78 (Spongdal) Ringvål > Heimdal

Gjelder fra 30. november 2026 / v.2
Effective from November 30th 2026 / v.2

mandag - fredag /
Monday - Friday

						Min fom 07:53 tom 08:53						Min fom 14:33 tom 15:33			Min fom 16:03 tom 17:03		Min fom 18:23 tom 19:23		
Spongdal skole												28							
Spongdal			06:39	07:09S				10:39				29							
Byneset kirke			06:42	07:12S				10:42				32							
Stene			06:43	07:13S				10:43				33							
Langlo			06:44	07:14S				10:44				34							
Eggen			06:48	07:18S				10:48				38							
Esp Østre			06:51	07:21S				10:51				41							
Megarden			06:54	07:24S				10:54				44							
Skjøstad			06:54	07:24S				10:54				44							
Karrosserifabrikken			06:55	07:25S				10:55				45							
Grindan			06:55	07:25S				10:55				45							
Berg			06:56	07:26S				10:56				46							
Berg bedehus			06:56	07:26S				10:56				46							
Myrsund			06:57	07:27S				10:57				47							
Østingen			06:58	07:28S				10:58				48							
Perstu			06:59	07:29S				10:59				49							
Haugbjørg			06:59	07:29S				10:59				49							
Kleivplassen			07:00	07:30S				11:00				50							
Lauglo			07:02	07:32S				11:02				52							
Ringvål	05:54	06:23	|	|	07:33U	53	23	09:53	|	12:23	14:03	33	|	13	03	33	23	20:24	22:24
Ringvål grind	05:56	06:25	07:05	07:35S	07:35U	55	25	09:55	11:05	12:25	14:05	35	55	15	05	35	25	20:26	22:26
Legårdsbakken	05:57	06:26	07:06	07:36S	07:36U	56	26	09:56	11:06	12:26	14:06	36	56	16	06	36	26	20:27	22:27
Hestsjøen	05:57	06:26	07:06	07:36S	07:36U	56	26	09:56	11:06	12:26	14:06	36	56	16	06	36	26	20:27	22:27
Fjøsvollan	05:58	06:27	07:07	07:37S	07:37U	57	27	09:57	11:07	12:27	14:07	37	57	17	07	37	27	20:28	22:28
Rørmyra	05:59	06:28	07:08	07:38S	07:38U	58	28	09:58	11:08	12:28	14:08	38	58	18	08	38	28	20:29	22:29
Moheim	06:00	06:29	07:09	07:39S	07:39U	59	29	09:59	11:09	12:29	14:09	39	59	19	09	39	29	20:30	22:30
Solberg	06:01	06:30	07:10	07:40S	07:40U	00	30	10:00	11:10	12:30	14:10	40	00	20	10	40	30	20:31	22:31
Lund	06:02	06:31	07:11	07:41S	07:41U	01	31	10:01	11:11	12:31	14:11	41	01	21	11	41	31	20:32	22:32
Østre Lund 3	06:03	06:32	07:12	07:42S	07:42U	02	32	10:02	11:12	12:32	14:12	42	02	22	12	42	32	20:33	22:33
Åsheim skole	06:04	06:33	07:13	07:43S	07:43U	03	33	10:03	11:13	12:33	14:13	43	03	23	13	43	33	20:34	22:34
Heimdal stasjon	06:06	06:35	07:15	07:45S	07:45U	05	35	10:05	11:15	12:35	14:15	45	05	25	15	45	35	20:36	22:36

S Kjøres skoledager / Operates on school days

U Kjøres ved skolefri / Operates when schools are closed

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 reiseplanlegger 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 30. november 2026 / v.2
Effective from November 30th 2026 / v.2

