 shops, among them a supermarket, pharmacy, cafés, and eateries. There are also a variety of small, independent shops in the town centre, along the pier, and in the Gågata pedestrian zone.

Annual events in Kristiansund

Opera Fest Weeks.

Yearly festival comprising around 50 performances and concerts.

2026: January 30 – February 8

2027: February 5–14

2028: February 4–20

Festspillene i Kristiansund.

Small, yearly festival focusing on classical music, choir, chamber music and art.

2026: September 16–20 (tentative)

2027: September 22–26 (tentative)

Nordic Light International Festival of Photography.

Exhibitions, talks and immersive experiences.

2026: May 14–25

There are also several smaller festivals focusing on food, both in May, June and October.

CONTACT INFORMATION

PORT AUTHORITY

Port of Kristiansund and Nordmøre IMC

Visit: Astrups gate 9, NO-6509 KRISTIANSUND

E-Mail: info@knhavn.no

Web: www.knhavn.no/cruise

Phone (+47) 992 99 120 (Port traffic service)

VHF Channel 12

Contact persons:

Berth reservations and maritime questions:

havnevakt@knhavn.no

Marketing and destination: Erika Indergaard,

ei@knhavn.no

DESTINATION INFO

Tourist office

Hauggata 2 (Kaibakken)

post@visitkristiansund.no

Visit Northwest

info@visitnorthwest.no

(+47) 70 23 88 00

www.visitnorthwest.no

Contact person: Synnøve Henden,

synnove@visitnorthwest.no

Cruise destination Smøla

sindre@holbergshipping.no

+47 482 38 830

www.holbergshipping.no

AIRPORT AND GROUND HANDLING AGENT

Avinor – Kristiansund Airport Kvernberget

(+47) 67 03 24 00

www.avinor.no/en/airport/kristiansund-airport

Widerøe Ground Handling

handling.ksu@wideroe.no

(+47) 41 70 62 40 (press 4)

www.wgh.no/location/KSU

BUS & BOAT TRANSPORTATION

Atlantic Auto AS

buss@atlantic-as.no

(+47) 93 40 55 05

Boreal Travel AS

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(+47) 51 59 90 60

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Tide Buss

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Kristiansund Taxi

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GUIDE

Møre og Trøndelag Guideservice

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Noreon Guides & Excursions

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www.noreon.no

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