

www.tallshipsfredrikstad.no

Fredrikstad **The Tall Ships Races**

Captains' Manual

July 11th—14th 2019



THE TALL SHIPS RACES
Fredrikstad 2019
organised by Sail Training International

BORG  **HAVN**



FREDRIKSTAD KOMMUNE

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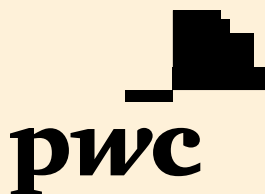
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Welcome on board



Jon-Ivar Nygård

Mayor of
Fredrikstad

In Fredrikstad, we have the water at the centre. We are a seafaring people with all that it entails regarding boat life, water sports and beach life. Ever since the city was founded some 450 years ago, the ocean has been our commerce- and transportation ore, with Norway's longest river, Glomma, as our hub. The river that meets the ocean has marked our history. At the end of the 19th century, Fredrikstad had Norway's largest sail ship fleet.

In 2019, The Tall Ships Races will return to Fredrikstad for the third time. The river and the city will once again be filled with the proud ships, majestic rigs and youthful crew.

We are looking forward to it!

Jon-Ivar Nygård



Photo by: Walter Schøfthaler

ARRIVAL ARRANGEMENTS

CHARTS AND PUBLICATIONS

Seacharts

Fredrikstad approach No 1

Fredrikstad port No 464

Charts are available at:

Statens Kartverk

(www.kartverket.no)

600 Sentrum

N-3507 HØNEFOSS

+47 32118000

post@kartverket.no

Any needed info about "Safe sea net" available at www.kystverket.no, or ask for assistance from Andersen & Mørck.

We would also recommend to use the Norwegian Coastal Administration home page on: www.kystverket.no. An English version is also available.

You will find a user-guide for Safe Sea Net, information about pilotage, information about sea current conditions and a lot of other useful information for your sailing along the Norwegian coast.

TIDE AND CURRENT

Tide

No significant tides, about 1 feet.

More information at www.havniva.no, -Vikertangen (Østfold).

Current

River Glomma is the biggest and longest river in Norway.

The river current is always outgoing between 1 - 2,5 knots.

It is recommended to use assistance by turning.



Photo by: Walter Schöffhale

RADIO COMMUNICATIONS

Frequencies

Call Horten VTS on channel 18 or phone:

+ 47 33034953 / 33034960

Call Borg Port Authority phone:

+ 47 91 11 71 89 or +47 99 56 77 88

Preferably A, some B vessels want pilot / tug assistance on channel 12

All other B, C and D vessels working channel 72





ARRIVAL PROCEDURES

Entrance

After having passed the finishing line at «Færder» lighthouse, proceed to Fredrikstad port.

For approach to Fredrikstad, information will be provided at Captains Briefing in Aalborg.

Recommended Western approach for all vessels with draft less than 4 meters.

Ships recommended to use western approach to Port of Fredrikstad ought to sail either east of «Southern Sømster» or North of «Struten» light house in to «Lera».

From «Lera» recommended fairway is on either side of «Torgauten» and north with «Gåsungene» light on your port bow. After this light the river starts. Be aware of strong current in the river.

Further, it's referred to recommended fairway marked in the charts.

Recommended Eastern approach for all vessels with draft more than 4 meters.

Ships recommended to use Eastern approach to port of Fredrikstad should sail South of «Trestenene» light (N 50' 01,5" E 10' 54,1"). The fairway is South end East of «Vidgrunn» light.

Further approach refer to recommended fairway marked in the chart. This is the main approach to the Port of Fredrikstad. Be aware of much traffic in this fairway.

After passing «Belgen» light the river starts. Be aware of strong current in the river.

INTERNATIONAL ISPS

Will be taken care of by Port Authority.

TUGS

According to agreement with pilot.

