

From June 26th through August 17th 2025



R 7 0 Oppdal / Lundamo - Trondheim S - Steinkjer

Train number	423	425	411	427	429	429	431	433	437	439	441	443	445	2385	2385	417	449	449	453	2389	457
TRØNDERBANEN																					
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
Saturday		Sa				Sa		Sa	Sa		Sa		Sa			Sa		Sa	Sa	Sa	
Sunday						S		S	S		S		S		S		S		S	S	S
Oppdal																					
Berkåk																					
Støren	0513	0606	0646			0811								1727	1743	1803				2126	
Hovin	0519x	0612x	0652x			0817x								1733x	1749x	1809x				2138x	
Lundamo	0525x	0621	0659x			0823x		1033						1740x	1755x	1815x				2145x	
Ler	0531x	0631x	0705x	0733		0829x	0928	1038x	1238	1338			1634	1746x	1801x	1821x	1836		2039	2151x	
Kvål	0536x	0636x	0710x	0738x		0834x	0933x	1043x	1243x	1343x			1639x	1751x	1806x	1826x	1841x		2044x	2156x	
Melhus Skysstasjon	0542	0642	0716	0747	0847	0847	0939	1048	1248	1348	1448	1541	1644	1757	1812	1832	1847	1847	2049	2202	2248
Heimdal	0553	0656	0728	0759	0859	0859	0959	1059	1259	1359	1459	1559	1659	1811	1821	1841	1859	1859	2100	2211	2259
Selsbakk			0733x											1816x	1826x	1846x				2216x	
Lerkendal																					
Marienburg	0606	0704	0738	0808	0908	0908	1008	1108	1308	1408	1508	1608	1708	1820	1830	1850	1908	1908	2109	2220	2308
Skansen	0608	0707	0741	0811	0911	0911	1011	1111	1311	1411	1511	1611	1711	1823	1833	1853	1911	1911	2112	2223	2311
Trondheim S	0612	0711	0744	0814	0914	0914	1014	1114	1314	1414	1514	1614	1714	1826	1836	1856	1914	1914	2115	2226	2314
Trondheim S	0615	0714		0816	0916	0916	1017	1117	1317	1417	1517	1617	1716				1916	1916	2117		2317
Lademoen	0617	0716		0818	0918	0918	1019	1119	1319	1419	1519	1619	1718				1918	1918	2119		2319
Lilleby	0619	0718		0820	0920	0920	1021	1121	1321	1421	1521	1621	1720				1920	1920	2121		2321
Leangen	0623	0721		0823	0923	0923	1024	1124	1324	1424	1524	1624	1723				1923	1923	2124		2324
Rotvoll	0625x	0723x		0825x	0925x	0925x	1026x	1126x	1326x	1426x	1526x	1626x	1725x				1925x	1925x	2126x		2326x
Ranheim	0628	0727		0829	0929	0929	1029	1129	1329	1429	1529	1629	1729				1929	1929	2129		2329
Vikhammer	0633x	0732x		0834x	0934x	0934x	1034x	1134x	1334x	1434x	1534x	1634x	1734x				1934x	1934x	2134x		2334x
Hommelvik	0644x	0744x		0844x	0944x	0944x	1044x	1144x	1344x	1444x	1544x	1644x	1744x				1944x	1944x	2144x		2344x
Hell	0650x	0750x		0850x	0950x	0950x	1050x	1150x	1350x	1450x	1550x	1650x	1750x				1950x	1950x	2150		2350x
Trondheim Lufthavn	0653	0753		0853	0953	0953	1053	1153	1353	1453	1553	1653	1753				1953	1953	2153		2353
Stjørdal	0657	0759		0900	1000	1000	1100	1200	1400	1500	1600	1700	1800				2000	2000	2200		2356
Skatval	0703x	0805x		0906x	1006x	1006x	1106x	1206x	1406x	1506x	1606x	1706x	1806x				2006x	2006x	2206x		0002x
Åsen	0719	0820		0921	1022	1022	1122	1222	1422	1522	1622	1722	1821				2021	2021	2222		0018
Ronglan	0727x			0931			1129x			1529x		1730x									0025x
Skogn	0733	0833		0936	1035	1035	1135	1234	1435	1535	1636	1736	1836				2036	2036	2235		0031
Levanger	0740	0844		0943	1043	1043	1143	1241	1443	1543	1643	1743	1843				2043	2043	2242		0038
Røstad	0741x	0845x		0944x	1044x	1044x	1144x	1242x	1444x	1544x	1644x	1744x	1844x				2044x	2044x	2243x		0039x
Bergsgrav	0750x	0854x		0953x	1053x	1053x	1153x	1254x	1453x	1553x	1653x	1753x	1853x				2053x	2053x	2252x		0048x
Verdal	0757	0858		1000	1100	1100	1200	1301	1500	1600	1700	1800	1900				2100	2100	2256		0052
Røra	0805	0906		1008	1108	1108	1208	1309	1508	1608	1708	1808	1908				2108	2108	2304		0100
Sparbu	0810x				1113x	1113x	1213x	1314x	1513x		1714x	1813x					2113x	2113x	2309x		0105x
Steinkjer	0822	0922		1025	1125	1125	1225	1326	1525	1624	1725	1825	1924				2125	2125	2321		0117

