

mandag - fredag /
Monday - Friday

					Min fom 07:53 tom 08:53					Min fom 13:03 tom 14:03			Min fom 14:33 tom 15:33			Min fom 16:03 tom 17:03					
Spondal skole													28								
Spondal					06:39								29								
Stene					06:43								33								
Langlo					06:44								34								
Esp Østre					06:51								41								
Skjøstad					06:54								44								
Grindan					06:55								45								
Berg bedehus					06:56								46								
Myrsund					06:57								47								
Perstu					06:59								49								
Haugbjørg					06:59								49								
Kleivplassen					07:00								50								
Lauglo					07:02								52								
Ringvål	05:54	06:23		07:33	53	23	09:53		12:23	03	33		13	03	33	19:03	20:25	21:45			
Ringvål grind	05:56	06:25	07:05	07:35	55	25	09:55	11:05	12:25	05	35	55	15	05	35	19:05	20:27	21:47			
Leinbakken	05:56	06:25	07:05	07:35	55	25	09:55	11:05	12:25	05	35	55	15	05	35	19:05	20:27	21:47			
Legårdsbakken	05:57	06:26	07:06	07:36	56	26	09:56	11:06	12:26	06	36	56	16	06	36	19:06	20:28	21:48			
Hestsjøen	05:57	06:26	07:06	07:36	56	26	09:56	11:06	12:26	06	36	56	16	06	36	19:06	20:28	21:48			
Fjøsvollan	05:58	06:27	07:07	07:37	57	27	09:57	11:07	12:27	07	37	57	17	07	37	19:07	20:29	21:49			
Rørmyra	05:59	06:28	07:08	07:38	58	28	09:58	11:08	12:28	08	38	58	18	08	38	19:08	20:30	21:50			
Solberg	06:01	06:30	07:10	07:40	00	30	10:00	11:10	12:30	10	40	00	20	10	40	19:10	20:32	21:52			
Lund	06:02	06:31	07:11	07:41	01	31	10:01	11:11	12:31	11	41	01	21	11	41	19:11	20:33	21:53			
Østre Lund 3	06:03	06:32	07:12	07:42	02	32	10:02	11:12	12:32	12	42	02	22	12	42	19:12	20:34	21:54			
Åsheim skole	06:04	06:33	07:13	07:43	03	33	10:03	11:13	12:33	13	43	03	23	13	43	19:13	20:35	21:55			
Heimdal stasjon	06:06	06:35	07:15	07:45	05	35	10:05	11:15	12:35	15	45	05	25	15	45	19:15	20:37	21:57			

Overgang mot Trondheim sentrum er planlagt til linje 1 eller 2 på Heimdal stasjon. Finn tider i app AtB og på atb.no.
Transfer towards Trondheim city center is planned with line 1 or 2 at Heimdal stasjon. Find your trip in app AtB and at atb.no.

• Tabellen viser utvalgte holdeplasser. Se app AtB eller reisepanlegger for komplett oversikt.
• Tidligste passeringstider: I perioder med mye trafikk vil bussen kunne passere noen minutter senere.



• Timetable shows selected stops. Se app AtB or travel planner for a complete list.
• Earliest departure: During peak hours, the bus may depart a few minutes later.