BRIDGES

Note slot times for bridge openings. For those that arrive via the fairway West, the following slot times for the Værste bridge apply:

Wednesday 10th July	04:00 - 06.00
	09:00 - 11:00
	18:00 - 19:00
	21:00 - 23:00
Thursday 11th July	09:00 - 11:00

For departure, the slot time for the Værste bridge is:

Sunday 14th July	10:00 - 11:00
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For departure, the slot time for the Kråkerøy and pedestrians' bridges is:

Sunday 14th July	14:30 - 16:30
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Bridges will not be opened outside of stipulated slot times.

CUSTOMS

The following forms must be handed over to the LO upon departure from Aalborg:

- Crew list with passport numbers
- Custom Declaration for Cruise Ships

The Race Office will collect these forms from the LOs and hand over to Fredrikstad's representative in Aalborg.

Masters are advised to retain a copy on board for inspection in case Customs Officers wish to board your vessel.

It is forbidden to sell any imported goods on the quayside alongside the ships.

Customs officers may inspect ships for prohibited goods.

PILOTS

Pilots will be provided free of charge, to all vessels that apply.

Pilots are compulsory inside the Norwegian coast baseline for ships exceeding 70 metres.

Request for pilotage should be done through the SafeSeaNet (SSN) template (<https://www.kystverket.no/en/EN-Maritime-Services/Pilot-Services/Book-a-Pilot/>).

Alternatively via the agent, Andersen and Mørck, operation@andmork.no, agency department (+47) 69 35 85 15.

Duty (24 hours) (+47) 90 13 21 90.

On arrival, a final call must be made to Horten VTS, VHF channel. 18, two hours prior to arrival at the Pilot boarding area.

The Pilot-boat must be called 1/2 an hour prior to arrival to the Pilot station, VHF Ch 12, Phone 909 75 831.

Pilotage for departure Fredrikstad must be ordered separately via SSN template as early as possible and latest 30 hrs before pilot is required, alternatively by contacting agent as above.

IMMIGRATION

It is the responsibility of the individuals concerned to obtain any visas they may need. Failure to be in possession of such documents may have implications for them and the operators of the host vessel.

All crew members/passengers must hold a valid passport and visa where applicable. Most visitors

from countries outside the EU/EEA must apply for a visitor's visa: <https://www.udi.no/en/want-to-apply/visit-and-holiday/>.

Failure to be in possession of a valid visa may render the person liable to removal from Norway at the vessel's expense.

BERTHING

Berthing in accordance with Pilot's advice. Assistance by tugs will be available for the larger vessels. For other vessels assistance from a small tug and/or RIBs will be available. Mooring crew will be available for all vessel mooring alongside.

When approaching Fredrikstad, vessels will have to navigate eastbound into Glomma River, or westbound into Vesterevnen. The fairways are well marked with lights, buoys and leading lights. The depth in Glomma River is 9.9 mtrs., in Vesterevnen 4 mtrs.

City ordinance requires that quiet must obtain in docking areas after 23:00



Foto: Walter Schöffthaler



DIRECTORY: ADDRESSES AND PHONE NUMBERS

TSR ORGANISATION

TSRF Secretariat

House of Litterature
Nygaardsgaten 14-16

Project Leader Ingar Guttormsen

+47 995 52 147
guin@fredrikstad.kommune.no

Project Adviser Kai R. Pedersen

+47 97 67 71 84
kaiped@fredrikstad.kommune.no

Cultural Manager Åshild van Nuys

+47 957 33 976
ashber@fredrikstad.kommune.no

Maritime Group Leader Knut Birger Nilsen

+47 913 97 510
havnetjeneste@gmail.com

Project Manager Security Marius Belstad

+47 414 18 040
marbel@fredrikstad.kommune.no

LIAISON OFFICER

Chief Liaison Officer Arnfinn Haugeberg

+47 481 65 242
a.haugberg@icloud.com

HELP DESK

+47 476 96 727
guno@fredrikstad.kommune.no
(Emergency/Out of hours: +47 476 96 278)

