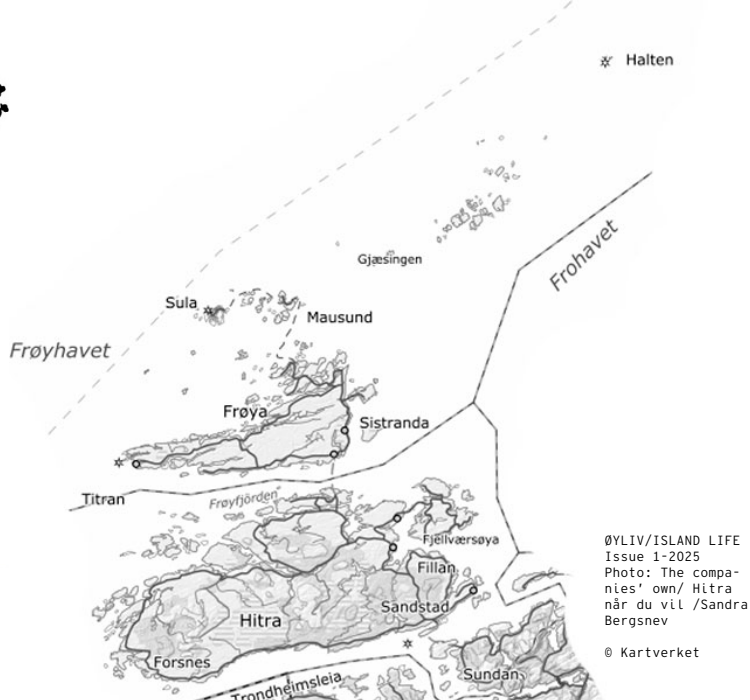




VISIT  
**FRØYA & HITRA** | ISLAND LIFE  

## FRØYA AND HITRA - WHERE RAW NATURE MEETS COASTAL CULTURE

Frøya and Hitra are like two pearls at the Trøndelag coast. Here you will find a unique mix of dramatic coastal landscapes, bustling wildlife and a culture that is rooted in the sea. Whether you are looking for silence and tranquility or exciting experiences, you will find it here.



## THE JOURNEY TO HITRA AND FRØYA

The archipelago of Hitra and Frøya is located on the coast of Trøndelag. The nearest airport is Trondheim - Værnes. This is located 2 hours and 8 minutes by car to Fillan, which is the center of Hitra, and 2 hours and 31 minutes to Sistranda, which is the center of Frøya. This is a road with many tunnels and few alternative routes. So it may be a good idea to calculate extra time if you are going to catch a flight.

### CAR

If you are going on a round trip, we would recommend that you have your own car. This is the best way to experience our islands. If you take the road here, you will follow Lakseveien Fv714. Hitra is reached from the mainland by tunnel under the sea and Frøya by tunnel under the sea from Hitra.

### PUBLIC TRANSPORT

You can take both the express boat and the bus, timetable for both can be found at:  
[www.atb.no](http://www.atb.no)

HITRA.no



# Hva skjer?

Se oversikten over arrangement og aktiviteter du og dine kan bli med på.

**Bli med du også!**

Besøk helt nye **Hitra.no** →

Hitra  
når du vil







On an island off the coast of Trøndelag, we have sea spray and windswept lighthouses, sea eagles flying with large wingbeats through the sunrise, and not least an leading and innovative aquaculture.

Frøya has over 5000 inhabitants and is a municipality in growth. Here we have room for you who both want to come here on holiday or want new opportunities in working life. If you want to know more about our island and are curious about the opportunities here, visit us at:

[www.froya.kommune.no](http://www.froya.kommune.no)



## KULTUR OG HISTORIE

The coastal culture on Frøya and Hitra has deep roots in fishing traditions and the life of seafarers. Explore historical sites, visit museums that tell stories from the past, and learn about how life along the coast has shaped today's society.

