



Trondheim in winter: What to do? Our tips for preparing your trip

By Floriane

Wondering what you **should see and do in Trondheim in winter**? Winter **activities** not to be missed in Trondheim?

In this article, we've focused on typical **winter** activities in Trondheim. We also tell you what you need to pack to withstand the cold.

Sommaire détaillé

- [What to do in Trondheim in winter](#)
 - [Visiting the historic center in the snow](#)
 - [Warming up in a museum](#)
 - [Hiking in the snow](#)
 - [Aurora borealis in Trondheim](#)
 - [Ski](#)
- [Our tips for visiting Trondheim in winter](#)
 - [Trondheim in winter temperature](#)
 - [What should you wear to visit Trondheim in winter?](#)

- [Plan your day](#)
- [Practical information \(hotels, restaurants...\)](#)
 - [Where to eat on a budget?](#)
- [Why visit Trondheim in winter?](#)

What to do in Trondheim in winter

Visiting the historic center in the snow

The city of Trondheim is our favorite in Norway, with its colorful facades and the river that runs through the center of town adding a lot of charm to the historic district. We recommend a short tour linking the following points of interest: **Gamle Bybro Bridge**, the **Bakklandet district** and Nidaros Gothic Cathedral.

As in [Bergen in winter](#), the striking contrast between the **snow-covered roofs** and the **brightly-colored facades of** the houses creates a picture worthy of a postcard, accentuated by the warm lights of the windows and lanterns.

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Warming up in a museum

Trondheim offers a wide variety of museums. We recommend **Rockheim - National Museum of Popular Music**. Norway's national museum of pop and rock music.

Through interactive and immersive exhibits, it celebrates the history of **Norwegian popular music** from the 1950s to the present day. Several immersive rooms offer visitors the chance to put themselves in the shoes of a DJ, or to use instruments and record themselves.

An informative and interactive museum, **ideal for a family** outing.

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Hiking in the snow

Trondheim's winter scenery is breathtaking, offering picturesque walks along the Nidelva or through snow-covered parks.

North of Trondheim, we recommend a hiking trail along the coast (Korsvika), with parking right next to it.

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Aurora borealis in Trondheim

If you're lucky, clear winter nights can feature the Northern Lights, a fascinating natural phenomenon. Just try to stay away from the city lights. **Kristiansten Fortress** offers a beautiful view of the city and is a great spot for early morning sunrise.

The **NorwayLights** application, offered by the Norwegian Tourist Board, shows the probability of the Northern Lights appearing on a map. The best time to see the aurora is from late September to spring. Good luck, and don't hesitate to share your photos with us!

Ski

Trondheim's surroundings offer excellent opportunities for cross-country skiing and snowshoeing, allowing you to enjoy the winter outdoors.

Our tips for visiting Trondheim in winter

Trondheim in winter temperature

Of course, this is the question every traveler asks themselves when planning their stay in Trondheim: will I be that cold? So, yes, winters are tough, but if you're well equipped, you can make the most of them, and don't forget your thermos (more on that below).

First, we'll give you the lowdown in Evelyne Dhéliat mode: Trondheim, located in central Norway, experiences cold winters with temperatures that can vary considerably. In winter, from December to February, average temperatures are generally :

- **December:** Temperatures fluctuate between -3°C and 3°C, but can sometimes drop well below zero, especially on clear nights.
- **January:** This is often the coldest month in Trondheim, with average temperatures ranging from -5°C to 2°C. It's not uncommon for temperatures to drop to -10°C or lower.
- **February:** Conditions remain similar to January, with temperatures ranging from -5°C to 2°C. The end of the month may mark a slight warming.

It is important to note that climate can be unpredictable, and significant variations can occur. Winter precipitation in Trondheim comes mainly in the **form of snow** (that's good news), contributing to the town's magical atmosphere but also to the need to be prepared for slippery conditions.

What should you wear to visit Trondheim in winter?

In our opinion, it's not really bad weather, just **bad clothing**. So for your stay in Bergen, don't skimp on your equipment to make the most of it.

In December, January and February, we advise you to opt for the famous **onion technique**, which consists of layering **several garments**.

Here's a list of **clothes** you can pack in your suitcase:

- a warm undershirt (heattech or wool)
- a warm sweater (wool)
- a fleece
- a windproof and waterproof jacket

Trondheim in winter: What to do? Our tips for preparing your trip

- wool tights
- ski pants
- waterproof hiking boots with lining
- wool socks
- not forgetting gloves, hats and scarves.

Two last things to pack: a **thermos** to keep a hot drink close at hand and a **headlamp**, as it gets dark quickly. Trondheim's city center is well lit, so you can take it with you if you're heading out of town in search of the Northern Lights.

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Plan your day

Last but not least, make the most of daylight: with the short hours of daylight in winter, plan your outdoor activities for the brightest hours to make the most of your day.

Practical information (hotels, restaurants...)

Wondering where **to stay** in Trondheim to make the most of your stay? To get the most out of your visit, we recommend you choose the downtown area. To find suitable, well-located accommodation, you'll generally need to **budget around €150-€200 per night**.

You often write to us asking for tips on how to **cut costs when traveling** to Norway, so we've come up with a tip that works in every country and is even better in Norway: we recommend **renting an apartment**. This will also enable you to cook your own meals, saving you money during your stay in a country where the cost of living is high.

- **Our favorite ♥:** [BJØRVIKA apartments](#), offer an elegant and comfortable living environment, with **fully-equipped apartments** that are just perfect. Conveniently located in the heart of the city, it offers easy access to the city's main attractions, as well as appreciable peace and quiet.

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[See prices and availability](#)

Where to eat on a budget?

As always, we don't have a typical Norwegian restaurant to recommend. Here are the addresses we recommend:

- **Tyholt Tower:** is a restaurant located some 74 meters above the ground, offering a 360-degree panoramic view of the city and its surroundings. On certain evenings, the restaurant offers all-you-can-eat pizza.
- **Super Hero Burger:** a great burger joint in downtown Trondheim.
- Norwegian organic bakery chain, **Godt Brød Thomas Angells gate**. It's a great alternative for eating at lower cost and with good produce right in the center of town.

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Why visit Trondheim in winter?

To visit Trondheim in winter is to discover a charming town that combines history, culture and nature. Between outdoor activities and cultural discoveries, Trondheim in winter offers an unforgettable getaway for those looking to explore Norway from a different angle and with fewer people!

If you love winter escapades under the snow, we recommend visiting the city of Bergen in winter!

We hope this article will help you plan your visit and take full advantage of all Trondheim has to offer. And who knows, maybe, like us, you'll be captivated by the unique charm of this Norwegian city. Discover our [summer tour of Trondheim](#) here.

Feel free to leave us a **quick note** or **5 stars** below, to tell us if you're planning this trip, to ask any questions you may have, below or on Instagram we'll get back to you with great pleasure.

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