CREW CENTRE

House of Literature
Storgata 11

CORPORATE HOSPITALITY

Visit Fredrikstad and Hvaler

Renate Jakobsen
+47 994 91 836
+47 69 30 46 00
renate@visitfredrikstadhvaler.com

PORT

Fredrikstad Port Authority (Borg Havn)

Øraveien 27
1635 Gamle Fredrikstad
+47 69 35 89 00

Port Captain Per K. Johansen

+47 995 67 788
pk.johansen@borg-havn.no

Port Inspector Freddy Paulsen

+47 911 17 185

Chief Pilot Hans Jacob Liljebjelke

+47 951 90 742

MEDIA CENTRE

At Institutt for journalistikk
Fredrikstad House of Literature
(4th floor)
Storgata 11

Communications Manager Tine Johansen

+47 970 67 844
tinjoh@fredrikstad.kommune.no

Media Centre contact Tone C. Aas

+47 997 14 3 08
tcaa@fredrikstad.kommune.no

STI

Sail Training International Office

Scandic City Hotel
Gunnar Nilsens gate 9

STI Race Office

House of Literature
Storgata 11

Race Administrator Amanda Goodden

+44 (0)7962 032471.
amanda.goodden@sailtraininginternational.org

Norwegian Sail Training Association

Jørn Snorre Andersen
+47918 61 450
snorre@snorre.no

Cruise in Company

Birger Haraldseid
+47 90 89 31 86
cruiseincompany2019@gmail.com

EMERGENCY

There will be medical personnel available in the four Service Tents around the city (see map).

Important phone numbers:

Fire: 110

Police (emergency): 112

Police (non-emergency): 02800

Ambulance (emergency): 113

Medical assistance (non-emergency): 116 117

Rape and Sexual Assaults Clinic:
(+47) 474 62 1 00

Dentist: Contact your Liaison Officer

DIPLOMATIC AND CONSULAR CONTACTS

Belgium

Embassy of Belgium

Drammensveien 103 d
0244 Oslo
+47 23 13 32 20
oslo@diplobel.fed.be

Brazil

Embassy of Brazil

Ambassador George Monteiro Prata

Sigurd Syrs gate 4
0244 Oslo
+47 22 54 07 30
+47 22 54 07 44
brasemb.oslo@itamaraty.gov.br

Denmark

Consulate of Denmark

Hon Consul Peter Elias Sæter

Strykerveien 22 B
1658 Torp
+47 69 34 34 22
veslemoy@twinsnorge.no

Estland

Embassy of Estland

Parkveien 51
PO Box 4026 AMB
+47 22 54 00 70

Finland

Consulate of Finland

Hon. Consul Knut Njøs

Sandesundsveien 3
1706 Sarpsborg
+47 69 16 18 00
knut.njos@ytterbol.com

Germany

Embassy of Germany

Oscars gate 45
0244 Oslo
+47 23 27 54 00
info@oslo.diplo.de

Latvia

Embassy of Latvia

Bygdøy Allé 76
0268 Oslo
+47 22 54 22 80
consulate.norway@mfa.gov.lv

Mexico

Embassy of Mexico

Frøyas gate 9
0244 Oslo
+ 47 21 04 02 20
+ 47 40 60 41 58 (emergencies only)
embnoruega@sre.gob.mx

Netherlands
Embassy of the Netherlands

Oscars gate 29
0352 Oslo
+47 23 33 36 00
osl@minbuza.nl

Oman
Honorary Consulate of Oman in Aarhus, Denmark

Strandvænget 5B
8240 Risskov
Denmark
+45 86 17 50 72
omu@medipure.dk

Poland
Embassy of Poland

Drammensveien 169
0277 Oslo
+47 24 11 08 78
oslo.amb.wk@msz.gov.pl

Russia
Embassy of Russia

Drammensveien 74
0010 Oslo
+47 22 55 17 63
consul@online.no

Spain
Embassy of Spain

Halvdan Svartes gate 13
0244 Oslo.
+47 22 92 66 80
oslo@maec.no, emb.oslo@maec.es

