

# Complete Malta

**Tour Style:** Walking with sightseeing

**Destination:** Maltese Islands

**Trip code:** MWLCL

1 & 2



## HOLIDAY OVERVIEW

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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'S INCLUDED

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- 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

## HOLIDAY HIGHLIGHTS

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- 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

## TRIP SUITABILITY

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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.



## ITINERARY

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### 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.

#### Option 1 - Northeast Peninsula

**Distance:** 5.5 miles (9km)

**Total ascent:** 500 feet (140m)

**In summary:** Leaving Mellieha, we head south east, towards Selmun Palace, an 18<sup>th</sup> century villa, later used by the British as a naval hospital. We continue to Fort Campbell, crossing rolling fields before descending towards the coastal cliffs, where our view opens up over St Paul's Bay. Passing the coastal fortification of Mistra Battery, we'll then descend to the bay and into the valley, with a final ascent taking us on our way back to Mellieha.

**Highlight:** Coastal views of St Paul's Bay and historical sites.

## Option 2 - Selmun Palace, Bays & Roman Road Back To Mellieha

**Distance:** 8 miles (13km)

**Total ascent:** 900 feet (270m)

**In summary:** Following a similar route to the easier walk, we will also 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, then 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 Or Mdina

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

### Option 1 - Caves, Cliffs & Catacombs

**Distance:** 5 miles (8km)

**Total ascent:** 300 feet (100m)

**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. We'll reach Rabat for lunch, with time to explore the 4th Century catacombs, St Paul's church and the Museum of Roman Antiquities. We'll finish our day in the 'Silent City' of Mdina.

### Option 2 - Cliffs & Temples By The Sea

**Distance:** 8 miles (13km)

**Total ascent:** 800 feet (240m)

**In summary:** The first part of our day follows the same route as the other party as far as Ghar-il-Kbir. 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 visited Valletta, it is impossible to explore this World Heritage City in one day. 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.

### Option 1 - Marsaskala To Marsaxlokk

**Distance:** 6 miles (9½km)

**Total ascent:** 400 feet (120m)

**In summary:** Beginning in Marsaskala, we'll cross the Delimara peninsula where we can observe the fascinating rock sculptures carved by wind and waves. Heading north, we'll break for lunch before finishing our walk in the pretty fishing village of Marsaxlokk famous for its colourful Maltese boats bobbing in the harbour.

### Option 2 - 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

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

### Option 1 - Mellieha To Golden Bay

**Distance:** 6 miles (9½km)

**Ascent:** 450 feet (140m)

**Descent:** 750 feet (230m)

**In summary:** From the hotel we set out through town and country to the beach at Ghadira Bay. The walk then

continues to the west side of the island along tracks through farming country to Popeye Village. We enjoy views to Comino and Gozo as we make our way to Majjistral Nature and History Park and then on to the popular sandy Golden Bay with a swimming opportunity and bars to enjoy a final drink with the group.

**Highlight:** Golden Bay is a beautiful sandy beach, perfect for a swim at the end of the walk.

## Option 2 - Mellieha To Golden Bay Via Red Tower

**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, taking the same route 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 same route as the Easier group 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.

## ACCOMMODATION

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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.

### Rooms

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

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).

## Food & Drink

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

Our self-guided holidays are on a bed and breakfast basis with an option for HB.

### 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, five times a week. There is a good selection of international dishes as well as fish and local meals, as well as 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

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

## 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.

## TRAVEL DETAILS

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### Address

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

Tel: [00356 2152 2211](tel:0035621522211)

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## USEFUL HOLIDAY INFORMATION

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### Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports\* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email [reservations@hfholidays.co.uk](mailto: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)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

#### Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

#### Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

\*Subject to availability

## Essential Information

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

## Useful Information

The local languages are Maltese and English.

Tap water is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

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

## Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

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

## Local Currency

The local currency is the Euro (€)

## Electricity

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



## ATM Availability

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

## TRIP NOTE VALIDITY

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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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