

# Fredrikstad, Østfold, Norway

Cobbled streets, star-shaped ramparts, and centuries-old wooden houses — Fredrikstad's Gamlebyen, founded in 1567, is a living fortress town you can actually wander into. Cross the Glomma on a free ferry and you're there.

-  Pier (most ships)
-  Typical call: 7-9 hrs
-  Cashless — card everywhere
-  Norwegian (English widely spoken)
-  Historic fortified town

## 👉 MY DAY IN PORT

|                  |               |                   |
|------------------|---------------|-------------------|
| Ship/Date: _____ | Arrive: _____ | All aboard: _____ |
| Excursion: _____ | Notes: _____  |                   |

## GETTING ASHORE

**Docking:** Pier — Tollboden quay (city-center, smaller ships) or Øra Quay (larger ships, 4 km out)

**Best For:** History, architecture, Scandinavian culture, photography

**Walk to Gamlebyen:** 10-min walk + free Byfergen ferry from city-center quay; shuttle bus from Øra

**Don't Miss:** Walking the star-shaped ramparts of Gamlebyen and a bowl of fresh shrimp on the riverfront

 Getting around:  **Taxi**  ~100–150 NOK (city center) ·  **Rideshare**  Uber

## TOP THINGS TO DO

- Gamlebyen Walking Tour** — Explore Northern Europe's best-preserved fortified town — cobbled lanes, 18th-century wooden houses, ramparts with...
- Oldtidsveien — Ancient Road** — Drive the Old Times Way between Fredrikstad and Sarpsborg, home to Norway's densest collection of Bronze Age and Viking...
- Hvaler Archipelago & Ytre Hvaler National Park** — Island-hop through a maze of rocky islets, swim off smooth granite ledges, kayak sheltered channels, or join a wildlife...
- Glassblowing at Galleriet Glasshytta** — Watch master glassblowers at work in Gamlebyen's own studio — free to enter and observe, and you can buy pieces...
- Foten Beach** — Blue Flag sandy beach with smooth granite rocks, a diving platform, volleyball, and a café.

## BEST WALKS

- Gamlebyen Ramparts Loop** 1.5 km · 30-40 min · Easy — Cross to the Old Town on the Byfergen, enter through the main gate, and walk the full perimeter of the star-shaped fortifications.
- Riverfront Promenade** 1.5 km · 20-30 min · Flat — Stroll the Bryggepromenaden on the modern city side — wooden boardwalk, restaurants, marina, and views across to the Old Town walls.

## WEATHER · DAYLIGHT · MONEY

| 🌤️ CLIMATE (AVG °F · RAINY DAYS) |      |     |      | 🇳🇴 DAYLIGHT & 💰 MONEY                                                                              |  |
|----------------------------------|------|-----|------|----------------------------------------------------------------------------------------------------|--|
| Mon                              | High | Low | Rain | Apr 6:02AM–8:32PM · Jun 4:01AM–10:32PM · Aug 5:34AM–9:04PM · Sep 6:45AM–7:35PM · Oct 7:54AM–6:08PM |  |
| Apr                              | 51°  | 36° | 7d   |                                                                                                    |  |
| Jun                              | 67°  | 54° | 11d  |                                                                                                    |  |
| Aug                              | 67°  | 56° | 14d  |                                                                                                    |  |
| Sep                              | 61°  | 51° | 12d  |                                                                                                    |  |
| Oct                              | 51°  | 43° | 13d  |                                                                                                    |  |