78 (Spongdal) Ringvål > Heimdal													Gjelder fra 11. august 2025 / v.1 Effective from August 11th 2025 / v.1								
lørdag / Saturday													søndag / Sunday								
Ringvål	06:25	08:05	09:35	11:03	12:33	14:03	15:33	17:03	18:35	20:05	21:25	23:25	11:04	12:44	14:04	15:44	17:04	18:44	20:04	21:44	23:04
Ringvål grind	06:27	08:07	09:37	11:05	12:35	14:05	15:35	17:05	18:37	20:07	21:27	23:27	11:06	12:46	14:06	15:46	17:06	18:46	20:06	21:46	23:06
Leinbakken	06:27	08:07	09:37	11:05	12:35	14:05	15:35	17:05	18:37	20:07	21:27	23:27	11:06	12:46	14:06	15:46	17:06	18:46	20:06	21:46	23:06
Legårdsbakken	06:28	08:08	09:38	11:06	12:36	14:06	15:36	17:06	18:38	20:08	21:28	23:28	11:07	12:47	14:07	15:47	17:07	18:47	20:07	21:47	23:07
Hestsjøen	06:28	08:08	09:38	11:06	12:36	14:06	15:36	17:06	18:38	20:08	21:28	23:28	11:07	12:47	14:07	15:47	17:07	18:47	20:07	21:47	23:07
Fjøsvollan	06:29	08:09	09:39	11:07	12:37	14:07	15:37	17:07	18:39	20:09	21:29	23:29	11:08	12:48	14:08	15:48	17:08	18:48	20:08	21:48	23:08
Rørmyra	06:30	08:10	09:40	11:08	12:38	14:08	15:38	17:08	18:40	20:10	21:30	23:30	11:09	12:49	14:09	15:49	17:09	18:49	20:09	21:49	23:09
Solberg	06:32	08:12	09:42	11:10	12:40	14:10	15:40	17:10	18:42	20:12	21:32	23:32	11:11	12:51	14:11	15:51	17:11	18:51	20:11	21:51	23:11
Lund	06:33	08:13	09:43	11:11	12:41	14:11	15:41	17:11	18:43	20:13	21:33	23:33	11:12	12:52	14:12	15:52	17:12	18:52	20:12	21:52	23:12
Østre Lund 3	06:34	08:14	09:44	11:12	12:42	14:12	15:42	17:12	18:44	20:14	21:34	23:34	11:13	12:53	14:13	15:53	17:13	18:53	20:13	21:53	23:13
Åsheim skole	06:35	08:15	09:45	11:13	12:43	14:13	15:43	17:13	18:45	20:15	21:35	23:35	11:14	12:54	14:14	15:54	17:14	18:54	20:14	21:54	23:14
Heimdal stasjon	06:37	08:17	09:47	11:15	12:45	14:15	15:45	17:15	18:47	20:17	21:37	23:37	11:16	12:56	14:16	15:56	17:16	18:56	20:16	21:56	23:16

Overgang mot Trondheim sentrum er planlagt til linje 1 eller 2 på Heimdal stasjon. Finn tider i app AtB og på atb.no.
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mandag - fredag /
Monday - Friday

			Min fom 08:45 tom 09:45				Min fom 14:25 tom 15:25										
Heimdal stasjon	07:25	07:35	45	10:25	11:55	13:25	14:05	25	55	15:55	16:25	16:55	18:25	19:56	21:05	22:45	23:45
Åsheim skole	07:26	07:36	46	10:26	11:56	13:26	14:06	26	56	15:56	16:26	16:56	18:26	19:57	21:06	22:46	23:46
Østre Lund 4	07:27	07:37	47	10:27	11:57	13:27	14:07	27	57	15:57	16:27	16:57	18:27	19:58	21:07	22:47	23:47
Lund	07:28	07:38	48	10:28	11:58	13:28	14:08	28	58	15:58	16:28	16:58	18:28	19:59	21:08	22:48	23:48
Solberg	07:29	07:39	49	10:29	11:59	13:29	14:09	29	59	15:59	16:29	16:59	18:29	20:00	21:09	22:49	23:49
Moheim	07:30	07:40	50	10:30	12:00	13:30	14:10	30	00	16:00	16:30	17:00	18:30	20:01	21:10	22:50	23:50
Rørmyra	07:31	07:41	51	10:31	12:01	13:31	14:11	31	01	16:01	16:31	17:01	18:31	20:02	21:11	22:51	23:51
Fjøsvollan	07:31	07:41	51	10:31	12:01	13:31	14:11	31	01	16:01	16:31	17:01	18:31	20:02	21:11	22:51	23:51
Hestsjøen	07:32	07:42	52	10:32	12:02	13:32	14:12	32	02	16:02	16:32	17:02	18:32	20:03	21:12	22:52	23:52
Legårdsbakken	07:32	07:42	52	10:32	12:02	13:32	14:12	32	02	16:02	16:32	17:02	18:32	20:03	21:12	22:52	23:52
Leinbakken	07:33	07:43	53	10:33	12:03	13:33	14:13	33	03	16:03	16:33	17:03	18:33	20:04	21:13	22:53	23:53
Ringvål grind	07:34	07:44	54	10:34	12:04		14:14	34	04		16:34	17:04	18:34	20:05	21:14	22:54	23:54
Ringvål	07:36	07:46	56	10:36	12:06		14:16	36	06		16:36	17:06	18:36	20:07	21:16	22:56	23:56
Ringvål grind	07:39					13:34				16:04							
Lauglo	07:41					13:36				16:06							
Kleivplassen	07:43					13:38				16:08							
Haugbjørg	07:44					13:39				16:09							
Perstu	07:45					13:40				16:10							
Myrsund	07:47					13:43				16:13							
Berg bedehus						13:44				16:14							
Karrosserifabrikken						13:45				16:15							
Skjøstad						13:46				16:16							
Megarden						13:46				16:16							
Esp Østre						13:49				16:19							
Eggen						13:52				16:22							
Langlo						13:56				16:26							
Byneset kirke						13:58				16:28							
Spondal skole	07:49																
Spondal	07:51					14:02				16:32							