Symbols:

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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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From June 26th through August 17th 2025



◇ R 70 Steinkjer - Trondheim S - Lundamo (- Støren)

Train number	2382	420	422	424	2386	426	430	432	2390	434	436	438	416	440	442	446	418	450	450	454
TRØNDERBANEN																				
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
Saturday					Sa	Sa	Sa			Sa		Sa			Sa	Sa			Sa	Sa
Sunday					S	S	S		S	S		S			S	S	S	S		S
Steinkjer		0429	0534	0632		0734	0930			1137	1238	1337		1437	1537	1732		1932	1932	2134
Sparbu		0438x	0542x	0640x		0742x	0942x			1145x	1246x	1345x		1445x	1545x	1745x		1940x	1940x	2147x
Røra		0445	0549	0650		0749	0953			1152	1253	1352		1452	1552	1752		1946	1946	2154
Verdal		0453	0557	0658		0757	1000			1200	1301	1400		1500	1600	1800		1957	1957	2202
Bergsgrav		0456x	0600x	0701x		0800x	1003x			1203x	1304x	1403x		1503x	1603x	1809		2000x	2000x	2205x
Røstad		0503x	0606x	0707x		0806x	1009x			1209x	1310x	1409x		1509x	1609x	1815x		2006x	2006x	2211x
Levanger		0506	0609	0711		0812	1014			1214	1314	1414		1514	1615	1819		2013	2013	2214
Skogn		0513	0616	0719		0820	1021			1221	1321	1421		1521	1622	1826		2020	2020	2221
Ronglan		0518x	0625			0828	1029			1229		1429			1630	1831x		2028	2028	2229
Åsen		0525	0633	0734		0836	1037			1237	1337	1437		1537	1638	1839		2039	2039	2237
Skatval		0545x	0648x	0751x		0852x	1052x			1252x	1352x	1452x		1552x	1653x	1854x		2054x	2054x	2252x
Stjørdal		0551	0657	0759		0900	1100	1200		1300	1400	1500	1530	1600	1700	1900		2101	2101	2300
Trondheim Lufthavn		0554	0700	0802		0903	1103	1203		1303	1403	1503	1533	1603	1703	1903		2104	2104	2303
Hell		0557	0703x	0805x		0906x	1106x	1206x		1306x	1406x	1506x	1536	1606x	1706x	1906x		2107x	2107x	2306x
Hommelvik		0602x	0709x	0811x		0912x	1112x	1212x		1312x	1412x	1512x	1545	1612x	1712x	1912x		2112x	2112x	2312x
Vikhammer		0610x	0718x	0821x		0921x	1121x	1221x		1321x	1421x	1521x	1558	1621x	1721x	1921x		2121x	2121x	2321x
Ranheim		0616	0727	0829		0929	1129	1229		1329	1429	1529	1603	1629	1729	1929		2129	2129	2329
Rotvoll		0619x	0730x	0832x		0932x	1132x	1232x		1332x	1432x	1532x	1606	1632x	1732x	1932x		2132x	2132x	2332x
Leangen		0623	0735	0835		0935	1135	1235		1335	1435	1535	1608	1635	1735	1935		2135	2135	2335
Lilleby		0625	0737	0837		0937	1137	1237		1337	1437	1537	1611	1637	1737	1937		2137	2137	2337
Lademoen		0627	0739	0839		0939	1139	1239		1339	1439	1539	1613	1639	1739	1939		2139	2139	2339
Trondheim S		0629	0741	0841		0941	1141	1241		1341	1441	1541	1616	1641	1741	1941		2141	2141	2341
Trondheim S	0537	0632	0744	0844	0934	0944	1144	1244	1332	1344	1444	1544	1621	1645	1744	1944	2020	2145	2145	2344
Skansen	0540	0635	0747	0847	0937	0947	1147	1247	1335	1347	1447	1547	1624	1648	1747	1947	2023	2148	2148	2347
Marienborg	0543	0638	0750	0850	0940	0950	1150	1250	1338	1350	1450	1550	1627	1651	1750	1950	2026	2151	2151	2350
Lerkendal																				
Selsbakk	0547x				0944x				1343x				1632x				2030x			
Heimdal	0553	0647	0759	0859	0952	0959	1159	1259	1348	1359	1459	1559	1639	1659	1802	1959	2038	2200	2200	2359
Melhus Skysstasjon	0603	0657	0808	0908	1001	1008	1208	1308	1357	1408	1508	1608	1651	1708	1812	2008	2052	2215	2215	0008
Kvål	0608x	0717x		0913x	1006x		1214x	1313x	1402x			1613x	1656x	1713x	1819x	2013x	2057x		2218x	0013x
Ler	0615x	0722x		0918	1011x		1219	1318	1409x			1618	1701x	1718x	1824	2028	2102x		2223x	0024
Lundamo	0621x	0727			1017x	1023			1415x				1707x	1724x			2109x		2229x	0030x
Hovin	0626x	0733x			1022x				1420x				1712x	1733x			2114x		2235x	0036x
Støren	0640	0740			1033				1428				1724	1740			2127		2241	0042

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