

◆ R70 Oppdal / Lundamo - Trondheim S - Steinkjer

Train number	421	423	425	1301	411	427	429	413	431	433	435	437	439	1761	441	1763	443	1305	445	2395	417	447	2385	449	451	453	455	2389	457	
TRØNDERBANEN	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Mandag-Fredag	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F
Lørdag			L	L				L	L									L	L					L	L					
Søndag				S			S			S			S					S	S	S				S	S				S	S
Oppdal						0621																								
Berkåk						0650x																								
Støren	0409	0513	0606		0647	0717		0837											1617		1803		1727						2126	
Hovin	0415	0519x	0612x		0653x	0723x		0842x											1623x		1809x		1733x						2138	
Lundamo	0421x	0525x	0621		0700x	0730x		0852		1032								1629x		1815x		1740x			1932			2133	2145x	
Ler	0426x	0531x	0631x		0706x	0736x		0858x	0928	1038x		1238	1338					1634x	1738	1821x	1738	1746x	1836	1938x	2039	2139x	2151x	2156x		
Kvål	0431x	0536x	0636x		0711x	0741x		0903x	0933x	1043x		1243x	1343x					1639x	1743x	1826x	1743x	1751x	1841x	1942x	2044x	2144x	2156x			
Søberg							0841			1144				1445		1538														2245
Melhus Skystasjon	0437	0542	0642		0717	0747	0844	0909	0939	1048	1147	1248	1348	1448		1541		1644	1748	1832	1748	1757	1847	1948	2049	2149	2202	2248		
Heimdal	0446	0553	0656		0728	0759	0859	0919	0959	1059	1159	1259	1359	1459		1559		1659	1759	1841	1759	1811	1859	1959	2100	2200	2211	2259		
Selsbakk					0733x	0804x		0924x						1426		1513				1846x		1816x						2216x		
Lerkendal														1426		1513														
Marienberg	0454	0606	0704		0738	0808	0908	0928	1008	1108	1208	1308	1408	1429	1508	1517	1608	1708	1808	1850	1808	1820	1908	2008	2109	2209	2220	2308		
Skansen	0457	0608	0707		0741	0811	0911	0931	1011	1111	1211	1311	1411	1432	1511	1520	1611	1711	1811	1853	1811	1823	1911	2011	2112	2212	2311			
Trondheim S	0500a	0612	0711		0744	0814	0914	0934	1014	1114	1214	1314	1414	1435	1514	1522	1614	1714	1814	1856	1814	1826	1914	2014	2115	2215	2226	2314		
Trondheim S	0505a	0616	0715	0731		0817	0917		1017	1117	1217	1317	1417	1442	1517	1525	1617	1648	1717	1817		1817	1917	2017	2117	2217	2317			
Lademoen	0508	0618	0717			0819	0919		1019	1119	1219	1319	1419	1444	1519	1528	1619		1719	1819		1819	1919	2019	2119	2219	2319			
Lilleby	0510	0620	0719			0821	0921		1021	1121	1221	1321	1421	1446	1521	1530	1621		1721	1821		1821	1921	2021	2121	2221	2321			
Leangen	0517	0623	0722			0824	0924		1024	1124	1224	1324	1424	1449	1524	1535	1624		1724	1824		1824	1924	2024	2124	2224	2324			
Rotvoll	0519x	0625x	0724x			0826x	0926x		1026x	1126x	1226x	1326x	1426x	1451x	1526x	1538x	1626x		1726x	1826x		1826x	1926x	2026x	2126x	2226x	2326x			
Ranheim	0523	0628	0727			0829	0929		1029	1129	1229	1329	1429	1454	1529	1542	1629		1729	1829		1829	1929	2031	2129	2229	2329			
Vikhammer	0528x	0633x	0732x	0745		0834x	0934x		1034x	1134x	1234x	1334x	1434x	1459x	1534x	1555x	1634x	1700x	1734x	1834x		1834x	1934x	2036x	2134x	2234x	2334x			
Hommelvik	0536x	0644x	0744x	0754x		0844x	0944x		1044x	1144x	1244x	1344x	1444x	1512	1544x	1612	1644x	1712	1744x	1844x		1844x	1944x	2045x	2144x	2244x	2344x			
Hell	0542x	0650x	0750x	0800x		0850x	0950x		1050x	1150x	1250x	1350x	1450x	1520x	1550x	1620x	1650x	1718x	1750x	1850x		1850x	1950x	2051x	2150	2250x	2350x			
Trondheim Airport	0545	0653	0753			0853	0953		1053	1153	1253	1353	1453	1523	1553	1623	1653		1753	1853		1853	1953	2054	2153	2253	2353			
Stjørdal	0551	0657	0759			0900	1000		1200	1300	1400	1500	1528	1600	1628	1700		1800	1900		1900	2000	2101	2200	2300	2356				
Skatval	0557x	0703x	0805x			0906x	1006x		1206x	1306x	1406x	1506x	1534x	1606x	1634x	1706x		1806x	1906x		1906x	2006x	2108	2206x	2306x	0002x				
Åsen	0618	0719	0820			0921	1022		1222	1322	1422	1522		1622		1722		1821	1922		1922	2021	2124	2222	2322	0018				
Ronglan		0727x				0931				1329x		1529x				1730x			1929x		1929x		2132x		2329x	0025x				
Skogn	0630	0733	0833			0936	1035		1234	1335	1435	1535	1605	1636	1705	1736		1836	1935		1935	2036	2138	2235	2335	0031				
Levanger	0641	0740	0844			0943	1043		1241	1343	1443	1543	1615	1643	1715	1743		1843	1943		1943	2043	2145	2242	2342	0038				
Restad	0644x	0741x	0845x			0944x	1044x		1242x	1344x	1444x	1544x	1616x	1644x	1716x	1744x		1844x	1944x		1944x	2044x	2146x	2243x	2343x	0039x				
Bergsgrav	0652x	0750x	0854x			0953x	1053x		1254x	1353x	1453x	1553x		1653x		1753x		1853x	1953x		1953x	2053x	2155x	2252x	2352x	0048x				
Verdal	0658	0757	0858			1000	1100		1301	1400	1500	1600	1627	1700	1727	1800		1900	1957		1957	2100	2202	2256	2356	0052				
Røra	0706	0805	0906			1008	1108		1309	1408	1508	1608	1635	1708	1735	1808		1908	1908		1908	2108	2210	2304	0004	0100				
Sparbu	0711x	0810x				1013x	1113x		1314x	1413x	1513x		1640x	1714x	1740x	1813x			2014x		2014x	2113x	2215x	2309x	0009x	0105x				
Steinkjer	0723	0822	0922			1025	1125		1326	1425	1525	1624	1652	1725	1752	1825		1924	2024		2024	2125	2227	2321	0021	0117				