Overgang fra Trondheim sentrum er planlagt fra linje 1 eller 2 på Heimdal stasjon. Finn tider i app AtB og på atb.no.
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lørdag /
Saturday

søndag /
Sunday

Min fom
07:35 tom 08:35

Heimdal stasjon	35	10:15	11:45	13:15	14:45	16:25	17:55	19:25	20:45	22:05	23:45	10:46	12:19	13:46	15:19	16:46	18:19	19:46	21:19	22:46	23:19
Åsheim skole	36	10:16	11:46	13:16	14:46	16:26	17:56	19:26	20:46	22:06	23:46	10:47	12:20	13:47	15:20	16:47	18:20	19:47	21:20	22:47	23:20
Østre Lund 4	37	10:17	11:47	13:17	14:47	16:27	17:57	19:27	20:47	22:07	23:47	10:48	12:21	13:48	15:21	16:48	18:21	19:48	21:21	22:48	23:21
Lund	38	10:18	11:48	13:18	14:48	16:28	17:58	19:28	20:48	22:08	23:48	10:49	12:22	13:49	15:22	16:49	18:22	19:49	21:22	22:49	23:22
Solberg	39	10:19	11:49	13:19	14:49	16:29	17:59	19:29	20:49	22:09	23:49	10:50	12:23	13:50	15:23	16:50	18:23	19:50	21:23	22:50	23:23
Moheim	40	10:20	11:50	13:20	14:50	16:30	18:00	19:30	20:50	22:10	23:50	10:51	12:24	13:51	15:24	16:51	18:24	19:51	21:24	22:51	23:24
Rørmyra	41	10:21	11:51	13:21	14:51	16:31	18:01	19:31	20:51	22:11	23:51	10:52	12:25	13:52	15:25	16:52	18:25	19:52	21:25	22:52	23:25
Fjøsvollan	41	10:21	11:51	13:21	14:51	16:31	18:01	19:31	20:51	22:11	23:51	10:52	12:25	13:52	15:25	16:52	18:25	19:52	21:25	22:52	23:25
Hestsjøen	42	10:22	11:52	13:22	14:52	16:32	18:02	19:32	20:52	22:12	23:52	10:53	12:26	13:53	15:26	16:53	18:26	19:53	21:26	22:53	23:26
Legårdsbakken	42	10:22	11:52	13:22	14:52	16:32	18:02	19:32	20:52	22:12	23:52	10:53	12:26	13:53	15:26	16:53	18:26	19:53	21:26	22:53	23:26
Leinbakken	43	10:23	11:53	13:23	14:53	16:33	18:03	19:33	20:53	22:13	23:53	10:54	12:27	13:54	15:27	16:54	18:27	19:54	21:27	22:54	23:27
Ringvål grind	44	10:24	11:54	13:24	14:54	16:34	18:04	19:34	20:54	22:14	23:54	10:55	12:28	13:55	15:28	16:55	18:28	19:55	21:28	22:55	23:28
Ringvål	46	10:26	11:56	13:26	14:56	16:36	18:06	19:36	20:56	22:16	23:56	10:57	12:30	13:57	15:30	16:57	18:30	19:57	21:30	22:57	23:30

Overgang fra Trondheim sentrum er planlagt fra linje 1 eller 2 på Heimdal stasjon. Finn tider i app AtB og på atb.no.
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