

Welcome to Trøndelag and Innherred

Anne Haga Visit Innherred 31.08.22



EUROPEAN REGION OF GASTRONOMY
TRONDHEIM - TRØNDELAG
AWARDED 2022



VISIT INNHERRED
WWW.VISITINNHERRED.COM

Savour culinary delights of the historical region of INNHERRED

Join us and experience the delights of Innherred's pantry

In the very heart of the Trondheim's fjord you will discover an inland climate with lush fields, rich grazing landscapes and green forests surrounding the fjord, lakes and mountains.

The contrasting nature is favourable for diverse food production, culminating in an abundant dish of fresh and local specialties.

Our strength is the combined cooperation of village and town. The farmers, the industry and researchers work together and raise the quality of our goods while simultaneously sharing and transferring viable knowledge on farmland to future generations.

Expertise is centred around Mære Agricultural School, where innovation in providing better food is undertaken in multiple stages.



INDERØY

Bustling villages and fjords – local food on every plate

Farm produce is strung out along the Golden Road. Seek out eateries serving local food and drink. Take time to visit galleries, medieval churches and cultural tracks. You find a variety of accommodation.



LEVANGER

Commerce and market-life – from farm to fork

Dark, rich soil provides an excellent basis for vegetables and fruit trees. "Marsimartnar", a market for tradesmen, can be traced back to the Viking Age. The Pilgrim Path takes you through a monastery and further on to Verdal.



Discover hidden treasures
For traveling advice and services: VISITINNHERRED.COM

SNÅSA | SNÅASEN

Mountains, plains and lakes – farm life and Sami culture

Walk to the mountain farms and experience the ancient food traditions. Visit Saemien Sitje, our South Sami Cultural Centre, and watch livestock and reindeer grazing in the summer pastures.



STEINKJER

The town for the rurals – food processing in harmony with nature

The food industry's meeting point for the local food producers, hunters and the chefs to stock up on local ingredients. Since 1895 has Mære Agricultural School imparted knowledge.



VERDAL

Memorable dining experiences – on historical grounds

Olav II, later St Olav, was slain at Stiklestad in 1030, thus becoming a destination for pilgrimage. You will find new products here bearing testimony that people have been inspired by the wider world.





Øyna Kulturlandskapshotell along
The Golden Road



An aerial photograph of the Stiklestad National Cultural Center. The center features a large, modern, curved building with a grey roof and a parking lot. In the foreground, there are several traditional wooden houses, including a prominent yellow one. A church with a red roof and a steeple is visible in the middle ground. The surrounding landscape is a mix of green fields, brown plowed fields, and forests. A road winds through the area, and a large body of water is visible in the background. The text "STIKLESTAD NASJONALE KULTURSENTER" is overlaid in white capital letters at the top center.

STIKLESTAD NASJONALE KULTURSENTER



Savour culinary delights of the historical region of INNHERRED

Join us and experience the delights of Innherred's pantry

In the very heart of the Trondheim's fjord you will discover an inland climate with lush fields, rich grazing landscapes and green forests surrounding the fjord, lakes and mountains.

The contrasting nature is favourable for diverse food production, culminating in an abundant dish of fresh and local specialties.

Our strength is the combined cooperation of village and town. The farmers, the industry and researchers work together and raise the quality of our goods while simultaneously sharing and transferring viable knowledge on farmland to future generations.

Expertise is centred around Mære Agricultural School, where innovation in providing better food is undertaken in multiple stages.



INDERØY

Bustling villages and fjords – local food on every plate

Farm produce is strung out along the Golden Road. Seek out eateries serving local food and drink. Take time to visit galleries, medieval churches and cultural tracks. You find a variety of accommodation.



LEVANGER

Commerce and market-life – from farm to fork

Dark, rich soil provides an excellent basis for vegetables and fruit trees. "Marsimartnar", a market for tradesmen, can be traced back to the Viking Age. The Pilgrim Path takes you through a monastery and further on to Verdal.



SNÅSA | SNÅASEN

Mountains, plains and lakes – farm life and Sami culture

Walk to the mountain farms and experience the ancient food traditions. Visit Saemien Sitje, our South Sami Cultural Centre, and watch livestock and reindeer grazing in the summer pastures.



STEINKJER

The town for the rurals – food processing in harmony with nature

The food industry's meeting point for the local food producers, hunters and the chefs to stock up on local ingredients. Since 1895 has Mære Agricultural School imparted knowledge.



VERDAL

Memorable dining experiences – on historical grounds

Olav II, later St Olav, was slain at Stiklestad in 1030, thus becoming a destination for pilgrimage. You will find new products here bearing testimony that people have been inspired by the wider world.



Discover hidden treasures
For traveling advice and services: VISITINNHERRED.COM

SAEMIEN SIJTE - SNÅSA







T. Colbong







Facts about Innherred

- ▶ 1 hour north of Trondheim Airport Værnes
- ▶ Compact region with 68 000 inhabitants
- ▶ 3 cities with aprox 20 000 inhabitants
Steinkjer
Verdal
Levanger
- ▶ Train conection from Trondheim to Steinkjer every hour and the Nordlansbanen stops in Snåsa.

Main focus im Autom

- ▶ Kultural heritage
 - The cradle of modern Norwegian history - Stiklestad
 - A part of the pilgrimtrail from Sundsvall to Trondheim
 - A new unique South Samie cultural center
- ▶ Local food and drinks
 - The Golden Road
 - Harvesting from the many fields
 - European region of Gastronomy - 84 different companies partisipate
- ▶ Hiking - the geografical mid-point in Norway
- ▶ Biking: regular and e-bikes for rent by Visit Innherred

Welcome
Visit Innherred
Anne Haga
post@visitinnherred.com
www.visitinnherred.com