### Highlights:

- Handelstedet Hopsjø – Hopsjø Kyst og Kultursenter
- Kystmuseet i Fillan og Dolm
- Titran
- Frøya bygdetun
- Sula Fiskeværsmuseum
- Trøndelag kysthistoriske museum på Mausundvær



## EVENTS

Participate in some of our exciting events and festivals throughout the year. From music and food to historical markings - there is always something going on in Frøya and Hitra.

## HF - CALENDAR

The Hitra-Frøya calendar is an overview of events, activities and highlights that take place on Hitra and Frøya throughout the year. It serves as a guide for both residents and visitors, allowing them to plan and participate in the region's rich array of experiences.



[hfkalenderen.no](http://hfkalenderen.no)

## ACTIVITIES AND EXPERIENCES

Whether you're adventurous or seeking relaxation, you'll find activities for everyone here. Experience world-class deep-sea fishing, paddle between the islands, or take the family on one of our exciting activities.

Highlights:

- Sea fishing, sea eagle safari and guided tours.
- Go to a museum or farm visit.
- Explore the islands by boat with a local skipper.



BALSNES GÅRD

Sand between the trees

-accommodation-event-  
coursebooking-sup-boat-  
farm life

[balsnesgaard.no](https://balsnesgaard.no)



## DALPRO HITRA

Dalpro's farmyard holds so much. Here you can meet many different types of animals, feed the deer, walk around on the adventure trail, try your skates on the ice rink, grill sausages on the fire pit, play on the playground, or buy award-winning products at the farm shop.

[www.dalpro.no](http://www.dalpro.no)

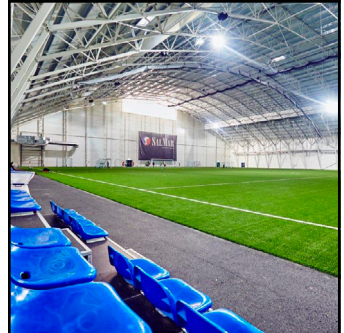


## HITRAHALLEN

100m of indoor activity  
Bowling, swimming pool, sports hall, activity hall, gym, solarium, shooting range, meeting room, golf simulator

For more information and opening hours see

[www.hitrahallen.com](http://www.hitrahallen.com)



## FRØYA STORHALL

Full-scale football field with international size. Irrigation system integrated into the lawn.

Gym- Climbing hall-  
Meeting rooms - Changing rooms

Contact Information:

[post@froyastorhall.no](mailto:post@froyastorhall.no)  
[www.froyastorhall.no](http://www.froyastorhall.no)



### KYSTMUSEET I SØR-TRØNDELAG

Fillan, Sandstad, Dolm,  
Hemnskjela.

Exhibitions, guided  
tours, the exhibition  
about Dolmen town, play  
corner, museum shop,  
Hitra tourist office,  
rental of meeting rooms.

For more information and  
opening hours see  
[kystmuseet.no](http://kystmuseet.no)



### TOUR TO THE FISH FARM

Join the Coastal  
Museum to a fish farm  
in normal operation  
and learn about modern  
aquaculture! They can  
also get a tour of the  
hatchery and salmon  
slaughterhouse.

For more information  
and booking, see  
[kystmuseet.no](http://kystmuseet.no)



### HANDELSTEDET HOPSJØ HOPSJØ KYST OG KULTURSENTER AS

Canning, boat engine,  
whaling and krambu museum -  
fixed times for guiding, and  
by appointment. Restaurant  
Landstrykeren with a great  
coastal culture menu.  
Hopsjødager every year in  
week-29. 9 basket frisbee  
golf facility. Rental of  
five-oared boats (crude  
sailing, fishing, sea eagle  
safari). Accommodation  
in collaboration with  
Dolmsundet hotel Hitra.

[www.hopsjo.no](http://www.hopsjo.no)

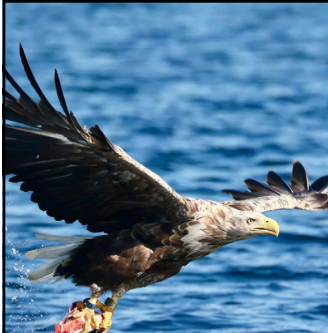




### SØRSTUEN IN TRANVIKAN

In the center of most things and the best Hitra has to offer!

