Questions & Answers

Where does Pilegrimsleden start in Oslo?
By the ruins fo St.Hallvard's Cathedral. Here you will find the first milestone "643 km to Nidaros".

Where is Pilgrim Center Oslo located?
The Pilgrim Center Oslo is located at the Bishop's office (St.Halvards Plass 3; entrance from Egedes gate). Here you will get the two first pilgrim stamps in the pilgrim pass. We also have a shop with guidebooks, pilgrim pass and souvenirs. There is a marked trail from Oslo Central Station to the Pilegrimssenter (following this you will pass by Deichmanske library, the Opera, Munch Museeum, and the beautiful Bjørvika). Click here for a map.

Where do I buy a pilgrim pass and a guidebook?
At the Pilgrim Centers and at most hostels and churches. You can also buy it online at: oslo.pilgrimshop.no.

Updated list of accommodations
At the Pilgrim Centers you can pick up a brochure with an updated list of accommodations.
You can also check the list online:oslo.pilegrimsleden.no.

When is the best time on start?
Gudbrandsdalsleden: June –September.
We recommend that you **do not** pass Dovre mountain until after June 18.
This due to: A) Snow conditions and bridges B) The wild reindeers are calving.
Tunsbergleden and Borgleden: Year around (you might need spikes during winter time and the hostels might be closed).

What should I pack?
See information here.

How long time does it take to walk from Oslo to Trondheim?
About 32 days including one day break each week.

What is a good distance to walk each day?
About 20-25 km.

Do I need to book the accommodations/hostels in advance?
You need to book 1-2 days in advance. Always bring a sleeping bag.

Can I pay with a credit card along the route or do I need cash?
Some hostels accept credit card, but it is good to bring cash (about NOK 1500). Stores and restaurants take credit cards. You will find ATMs along the path.

Where do I get the pilgrim stamps for my Pilgrim pass?
At the Pilgrim Centers, churches, accommodations and museums.
For Oslo region: If the churches are closed look for a mailbox with the Pilgrim mark on.
The code for the lock is: **2030**. Make sure to lock properly after you 🙂

Where can I tent?
Follow the rules of "The Norwegian Right to Roam the Countryside" – see info on Visit Oslo.

Am I allowed to make a campfire?
Campfires are **NOT** allowed between April 15 – September 15.
However, you are allowed to use a primus kitchen/trangia kitchen.

Where do I find water?
At the graveyards by the churches. It is also possible to drink from creeks as long as there are not grazing animals or farmland nearby. For more security, use a water filter.

Do I find stores and supermarkets along the path?
You will pass by stores almost every day. There are no stores between:
Eidsvoll – Stange (2 days walk)
Dovre – Oppdal (5 days, but most hostels offer food to buy at Dovrefjell).
NOTE that most shops are closed on Sundays and holidays.

Where do I buy gas for my primus/Trangia kitchen?
At sport stores, e.g., XXL, Intersport, Anton Sport, that you will find in the larger villages and cities.

Can I bring my dog?
Yes, but keep the dog leashed as you will walk through farmland with grazing animals. Note that there are some fences where you must cross on a fixed ladder. Accommodation: Some hostels accept dogs but you have to ask and book in advance. You may be charged extra.

Are the churches open?
Check the opening hours on the digital map for the churches Point of Interest (the red dots). Call in advance and ask if they can open for you.

Are there any transportation services for luggage?
You will find information on this on our website: Click here.

Where do I find washrooms/toilets?
Churches, museums, gas stations, other public facilities or at the Pilegrimsbuene. If you use nature, please, don't leave paper visible (dig it down or bring it with you to the next litter box). Never leave menstrual pads.

Security along the route
Pilegrimsleden is safe to walk and well marked, but it is good to download the app: "Hjelp 113".



Travelling in Norway
You might find this webpage useful: entur.no (also available as an app: EnTur).

Where do I find the GPX-files for the trail follow these steps

1. Menu on www.pilegrimsleden.no
2. Click “The Pilgrim Paths”
3. Choose the paths you plan to walk
4. Scroll down *under* the Map
5. Click Download GPX track
6. Import the GPX-track to e.g. the app Outdoor Active, Komoot etc.

Are there dangerous animals along the trail, like wolves, bears etc.?

Yes, they do exist, but we hardly see them. If you do see wild reindeers and muskox on Dovrefjell keep a distance. The most dangerous animals on the path are probably tics.
Tips: get vaccinated against TBE and bring a tic-remover.

How do I use the map on pilegrimsleden.no?

Go to ***Menu*** and choose “***Map”.*** Click on one of the ***ppilgrim paths*** that you would like to walk (e.g. Gudbrandsdalsleden). Now you wil only see that trail with the points of interest.



In the upper right corner, you find the *zoom symbols **+** and **–*** for zooming in or out on the map. When you zoom in you will see all the red POIs.

Under the zoom symbols you will find *a **measure tool*** (to measure distances) and a ***location tool*** (a geolocation that is good to use if you loose track of the trail).

Tips: Use the planner “Create your own trip”: [click here.]

Please, feel free to contact one of the pilgrim centers for more information 🙂

Welcome to Norway