



Giulio Abbate
Travel Consultant
Italy Luxury Travel

+1.7183128488
giulio@italyluxury.travel



Mrs Tracey Andrew Mr Bruce Andrew 8 days itinerary in Malta discover history, sea and landscapes

Oct 4, 2023 - Oct 11, 2023

Period: October 2023

Total days: 8 days / 7 nights

Destination: Malta

Three islands, **Malta**, Gozo and Comino make the Maltese archipelago a paradise in the heart of the Mediterranean, just 80 km from the Sicilian coast. But it is not only the crystal clear sea and the sun that attract millions of tourists every year. Malta's appreciation for the happy marriage between nature and art, between the opportunity to take a dip in the Bluee Lagoon, get out of the water, and after a few minutes go to visit three UNESCO sites and other historical and cultural wonders. First of all Valletta, an intact city-fortress, which preserves two works by Caravaggio in the Cathedral. Then the megalithic temples of Gozo, which for their colossal dimensions were believed to have been built by giants. Finally, the mysterious Hypogeum of Hal Saflieni, the only underground prehistoric temple in the world.

Trip Summary

October 4 - Day 1 Welcome in Malta! Arrival

17:40 Depart from Zürich Airport (ZRH) - Zürich Airport (ZRH)
 19:55 Arrive at Malta International Airport (MLA) - Malta International Airport (MLA)
 Private transfer - Mercedes class E - Malta International Airport
 Malta - Check in at La Falconeria Hotel - La Falconeria Hotel

October 5 - Day 2 Discover La Valletta

Malta - private guided tour - Malta Semalari

October 6 - Day 3 Visit M'dina and Rabat and Hypogeum

Malta - M'dina and Rabat private guided tour - Mdina, Rabat
 Malta - Hypogeum of Hal Saflieni - Hypogeum Hal-Saflieni

October 7 - Day 4 Food experience

Malta - Local markets and food tour - Malta Semalari
 Malta - optional tour (not included)

October 8 - Day 5 Boat tour

Malta - Gozo and Comino islands private boat tour - Comino, Gozo

October 9 - Day 6 Bike tour

Malta - Bike Tour
 Malta - best beaches - Malta Semalari

October 10 - Day 7 Free day

Time at your leisure to relax
 Malta - optional tour (not included)

October 11 - Day 8 Goodbye Malta! Departure

Private transfer - Mercedes - Malta International Airport
 15:35 Depart from Malta International Airport (MLA) - Malta International Airport (MLA)
 19:00 Arrive at Larnaca International Airport (LCA) Διεθνής Αερολιμένας Λάρνακας - Larnaca International Airport (LCA) Διεθνής Αερολιμένας Λάρνακας

October 4 - Day 1 Welcome in Malta! Arrival



17:40 - Central European Summer Time
Depart from Zürich Airport (ZRH)

AIRLINE FLIGHT NUMBER
 SWISS LX 4370



Zürich Airport (ZRH)
 Flughafenstr., Zürich, ZÜRICH, SCHWEIZ, 8058
 +41 900 300 313



19:55 - Central European Summer Time
Arrive at Malta International Airport (MLA)

AIRLINE FLIGHT NUMBER
 SWISS LX 4370



Malta International Airport (MLA)
 Triq Hal Farrug, Luqa, LUQA, MT, LQA 4000
 +356 2124 9600



Private transfer - Mercedes class E

Your personal driver will pick you up at Malta airport to reach the hotel.



Malta International Airport
 Luqa, LUQA, MT, LQA 4000
 2124 9600

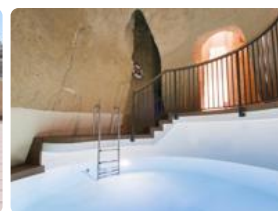


Malta - Check in at La Falconeria Hotel

4 star hotel

N. 1 Superior room

Breakfast included - City tax not included



La Falconeria Hotel
 5 Melita Street, Valletta, Valletta, MT

October 5 - Day 2 Discover La Valletta



Malta - private guided tour

Today you will meet your private driver and personal guide at the hotel lobby. Inscribed on **UNESCO's World Heritage List** is **Valletta** with its 320 historic monuments situated within a concentrated area of 55 hectare. It was ruled successively by the Phoenicians, Greeks, Carthaginians, Romans, Byzantines, Arabs and the Order of the Knights of St John. It is inextricably linked to the history of the military and charitable Order of St John of Jerusalem. Today, you will visit to the Grand Master's Palace. After that explore in the impressive St John's Co-Cathedral and the National Museum of Archaeology.



