F7 Trondheim S - Bodø

Train nr	1781	1783	475	473	473	1785	1787	1789	471	1791	479	1793	477	1797
NORDLANDSBANEN	R	R	R☾	R	R	R	R	R	R	R	R	R	R	R
R75 SALTENPENDELEN	☕ ♿ 🚲	☕ ♿ 🚲	🍴 PP ☕ ♿ 🚲	☕ ♿ 🚲	☕ ♿ 🚲	☕ ♿ 🚲	☕ ♿ 🚲	☕ ♿ 🚲	🍴 PP ☕ ♿ 🚲	☕ ♿ 🚲	☕ ♿ 🚲	☕ ♿ 🚲	☕ ♿ 🚲	☕ ♿ 🚲
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	F
Saturday			Sa		Sa				Sa					Sa
Sunday			S						S		S		S	
Trondheim S			~~2305~~						0749				1600	
Trondheim Lufthavn			~~2337~~						0824				1636p	
Stjørdal			~~2341~~						0828				1641p	
Levanger			~~0021~~						0915				1729p	
Verdal			~~0034~~						0927				1740p	
Steinkjer			~~0056~~						0949				1806p	
Steinkjer			~~0057~~						0951				1807p	
Jørstad			¦						1024x				1837x	
Snåsa			~~0136x~~						1031				1849	
Grong			~~0207~~						1100				1916	
Harran			¦						1113x				1928x	
Lassemoen			¦						1127x				1941x	
Namsskogan			~~0309~~						1151x				2005x	
Majavatn			¦						1213x				2026x	
Trofors			~~0406~~						1247				2059	
Mosjøen			~~0441~~						1316				2128	
Mosjøen			~~0444~~	0642	0642				1319		1659		2143	
Drevvatn			¦	0705x	0705x				1344x		1722x		2206x	
Bjerka			~~0530x~~	0725	0725				1406		1743		2227	
Mo i Rana			~~0552~~	0746	0746				1427		1804		2248	
Mo i Rana			~~0555~~	0756	0756				1430		1806			
Skonseng			¦	0807x	0807x				|		1817x			
Dunderland			¦	0829x	0829x				1507		1839x			
Lønsdal			~~0717x~~	|	0917x				1550x		|			
Røkland			~~0739x~~	0937x	0937x				1612x		1947x			
Rognan	0535	0633	~~0749~~	0947	0947	1124			1622	1800	2001	2048		0205
Fauske	0555	0653	~~0822~~	1009	1009	1144	1423	1604	1656	1831	2022	2108		0226
Valnesfjord	0603x	0701x	~~0831x~~	1017x	1017x	1152x	1431x	1612x	1705x	1839x	2030x	2116x		0234x
Oterågå	0617x	0715x	~~0846x~~	1031x	1031x	1205x	1445x	1633x	1720x	1853x	2044x	2137x		0247x
Tverlandet	0622x	0720x	~~0852x~~	1036x	1036x	1210x	1450x	1638x	1725x	1858x	2049x	2142x		0252x
Mørkved	0629x	0727x	~~0900x~~	1043x	1043x	1218x	1457x	1646x	1734x	1906x	2057x	2150x		0300x
Bodø	0636	0734	~~0909~~	1051	1051	1226	1504	1654	1742	1913	2105	2157		0307

Notes:

a	Stops for alighting only.
p	Stops for boarding only.
x	Request stop. If you wish to board, you must stand clearly visible on the platform when the train arrives.
PP	Premium Pluss with reclining seats. Our most comfortable travel option.
R	Seat reservation is mandatory.
🍴	The café offers light meals, fresh salads, hot meals, snacks and soft drinks, tea and coffee.
☕	Hot drinks vending machine.
🚲	On Trondheim–Bodø trains, bicycle space must be reserved and a ticket purchased in advance. On other trains, bicycles may be brought on board subject to available space. The conductor decides this in each individual case.
☾	Night train with sleeping compartments.
🚌	TrainBus between Grong and Namsos, and between Mosjøen and Sandnessjøen.

! The night train is cancelled without alternative transport until January 2027.

These timetables show the planned train service (base timetable). Changes may occur due to service disruptions, infrastructure work, or other circumstances. For up-to-date travel information, visit sj.no, entur.no, or use the Entur app.

F7 Bodø - Trondheim S

Train nr	478	470	1784	472	1786	1788	1790	474	1792	476	1794	1796
NORDLANDSBANEN	R	R	R	R	R	R	R	R	R	R	R	R
R75 SALTENPENDELEN				PP						PP		
Monday-Friday	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	Ti-To	F
Saturday	Sa			Sa				Sa		Sa		Sa
Sunday	S			S				S		S	S	
Bodø		0736	1005	1234	1333	1510	1610	1746	1935	~~2109~~	2314	0054
Mørkved		0743x	1012x	1241x	1340x	1516x	1616x	1752x	1942x	~~2117x~~	2321x	0101x
Tverlandet		0751x	1020x	1250x	1348x	1524x	1624x	1800x	1950x	~~2126x~~	2329x	0109x
Oterågå		0757x	1033x	1256x	1354x	1530x	1630x	1806x	1956x	~~2133x~~	2335x	0115x
Valnesfjord		0810x	1046x	1310x	1407x	1543x	1643x	1819x	2009x	~~2147x~~	2348x	0128x
Fauske		0823	1057	1323	1417	1553	1654	1829	2024	~~2202b~~	2359	0139
Rognan		0841	1116	1343			1713	1852	2042	~~2222~~	0018	0158
Røkland		0849x		1352x				1900x		~~2232x~~		
Lønsdal		0915		1417x				1924x		~~2303x~~		
Dunderland		0953x		|			2001x		†		
Skonseng		1014x		|			2023x		†		
Mo i Rana		1026		1543				2035		~~0021~~		
Mo i Rana	0808	1028		1546				2037		~~0024~~		
Bjerka	0829	1049		1607				2058		~~0046x~~		
Drevvatn	0849x	1109x		1629x				2118x		†		
Mosjøen	0912	1133		1652				2141		~~0133~~		
Mosjøen	0915			1657						~~0142~~		
Trofors	0943			1726						~~0213~~		
Majavatn	1013x			1758x						†		
Namsskogan	1034x			1821x						~~0311~~		
Lassemoen	1056x			1845x						†		
Harran	1113x			1858x						†		
Grong	1129			1914						~~0405~~		
Snåsa	1153			1941						~~0433x~~		
Jørstad	1158x			1946x						†		
Steinkjer	1231ax			2021x						~~0517~~		
Steinkjer	1231ax			2024						~~0517~~		
Verdal	1250ax			2046						~~0540~~		
Levanger	1302ax			2102						~~0552~~		
Stjørdal	1342ax			2145						~~0640~~		
Trondheim Lufthavn	1345ax			2148						~~0643~~		
Trondheim S	1413			2213						~~0715~~		

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	Hot drinks vending machine.
	On Trondheim–Bodø trains, bicycle space must be reserved and a ticket purchased in advance. On other trains, bicycles may be brought on board subject to available space. The conductor decides this in each individual case.
	Night train with sleeping compartments.
	TrainBus between Grong and Namsos, and between Mosjøen and Sandnessjøen. Check connections at sj.no/togbuss
!	The night train is cancelled without alternative transport until new locomotives are available.

These timetables show the planned train service (base timetable). Changes may occur due to service disruptions, infrastructure work, or other circumstances. For up-to-date travel information, visit sj.no, entur.no, or use the Entur app.