



ST. OLAV WAY CAMINOS

type :	Caminos Hiking Tours Self-Guided
level :	    
duration :	14 days
period:	Jun Jul Aug
code:	

The St.Olav Path, Dovre to Trondheim - Norway

14 days, Price On request



This unforgettable journey traces one of the most iconic stretches of the **St. Olav Ways** — the ancient pilgrimage routes leading to Trondheim, once home to the shrine of Norway's patron saint, Olav II.

Your adventure begins in **Dovre**, where rugged mountain landscapes give way to quiet forests, river valleys, and peaceful farmland. Each step brings you closer to the **towering Nidaros Cathedral**, the spiritual heart of the route and a reward like no other.

Whether you're drawn by nature, history, or the need to slow down, **this self-guided hike offers a deeply personal way to connect with Norway's wild beauty and rich cultural heritage**. Luggage transfer is available — so you can focus on the journey, not the weight on your back.

Route

Day 1 Arrival in Budsjord (Approx. 4.5 km)

Your pilgrimage begins with a short and easy walk from the train station to Budsjord — a peaceful spot at the edge of the Dovrefjell mountains. It's a gentle introduction to the journey ahead, giving you time to settle in, breathe the mountain air, and enjoy your first evening in Norway's vast and quiet outdoors.

Day 2 Budsjord to Fokstugu (Approx. 14.5 km)

Today you set out into the highlands, gradually climbing onto the Dovrefjell plateau. The trail follows the historic King's Road, once used by travelers and pilgrims for centuries. At 1210 meters, you reach Allmannrøysa, a once-sacred cairn marking a milestone for past pilgrims. From here, it's a long descent across wide-open terrain to Fokstugu Fjellstue — a traditional mountain lodge where you'll spend the night surrounded by wilderness.

Day 3 Fokstugu to Hjerkin (Approx. 25 km)

A longer day that rewards you with variety. The trail follows the river Foksåa through a quiet valley, then dips into birch forests and open clearings with sweeping views of Dovrefjell. You'll pass near Fokstumyra, one of Norway's best-known bird reserves, and walk along the calm shores of Lake Avsjøen. The final stretch brings you to Hjerkin, home to the striking Eysteinkyrkja — a modern church inspired by the nearby peak of Snøhetta and dedicated to Saint Olav.

Day 4 Hjerkin to Kongsvold (Approx. 12 km)

A shorter but rewarding stage. After one last visit to Eysteinkyrkja, you follow the King's Road up over Hjerkinhø, reaching the highest point of your entire route — 1288 meters. The view from the top stretches across Snøhetta and the surrounding mountains. Your destination is Kongsvold Fjeldstue, one of Norway's oldest inns, where you'll enjoy a warm welcome and a special pilgrim dinner in its historic dining room.

Day 5 Travel to Oppdal

Time to rest your legs with a train ride to Oppdal — a mountain town that blends natural beauty with a lively local atmosphere. You'll have time to explore the town center, relax in a café, or visit the church just outside town. It's a great chance to reset and prepare for the next stretch of your walk.

Day 6 Oppdal to Hæverstølen (Approx. 24 km)

Leave the modern comforts of Oppdal behind and step into quieter surroundings. The trail leads through cultivated farmland and light forest, with the mountains always framing the horizon. You'll walk on a mix of gravel roads and soft grass paths, passing traditional cabins and open views across the valley. It's a full walking day, but not a difficult one — a pleasant rhythm sets in as you move deeper into the heart of Trøndelag.

Day 7 Hæverstølen to Stamnan (Approx. 17 km)

Follow the Orkla River as it winds through pine-covered slopes and wide valley views. The path descends gradually to the river crossing at Skjepphaugen, where you can choose your route: a more challenging climb offering fantastic views, or a relaxed walk along the riverbank. Either way, you end the day near Stamnan, a quiet settlement where nature and tradition meet.

Day 8 Stamnan to Hol (Approx. 22.5 km)

Today you continue through forest trails toward the village of Rennebu, home to one of Norway's oldest stave churches (not on the route, but nearby). After a brief stretch on the national road, you climb again through farmlands scattered with *trønderlån* — traditional long farmhouses typical of the region. The landscape is open, rural, and deeply connected to local heritage. Your overnight stop in Hol offers a peaceful end to a day rich in local character.

Day 9 Hol to Løkken Verk (Approx. 19 km)

Today's route follows the Orkla River through the heart of Trøndelag, passing through the village of Meldal and on toward Løkken Verk — a former mining town with a rich industrial past. The walk is mostly on easy gravel roads, with a few steeper climbs as you near Malmplassen, where remnants of old smelting furnaces still stand. This is a day of gentle contrasts: peaceful rural paths mixed with stories of Norway's early industrial heritage.

Day 10 Løkken Verk to Gumdalen (Approx. 9 km)

After several long days, this short stage offers a welcome breather. You'll pass through Malmplassen again, where a historic milestone reminds you: only 61 kilometers left to Nidaros Cathedral. The shorter distance gives you time to rest, explore the area, or simply enjoy the slow rhythm of the day as you settle into your accommodation in Gumdalen.

Day 11 Gumdalen to Skaun (Approx. 21 km)

A varied day awaits, starting with a peaceful stretch past Lake Solsjøen and Korslia Farm. Midway, you'll find a charming hiker's shelter designed like a cozy living room — a great spot for a break. From there, the trail leads through quiet peatlands, once used by summer pilgrims (winter pilgrims had to walk the snowy upper route). Eventually, the landscape changes again as you move into woodlands and follow forest tracks to Skaun.

Day 12 Skaun to Øysand (Approx. 18 km)

The milestone in Skaun tells you: 38 kilometers to go. The path continues through meadows and quiet farmland toward the Gaula River. Along the way, you'll pass through Husaby, a site of great historical importance — once home to Viking leaders and early Christian nobles. The pace is steady and the scenery lush, as you approach the coastal plains near Øysand.

Practical info

By Train to Dovre (Start Point):

The easiest and most scenic way to reach Dovre is by train. There are regular departures from Oslo and Trondheim, operated by SJ Norge (formerly Vy). The journey from Oslo to Dovre takes around 4.5 to 5 hours, while from Trondheim it's about 3.5 hours. The train ride passes through beautiful Norwegian countryside and is a comfortable and sustainable way to begin your journey. From the Dovre station, it's a short walk to your first accommodation in Budsjord.

By Air to Oslo or Trondheim:

If you're flying into Norway, the nearest major airports are Oslo Gardermoen (OSL) and Trondheim Værnes (TRD). Both airports are well connected with domestic and international flights. From there, you can continue to Dovre by train.

Leaving from Trondheim:

Your walk ends in Trondheim, a lively city with excellent transport links. Trondheim Værnes Airport is located about 30 minutes from the city center and offers regular flights to Oslo and several European cities. The airport is easily reachable by airport express bus, train, or taxi.

Alternatively, you can take the train from Trondheim back to Oslo (approx. 7 hours) if you wish to extend your trip or fly out from there. We recommend booking train tickets in advance, especially in the summer season.

Included