Malta Semalari

Malta, MT

October 6 - Day 3 Visit M'dina and Rabat and Hypogeum

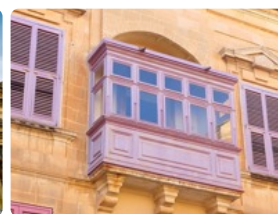


Malta - M'dina and Rabat private guided tour

M'dina, the ancient capital of Malta, is worth a visit because it is a real treasure trove of history. The silent city, as they call it, and it is easy to imagine the reason: a 4,000-year-old center, surrounded by narrow streets and ancient noble palaces, at 190 meters above sea level, in an atmosphere perfectly halfway between Baroque and the Middle Ages, bordered by palm trees, olive trees, prickly pears.

M'dina was the residence of the Maltese noble families, and even today the charm remains unchanged: there are about 400 residents and life goes on quietly, a day in Medina will allow you to discover its beauties, such as the Cathedral of San Paolo, erected in 1600, and Palazzo Falson, the oldest Norman residence in M'dina, which houses a museum with treasures such as silver, tapestries and works by Van Dyck. And if you find yourself in these parts in the spring, let yourself be carried away by history with the Medieval Festival: the city comes to life with historical re-enactments and costume parades.

Rabat is located south on the island of Malta and borders the ancient village of M'dina. It is a jewel of history and archeology and above all an important religious center. In fact, Rabat has for centuries hosted the convents of Dominican, Augustinian and Franciscan friars who still live here today. A day in Rabat will allow you to savor the glorious evidence of the Maltese archipelago and to visit Roman artifacts such as the Roman Villa and the catacombs of San Paolo. At this point, according to legend, St. Paul took refuge after a shipwreck in 60 AD. A curiosity: most of the scenes of Steven Spielberg's film Munich were shot right here in Malta, and many exteriors were shot in Rabat.



Mdina

Mdina, IMDINA, MT



Rabat

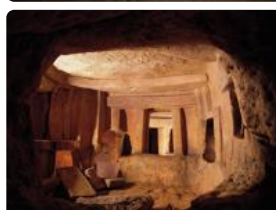
Rabat, MT



Malta - Hypogeum of Hal Saflieni

The Hal Saflieni Hypogeum is located in Paola, about 5 km away from Valletta, and is the only underground prehistoric temple in the world. It was declared a World Heritage Site by UNESCO and its construction dates back to 3600 BC.

More than 7,000 skeletons have been found here: the hypogeum was discovered by chance in 1902 after some work and is worth a visit because it goes down three levels underground. The first level is the oldest; the second conceals many rooms, including the Main Room, where the famous statuette of the Sleeping Woman and the Oracle Room were found: in this room there is a hole from which the voice of a man (but not a woman) manages to make itself heard throughout the hypogeum. All the rooms on the level, including the ceilings, are decorated and painted. The third level does not contain bones and therefore is thought to have served as a deposit of wheat.



Hypogeum Hal-Saflieni

Triq Hal Saflieni, MT, PLA 1116

October 7 - Day 4 Food experience



Malta - Local markets and food tour

One of the main attractions of Malta are the local markets. it's a great way to see local customs. In Malta there are several outdoor markets, where you can enjoy the typically Mediterranean flavors and aromas. In the villages between the island of Malta and Gozo, local markets take place a few times a week that offer artisan products, culinary, textile and much more. The cuisine of Malta is a treasure trove of Mediterranean influences and flavors and is affected by the proximity of Italy and Africa and of all the populations that have passed through here. It is difficult to choose a representative dish: with this tour you will test some of the most famous dishes.

