R70 Oppdal / Lundamo - Trondheim S - Steinkjer

Train nr	421	423	425	411	427	427	429	429	413	431	433	435	437	439	439	1761	441	1763	443	445	447	2385	2385	417	449	449	451	453	455	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		M-F	M-F	M-F	M-F	M-F
Saturday			Sa			Sa		Sa	Sa	Sa	Sa	Sa	Sa	Sa			Sa			Sa				Sa		Sa		Sa		Sa	
Sunday								S			S		S		S		S		S	S	S		S			S	S	S	S	S	S
Oppdal					0623																										
Berkåk					0647x																										
Støren	0414	0512	0605	0644	713	0713		0811	0837						1317							1727	1743	1803						2126	
Hovin	0420x	0518x	0611x	0650x	0719x	0719x		0817x	0843x						1322x							1733x	1749x	1809x						2138x	
Lundamo	0426x	0524x	0620	0656x	0726x	0726x		0823x	0852		1033				1328x							1740x	1755x	1815x			1933		2135	2145x	
Ler	0432x	0530x	0629	0701x	0733x	0733x		0829x	0858x	0931	1038x		1238	1338	1338x				1532	1634	1738	1746x	1801x	1821x	1836			2037		2151x	
Kvål	0437x	0535x	0634x	0701x	0738x	0738x		0834x	0903x	0936x	1043x		1243x	1343x	1343x				1537x	1639x	1743x	1751x	1806x	1826x	1841x		1942x	2044x	2144x	2156x	
Melhus Skysstasjon	0443	0540	0640	0712	0747	745	0846	0847	0909	0942	1048	1147	1248	1348	1348		1447		1543	1644	1748	1757	1812	1832	1847	1847	1948	2049	2149	2202	2246
Heimdal	0452	0553	0656	0723	0759	0759	0859	0859	0919	0959	1059	1159	1259	1359	1359		1459		1559	1659	1759	1811	1821	1841	1859	1859	1959	2100	2200	2211	2259
Selsbakk	|	|	|	0728x	|	|	|	|	0924x	|	|	|	|	|	|		|		|	|	|		1816x	1826x	1846x	|	|	|	|	|	2216x	|
Lerkendal	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|	1427	|	1527	|	|	|	|	|	|	|	|	|	|	|	|
Marienborg	0500	0606	0704	0733	0808	0808	0908	0908	0928	1008	1108	1208	1308	1408	1408	1429	1508	1531	1608	1708	1808	1820	1830	1850	1908	1908	2008	2109	2209	2220	2308
Skansen	0503	0608	0707	0735	0811	0811	0911	0911	0931	1011	1111	1211	1311	1411	1411	1432	1511	1535	1611	1711	1811	1823	1833	1853	1911	1911	2011	2112	2212	2223	2311
Trondheim S	0506	0612	0711	0740	0814	0814	0914	0914	0934	1014	1114	1214	1314	1414	1414	1435	1514	1538	1614	1714	1814	1826	1836	1856	1914	1914	2014	2115	2215	2226	2314
Trondheim S	0509	0615	0714		0816	0816	0916	0916		1017	1117	1217	1317	1417	1416	1441	1517	1541	1617	1716	1817				1916	1916	2017	2117	2217		2317
Lademoen	0512	0617	0716		0818	0818	0918	0918		1019	1119	1219	1319	1419	1418	1443	1519	1543	1619	1718	1819				1918	1918	2019	2119	2219		2319
Lilleby	0514	0619	0718		0820	0820	0920	0920		1021	1121	1221	1321	1421	1420	1445	1521	1545	1621	1720	1821				1920	1920	2021	2121	2221		2321
Leangen	0517	0623	0720		0823	0823	0923	0923		1024	1124	1224	1324	1424	1423	1448	1524	1548	1623	1723	1824				1923	1923	2023	2124	2224		2324