Symbols:

- a Stops only for de-boarding passengers.
- p Stops only for boarding passengers.
- x Stops only when required. If you wish to board the train, stand visible on the platform.
- ☒ Coffee machine

Changes may find place as a result of reparations, maintenance, as well as national holidays.  
Check sj.no, Entur or call (+47) 61 25 22 00 for more information.

From December 10th - May 20th 2024



◇ R70 Steinkjer - Trondheim S - Lundamo (- Støren)

Train number	2382	420	1760	422	1762	424	2386	426	428	1302	430	2390	432	434	436	1722	438	416	440	442	444	446	418	1306	448	450	452	454		
TRØNDERBANEN	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞	☞		
Monday - Friday	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	
Saturday							L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	
Sunday							S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	
Steinkjer		0429	0506	0534	0602	0632		0734	0833		0930		1037	1137	1238				1437	1537	1632	1732				1837	1932	2037	2134	
Sparbu		0438x	0514x	0542x	0610x	0640x		0742x	0841x		0942x		1045x	1145x	1246x				1345x	1445x	1545x	1645x	1745x			1845x	1940x	2045x	2147x	
Røra		0445	0521	0549	0617	0650		0749	0848		0953		1052	1152	1253				1352	1452	1552	1652	1752			1852	1946	2052	2154	
Verdal		0453	0529	0557	0625	0658		0757	0858		1000		1100	1200	1301				1400	1500	1600	1700	1800			1900	1957	2100	2202	
Bergsgrav		0456x		0600x		0701x		0800x	0901x		1003x		1103x	1203x	1304x				1403x	1503x	1603x	1703x	1809			1903x	2000x	2103x	2205x	
Røstad		0503x	0538x	0606x	0638x	0707x		0806x	0907x		1009x		1109x	1209x	1310x				1409x	1509x	1609x	1709x	1815x			1909x	2006x	2109x	2211x	
Levanger		0506	0541	0609	0641	0711		0812	0915		1014		1114	1214	1314				1414	1514	1615	1715	1819			1914	2013	2116	2214	
Skogn		0513	0548	0616	0648	0719		0820	0926		1021		1121	1221	1321				1421	1521	1622	1722	1826			1921	2020	2123	2221	
Ronglan		0518x		0625				0828			1029			1229					1429		1630		1831x				2028		2229	
Åsen		0525	0559	0633		0734		0836	0938		1037		1137	1237	1337				1437	1537	1638	1739	1839			1937	2039	2139	2237	
Skatval		0545x	0617x	0648x	0718x	0751x		0852x	0953x		1052x		1152x	1252x	1352x				1452x	1519x	1552x	1653x	1754x	1854x		1952x	2054x	2154x	2252x	
Stjørdal		0551	0623	0657	0724	0759		0900	1000		1100		1200	1300	1400	1420			1500	1530	1600	1700	1800	1900		2000	2101	2200	2300	
Trondheim Airport		0554	0626	0700	0727	0802		0903	1003		1103		1203	1303	1403	1423			1503	1533	1603	1703	1803	1903		2003	2104	2203	2303	
Hell		0557	0629x	0703x	0730x	0805x		0906x	1006x	1035x	1106x		1206x	1306x	1406x	1426x			1506x	1536x	1606x	1706x	1806x	1906x		1955x	2009x	2107x	2206x	2306x