Rental of boats and fishing equipment. Fillfjorden offers good opportunities for fishing luck of various species. We have rental of boats and fishing equipment and facilities for processing the catch.  
[sorstuen.no](http://sorstuen.no)



### FRØYA HAVØRNSAFARI

Do you want to experience sea eagles up close? Join our experienced driver on safari! We have had an audience in the sea eagle's kingdom, and want to take you on a tour. We offer daily photo tours throughout the year.

For booking:  
[ronnydyb@icloud.com](mailto:ronnydyb@icloud.com)



### HAMNA GÅRD

Activities and events for groups, companies and the extended family.

- \*Activity trail "Hamna-Games"
- \*Teambuilding
- \*Beer tasting
- \*Hunting simulator -
- \*Hunting packages
- \*Banquet facilities - accommodation-dining

[www.hamnagaard.no](http://www.hamnagaard.no)





## FOOD EXPERIENCES

Local food is the heart of Frøya and Hitra's food culture. We have a wide selection of products from sea and land! Here you can enjoy fresh scallops, crabs and salmon - often straight from the sea. Vegetables, edible flowers and honey. The deer and wild sheep grazing in the coastal heathland give extra good taste to the meat. Our local restaurants serve dishes based on local ingredients, with flavors that give a real taste of the coast.

## RESTAURANTER OG KAFEER



CAFE SJØSTJERNA

With us you will find hot and cold lunch dishes, salads, pizza, milkshakes, soft ice cream and hot and cold drinks.

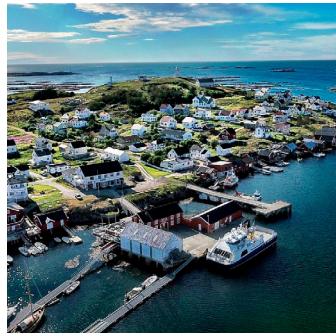
[www.cafefroya.no](http://www.cafefroya.no)  
Tlf 72 44 87 70



HAVHEIM

Welcome to good times in restaurant Havheim at Hotel Frøya; breakfast, lunch, dinner, parties and events.

[www.hotellfroya.no](http://www.hotellfroya.no)  
[post@hotellfroya.no](mailto:post@hotellfroya.no)



TERNA BRYGGE

Terna Brygge, restaurant, pub and concert venue - all gathered at Sula's express boat and guest harbor. We offer corporate events, team building, afterwork and aftersea. We hold many concerts, have outdoor seating and pier dancing and activities such as quizzes, sing-alongs, darts and schuffleboard. It serves delicacies from the sea, shellfish tables, traditional food and short-distance fish dishes.

[www.ternabrygge.no](http://www.ternabrygge.no)



### RABBen RESTAURANT

Rabben is located right on the seafront, with a beautiful view of the sea. Here you can enjoy a good, home-cooked meal made from local ingredients and a glass with something refreshing in it. In addition, we have Italian style pizza, baked in a real stone oven.

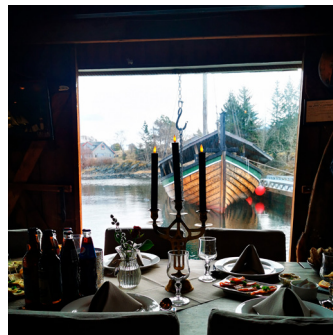
[post@rabbenmarina.no](mailto:post@rabbenmarina.no)  
411 33 000



### KNARREN RESTAURANT

Offers good food and drink in the pergola on the quayside in beautiful Knarrlagsund. They have a guest harbor, boat rental and accommodation.

461 89 611  
[editmaraas@gmail.com](mailto:editmaraas@gmail.com)  
[knarren.no](http://knarren.no)



### TRAKTØRSTEDET LANDSTRYKEREN

The taste of rooted coastal culture. Here you will experience a meal in venerable and historic surroundings. 50 seats downstairs, 120 seats on the 2nd floor and the Whale Museum and VIP Whale Salon for 12 people. Has the region's largest outdoor terrace where concerts are often held in the summer as well as its own boat marina.

