

# Complete Malta

**Trip style:** Guided Walking Holidays

**Destination:** 📍 Maltese Islands

**Trip code:** MTA07-LCL09

**Grades:** 1 & 2

**Carbon Footprint:** 🌳 1071kg CO2



## HOLIDAY OVERVIEW

With more historic sights per square mile than any other country, this sun-soaked Mediterranean cultural gem has plenty to please. Our guided walking holiday is the perfect introduction to Malta's dramatic coastlines, rural inland paths, Neolithic temples, impressive catacombs, and churches built by the Knights of St John. You'll also get to spend time in the Maltese capital of Valletta - the fascinating UNESCO-listed city that's small enough to explore on foot.

## WHAT YOU'LL LOVE

- Spending time in the UNESCO-listed capital, Valletta
- Taking in views over Gozo and Comino during coastal walks
- Exploring the island's incredible megalithic temples
- Learning about the island's WWII history
- Experiencing the Silent City of Mdina
- Visiting the fishing village of Marsaxlokk

## WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Mellieha
- 7 breakfasts & 7 dinners
- All in-destination transport

## TRIP SUITABILITY

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, as well as countryside roads. 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, as well as countryside roads. Up to 1,400 feet (420m) of ascent in a day. Malta is a mediterranean island with a prevalent karst landscape, so footpaths generally can be very rocky, typically with spalls underfoot.

On our excursion to Dingli Cliffs, our harder walk will cover a section for approx 180 metres, that passes within approx 2 metres, a safe distance of the cliff edge, but may not be suitable for guests with vertigo. Our easier walk on this day does a similar route, but will be further away, approx 5 metres, from the cliff edge on this excursion. Our local guides will be able to offer more advice on this walk if necessary.

## ITINERARY

### **Day 1:** Arrival day

Welcome to Solana Hotel. Unpack and settle in.

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### **Day 2:** Northern Peninsula

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

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### **Day 3:** Dingli Cliffs to Blue Grotto or Mdina

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

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### **Day 4:** 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.

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### **Day 5:** 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.

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### **Day 6:** Marsaskala to Marsaxlokk

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

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### **Day 7:** Mellieha to Golden Bay

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

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**Day 8:** Departure day

We hope to see you again soon.

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## Solana Hotel - Malta

Situated in the quiet seaside resort of Mellieħa on Malta's northeast coast, the 4-star Solana Hotel offers both indoor and outdoor swimming pools, a wellness centre, and three restaurants. HF Holidays guests will also benefit from unlimited self-service drinks during dinner including local beer, wine, soft drinks, and hot beverages. There are a cluster of local shops, bars, restaurants, and amenities on the doorstep and the stunningly beautiful Mellieħa Bay – the island's largest stretch of sand – is around a 30-minute walk away.

Solana's rooftop pool offers impeccable views of the sea and Malta's sister islands, with a pleasant outside seating area. There is also an indoor pool (heated October – May).

### Vaccinations & health information - SHARED WITH ALL EU NEW 2026

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel. As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure. Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting. For further country-specific health advice, visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk). If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

### Passport & Visa information - SHARED FOR ALL EU NEW 2026

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice. **Passport Requirements** This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long. We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues. If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website. **Visa Requirements** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website: <https://www.gov.uk/foreign-travel-advice>

### Packing list - Overseas Guided Walking

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking

clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)

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