	lørdag / *Saturday*												søndag / *Sunday*							
Ringvål	06:24	08:04	09:34	11:03	12:33	14:03	15:33	17:03	18:34	20:04	21:24	22:24	11:03	12:43	14:03	15:43	17:03	18:43	20:03	21:43
Ringvål grind	06:26	08:06	09:36	11:05	12:35	14:05	15:35	17:05	18:36	20:06	21:26	22:26	11:05	12:45	14:05	15:45	17:05	18:45	20:05	21:45
Legårdsbakken	06:27	08:07	09:37	11:06	12:36	14:06	15:36	17:06	18:37	20:07	21:27	22:27	11:06	12:46	14:06	15:46	17:06	18:46	20:06	21:46
Hestsjøen	06:27	08:07	09:37	11:06	12:36	14:06	15:36	17:06	18:37	20:07	21:27	22:27	11:06	12:46	14:06	15:46	17:06	18:46	20:06	21:46
Fjøsvollan	06:28	08:08	09:38	11:07	12:37	14:07	15:37	17:07	18:38	20:08	21:28	22:28	11:07	12:47	14:07	15:47	17:07	18:47	20:07	21:47
Rørmyra	06:29	08:09	09:39	11:08	12:38	14:08	15:38	17:08	18:39	20:09	21:29	22:29	11:08	12:48	14:08	15:48	17:08	18:48	20:08	21:48
Moheim	06:30	08:10	09:40	11:09	12:39	14:09	15:39	17:09	18:40	20:10	21:30	22:30	11:09	12:49	14:09	15:49	17:09	18:49	20:09	21:49
Solberg	06:31	08:11	09:41	11:10	12:40	14:10	15:40	17:10	18:41	20:11	21:31	22:31	11:10	12:50	14:10	15:50	17:10	18:50	20:10	21:50
Lund	06:32	08:12	09:42	11:11	12:41	14:11	15:41	17:11	18:42	20:12	21:32	22:32	11:11	12:51	14:11	15:51	17:11	18:51	20:11	21:51
Østre Lund 3	06:33	08:13	09:43	11:12	12:42	14:12	15:42	17:12	18:43	20:13	21:33	22:33	11:12	12:52	14:12	15:52	17:12	18:52	20:12	21:52
Åsheim skole	06:34	08:14	09:44	11:13	12:43	14:13	15:43	17:13	18:44	20:14	21:34	22:34	11:13	12:53	14:13	15:53	17:13	18:53	20:13	21:53
Heimdal stasjon	06:36	08:16	09:46	11:15	12:45	14:15	15:45	17:15	18:46	20:16	21:36	22:36	11:15	12:55	14:15	15:55	17:15	18:55	20:15	21:55

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.

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78 Heimdal > Ringvål (Spongdal)

Gjelder fra 30. november 2026 / v.2
Effective from November 30th 2026 / v.2

mandag - fredag /
Monday - Friday

			Min fom 08:46 tom 09:46					Min fom 14:26 tom 15:26				Min fom 16:56 tom 19:56			
Heimdal stasjon	07:22	07:36	46	10:26	11:56	13:26	14:06	26	56	15:56	16:26	56	21:46	23:46
Åsheim skole	07:23	07:37	47	10:27	11:57	13:27	14:07	27	57	15:57	16:27	57	21:47	23:47
Østre Lund 4	07:24	07:38	48	10:28	11:58	13:28	14:08	28	58	15:58	16:28	58	21:48	23:48
Lund	07:25	07:39	49	10:29	11:59	13:29	14:09	29	59	15:59	16:29	59	21:49	23:49
Solberg	07:26	07:40	50	10:30	12:00	13:30	14:10	30	00	16:00	16:30	00	21:50	23:50
Geilmunnet	07:27	07:41	51	10:31	12:01	13:31	14:11	31	01	16:01	16:31	01	21:51	23:51
Moheim	07:27	07:41	51	10:31	12:01	13:31	14:11	31	01	16:01	16:31	01	21:51	23:51
Rørmyra	07:28	07:42	52	10:32	12:02	13:32	14:12	32	02	16:02	16:32	02	21:52	23:52
Fjøsvollan	07:29	07:42	52	10:32	12:02	13:32	14:12	32	02	16:02	16:32	02	21:52	23:52
Hestsjøen	07:30	07:43	53	10:33	12:03	13:33	14:13	33	03	16:03	16:33	03	21:53	23:53
Legårdsbakken	07:31	07:43	53	10:33	12:03	13:33	14:13	33	03	16:03	16:33	03	21:53	23:53
Leinbakken	07:32	07:44	54	10:34	12:04	13:34	14:14	34	04	16:04	16:34	04	21:54	23:54
Ringvål grind	07:33	07:45	55	10:35	12:05	|	14:15	35	05	|	16:35	05	21:55	23:55
Ringvål	07:35	07:47	57	10:37	12:07	|	14:17	37	07	|	16:37	07	21:57	23:57
Ringvål grind	07:38					13:35				16:05				
Lauglo	07:40					13:37				16:07				
Kleivplassen	07:42					13:39				16:09				
Ringvålvegen 621	07:43					|				|				
Haugbjørg	07:43					13:40				16:10				
Perstu	07:44					13:41				16:11				
Østingen	07:45					13:42				16:12				
Myrsund	07:46					13:44				16:14				
Berg bedehus	|					13:45				16:15				
Berg	|					13:45				16:15				
Grindan	|					13:46				16:16				
Karrosserifabrikken	|					13:46				16:16				
Skjøstad	|					13:47				16:17				
Megarden	|					13:47				16:17				
Esp Østre	|					13:50				16:20				
Eggen	|					13:53				16:23				
Langlo	|					13:57				16:27				
Stene	|					13:58				16:28				
Byneset kirke	|					13:59				16:29				
Spongdal skole	07:48					|				|				
Spongdal	07:51					14:03				16:33				

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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78 Heimdal > Ringvål (Spongdal)

Gjelder fra 30. november 2026 / v.2
Effective from November 30th 2026 / v.2

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