Complete Malta for Solos



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Solo Walking Holidays	Maltese Islands	5	624kg CO2

HOLIDAY OVERVIEW

Designed exclusively for solos, this tour sees you join a small group of no more than 16 fellow independent holidaymakers to explore the best of Malta. With more historic sights per square mile than any other country, this sun-soaked Mediterranean gem has plenty to please. Together with an expert guide, discover dramatic coastlines, countryside 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 – a UNESCO World Heritage site and Europe's smallest Capital City.

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
- 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)
- Guided walks and sightseeing with local leaders
- HF Holidays Tour Manager
- 7 nights' accommodation in Mellieha
- 7 breakfasts & 7 dinners
- All in-destination transport

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Welcome to Solana Hotel. Unpack and settle in.

This evening there will be a welcome drinks reception where you will gather with your tour manager and meet the rest of your travelling companions for the week

Day 2 **Northern Peninsula**

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

Selmun Palace, Bays & Roman Road back to Mellieha

Distance: 8 miles (13km)

Total ascent: 900 feet (270m)

In summary: We will head south east from Mellieha and pass the historic sites of Selmun Palace and the ruins of Fort Campbell, built by the British in 1937 as Malta's last major fortification. We continue on to enjoy wonderful coastal views on our descent down to St Paul's Bay, the ascend hills again as we return back to our hotel.

Highlight: The route from Mellieha is filled with Roman and ancient sights.

Day 3 **Dingli Cliffs to Blue Grotto**

Walk from Buskett Gardens to Dingli Cliffs and visit Ħaġar Qim megalithic temple.

Cliffs & Temples by the Sea

Distance: 8 miles (13km)

Total ascent: 800 feet (240m)

In summary: Today we walk through Maltese history. Starting in the old hunting grounds of Buskett Gardens we'll walk towards the coast and the Ghar-il-Kbir cave dwellings, passing towards the cliff edge for 180 metres of this scenic coastal section. At the coast we'll descend to the undercliff, passing two wayside chapels. We'll reach Ghar Lapsi for lunch, and a swim, before heading into more rugged terrain to the large temple complex of Hagar Qim, finishing our walk at Wied ir Zurrieq.

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.

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.

Day 6 Marsaskala to Marsaxlokk

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

Marsaskala to Pretty Bay

Distance: 9 miles (14½km)

Total ascent: 400 feet (120m)

In summary: Starting in Marsaskala our route follows the coastline to Marsaxlokk before continuing to the aptly named Pretty Bay – a golden arch of sand lapped by Malta's beautifully clear blue waters.

Day 7 Mellieha to Golden Bay via Red Tower

Combine coast and countryside walking through Majjistral Nature and History Park to Golden Bay. Tonight we will gather together before dinner for a farewell drink

Mellieha to Golden Bay

Distance: 7.5 miles (12km)

Ascent: 700 feet (220m)

Descent: 1,000 feet (300m)

In summary: We too start out from the hotel in Mellieha to Ghadira Bay. From here we ascend through the Forests 2000 Park to the Red Tower with far reaching 360 views of Malta, Comino and Gozo. After a short stretch on a quiet road along the crest of the plateau we descend along the coast to Popeye Village, from where we pick up the route to Golden Bay.

Highlight: Views from the Red Tower and beautiful beach of Golden Bay for a drink and swim to end our final walk.

Day 8 Departure Day

We hope to see you again soon.

DAILY WALK OPTIONS



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

ACCOMMODATION

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.

Your evenings

The friendly atmosphere of your holiday continues into the evening. Enjoy a glass of wine or local beer before hearing about the next day's activities. On some evenings, there will be some kind of entertainment; an excursion to Mdina to see it by moonlight - the effect is amazing; or just relax in the bar area and speak to your fellow guests about your day.

FOOD & DRINK

Dining at the Solana Hotel

Guided walking holidays at the Solana Hotel are on a half-board basis and includes breakfast and your evening meal.

Breakfast

Breakfast is available at the Bellini Restaurant and is a self-service buffet. There is a selection of cereals, fruit juices, breads, pastries and cakes, as well as a hot selection, cold meat and cheese, and fruit.

Lunch (payable locally)

There are several shops and local supermarkets, a short walk away, in Mellieha Village, where you can buy the ingredients to make your picnic lunch. There will be opportunities to eat in a local café during the day and our leaders will advise you of all the options and directions to the nearest shops.

Evening meal

A buffet style evening meal is served to our guests in the Bellini Restaurant. There is a good selection of international dishes as well as fish and local meals, antipasta dishes and salads as starters. Desserts will be followed by tea and coffee. On the other two evenings, we will be dining at the Tosca Restaurant which is a served 3-course meal which pre-selected choices.

The hotel does cater for most dietary requirements but we would advise you to speak to our reservation staff and also ensure that you speak to our hotel staff on arrival to avoid disappointment.

Drinks

Self service drinks are included during dinners at the hotel, including local beer, wine and soft drinks (drinks will be brought to the tables when dining at the Tosca restaurant).

There is a well stocked bar offering a variety of pre-dinner drinks, wines, beers and local spirits including an interesting prickly pear liqueur.

ROOMS

Your room at the Solana Hotel

The hotel has 183 en-suite rooms and are all of excellent standard. Each room is decorated in a modern-contemporary style and has

- Individually-controlled central heating and air-conditioning
- Satellite TV
- Tea and coffee making
- Mini-bar
- Hairdryer
- Telephone
- Wi-Fi

ABOUT YOUR STAY

Facilities at the Solana Hotel

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).

TRAVEL DETAILS

Address

Solana Hotel
Gorg Borg Olivier Street,
Mellieha MLH 1925,
Malta

Tel: 00356 2152 2211

LOCAL AREA

Gozo

Only 20minutes away from Malta by ferry, Gozo is about one third of Malta's size and has a character quite distinct from its neighbouring island. It is more rural, with an extensive farming community and the countryside is greener and more scenic. Controls over building developments enabled Gozo to keep its rural charm. There are many historical sites to visit on Gozo, including: Ggantija temple site, Xewkija Church and Victoria, the capital of the island.

Comino

Named after the cumin seed that once flourished in the Maltese islands, Comino is noted for its tranquility and isolation. It has a permanent population of only four residents. One priest and one policeman commute from the nearby island of Gozo, to render their services to the local population and summertime visitors. Today, Comino is a bird sanctuary and nature reserve and can be reached by boat from Cirkewwa.

Valletta

The Capital City of Valletta, which is a fortified city, sitting on a peninsula between two natural harbours. The city was founded by the Order of St. John and named after their Grand Master, John de Vallette. When the Order left the islands in the late 18th Century, the French occupied Valletta, this was followed by British rule in the 19th Century. The city has many interesting and historic sites to visit, including churches, museums, and you can even take a harbor cruise, to see Valletta from a different vantage point. In 1980 it was named a UNESCO World Heritage site, and in 2018, Valletta is the European Capital of Culture. Valletta can be reached from Mellieha by local bus.

Did you Know?

The small island has 365 churches, one for every day of the year.

VACCINATIONS & HEALTH

Vaccinations & health information

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 or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

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

ESSENTIAL INFORMATION

Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Language Information for Malta

The local languages are Maltese and English.

Telephone Code for Malta

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.
To dial a UK number 0044
To dial a Maltese number 00356

LOCAL CURRENCY

The local currency is the Euro (€)

ELECTRICITY

Electricity information for Malta

220 Volt AC with 3-pin plugs as per UK.

ATM AVAILABILITY

ATM availability for Malta

There are several ATM machines in Mellieha where you can obtain money.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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