Among the local delights you can find **pastizzi**, small savory puffs stuffed with ricotta or peas: they are eaten at all hours and the best ones are sold on the street, freshly cooked. **Fish** reigns supreme in the Maltese archipelago, always fresh: in Malta you can taste **Aljota**, a soup made with garlic and fresh fish. Among the earthen dishes the local **rabbit** served with tomato and potatoes gives life to **fenkata**, the most famous dish. Do not miss the **zalzett**, pork sausages flavored with coriander, and the timpana, a tasty timbale of baked pasta with mixed meat enclosed in puff pastry. Malta is also famous for its **cheeses and sweets**: Malta's most renowned cheese is **Gbejnet**, made from sheep's milk. It is natural, fresh or seasoned or enriched with pepper and aromatic herbs. Among the most delicious desserts we find the **Kanoli**, very similar to the Sicilian cannoli with ricotta and chocolate chips, and the **Qaghaq tal-ghasel**, a dessert of Arab origin with black sugar, figs and cinnamon. The Maltese drink par excellence is Cisk beer, a local blonde beer; if you want to end the meal with a typical liqueur, ask for the prickly pear or carob one.



Malta Semalari
Malta, MT



Malta - optional tour (not included) - POPEYE VILLAGE

It is a theme park, also known by the name of Sweethaven Village, located in the bay of Anchor, in the northwest corner of the island, just 3 km from the village of Mellieha. In 1980 a film set was produced here for the production of the Hollywood film Popeye-Popeye (played by the late Robin Williams). Once the shooting was over, the village remained and it was transformed into a sort of open-air museum. It remains today and is a highly recommended destination for families with children or simply for lovers of entertainment parks. The park consists of 19 colorful wooden houses, naturally themed with the famous cartoon.

Inside you can make trips and attend shows, such as the puppet show. There is also space for museums (some houses keep interesting objects and articles from the filming) and to attractions of different kinds. For example, there are areas where children can climb or meet entertainers disguised as cult characters from the cartoon, namely Popeye, Olivia, Bluto and Poldo. Furthermore, in the center of Popeye Village there is the Lower Complex, a cinema hall (capacity of 40 seats) where you can see videos of about twenty minutes that tell the story of the park.

- TOUR OF PREHISTORIC TEMPLES

Go back in time and visit Malta's prehistoric temples dating back to 3150 BC. Tour the megalithic temples of Hagar Qim and Mnajdra with an expert guide and discover the works of art engraved in stone. Visit the ancient cave of Ghar Dalam.

- JEEP 4X4 EXPERIENCE IN GOZO ISLAND

Explore the island of Gozo by jeep, on a day tour from Malta. Discover the places of interest and hidden corners of Gozo, aboard a jeep that can travel through small country roads, where larger vehicles cannot venture. Visit the main attractions such as Victoria, Belvedere Qala, UNESCO World Heritage Site, the temples of Ggantija, along with many other destinations for the whole island.

October 8 - Day 5 Boat tour



Malta - Gozo and Comino islands private boat tour

Bejn il-kmiemen, in the Maltese **blue lagoon**, is located on the island of **Comino** and really deserves a day. Imagine a bright bay, overlooking transparent waters full of fish, white sand, shallow waters. Discover Malta's two smaller islands Gozo and Comino on this full-day boat tour. Cruise along the rugged coastline to reach the Crystal and Blue lagoons with their turquoise waters and ideal swimming and snorkeling spots. Then explore the island of Gozo on your own or with a private guide to see its key landmarks and cities such as Victoria and Xlendi before heading back to Malta.



Comino
MT



Gozo
Rabat, IR-RABAT, MT

October 9 - Day 6 Bike tour



Malta - Bike Tour

Discover the highlights of Malta in a dynamic way on this bike tour.



Malta - best beaches

Malta is known for having some of the best beaches in the Mediterranean. A few beaches are Blue Flag certified, which means such beaches adhere to standards for sustainable development, environmental management, safety and other services.