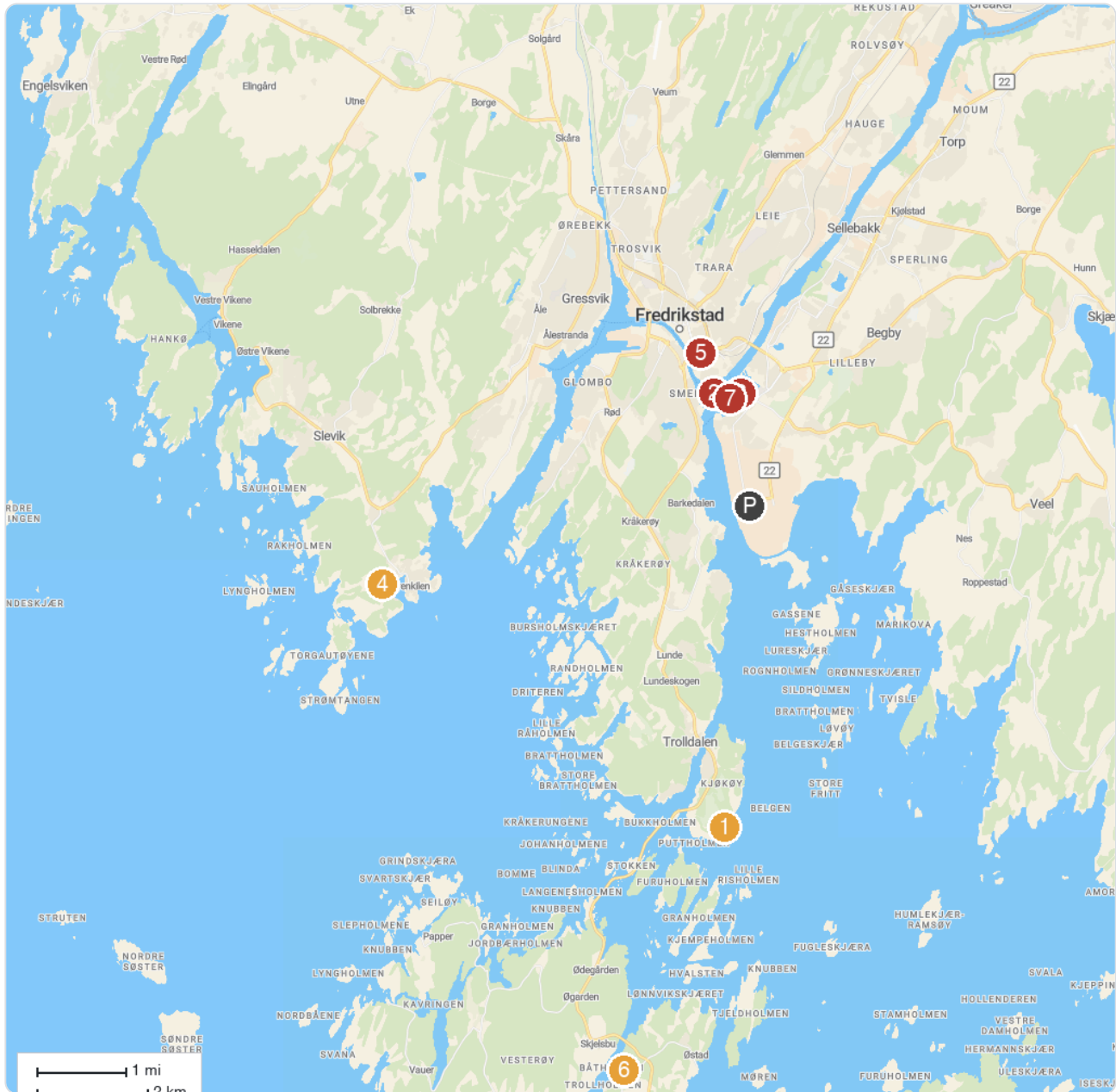
## KNOW BEFORE YOU GO

- Norway is cashless. You don't need Norwegian Krone — Visa and Mastercard work everywhere, from museums to public

# Fredrikstad, Østfold, Norway — Port Map

[cruiseports.org](https://cruiseports.org)

Red = walkable sights · Amber = excursions farther out · P = cruise terminal. Numbers match the order you'd typically visit.



- |                                      |                                                                     |                                 |                                                                    |
|--------------------------------------|---------------------------------------------------------------------|---------------------------------|--------------------------------------------------------------------|
| <b>1</b> Kjøkøy fort                 | Historic coastal fortress with bunkers and tunnels.                 | <b>2</b> Isegran fort           | Historic island fortress with cannons and old buildings.           |
| <b>3</b> Old Town Model Train Center | Detailed model train exhibition in Fredrikstad's Old Town.          | <b>4</b> Torgauten fort         | Coastal fortress offering panoramic views and historical insights. |
| <b>5</b> Fredrikstad Domkirke        | Fredrikstad's main cathedral, known for its beautiful architecture. | <b>6</b> Brottet amphitheater   | Outdoor amphitheater built in an old quarry, hosting performances. |
| <b>7</b> Fredrikstad Museum          | Local history museum showcasing Fredrikstad's past and culture.     | <b>P</b> Cruise port / terminal |                                                                    |