



## THE LAST STRETCH: HIKING FROM STIKLESTAD TO TRONDHEIM

The last stage of St. Olavsleden runs along a fjord and 'marka', a Norwegian expression for the nature areas between villages, to Trondheim, end of this pilgrimage. In Trondheim lies the Nidaros Cathedral, where Olav was buried.

### Day 1: Stiklestad – Munkeby (ca. 22 km)

The route between Stiklestad and Munkeby is relatively easy, through mostly agricultural landscapes. In Munkeby you stay at a pilgrim's cabin, near the ruins of a medieval monastery. Not far away is a modern monastery, where you can buy cheese from the monks.

### Day 2: Munkeby – Markabygda (ca. 22 km)

The walk is a bit rough, partly on unpaved roads and through wetlands. The path follows Lake Tomsvattnet along some old summer farms. There is a lookout with panoramic views of the mountains Haråhaugan and Vinkjerran.

### Day 3: Markabygda – Borås (ca. 25 km)

Today's trip is mainly on dirt roads through the 'marka', a Norwegian expression for nature areas between villages. You pass Lake Ausetvatnet. In the afternoon you reach a farm turned hostel in Borås.

### Day 4: Borås – Ersgard (ca. 23 km)

You continue via Vollhaugen to Vaerdal, passing several historic sites. The church of Vaerdal is located near St. Olavsleden and has a great history. The tour ends at the beautiful farm Ersgard. Here you can take a dip in the river or try catching some salmon.

### Day 5: Ersgard – Folden (ca. 25 km)

The pilgrimage continues along dirt roads through the village Hommelvik and then uphill to Brennberga and Nygårdsvollen. Here you see and hear the river Homla, which you follow for a while. When the weather is bad, this hike can be quite tough!

### Day 6: Folden – Vikhammer (ca. 17 km)

Today you walk along old church trails to the lake Nyvattnet, where you have lunch on the waterfront. At the end of the walk you pass by the farm museum Fjölstadtröa.

### Day 7: Vikhammer – Trondheim, Nidaros (ca. 18 km)

The last day is a day of reflection. You still have a couple of kilometres to go along the coast and through the outskirts of Trondheim. The last kilometres to go straight through the heart of Trondheim, until you finally reach the goal of your journey: the Nidaros Cathedral, where St. Olav is buried. In Nidaros you receive your well-deserved pilgrim's degree.

- Duration: 7 days
- Accommodation in hut, inn or hotel.
- Included: accommodation, meals (with a couple of exceptions), luggage transfers, maps (PDF), planning, booking and remote guidance (through an app)

**Price: €675 PP**

Info & booking: Nordic Pilgrim - [www.nordicpilgrim.com](http://www.nordicpilgrim.com)  
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## St. Olavsleden

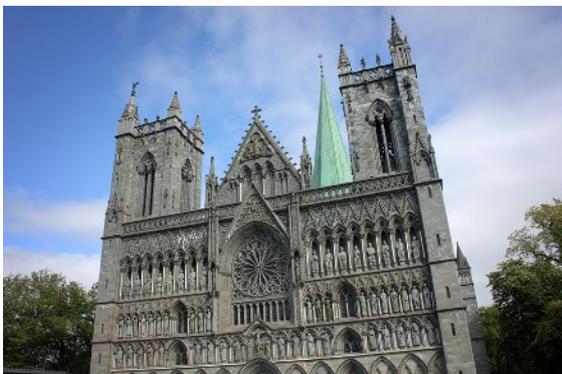
*In the summer of 1030 the Norwegian Viking Olav Haraldsson stepped ashore at Selånger on the Swedish east coast, after having lived as an exile in Russia. His goal: to become king of Norway and create unity in the country by converting the people to the Christian faith. Olav had come into contact with Christianity during his travels through Europe and was baptized in Normandy, France.*

*From Selånger Olav travelled on foot and horseback to the west, towards Stiklestad, a place about one hundred kilometres north of the Norwegian city of Trondheim. Olav and his entourage travelled through Ljungans valley, along Lake Revsund in the direction Frösön. From there they went on through the mountainous area to Duved, along the Skalstugeväg, crossing the border with Norway.*

*On July 29, 1030, the Battle of Stiklestad took place, where Olav was slain. His body was transported to Nidaros (Trondheim) in secret. Before long, strange events started occurring. A solar eclipse soon after the battle of Stiklestad suggested the wrath of heaven. There were rumours of miraculous healings. The summer after his death Olav's body was reburied and the Nidaros Cathedral was built in his honour. The Viking Olav Haraldsson became Saint Olav.*

*In a short time the Nidaros Cathedral became one of the world's most important places of pilgrimage for Catholics, similar to Jerusalem, Rome and Santiago de Compostela. Every year thousands of pilgrims walked from all over Europe to Trondheim. When in the sixteenth century the Reformation came to Scandinavia and pilgrimages were banned, the various pilgrimage routes leading to Trondheim were closed.*

*After five hundred years of oblivion, was the 564 kilometre-long St. Olavleden was reopened in 2013, with a special service in the Nideros Cathedral. Hikers can once more experience this wonderful route and follow in the footsteps of Olav Haraldsson – as an adventurous holiday, an inner journey or a true pilgrimage.*



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