Rotvoll	|	|	0722x		0824x	|	|	|		|	|	|	|	|	|	1524x	|	1624x	|	|				|	|	|	|	|		|
Ranheim	0523	0628	0727		0829	0829	0929	0929		1029	1129	1229	1329	1429	1429	1454	1529	1553	1629	1729	1829				1929	1929	2031	2129	2229		2329
Vikhammer	0528x	0633x	0732x		0834x	0834x	0934x	0934x		1034x	1134x	1234x	1334x	1434x	1434x	1459x	1534x	1558x	1634x	1734x	1834x				1934x	1934x	2036x	2134x	2234x		2334x
Hommelvik	0536x	0644x	0744x		0844x	0844x	0944x	0944x		1044x	1144x	1244x	1344x	1444x	1444x	1512x	1544x	1612	1644x	1744x	1844x				1944x	1944x	2045x	2144x	2244x		2344x
Hell	0542x	0650x	0750x		0850x	0850x	0950x	0950x		1050x	1150x	1250x	1350x	1450x	1450x	1520x	1550x	1620x	1650x	1750x	1850x				1950x	1950x	2051x	2150	2250x		2350x
Trondheim Lufthavn	0545	0653	0753		0853	0853	0953	0953		1053	1153	1253	1353	1453	1453	1523	1553	1623	1653	1753	1853				1953	1953	2054	2153	2253		2353
Stjørdal	0551	0657	0759		0900	0900	1000	1000		1100	1200	1300	1400	1500	1500	1528	1600	1628	1700	1800	1900				2000	2000	2101	2200	2300		2356
Skatval	0557x	0703x	0805x		0906x	0906x	1006x	1006x		1106x	1206x	1306x	1406x	1506x	1506x	1534x	1606x	1634x	1706x	1806x	1906x				2006x	2006x	2108	2206x	2306x		0002x
Åsen	0618	0719	0820		0921	0921	1027	1027		1122	1222	1322	1422	1522	1522	|	1622	|	1722	1821	1922				2021	2021	2124	2222	2322		0018
Ronglan	|	0727x	|		0931	0931	|	|		1129x	|	1329x	|	1529x	1529x	|	|	|	1730x	|	1929x			|	|	2132x	|	2329x		0025x
Skogn	0630	0733	0833		0936	0936	1045	1045		1135	1234	1335	1435	1535	1535	1605	1636	1705	1736	1836	1935				2036	2036	2138	2235	2335		0031
Levanger	0641	0740	0844		0943	0943	1106	1108		1143	1241	1343	1443	1543	1543	1615	1643	1715	1743	1843	1943				2043	2043	2145	2242	2342		0038
Røstad	0644x	0741x	0845x		0944x	0944x	1108x	1110x		1144x	1242x	1344x	1444x	1544x	1544x	1616	1644x	1716x	1744x	1844x	1944x				2044x	2044x	2146x	2243x	2343x		0039x
Bergsgrav	0652x	0750x	0854x		0953x	0953x	1116x	1118x		1153x	1254x	1353x	1453x	1553x	1553x	|	1653x	|	1753x	1853x	1953x				2053x	2053x	2155x	2252x	2352x		0048x
Verdal	0658	0757	0858		1000	1000	1120	1122		1200	1301	1400	1500	1600	1600	1627	1700	1727	1800	1900	1957				2100	2100	2202	2256	2356		0052
Røra	0706	0805	0906		1008	1008	|	|		1208	1309	1408	1508	1608	1608	1635	1708	1735	1808	1908	2008				2108	2108	2210	2304	0004		0100
Sparbu	0711x	0810x	|		1013x	1013x	1137x	1140x		1213x	1314x	1413x	1513x	|	|	1640x	1714x	1740x	1813x	|	2014x				2113x	2113x	2215x	2309x	0009x		0105x
Steinkjer	0723	0822	0923		1025	1025	1148	1149		1225	1326	1425	1525	1625	1625	1652	1725	1752	1825	1925	2024				2125	2125	2227	2321	0021		0117

