

ST OLAV'S WAY (NORWAY)

ITINERARY: OPPDAL TO TRONDHEIM (10 DAYS)

Step back 1000 years into the stunning Norwegian wilderness on this 160km stretch of St Olav's Way from Oppdal to Trondheim. This pilgrimage leads you to the resting place of Saint Olav, an 11th century Viking king who turned to christianity and was ultimately declared a saint. Also known as the Gudbrandsdalsleden (Good-brahns-dahls-layden), this trail winds north through peaceful valleys, forested hills and traditional farming country, passing historic mountain lodges, ancient churches and medieval pilgrim sites. Each step brings you closer to the heart of Norway's Viking and pilgrimage history, culminating at the majestic Nidaros Cathedral in Trondheim, the resting place of St Olav.

Read more: [Walking St Olav's Way – Norway's Pilgrim Path to Trondheim](#)

Day 1

ARRIVE IN OPPDAL

Today is your arrival day and you will need to make your way to Oppdal, approximately 5 hours north of Oslo and then on to your overnight accommodation. Oppdal is a charming town in central Norway, nestled at the foot of majestic mountains and surrounded by expansive valleys. Known as a hub for outdoor activities, it offers visitors a mix of natural beauty, traditional Norwegian culture, and modern amenities. The town features cosy cafes, local shops, and historic sites that reflect its long heritage.

- Meals: None

***Dinner is at your own arrangements.*

Day 2

OPPDAL TO HAVDAL (27KM)

Today is one of the longer walking days, taking you on a scenic journey as you leave Oppdal behind and make your way through gently rolling farmland and peaceful forest landscapes surrounded by majestic mountains. The trail follows a mix of grusveier (gravel farm roads) and grassy paths, providing a pleasant variety underfoot. Along the way, you'll enjoy frequent panoramic views across the wide valley and glimpses of traditional Norwegian farmsteads that highlight the area's rural charm. Take time to



pause and appreciate the serenity of the countryside as you make steady progress through this scenic and varied terrain.

- Ascent 500m / Descent 530m
- Meals: B L D

Day 3

HAVDAL TO STAMNAN (16KM)

You continue your journey through the stunning Orkla Valley, where the river winds through a picturesque landscape of scattered farms, pine-covered hills, and open fields. The valley's natural beauty is complemented by glimpses of local life and traditional farmsteads, giving a sense of the region's cultural heritage. After crossing the river at Skjepphaugen, you have the option to tackle a steeper path that rewards you with expansive panoramic views, or to follow a gentler route along the riverbank, offering a more relaxed pace. The final stretch of the day leads along road 700 into the village of Stamnan for your overnight stay.

- Ascent 400m / Descent 640m
- Meals: B L D

Day 4

STAMNAN TO RENNEBU (14KM)

Setting out from the Meslo Gard you will walk 1km or so alongside the road before you head back up through cultivated landscapes and forests, making your way through the valley of the river Orkla before reaching the small town of Voll. Voll is home to the historic Rennebu Church, built in 1669, it is the oldest of Norway's five Y-shaped churches and marks the milestone of 101km to Nidaros – an ideal spot for a photo before making your way to your overnight accommodation.

- Ascent 400m / Descent 400m
- Meals: B L D

Day 5

RENNEBU TO MELDAL (18KM)

Today's walk follows the Orkla River all the way to the town of Meldal. The route primarily consists of dirt country roads with some sections of asphalt, making for a moderately easy and enjoyable day of walking. Once in Meldal, take time to visit the local church before continuing through the village to the Meldal Bygdemuseum. Nestled in Bergslia, on the hillside above the town, the open-air museum features around 20 historic buildings, offering a fascinating glimpse into the traditional architecture and rural lifestyle of this region of Norway. Strolling through the museum grounds provides a vivid sense of the area's cultural heritage and charming local history.