Slovenia
Consulate of the Republic of Slovenia

Hon Consul Knut M. Ore
Lille Grensen 7
0159 Oslo
47 22 91 00 10
Knut.Ore@slovenia.no

Sweden
Embassy of Sweden

Nobels gate 16
0244 Oslo
+47 24 11 42 20
ambassaden.oslo@gov.se

United Kingdom
Embassy of the United Kingdom

Thomas Heftyes gate 8
0244 Oslo
+47 23 13 27 00
ukinnorway@fco.gov.uk

CITY PLAN

CURRENCY

The currency in Norway is called “Norwegian Kroner” (NOK).

One “krone” is divided into 100 “øre.”

\$10 converts to approximately 91 NOK

Euro 10 converts to approximately 103 NOK

£ 10 converts to approximately 117 NOK

ATMs - BANKING SERVICES

Most commercial establishments accept major credit cards.

Several ATMs are located in the town centre, within walking distance of the berthing area.

Apotek i Helsehuset

Jens Wilhelmsensgate 1

Kråkerøy

Mon-Fri 08:30 - 19:00

Sat 10:00 - 17:00

Sun 17:00 - 19:00

Boots Apotek Glommen Brygge

Kråkerøyveien 2b

Kråkerøy

Mon-Fri 09:00 - 16:00

Sat 10:00 - 14:00

Sun Closed

SHOPPING - SUPERMARKETS

Business / Shop opening hours:

09.00 – 20.00 (Saturday 18.00)

Some stores are open on Sunday



Photo by: Walter Schøfthaler

RELIGIOUS SERVICES

Official TSR Ecumenical service

Sunday 14th July, 10:00-11:00

Bishop Atle Sommerfeld, Fredrikstad Gospel Choir

Location: Library Park

The Port Chapel (Bryggekapellet)

Open 09.00 - midnight

Storgaten 11

+47 69 61 01 19

www.bymisjon.no

Fredrikstad Cathedral (Domkirke)

Riddervoldsgate 5

+47 69 95 98 00

post@fredrikstrad.kirken.no

Fri 12.07. 11:00-16:00 Open church

Sat 13.07. 11:00-16:00 Open church

St. Birgitta Catholic Church (The Roman Catholic Church)

St. Josephsgt. 17

+47 69 30 15 20

fredrikstad@katolsk.no

Thur 11.07. . 18:00 Evening mass and sacrament devotional

Fri 12.07. 11.:00 Morning mass

Sat 13.07. 17:30 Rosary devotional

Sat 13.07. 18:00 Evening mass

Sun 14.07. 10:00 High mass

The Methodist Church

Ridehusgata 7A

+ 47 69 31 25 12

Glemmen Church

Glemmengata 40

+47 69 95 98 00

East Fredrikstad Parish Church (in the Old Town)

Open: Wed-Fri 08.00 - 12.00

Al-Huda Islamic Centre

Ole Hansensvei 9, 1619 Fredrikstad

TRANSPORTATION

Ferries

The ferries between the city centre, Isegran and the Old Town are free of charge

The ferry between the Old Town and Cicignon (straight across the river) runs all night.

Buses

Plan your trip on regional and city buses via <https://ostfold-kollektiv.no/>. Tickets cost 10 NOK during The Tall Ships Races.

Taxi

Taxisentralen Fredrikstad and Sarpsborg:
Telephone 02600

BARS, RESTAURANTS AND CAFES

Please go to Visit Fredrikstad & Hvaler for an overview of bars, restaurants, and cafés in Fredrikstad (<https://www.visitoestfold.com/en/fredrikstad-and-hvaler/restaurants-and-nightlife/>)

Please note that you must be 18 (and have a valid ID) to be served alcohol in Norway.

