

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 moats, and Kongsten Fort (1685) on...
- Oldtidsveien — Ancient Road** — Drive the Old Times Way between Fredrikstad and Sarpsborg, home to Norway's densest collection of Bronze Age and Viking monuments: rock carvings...
- 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 boat tour through Norway's...
- Glassblowing at Galleriet Glasshytta** — Watch master glassblowers at work in Gamlebyen's own studio — free to enter and observe, and you can buy pieces directly from the artists.
- 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)			
	Mon	High	Low
Apr		51°	36°
Jun		67°	54°
Aug		67°	56°
Sep		61°	51°
Oct		51°	43°
			Rain
			7d
			11d
			14d
			12d
			13d

DAYLIGHT & MONEY	
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	

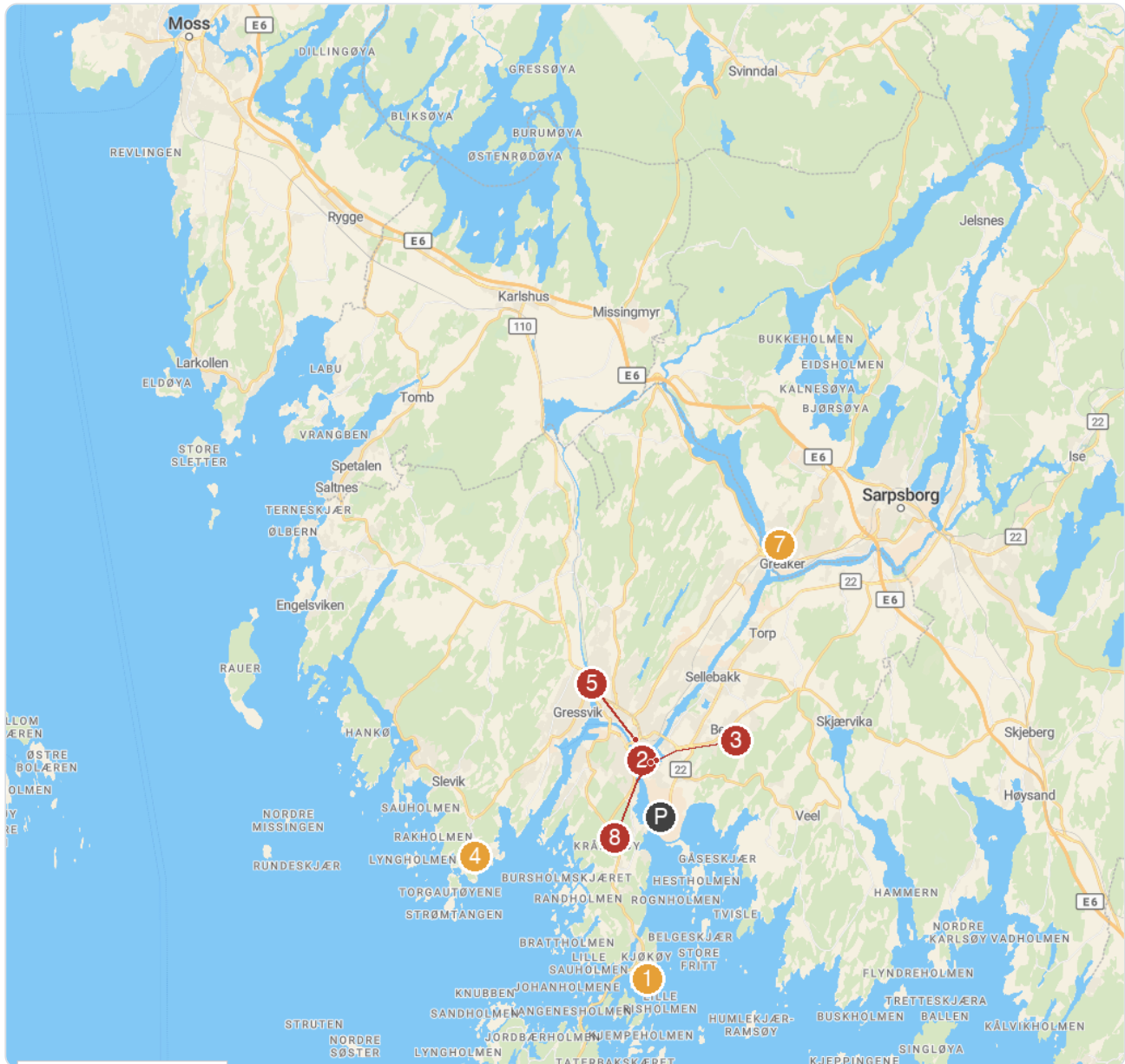
KNOW BEFORE YOU GO

- Norway is cashless. You don't need Norwegian Krone — Visa and Mastercard work everywhere, from museums to public restrooms. Just make sure your card has a PIN.
- Byfergen is free. The little blue electric ferry across the Glomma runs constantly and costs nothing. It's the best way to reach the Old Town.
- Eat fresh shrimp. Reker — Norwegian fjord shrimp — are a local staple. Get them at a harbor stall or order at Slippen restaurant: served on white bread with mayo and lemon.
- Wear real walking shoes. Gamlebyen's original cobblestones are uneven and slippery when wet. Leave anything with a heel on the ship.
- Layers beat umbrellas. Even in summer, the coastal wind off the Glomma can be cold. A windproof jacket earns its place in your day bag.
- Saturday flea market. If you dock on a Saturday, Gamlebyen's main square (Torvet) hosts a flea and antique market — Norwegian pewter, silver, and vintage finds.

Fredrikstad, Østfold, Norway — Port Map

cruiseports.org

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



1 Kjøkkøy fort Historic coastal fortress with bunkers and tunnels.

3 Old Town Model Train Center Detailed model train exhibition in Fredrikstad's Old Town.

5 Fredrikstad Domkirke Fredrikstad's main cathedral, known for its beautiful architecture.

7 Greåker fort Inland fort with bunkers and trenches, part of Norway's defense.

P Cruise port / terminal

2 Isegran fort Historic island fortress with cannons and old buildings.

4 Torgauten fort Coastal fortress offering panoramic views and historical insights.

6 Brottet amphitheater Outdoor amphitheater built in an old quarry, hosting performances.

8 Fredrikstad Museum Local history museum showcasing Fredrikstad's past and culture.