- Ascent 270m / Descent 370m
- Meals: B L

***Dinner this evening is at your own arrangements. You will have access to a kitchen and cooking equipment at your accommodation. We encourage you to purchase some supplies upon arrival in Meldal.*

Day 6

MELDAL TO GUMDALEN (19KM)

Today offers a tranquil walk through the classic countryside of Trøndelag, passing through the historic town of Løkken Verk. The town bears many reminders of its long mining heritage, with copper ore first discovered here in 1652 and the first mine opening in 1654. Mining continued in the area for an impressive 333 years, with operations only ceasing in 1987. In Løkken Verk, you can stop at the local supermarket to pick up any supplies you may need before continuing to your overnight accommodation at Gumdal Gård, located just outside Svorkmo and conveniently close to the hiking trail. Gumdal Gård has a rich history of welcoming travelers, a tradition that stretches back to the 18th century, offering a warm and authentic experience of rural Norwegian hospitality

- Ascent 400m / Descent 400m
- Meals: None

*** Breakfast, lunch and dinner are at your own arrangements today. Lunch and dinner supplies can be purchased at Løkken Verk.*

Day 7

GUMDALEN TO SKAUN (21KM)

Today's hike takes you across a variety of terrain, including peat bogs, fire trails, and dirt country roads. The trail gradually rises after Lake Solsjøen, rewarding you with magnificent views over the farmland below. Along the way, you'll come to a shelter designed as a 'living room' – a welcoming spot for pilgrims to pause and rest. The path then winds through a beautiful, remote peatland, with boardwalks keeping your feet mostly dry. This was the traditional summer route for pilgrims; in winter, they would take a higher path along the snowy slopes. After a few kilometres, the trail leaves the marshy area and continues along forest paths and gravel roads, leading you to Skaun for your overnight accommodation.

- Ascent 500m / Descent 500m
- Meals: D

*** Breakfast and lunch are at your own arrangements today. Be sure to purchase supplies when traveling through Løkken Verk.*



Day 8

SKAUN TO ØYSAND (18KM)

The milestone in Skaun states that it is 38km to Nidarosdom in Trondheim and today's walk takes you past fields, peat bogs and meadows as you make your way toward the River Gaula. Leaving Skaun behind, the trail follows the asphalt road in the direction of Husaby. Although the ruins of the medieval church are not directly on the pilgrimage route, it's well worth a short detour to visit them. From here, you'll also enjoy a lovely view over the village of Skaun. This path continues through forest trails via Gammelsetra to Djupdalsvollen. From Djupdalsvollen, the route continues through woodlands before opening up into more expansive landscapes, where you catch your first glimpse of Trondheim from the top.

The descent on the forest path is fairly steep and can be slippery, particularly after rain. Just past Snefugl farm, where the road bends to the left, the route veers right. A rope has been fixed along the wooded slope to assist with the descent, but as an alternative, you can follow the road down instead – both options rejoin at the bottom.

- Ascent 150m / Descent 100m
- Meals: B L D

Day 9

ØYSAND TO TRONDHEIM (21KM)

Today marks the final stage of your journey as you make your way to Trondheim and the renowned Nidaros Cathedral, the resting place of St Olav. The trail leads you through a mix of farmland and forest paths, with an early short but demanding climb to set the pace for the day. As you draw closer, the landscape gradually shifts, and soon you find yourself entering the suburbs of Trondheim, Norway's third-largest city. Be sure to leave time to explore the charming Bakklandet neighbourhood, with its pastel-painted wooden houses, cobblestone streets and inviting cafés. Other highlights include the 17th-century Kristiansten Fortress and the picturesque Old Town Bridge. At Nidaros Cathedral, daily prayer services are held, with meditations on Saturdays and mass on Sundays, offering a meaningful conclusion to your pilgrimage.

- Ascent 150m / Descent 100m
- Meals: B L

***Dinner tonight is at your own arrangements.*

Day 10

DEPART TRONDHEIM

Take some time to enjoy a peaceful morning before checking out of your accommodation anytime before 10am for your onward travels.

Meals: B