TOURIST INFORMATION

Visit Fredrikstad And Hvaler
Kirkegaten 31B
1632 Gamlebyen
+47 69 30 46 00

POST OFFICE

Kråkerøy Postkontor
Glommen Brygge
Kråkerøyveien 2

Fredrikstad Cinema, City Hall

Show your TSR wristband and get a 20 NOK discount on tickets. Buy tickets at the cinema or call +47 69 30 60 90. www.fredrikstadkino.no

The Old Town (Gamlebyen)

Northern Europe's best preserved Fortified town, is thriving with history, shops, galleries and cafés. Visit the art workshops and see pottery makers, painters, goldsmiths and glassblowers at work.

Fredrikstad Museum

The Old Town, Tøihuset, Opening hours: 12:00-16:00

Østfold Art Centre (Østfold kunstsenter)

Summer Exhibition 2019,
Ferjestedsveien 5b. Opening hours: 12:00-17:00
(free entry)



CITY CULTURAL PROGRAMME

It will be exciting to stroll in the city centre, meet people, visit the ships and take in various cultural adventures—the whole city will veritably be the cultural arena.

Concerts, performances, activities, pop-up events, historical dissemination and lots more!

Main arenas: the Library Park and Isegran.

OPENING CEREMONY

When: Thu 15:00-16:00
Location: Isegran

PARADE OF SAIL

When: Sun 14:00-16:00

Kjartan Lauritzen

When: Thu 20:30-23:00
Location: Isegran Outdoor Amphitheatre (see map)

Experience the wonderful summer night alongside other young people from all over the world who are visiting Fredrikstad with the tall ships. Admission to the concert is free of charge.

Silya and the Sailors

When: Fri 20:00-21:00
Location: Library Park (see map)
One of Norway's greatest live artists. While a lot of

today's pop music is electronic and streamlined, Silya's music is liberated and organic. The concert is free of charge and open to all.

Cameron Carpenter

When: Fri 22:00-23:00
Location: River stage by House of Literature
Spectacular electronic organ concert on a floating stage on the river.

Moddi

When: Sat 20:00-21:00
Location: Library Park (see map)
The artist and activist has toured the world with his album *Unsongs*. His music was dubbed «pure protest poetry» by the BBC. The Fredrikstad concert is free and open to all.

CAPTAINS' PROGRAMME

CAPTAINS' DINNER

When: Thu 18:30 - 23:30
Location: Båthuset, Isegran

CAPTAINS' BRIEFING

When: Saturday 16:00
House of Literature

PARADE OF SAIL

When: Sun 14:00 - 16:00

CREW PROGRAMME



Photo by: Valery Vasilevskiy

CREW PARTY

Outdoor barbecue party, with DJs and entertainment.

When: Fri 19:00-23:00

Location: Glemmen VGS (high school), Traraveien 13, 1605 Fredrikstad (see map)

The Liaison Officer assigned to your ship will walk you to the party. Admission for crew members wearing TSR wristband and the Crew Party wristband provided by STI only. Beverages will be served according to the colour of your wristband. Only drinks served/bought on the premises are allowed. Please note that according to Norwegian legislation it is illegal to serve alcohol to any person under 18.

CREW AFTER-PARTY

When: Fri 23:00-01:00

Location: The House of Literature

Non-alcoholic event with music. No age restriction, open to all crew with TSR wristband.

CREW ACTIVITIES WITH NO REGISTRATION

The following activities are free of charge with TSR wristband and no pre-registration is required.

Drop-In Crew Parade Costume Workshop

When: Thu 12:00-21:00 & Fri 11:30-14:00

Location: Fredrikstad Cinema (at the City Hall), Nygaardsgata 16

Make costumes for the Crew Parade

Outdoor Group Workout

When: Thu 18:00-19:00

Location: Outside the Crew Centre, House of Litterature

Outdoor group workout session, including strength and cardio. No experience needed. Bring gym wear and trainers.

Outdoor Latino and Yoga/Pilates Workout

When: Fri 11:00-12:00

Location: Isegran

Outdoor group latino session 30 min and Yoga/Pilates 30 min No experience needed. Bring gym wear and trainers.

