

# Walk the St. Olav Ways in Norway

**Pilegrimsleden in Norway, also known as St. Olav Ways, consists of 9 pilgrim paths that start in different parts of the country. They all lead to Nidaros Cathedral - the burial church of St. Olav in the city of Trondheim.**

The paths will lead you through spectacular nature and charming villages. There is a variety of accommodations near the paths, including old traditional houses - and you can experience local food traditions, visit churches and discover historical places along the way.

The most popular path is Gudbrandsdalsleden. It leads from Oslo, the capital of Norway, to Trondheim. It is 632 km long, and goes across forests, valleys and mountains. It takes more than 30 days to walk the whole way.

The second most popular path is St. Olavsleden. It starts in Selånger, and leads you through forests and over mountains in Sweden before crossing the border to Norway. It then takes you to Stiklestad where St. Olav was killed in battle, and from there it follows the coastline to Trondheim. This path is 580 km long and takes about 30 days if you choose to walk the whole way.

Many pilgrims walk only the last 100 km to Trondheim, which qualifies them to receive the Olav letter at their arrival.

## Waymarking

The routes are well marked with the Norwegian pilgrim symbol, which is a combination of a landmark symbol and a red cross. Some of the signs also include the Norwegian term for the paths, "Pilegrimsleden".

## Terrain

You will be walking on trails in nature. The trails can pass through forests and villages, and some cross mountains, but you may also walk on gravel roads and asphalt for parts of the trip.

## When to go

The main season for pilgrimage in Norway is in the summer between 1 June and 1 September. Paths that go across mountains have an even shorter season due to snow and snowmelt, while some other paths are accessible and have open accommodations also in spring and autumn. You can learn more about the best time to walk the different paths on [stolavways.com](http://stolavways.com).

The Norwegian summer is unpredictable, and temperatures can vary between 10 and 30 degrees Celsius. In the mountains, it can snow even in summer. Therefore, it's important to check the weather forecast, and listen to advice from locals along the route.

## Accommodation

Accommodation varies from hotels to hostels, cabins and camping sites.

## Where to find info

At [stolavways.com](http://stolavways.com) you can find more info and plan your trip using the interactive map. It gives an overview of paths, accommodations and points of interest along the way. The map is useful for planning, and when you start your pilgrimage, you can see your own position on the map to make sure you are on the right way.

There are Facebook groups for some of the trails where you can connect with other pilgrims, for example "Hiking along Gudbrandsdalsleden" and "Hiking along St. Olavsleden".

## How to get there

The biggest airport in Norway is Oslo airport which is close to the capital where the Gudbrandsdalsleden path begins. Trondheim, which is the pilgrim destination, also has a big airport. Oslo is connected to the rest of Europe by train, and you can also travel from Oslo to Trondheim, Bergen or Stavanger by train.