[post@glimtgroup.no](mailto:post@glimtgroup.no)  
[www.hopsjo.no](http://www.hopsjo.no)  
408 59 908 / 926 86 900





### HURRAN SPISERI

A gem of an eatery on Frøya. Spiseriet is open for lunch/brunch on selected weekends. In addition, pub and restaurant nights, concept nights and concerts are held. The eatery can also be rented for closed teams.

Sjekk facebookside Hurrans Spiseri for åpningstider.



### DOLMSUNDET RESTAURANT & BAR

A restaurant with a focus on good ingredients and flavors for every palate. Our A la carte menu ranges from juicy burgers and crispy pinsa to classic fish'n'chips and tender venison fillet. We are open every day from 16.00.

[www.dolmsundet.no](http://www.dolmsundet.no)  
- tlf 72 44 04 40



### RESTAURANT HAV:MYRAN

Offers a culinary experience based on the best local ingredients. From delicate seafood to juicy venison steak - With a focus on local food and real flavors, you're guaranteed an unforgettable dining experience!

FOR BOOKING:  
Epost: [post@hjortenhotell.no](mailto:post@hjortenhotell.no)  
Tlf: 40 44 50 10





### SULA RORBUER & HAVHOTELL

The holiday paradise by the ocean. We serve Roger's famous Spareribs and Fish & chips.

Must be booked in advance.

[post@sularorbuer.no](mailto:post@sularorbuer.no)  
[www.sularorbuer.no](http://www.sularorbuer.no)



### BRYGGA RESTAURANT

Serves food made with a focus on local ingredients such as fish, shellfish, and all the good things the sea has to offer.

[destinasjonkvenver.no](http://destinasjonkvenver.no)



## TASTE FROM THE ISLANDS HITRA AND FRØYA (SMAKER FRA ØYRIKET)

Find the gold in the Island Kingdom! Our local food producers are known for their award-winning products. Have you tested the gold winners?

Come on a farm visit and shop for local food treasures. Taste from the Islands Hitra and Frøya consists of the producers: Hitra Gårdsmat, Helgebostad Hagebruk, Dolmøy Seafood, Garnviks Røkeri, Hurran Spiseri, Bryggeriet Frøya, DalPro Gårdsmat, Hitramat, Nordheim Gård and the partners Hotell Frøya and Hjorten Hotell.

These have open shops:

DalPro  
Garnviks Røkeri  
Frøya Brewery  
Nordheim Farm  
Hurran Spiseri  
Hitra Gårdsmat

Check their facebook pages for opening hours.

GARNVIK  


  
BRYGGERIET FRØYA

  
HURRÅN  
SPISER

  
Nordheim Gård

Helgebostad  
Hagebruk

DOLMOY  
SEAFOOD

Hitramat

  
HITRA GÅRDSMAT  
SMÅPÅLSE OSTER FRA GLADE NY

  
DalPro





## OVERNATTING

Find your perfect retreat on Frøya and Hitra. Choose between modern hotels, cozy fisherman's cabins, or unique experiences such as glamping in the ocean gap.



### HJORTEN HOTELL HITRA

A modern hotel in the heart of Fillan city centre, offering stylish rooms, first-class meeting facilities, an inviting café and bar, as well as exquisite cuisine. The ideal starting point for experiencing everything Hitra and the archipelago has to offer!

[post@hjortenhotell.no](mailto:post@hjortenhotell.no)  
Tlf: 40 44 50 10



### HOTELL FRØYA

Hotel Frøya, idyllic location, unique hosts, exquisite food and experiences - a perfect choice for accommodation, parties, gatherings and discoveries by the sea.

[www.hotellfroya.no](http://www.hotellfroya.no)  
[post@hotellfroya.no](mailto:post@hotellfroya.no)



### DOLMSUNDET HOTELL

A modern full-service hotel in the heart of the archipelago of Hitra and Frøya. We offer comfortable hotel rooms, cozy cabins and a restaurant with tasty food based on local ingredients.