Kongstenhallen Swimming Pool

When: Wed-Thu 11:00-21:00, Fri 11:00-20:00, Sat-Sun 11:00-18:00

Location: Torsnesveien 12, 1630 Gamle Fredrikstad

Outdoor swimming pool, with 10 meter diving tower. Showers and wardrobe facilities available. Last entry is one hour before the pool closes. Bring swimwear, towel and soap.

Indoor Fitness/Gym, Kråkerøy Trening

When: Thu 08:00-12:00 and 16:00-22:00, Fri 08:00-12:00 and 16:00-20:00, Sat 09:00-12:00, Sun 10:00-13:00

Location: Kråkerøyveien 4, Kråkerøy

Equipped indoor gym. Showers and wardrobe facilities available. See www.krakeroytrening.no for more information. Bring gym wear and indoor trainers.

City Hike Trails

When: Any time

Location: City Centre

Find posts in and around Fredrikstad city centre, and register to win prizes. Three different trails in the City centre. The Crew Centre will provide you with a map and information.

Street Basketball Tournament

When: Thu 12:00-14:00 & 15:00 -17:00, Sat 14:00–16:00 & 17:00–19.00
Location: Tollbodplassen

Play street basketball with your friends. Professional referee will be present.

Beach Volleyball

When: Whenever you want, within the Crew Centre opening hours.

Location: Beach Volleyball court at Værste torvet, by the walking bridge at Kråkerøy. Borrow volleyball from the Crew Centre and play with your friends.

Guided Tour of the Old Town

When: Sat 12:00-13:00 and 14:00-15:00

Location: Meeting Point at the Tourist Office – Visit Fredrikstad & Hvaler, Kirkegaten 31 B, Old Town.

One-hour guided tour in English.

CREW ACTIVITIES WITH REGISTRATION

Register at the Crew Centre or with your Liaison Officer. The Liaison Officer will provide your ship with registration forms. All activities are free of charge.

Beach clean-up and swim

Beach clean-up & swim

When: Fri 09:00 – 13:00 (4 hrs)

Location: Foten beach. Departure from the Bus Interchange (behind Torvbyen Shopping Centre). Meet up 15 mins before departure.

Number of participants: Max 50

Register before Thu 16.00.

Description: Help our local

environmental organization, Kystlotteriet, to clean up the beach and protect marine life.

We will take you to Foten, one of Fredrikstad's most popular beaches. This is a great place to swim too!

Bring swimwear, comfortable shoes and a back-back/bag. Food and drinks will be handed out as you leave the bus.

There will be a special award at the Prize-giving Ceremony to the most effective and hard-working team.



Roald Amundsen's birthplace sightseeing

When: Sat 11:00 – 13:00

Location: Departure from the Bus Interchange. Meet up 15 mins before departure.

Number of participants: Max 50

Register before Fri 16.00

Visit the birthplace and learn about the great Norwegian explorer, Roald Amundsen, with a special guided tour. See the house and enjoy the place and scenery where it all began.

We serve waffles and water.

Hvaler Islands Hike and Outdoor Sculpture Park

When: Sat 12:00-14:30, or Sat 14:00-16:30

Location: Skjærhalden, Hvaler. Departure from the Bus Interchange. Meet up 15 mins before departure.

Number of participants: Max 220

Register before Fri 16.00

Description: Enjoy a coastal hike with a guide at Skjærhalden and experience the Outer Hvaler National Park centre and the sculpture park.

Bring comfortable shoes and swimwear. Bring your own lunch or buy food at the cafés or supermarket at Skjærhalden



Photo by: Walter Schøfthaler

CREW PROGRAMME

THURSDAY 11 JULY

Official Opening Ceremony

When: 15:00-16:00

Location: Isegran, Outdoor Amphitheatre

The official opening of The Tall Ships Races Fredrikstad 2019. This entertaining cultural event is free and open to all.

