

14 Night Malta & Gozo Guided Walking Holiday

Trip style: European holidays

Destination: 📍 Maltese Islands

Trip code: MTA14GZO-LCL09

Grades: 1 & 2



HOLIDAY OVERVIEW

Explore the best of the Maltese Islands in one holiday. With more historic sights per square mile than any other country, there's plenty to please in Malta. Spend time in the UNESCO-listed capital, Valletta, discover ornate churches built by the Knights of St John and explore Neolithic temples and impressive catacombs. Equally rewarding is rural Gozo where walks along the island's coastal paths lead to beautiful beaches, pretty villages, and fascinating archaeological sites including Ġgantija – an incredible piece of ancient architecture that predates the Pyramids of Egypt.

WHAT YOU'LL LOVE

- Exploring Malta and Gozo's incredible megalithic temples
- Learning about the archipelago's WWII history
- Visiting the UNESCO-listed Maltese capital, Valletta
- Discovering the Silent City of Mdina
- Spending time in the Gozitan capital Victoria
- Taking a boat ride through the caves to the open sea

WHAT'S INCLUDED

- A full programme of guided walks with 2 options every walking day
- All transport to and from the walks
- The services of experienced Local and HF Holidays' leaders
- "With flight" holidays include return flights from the UK and hotel transfers
- 14 nights accommodation in en-suite rooms
- Transport between the two destinations
- Half Board - continental breakfast and evening meal
- Return flights from the UK including hold baggage and airport transfers

TRIP SUITABILITY

Malta

This is a level 1 and level 2 graded Activity, Easier walks: 5 to 7 miles (8 to 11km) on stony island and coastal paths. Up to 700 feet (210m) of ascent in a day. Harder walks: 7 to 9 miles (11 to 14½km) on stony island and coastal paths. Up to 1,400 feet (420m) of ascent in a day.

Gozo

This is a level 2 and level 3 graded Activity, Easier walks: 4 to 7 miles (6½ to 11km) on stony island and coastal paths. Up to 800 feet (240m) of ascent in a day. Harder walks: 8 to 10 miles (13 to 16km) on stony island and coastal paths. Up to 1,400 feet (420m) of ascent in a day.

ITINERARY

Day 1: Arrival day

Welcome to Solana Hotel. Unpack and settle in.

Day 2: Northern Peninsula

Explore the northern tip of Malta and along the coastline for views of St Paul's Bay.

Day 3: Valletta sightseeing

The World Heritage City of Valletta merits a great deal of exploration and this sightseeing day will introduce you to the key sights. The walking tour of the city takes in several sights and also allows you some free time to explore independently or cruise around the harbour for a different and incredible view of the three cities.

Day 4: Dingli Cliffs to Blue Grotto or Mdina

Walk from Buskett Gardens to Dingli Cliffs. Option to visit Ħaġar Qim megalithic temple or Mdina.

Day 5: Free day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include: Gozo: For guests holidaying on Malta only, a day trip to Gozo is popular. Using a hired coach it is possible to see many of the popular sights on the island including the Rotunda Church at Xewkija, the sea arch and Inland Sea at Dwejra Bay and the delightful fishing village of Xlendi. The day is rounded off by a visit to Victoria, the island's capital, in order to walk around the ramparts of the citadel and visit the cathedral. Valletta: Although we visit Valletta on day 5, it is impossible to explore this World Heritage City in one day. On a return visit options available are the National Museum of Archaeology, where a fascinating collection of artefacts from Malta's prehistoric sites are housed; the War Museum, which tells the story of the siege of Malta during the Second World War; Manoel Theatre (a beautiful old theatre), and an inhabited 16th century patrician town house. Mdina & Rabat: Mdina is an important UNESCO Heritage Site. It is the oldest city on the island and derives its name from the Arabic word 'medina' meaning walled city. Mdina is lamp-lit by night and often referred to as the 'silent city'. The cathedral and cathedral museum are fascinating places with their rich cultural and religious treasures. The impressive palaces are still home to some of Malta's aristocratic families. Rabat is home to the famous catacombs of St Paul and St Agatha and the impressive St Paul's Church, which stands above a grotto where St Paul is said to have taken refuge after his shipwreck on Malta.

Day 6: Marsaskala to Marsaxlokk

Walk between Marsaskala to Marsaxlokk, two traditional fishing villages on the southern coast.