[www.dolmsundet.no](http://www.dolmsundet.no)  
- tlf 72 44 04 40



FRØYA PANORAMA

2 cabins with room for max 8 or max 10 people at Uttian. We also have boats, 19 and 22 feet, our own gutting house with freezers and a jetty.

Christin : +47 92094652  
Dag : +47 92065222  
[froya.panorama@gmail.com](mailto:froya.panorama@gmail.com)  
[www.angelen-froya-panorama.com](http://www.angelen-froya-panorama.com)



BALSNES GÅRD

Stabburet - Kårdelen - Brygga

Close to the farm, animals, the sea and the forest

[balsnesgaard.no/booking](http://balsnesgaard.no/booking)



DESTINASJON KVENVÆR

At Kvenvær, we welcome you to immerse yourself in a holiday out of the ordinary, consisting of stunning surroundings, accommodation by the sea, local delicacies, engaging activities, social events and more.

[destinasjonkvenver.no](http://destinasjonkvenver.no)





### SULA RORBUER OG HAVHOTELL

The holiday paradise by the ocean. Fisherman's cabins, ocean hotel and conference center. Deep sea fishing, boat rental, kayak rental, activities, concerts, food service, yoga.

[post@sularorbuer.no](mailto:post@sularorbuer.no)  
[www.sularorbuer.no](http://www.sularorbuer.no)



### SULA HAVGLAMPING

Sula havglamping offers accommodation in two modern cabins with a secluded location close to the ocean. Large windows and a spacious veranda allow you to get close to the nature experiences whether you are outside, or inside. In addition, we have two modern apartments in semi-detached houses.

[www.sulahavglamping.no](http://www.sulahavglamping.no)



### GURVIKDAL HAVFISKESENTER, FRØYA

Idyllic location in Straumøyvågen with access to good fishing spots.

Solid boats, modern apartments, traditional fishing environment. Welcome!

[manager@gurvikdal.no](mailto:manager@gurvikdal.no)  
[+47 918 70 866](tel:+4791870866)  
[www.gurvikdal.no](http://www.gurvikdal.no)

## UTLEIE OG ANNEN OVERNATTING



DOLMSUNDET SEA LODGE

Large oceanfront villa of 400 sqm - right on the seafront in Dolmsundet. With many large bedrooms and large common rooms, this is like renting your own small luxury hotel. Perfect option for smaller company groups, board gatherings, department trips, gatherings of friends or extended family. 15 beds, jacuzzi, sauna, private jetty and good meeting facilities.

[www.dolmsundet.no](http://www.dolmsundet.no)  
- tlf 72 44 04 40



HITRA TURISTSERVICE

Rental of holiday homes by boat on Hitra and Frøya

Choose accommodation from large and small fishing centres as well as idyllic holiday homes directly on the waterfront.

Holiday homes and cabins in various sizes and with different types and sizes of boat. All rental units are fully equipped.

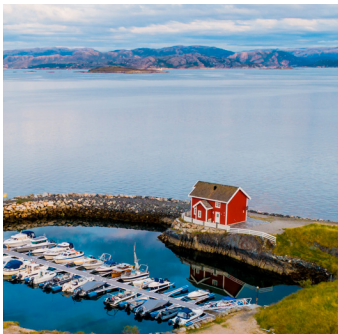
[www.hitraturistservice.no](http://www.hitraturistservice.no)  
[post@hitraturistservice.no](mailto:post@hitraturistservice.no)  
Telefon: +4740001955



SØRSTUEN IN TRANVIKAN

In the center of most things and the best Hitra has to offer!

In Sørstuen there are beautiful houses and cottage plots for sale! Short distance to the sea, your own marina, fish in the fjord or take a trip to one of Hitra's many great hiking destinations. Rental of holiday homes and boats, space for parking of motorhomes and emptying of motorhomes. Hunting rentals.  
[sorstuen.no](http://sorstuen.no)



### HAMNA GÅRD

Rental of beautiful guest rooms and a rich holiday home with access to a boat.