Hommelvik		0602x	0635x	0709x	0735x	0811x		0912x	1012x	1044	1112x		1212x	1312x	1412x	1432x			1512x	1545	1612x	1712x	1812x	1912x		2004	2014x	2112x	2212x	2312x
Vikhammer		0610x	0645x	0718x	0745x	0821x		0921x	1021x	1053x	1121x		1221x	1321x	1421x	1445x			1521x	1558	1621x	1721x	1821x	1921x		2013x	2023x	2121x	2221x	2321x
Ranheim		0616	0651	0727	0751	0829		0929	1029		1129		1229	1329	1429	1455			1529	1603	1629	1729	1829	1929			2031	2129	2229	2329
Rotvoll		0619x	0654x	0730x	0754x	0832x		0932x	1032x		1132x		1232x	1332x	1432x	1458x			1532x	1606x	1632x	1732x	1832x	1932x			2034x	2132x	2232x	2332x
Leangen		0623	0657	0735	0757	0835		0935	1035		1135		1235	1335	1435	1500			1535	1608	1635	1735	1835	1935			2037	2135	2235	2335
Lilleby		0625	0659	0737	0759	0837		0937	1037		1137		1237	1337	1437	1502			1537	1611	1637	1737	1837	1937			2039	2137	2237	2337
Lademoen		0627	0701	0739	0801	0839		0939	1039		1139		1239	1339	1439	1504			1539	1613	1639	1739	1839	1939			2041	2139	2239	2339
Trondheim S		0629	0703	0741	0803	0841		0941	1041	1104	1141		1241	1341	1441	1506			1541	1616	1641	1741	1841	1941		2028	2043	2141	2241	2341
Skansen		0537	0632	0714	0744	0806		0844	0944	1044	1144		1244	1344	1444	1509			1544	1621	1645	1744	1844	1944	2019		2045	2145	2244	2344
Marienburg		0540	0635	0717	0747		0847	0937	0947	1047	1147		1247	1347	1447				1547	1624	1648	1747	1847	1947	2022		2048	2148	2247	2347
Lerkendal		0543	0638	0720	0750	0812		0850	0940	1050	1150		1250	1350	1450	1515			1550	1627	1651	1750	1850	1950	2025		2051	2151	2250	2350
Selsbakk		0547x		0723		0815																								
Heimdal		0553	0647		0759			0944x				1343x				1520x					1632x				2029x					
Melhus Skystasjon		0603	0657		0811			0952	0959	1059	1159		1348	1259	1359	1459			1525	1559	1639	1659	1802	1859	1959	2039	2100	2200	2259	2359
Kvål		0608x	0717x					1001	1008	1110	1208		1357	1308	1410	1511			1534	1608	1650	1708	1812	1908	2008	2052	2109	2215	2308	0008
Ler		0615x	0722x					1006x			1214x		1402x	1313x	1410	1511			1540x	1613x	1655x	1713x	1819x	1913x	2013x	2057x	2114x	2313x	0013x	
Lundamo		0621x	0730					1011x			1219		1409x	1318	1410	1511			1545x	1620	1700x	1718	1824	1918x	2018	2102x	2119x	2318x	0024	
Hovin		0626x	0736x					1017x	1023				1415x			1551x			1629	1706x	1724	1824	1924	2108x	2128	2108x	2128	2324x	0030x	
Støren		0639	0742					1022x					1420x			1602			1635	1712x	1724	1824	1924	2113x	2127	2113x	2330x	0036x		

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- p Stops only for boarding passengers.
- x Stops only when required. If you wish to board the train, stand visible on the platform.
- ☞ Coffee machine
- ☞ Possible to bring your bicycle aboard as long as there is available space. The train conductor decides on each separate case.

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