FRIDAY 12 JULY

Crew Competition – Isegran Cup

When: 10:00-13:00

Location: Isegran

Gather your fellow crew teams (3-5 people on each team) and compete against other crew teams in 20-25 different disciplines where knowledge and practical skills will be put to the test. The five best teams meet in a final. Bring gym wear and trainers.

Registration deadline: Thu at 18:00

Parallel Crew Activities nearby

When: 10:00-13:00 (Drop-in)

Location: Isegran

Volleyball, box climbing, slacklining, croquet, rope pulling, precision throw with a lifeline.

Bring gym wear and trainers.

Crew Parade

When: 15:00-16:00

Location: Tollbodplassen. Meet up at 14:15, look for a sign with the name of your vessel.

The parade (2 km) goes through the city centre and concludes at the Library Park. Bring outfits and props that make the parade fun for both crew and spectators.

CREW SERVICES

CREW CENTRE

The Crew Centre is located on the ground floor of the House of Literature, at Storgata 11. Look for a large, stone clad building by the river promenade.

Come and relax, hang out with other crew members, play board games, borrow sports equipment, get important information, and register for crew activities. Water, coffee and fruits are free of charge.

Access is for crew members with TSR wristband only.

Opening Hours

Wed 12:00-22:00, Thu 10:00-22:00, Fri 10:00-01:00, Sat 10:00-22:00, Sun 10:00-12:00



Photo by: Ricardo Skyrud

CREW SHOWER FACILITIES

Fredrikstad football stadium, Stadion 1. Entrance from the waterfront. The stadium is located on the Kråkerøy side of the river. Opening hours: Wed 12:00-23:00, Thu-Sat 07:00-23:00, Sun 07:00-11:00

Lykkebergbadet, St. Croix gate 31, located close to Fredrikstad Cathedral (Domkirken).

Opening hours: Wed 17:00-20:00, Thu-Sat 08:00-10:00 and 17:00-20:00, Sun 08:00-10:00

Bring your own towel and soap.

CREW LAUNDRY FACILITIES

Fredrikstad football stadium, Stadion 1 (same place as the shower facility).

Opening hours: Wed 12:00-23:00, Thu-Sat 07:00-23:00, Sun 07:00-11:00

Staff will provide you with laundry detergent.

Toilet facilities are located at the Crew Centre and several other locations around the city (see map)

MONEY EXCHANGE

Please note that banks in Fredrikstad do not exchange cash.

LIAISON SYSTEM

Every ship will be met by its dedicated Liaison Officer upon arrival.

The LO will be at your service every day and will visit your ship according to your need.

You may call the LO when needed. Many of the services you may need, should be requested through your LO.

LO Headquarters

House of Literature
Storgata 11

Chief Liaison Officer Arnfinn Haugberg

+47 481 65 242

a.haugberg@icloud.com

Deputy Chief Liaison Officer Rune Markussen.

+47 977 97 287

rune.markussen@sparebank1.no

SHIP SERVICES

Fuel

May be ordered through the LO-office prior to arrival. Norwegian regulations stipulate that it is not allowed to fill fuel on export. Smaller vessels may get fuel with credit card at the guest harbour (Værste) which they pass on their way into town.

Water

Fresh water will be provided from shore or from barge, but will be restricted. Limited for the largest ships. Water filling will be self-serve, using established "water-points" and/or requested through the LO (please use Water Requisition Form, appendix 2)

Electricity

All C and D vessels will have free access to external power, as will Class B ships, but they must notify the port according to previously communicated guidelines.

Gas

Order through LO

Repairs

Order through LO

Stores

Order through LO, or self-serve in nearby supermarkets

Fenders and gangways

All vessels are expected to provide their own fenders and means of access to the shore.