Idyllically located in the middle of Trondheimsleia. You can't get any closer to the sea...

[www.hamnagaard.no](http://www.hamnagaard.no)



### HITRAFERIE

Hitraferie.no offers a wide selection of seaside holiday homes and cabins in different sizes on Hitra. Our rental units are fully equipped and provide you with a comfortable base to explore the archipelago.

[www.hitraferie.no](http://www.hitraferie.no)



### SKÅRØYA OPPLEVELSER

Holiday home - events - camp school

A short boat ride from Kvenvær (Hitra) you will find beautiful Skårøya. Here we offer accommodation and outdoor activities for families, companies, groups and friends. With 17 rooms and 65 beds, we have plenty of space, and with many wooden rowing boats and sitontop kayaks, young and old can get on the sea. Skårøya - 10 min from reality.

[www.hitraleirskole.no](http://www.hitraleirskole.no)



### SULA GRENDELÅG

Motorhome camp, (also for tents and caravans), service room (with emptying of cassette), fire pit area, platter with table and benches, fishing village museum, rental of venues, e.g. weddings, birthdays, flea market, Sula festival the last weekend in June and Gjestekai.

Facebook pages: Sula grendelag and Sula Bobilcamp

[sulagrendelag@gmail.com](mailto:sulagrendelag@gmail.com)  
Booking camping: Ronny tlf 95838435, Andre henvendelser: Dagfinn, tlf 98244761



### MAUSUNDGLØTT

A homely house in retro style. The house consists of 2 apartments- one with 6 bedrooms and one with 2 bedrooms, with room for a total of 30 people. Here you can rent everything from one room to the whole house.

The hosts offer various coastal activities such as fishing, adventure trips, eagle and seal safaris, lighthouse visits and beaching - here you get to experience coastal life at its best! Mausundgløtt is open from April to October.

[www.mausundglott.no](http://www.mausundglott.no)  
[post@mausundglott.no](mailto:post@mausundglott.no)  
Tlf: 97022114/ 41651813



### STIFTELSEN HALTEN NDM

The foundation will contribute to maintaining and developing the archipelago and the fishing village of Halten into a living and active coastal cultural heritage, as well as facilitating the dissemination and development of historical and new knowledge.

The Halten NDM Foundation offers accommodation, food service, historical walk through the pier, visit to the lighthouse with a guide. Can be helpful with birthday celebrations, company trips, family weekends, etc.  
[stiftelsenhalten.no](http://stiftelsenhalten.no)

## GRUPPER OG FIRMATURER



### HAMNA GÅRD

We offer exclusive experiences for groups on request, whether it is courses, meetings or social gatherings. Here you can enjoy activities such as deer hunting, deep sea fishing and beer tasting, or just relax in quiet surroundings. After an eventful day, tasty meals based on local ingredients and comfortable accommodation await. Only 1.5 hours from Trondheim – an experience out of the ordinary!

[www.hamnagaard.no](http://www.hamnagaard.no)



### SKÅRØYA OPPLEVELSER

Holiday home - events - camp school  
A short boat ride from Kvenvær (Hitra) you will find beautiful Skårøya. Here we offer accommodation and outdoor activities for families, companies, groups and friends. With 17 rooms and 65 beds, we have plenty of space, and with many wooden rowing boats and sitontop kayaks, young and old can get on the sea. Skårøya - 10 min from reality.

[www.hitraleirskole.no](http://www.hitraleirskole.no)



### EXPLORE HITRA

Explore Hitra is locally known and tailors package tours for groups who want to experience Hitra and Frøya. We arrange complete programs with activities, meals and accommodation, and also offer guides who can act as tour guides throughout your stay.

[www.explorehitra.no](http://www.explorehitra.no)





### BRYGGERIET FRØYA

Beer tasting for groups in the production and storage premises of the brewery Frøya.