Day 7: Mellieha to Golden Bay

Combine coast and countryside walking through Majjistral Nature and History Park to Golden Bay

Day 9: Xlendi and the Southern Coast

Today we explore the coastal area along the south coast of Gozo. Here you'll find precipitous cliffs and deep-cut fjords, rocky headlands and little urbanisation.

Day 10: Ta Pinu and Sculpted cliffs

The Church of Pilgrimage at Ta Pinu starts the day. From here the north coast offers some spectacular cliff scenery. Heading eastwards there are some beautiful 'wind sculptures' to admire as well as quaint fishermen's storerooms, formed in the softer rock of the higher cliffs, on our way to Marsalforn or Victoria.

Day 11: North Coast Beaches and Caves

Both walks follow quiet countryside roads to Marsalforn and the scenic northern coastline taking in Ramla Beach, the longest sandy beach on Gozo and the spectacular viewpoint from Tal-Mixta Cave.

Day 12: Free day

Today there are no organised walks, allowing you time to explore the local area or relax in the Hotel or at the beach. Ta'Mena Estate The Ta'Mena estate, which the Spiteri family owns, is situated in the picturesque Marsalforn Valley between Victoria and Marsalforn Bay. The estate includes a fruit garden, an olive grove with about 1500 olive trees, an orange grove, and over ten hectares of vineyards. It enjoys the panoramic views of the Gozo Citadel and the surrounding hills and villages. They cultivate vines, olives, lemons, oranges, various fruit trees, strawberries, tomatoes, melons, watermelons and other vegetables. They produce their own wine. There is also an opportunity to buy. HF Holidays groups have visited in previous years and thoroughly enjoyed it. Malta Trip Gozo Ferry There is an excellent scheduled ferry service between Gozo and Malta and the crossing takes approximately 25 minutes. The ferry leaves Gozo at Mgarr and arrives on Malta at called Cirkewwa). Ferry timetable is available from www.gozochannel.com

Day 13: Xlendi Bay and Fungus Rock

A combination of man's burrowing and gigantic sea erosion has shaped the landscape of today's walks. On the Harder Walk, we'll descend by cliff paths to Xlendi before a spectacular ascent of the cliffs to the west leads to Dwerja Point. Both walks visit Dwerja Point where once stood the dramatic sea-arch known as the Azure Window. Sadly, due to a combination of sea erosion and high winds, the Azure Window collapsed in March 2017. If time and weather permit, a boat trip can be taken from the Inland Sea through a tunnel in the rock out to view the nearby cliffs and Fungus Rock. Both walks continue on into Victoria, the island's capital, for well-earned refreshments

Day 14: Rocky strand to secluded coves

Today's walks offer extensive views over the straits to Comino and Malta. Our groups traverse a delightful flat rock shore and then enjoy charming coves, verdant gardens and wonderful wild flowers. Both walks visit the beautiful

Dahlet Qorrot beach with the opportunity for a dip. Continuing, both groups make their way through the outskirts of Nadur, arriving at one of the most stunning viewpoints on Gozo.

Day 15: Departure day

We hope to see you again soon.

Grand Hotel - Gozo

The charming 4-star Grand Hotel with its comfortable accommodation, and friendly efficient service, occupies a commanding location overlooking Mgarr harbour and has views across the straits to Comino and Malta. Winner of three HF Hotel Awards in 2018 based on outstanding guest feedback. The hotel features indoor and outdoor swimming pools, a well equipped bar and two restaurants.

The hotel has a range of facilities to enjoy after a day's walking, including a:

- Lounge bar
- Games room
- Mini cinema
- Outdoor swimming pool
- Sauna
- Jacuzzi
- Gymnasium
- Indoor pool

Pergola Hotel - Malta - For February & March 2024

Perched on Malta's north coast, the 4-star Pergola Hotel puts all the charms of a traditional Mediterranean village on your doorstep. You'll be in strolling distance from a handful of low-key cafés, shops, and restaurants, plus the Blue Flag-winning sands of Mellieha Bay. Back at base, you'll find comfortable well-appointed rooms, two stylish restaurants, and a pair of outdoor pools, one with views over the beautiful parish church and the coast. There's also a spa offering a range of treatments, an indoor pool for year-round swimming, and a bar carved into a natural cave – ideal for cooling off with a drink.

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