Notes:

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Hot drinks vending machine.
Bicycles may be brought on board subject to available space. The conductor decides this in each individual case.
TrainBus between Steinkjer and Namsos. Check connections at sj.no/togbuss

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.

R70 Oppdal / Lundamo - Trondheim S - Steinkjer

Train nr	1760	2382	420	422	1762	424	2386	426	428	430	432	2390	434	436	436	1722	438	416	440	442	442	444	446	418	448	450	450	452	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	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		Sa				Sa		Sa
Sunday							S	S		S		S	S	S			S		S		S		S	S	S	S		S	S
Steinkjer	0506		0432	0534	0605	0635		0734	0833	0930	1037		1137	1238	1238		1337		1415	1537	1537	1632	1732		1837	1932	1932	2037	2134
Sparbu	0514x		0441x	0542x	0613x	0643x		0742x	0841x	0942x	1045x		1145x	1246x	1246x		1345x		1424x	1545x	1545x	1645x	1745x		1845x	1940x	1940x	2045x	2147x
Røra	0521		0448	0549	0620	0650		0749	0848	0953	1052		1152	1253	1253		1352		|	1552	1552	1652	1752		1852	1946	1946	2052	2154
Verdal	0529		0456	0557	0628	0658		0757	0858	1000	1100		1200	1301	1301		1400		1438	1600	1600	1700	1800		1900	1957	1957	2100	2202
Bergsgrav	|		0459x	0600x	|	0701x		0800x	0901x	1003x	1103x		1203x	1304x	1304x		1403x		1441x	1603x	1603x	1703x	1809x		1903x	2000x	2000x	2103x	2205x
Røstad	0538x		0506x	0606x	0637x	0707x		0806x	0907x	1009x	1109x		1209x	1310x	1310x		1409x		1449x	1609x	1609x	1709x	1815x		1909x	2006x	2006x	2109x	2211x
Levanger	0541		0509	0609	0641	0711		0812	0915	1014	1114		1214	1314	1314		1414		1452	1615	1615	1715	1819		1914	2013	2013	2116	2214
Skogn	0548		0516	0616	0648	0719		0820	0926	1021	1121		1221	1321	1321		1421		1508	1622	1622	1722	1826		1921	2020	2020	2123	2221
Ronglan	|		0521x	0625x	|	|		0828x	|	1029x	|		1229x	|	|		1429x		|	1630x	1630x	|	1831x		|	2028x	2028x	|	2229x
Åsen	0559		0528	0633	|	0734		0836	0938	1037	1137		1237	1337	1337		1437		1537	1638	1638	1739	1839		1937	2039	2039	2139	2237
Skatval	0617		0545x	0648x	0718x	0751x		0852x	0953x	1052x	1152x		1252x	1352x	1352x		1452x		1552x	1653x	1653x	1754x	1854x		1952x	2054x	2054x	2154x	2252x
Stjørdal	0623		0551	0657	0724	0759		0900	1000	1100	1200		1300	1400	1400	1420	1500	1530	1600	1700	1700	1800	1900		2000	2101	2101	2200	2300
Trondheim Lufthavn	0626		0554	0700	0727	0802		0903	1003	1103	1203		1303	1403	1403	1423	1503	1533	1603	1703	1703	1803	1903		2003	2104	2104	2203	2303
Hell	0506		0557x	0703x	0730x	0805x		0906x	1006x	1106x	1206x		1306x	1406x	1406x	1426x	1506x	1536	1606x	1706x	1706x	1806x	1906x		2009x	2107x	2107x	2206x	2306x
Hommelvik	0635x		0602x	0709x	0735x	0811x		0912x	1012x	1112x	1212x		1312x	1412x	1412x	1432x	1512x	1545	1612x	1712x	1712x	1812x	1912x		2014x	2112x	2112x	2212x	2312x
Vikhammer	0645x		0610x	0718x	0745x	0821x		0921x	1021x	1121x	1221x		1321x	1421x	1421x	1445x	1521x	1558	1621x	1721x	1721x	1821x	1921x		2023x	2121x	2121x	2221x	2321x
Ranheim	0651		0616	0727	0751	0829		0929	1029	1129	1229		1329	1429	1429	1455	1529	1603	1629	1729	1729	1829	1929		2031	2129	2129	2229	2329
Rotvoll	|		|	0730x	|	0832x		|	|	|	|		|	|	|	|		1532x	|	1632x	|	|	|		|	|	|	|	|	|
Leangen	0657		0623	0733	0757	0835		0935	1035	1135	1235		1335	1435	1435	1500	1535	1608	1635	1735	1735	1835	1935		2037	2135	2135	2235	2335
Lilleby	0659		0625	0735	0759	0837		0937	1037	1137	1237		1337	1437	1437	1502	1537	1611	1637	1737	1737	1837	1937		2039	2137	2137	2237	2337
Lademoen	0701		0627	0737	0801	0839		0939	1039	1139	1239		1339	1439	1439	1504	1539	1613	1639	1739	1739	1839	1939		2041	2139	2139	2239	2339
Trondheim S	0703		0629	0740	0803	0842		0941	1041	1141	1241		1341	1441	1441	1506	1541	1616	1642	1741	1741	1841	1941		2043	2141	2141	2241	2341
Trondheim S	0714	0537	0632	0744	0806	0844	0934	0944	1044	1144	1244	1332	1344	1444	1444	1509	1544	1621	1645	1744	1744	1844	1944	2020	2045	2145	2145	2244	2344
Skansen	0717	0540	0635	0747	|	0847	0937	0947	1047	1147	1247	1335	1347	1447	1447	|	1547	1624	1648	1747	1747	1847	1947	2023	2048	2148	2148	2247	2347
Marienborg	0720	0543	0638	0750	0812	0850	0940	0950	1050	1150	1250	1338	1350	1450	1450	1515	1550	1627	1651	1750	1750	1850	1950	2026	2051	2151	2151	2250	2350
Lerkendal	0723	|	|	|	0815	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|	|
Selsbakk		0547x	|	|		|	0944x	|	|	|	1343x	|	|	|	1520x	|	1632x	|	|	|	|	2030x	|	|	|	|
Heimdal		0553	0647	0759		0859	0952	0959	1059	1159	1259	1348	1359	1459	1459	1525	1559	1639	1659	1802	1802	1859	1959	2038	2100	2200	2200	2259	2359
Melhus Skysstasjon		0603	0657	0808		0908	1001	1008	1108	1208	1308	1357	1408	1508	1508	1534*	1608	1651	1708	1812	1817	1908	2008	2052	2109	2211	2211	2308	0008
Kvål		0608x	0713x			0913x	1006x	|		1214x	1313x	1402x			1513x		1613x	1656x	1713x	1819x		1913x	2013x	2057x	2114x		2217x	2313x	0019x
Ler		0615x	0718x			0918	1011x	|		1219	1318	1409x			1518x		1618	1701x	1718x	1824		|	2018	2102x	|		2222x	2318x	0024
Lundamo		0621x	0723				1017x	1023				1415x			1524x			1707x	1724x			1923		2109x	2124		2228x	2324x	0030x
Hovin		0626x	0732x				1022x					1420x			1530x			1712x	1733x					2114x			2234x	2330x	0036x
Støren		0640	0739				1033					1428			1537			1724	1740					2127			2240	2336	0043

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