

## The short story of the Viking King St Olav

- 995 Olav Haraldsson was born
- 1014 baptized in Rouen, France
- 1015/1016 elected king of Norway and introduced Christian law
- 1028 fled to Russia because of internal rebellion in the country
- 1030 returned by boat from Novgorod, Russia, and disembarked in the harbour of Selånger
- 1030 The Battle of Stiklestad. King Olav was killed 29.07.1030.
- 1031 King Olav was declared a martyr and a saint, and his remains were smuggled to Trondheim. The relics were later placed in the Nidaros Cathedral and the pilgrimages to the holy king's relics started immediately. The Norwegian Saint King retained his status as the most esteemed Nordic Saint throughout the Middle Ages. St. Olav is the Patron Saint of Norway.

At the pilgrimage centers along the St. Olav Ways you can experience the history of the last millennium history through exhibitions and guided tours. In the Pilgrim pod, you will meet researchers who can tell you more about vikings, saints and medieval pilgrims. Also, do not miss walking in the footsteps of St. Olav through a countryside rich in culture and beautiful woodland and pastoral sceneries. More information can be found at [www.stolavsleden.com](http://www.stolavsleden.com)

[pilgrimutangranser.no](http://pilgrimutangranser.no)

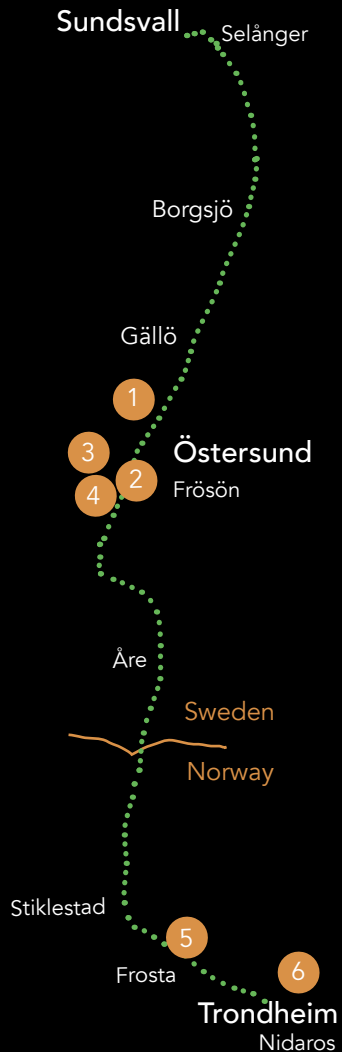


«In the footsteps of S:t Olav»

# The Pilgrim bracelet

*Designed and handmade by craftsmen along S:t Olavsleden in Sweden and Norway*





The pilgrim bracelet is designed and handmade by craftsmen along St. Olavsleden in Sweden and Norway. Their inspiration comes from nature and the cultural heritage along the path. The craftsmen's manufacturing methods respect the environment and only natural materials have been used.

(S) = Sweden, (N) = Norway.



1 The bow of a boat in stoneware clay symbolizes St. Olav's disembarkation in the harbour of Selånger in the year 1030 on his way to the battle of Stiklestad. Craftsman: Annika Wall Gällö, (S) annika.wall@telia.com

2



2 The bracelet is cut by hand in rough leather using traditional techniques and symbolizes the continuous path from Selånger to Trondheim /Nidaros and the pilgrims struggles' to reach the holy shrine during the Middle Ages. Craftsman: Inga Qvarfordt, Östersund (S) facebook.com/inqaide.

3



3 The St. Olav's logo in silver is the symbol of the St. Olav Ways. These are 5000 km of signposted paths from Denmark, Sweden and Norway to the destination in Trondheim / Nidaros. Craftsman: Elin Vikström Aloandersson, Östersund, (S) annaochelin.se

4



4 The blue glass bead represents the vitality of water during a pilgrimage and the calm that flowing water provides. Craftsman: Carina Kinna Jonsson, Östersund (S) robbindesign.se

5



5 The St. Olav's Crown in silver symbolizes the king's deed, but is also the crown of the Lord he saw as Saviour. The crown represents Stiklestad, the place where St Olav was killed in the year 1030. Craftsman: Guro Silver Smith Frosta (N) bergetdetbla.no

6



6A The ring in soapstone from the Nidaros Cathedral Restoration Workshop symbolizes the place where, according to the legend, St. Olav was buried.

6B The wooden cylinder, is made of branches from the trees in the park around the Nidaros Cathedral. An R in the Runic Alphabet (Futhark) stands for "Reise" – travel. The Runic Alphabet was used by the Norse before the adoption of the Latin alphabet. Craftsman: Mette Brasøy, Trondheim (N) metteofnorway.no.