Ships Agensts

Order through LO

Waste disposal

Waste will be segregated in 5 different categories:

- Garbage. Black plastic bags to be used. Collected at dock daily 06:00 - 10.00
- Gray water. May go overboard
- Slop (oily water). Order through LO one day prior to service delivery (cash payment only)
- Hazardous waste (paint, oil, chemicals). Order through LO one day prior to service delivery (cash payment only)
- Sewage. Order through LO one day prior to service delivery (cash payment only)

Please use Ship ´s Waste Declaration, appendix 1.

Oil pollution legislation imposes strict prohibition over any discharge of oily mixtures. Any ship causing or sighting such pollution is obliged to immediately report all details to the Port Authorities. The LO should also be informed.

APPENDICES

- 1 SHIP ´S WASTE DECLARATION
- 2 WATER REQUISITION FORM



THE TALL SHIPS RACES Fredrikstad 2019

organised by Sail Training International



VESSELS

- 29B Aglaia
- 25A Akela
- 27A Alexa
- 2B Alexander von Humboldt II
- 35A Astrid Finne
- 8 Atene
- 5 Atyla
- 25C Belfer
- 41B Betty
- 25B Bies
- 37 Bishop's Horizon
- 42B Blue Clipper
- 34C Challenge Wales
- 40 Christian Radich
- 29A Christiania
- 14 Cisne Branco
- 3A Cuauhtemoc
- 3B Dar Mlodziezy
- 28B Dar Szczecina
- 21 Den store Bjoern
- 7 Die Zwillinge
- 2A Eendracht
- 32B Esprit
- 17 Europa
- 33C Farurej
- 20 Fryderyk Chopin
- 33A Gedania
- 13 Georg Stage
- 43A Gratitude
- 38 Grossherzogin Elisabeth
- 22 Gulden Leeuw
- 23 Hawila
- 34A Helena
- 18 Ingo
- 45B Jens Krogh
- 12 Johann Smidt

VESSELS

- 43B Jolie Brise
- 31B Juan De Langara
- 41A Klitta
- 27C Koalicja
- 29C Kyrre
- 45A Loa
- 39 Lord Nelson
- 30A Maybe
- 42A Morgenster
- 30C Morning Star of Revelation
- 28A Ocean Scout
- 11 Oosterschelde
- 24 Pogoria
- 16 Roald Amundsen
- 32A Rona II
- 30B Rupel
- 1 Shabab Oman II
- 44 Shtandart
- 27B Silesia.PI
- 36 Skonnerten Jylland
- 31C Spaniel
- 28B St Barbara V
- 4 Statsraad Lehmkuhl
- 6 Swan
- 15 Sørlandet
- 32C Tara
- 19 Thalassa
- 31A Thermopylae Clipper
- 26A Tuulelind
- 34B Urania
- 26B Urtica
- 9 Vega Gamleby
- 35C Vestavind
- 35B Westvind af Goteborg
- 10 Wylde Swan
- 26C Zryw

Crew Parade - - - -

VESSEL CLASS:

- A
- B
- C
- D
- F Fergjer/ferries
- B Busser/buses
- T Taxi

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FREDRIKSTAD KOMMUNE

BORG HAVN

TOWN PLAN

1. Crew Centre
(House of Literature)
2. Library Park
3. Tollbodplassen –
Crew Parade Start Area
4. Isegran Amphy Theatre
4. Captains Dinner Party
6. Crew Competition –
Isegran Cup and parallel
crew activities

CREW PARTY:
a 5 min walk
from Torvbyen
Shopping Centre



SHIP `S WASTE DECLARATION

To be returned to the Liaison Officer as soon as possible and no later than 19th July

Ships data

Name of ship	
Callsign	
Berth no.	

Type and amount of waste and residues to be delivered

Type Will be collected between 0600-0900	Amount cbm
Bilge Water	
Sludge	
Other (waste oil)	
Sewage	

Signature

WATER REQUISITION FORM

To be returned to the Liaison Officer upon arrival

Ships data

Name of ship	
Berth no.	

Will be delivered between 0600-0900


Amount in m3	
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Signature

**Vi elsker livet
på og i havet**



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