Large groups should be booked at least two weeks in advance, smaller groups up to 20 people a week in advance.

Bestilles hos

Mona: tlf 98065987

[mona@bryggerietfroya.no](mailto:mona@bryggerietfroya.no)

Tommy: 48055220

[tommy@bryggerietfroya.no](mailto:tommy@bryggerietfroya.no)



### SMAKER FRA ØYRIKET FOODTRUCK

Local street food or  
Grazing table?

Contact for booking for  
larger events:

[kontakt@smakerfraoeyriket.no](mailto:kontakt@smakerfraoeyriket.no)

[www.smakerfraoeyriket.no](http://www.smakerfraoeyriket.no)



### KYSTMUSEET

We tailor packages for groups and companies that want a gathering out of the ordinary. We offer dissemination in local history and aquaculture. Here you can take part in activities such as the War Memorials at Hemnskjela and Dolm Church. The exhibitions The People in Flatvika, The Russian Shipwreck, Dolmen By, The Pioneers and Rings in the Water. Guided tour of fish farms, hatchery and salmon slaughterhouse. We also offer rental of meeting rooms and conference halls. [kystmuseet.no](http://kystmuseet.no)





## HOTELL FRØYA

The hosts at Hotel Frøya tailor experiences and solutions to your needs, and have extensive experience with hosting all kinds of gatherings.

Do you want a memorable gathering on Frøya?

Contact us for a non-binding chat.

[www.hotellfroya.no](http://www.hotellfroya.no)  
[post@hotellfroya.no](mailto:post@hotellfroya.no)



## HJORTEN HOTELL HITRA

Find inspiration and tranquility in modern and stylish premises right in the heart of Hitra. Only 2 hours drive from Trondheim, Hjorten Hotell offers the ideal setting for your next gathering. Enjoy the great fjord view or take advantage of the proximity to all downtown amenities and activities. Get in touch for a nice chat about your gathering!

[post@hjortenhotell.no](mailto:post@hjortenhotell.no)  
Tlf: 40 44 50 10



## DOLMSUNDET HOTELL

The hotel is perfect for groups with its Games & Grill concept, great atmosphere and personal hosts. Games&Grill combines conferences and meeting rooms with exciting competitions, good food and a unique atmosphere in the hotel's adventure park.

Welcome to Hitra!

[www.dolmsundet.no](http://www.dolmsundet.no)  
tlf 72 44 04 40

# HANDEL



## HITRA SALMON

Sale of salmon and fish products in Barmfjorden.

[hitrasalmon.no](http://hitrasalmon.no)



## Hjorten Shopping [hjortenshopping.no](http://hjortenshopping.no)



## StjerneSenteret

KWID  
prid  
PRIS

b.young

Godaland

APOTEK1

SPORT1 Froya

Lufi  
Spjelgrem  
Sjanger  
Sjanger

HÅR FAGRE  
PERSONLIG

name it

.Blomsterhavët

TRINGO

FRØYA.NO

PRISSTREK

alliance OPTIK

# Kysthaven



nille

twins  
EUROSKO

VINMONOPOLET

REMA  
1000

Mix & Match

# HitraTorget

REMA 1000

Prisene på torget  
lette og kondor!

DalPro  
grøntvare

twins  
EUROSKO

Sjangeren AS

.Blomsterhavët

BOUTIQUE HELENE

Time's  
Fashion Style

Mays Frøpleie

AktivFot

LOTUS  
Linné

TRINGO



## SUSTAINABLE TOURISM

We want to preserve Frøya and Hitra's unique nature and culture for future generations. As a visitor, you can contribute by:

- Respect nature and keep it free of litter.
- Shop locally and support small businesses.
- Eat local food
- Choose environmentally friendly activities and transport.

VISIT  
**HITRA & FRØYA**

Imagine waking up to the sound of the waves, fishing your own dinner, or exploring a secret beach where time stands still. Colorful sunrises and sunsets in the ocean gap. Here at Frøya and Hitra, every day is a new adventure.

VISITHITRA.NO  
VISITFROYA.NO