- **Ġnejna** is a rare little gem of a beach on the West coast of Malta, which is sandy and fairly secluded and not very popular among tourists as a result. It's good proof that being a little more adventurous and exploring your holiday location can pay off.

- **Paradise Bay** is located near Ċirkewwa in the Northern most part of Malta, where the ferry to the neighbouring island of Gozo departs. The beach is set in a natural cove and is quite secluded and peaceful, surrounded by high cliffs, with great views of its rugged landscape and of the nearby islands of Gozo and of Comino.

- **The Blue Lagoon** is a stunningly beautiful inlet on the small island of Comino. It is sheltered and has dazzlingly azure waters. Access to this fascinating inlet is by boat trip from Gozo or Malta. There are two white sand beaches, one on either side of the crystal clear water: the bottom of the inlet also consists of white sand.

The rest of the bay is rocky: here visitors can sunbathe or jump into the refreshing water. Snorkelling is popular due to the clarity of the water as well as the presence of several caves. No boats are allowed, so it is an especially peaceful setting.

- **St. Peter's Pool** is a pool-shaped bay on the East coast of Malta, nearby the fisherman's village of Marsaxlokk. There's no beach as such, although there's enough room to spread out your beach towel on the flat rocky surface around the bay.

- Not very easy to reach but well worth the trouble getting there, **Imġiebaħ Bay** is a little gem that's undisturbed by man. A small sandy beach is surrounded by the rocky shore and although small in size, it rarely gets busy here. It's located in the North of Malta.

- **Mellieħa Bay** (also referred to locally as Ġħadira Bay) is the largest sandy beach on Malta and one of the best beaches in the Mediterranean. It is by far one of the most popular of Malta's beaches and with a surf that remains shallow for a good distance out and easy access, this spot is a firm favourite for families with children.

- **Golden Bay** is located on the Northwest coast of Malta, right next to Ġħajn Tuffieħa (the next beach on the list) and is a popularly visited beach which was one of the first to earn Blue Flag status.

- **Ġħajn Tuffieħa** is one of the favourite beach in Malta, with some of the best scenery and sea you'll encounter around the Maltese islands. This beach is a perfect balance between being in raw nature and yet having facilities to be comfortable at the beach.



Malta Semalari
Malta, MT

October 10 - Day 7 Free day



Time at your leisure to relax



Malta - optional tour (not included)
- POPEYE VILLAGE

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- LOCAL MARKETS TOUR

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October 11 - Day 8 Goodbye Malta! Departure



Private transfer - Mercedes

Your personal driver will pick you up at the hotel lobby to reach Malta airport.



Malta International Airport

Luqa, LUQA, MT, LQA 4000

2124 9600



15:35 - Central European Summer Time

Depart from Malta International Airport (MLA)

AIRLINE FLIGHT NUMBER

Emirates EK 110



Malta International Airport (MLA)

Triq Hal Farrug, Luqa, LUQA, MT, LQA 4000

+356 2124 9600



19:00 - Eastern European Summer Time

Arrive at Larnaca International Airport (LCA) Διεθνής Αερολιμένας Λάρνακας

AIRLINE FLIGHT NUMBER

Emirates EK 110



Larnaca International Airport (LCA) Διεθνής Αερολιμένας Λάρνακας

Λάρνακα, Λάρνακα, ΕΠΑΡΧΙΑ ΛΑΡΝΑΚΑΣ, ΚΥΠΡΟΣ, 7130

+357 24 816400

Information & Documents



Malta - Climate information

Malta's climate is typical of the Mediterranean and is strongly influenced by the sea. The Maltese Islands have a pleasantly sunny climate with a daily average of around 12 hours sunshine in summer going down to 5 to 6 hours in mid-winter.

Summers are hot, dry and very sunny. Day-time temperatures in summer are often mitigated by cooling sea breezes.

Spring and **autumn** are cooler, except when the occasional Scirocco wind from Africa brings unseasonally high temperatures and humidity.

Winters are mild, with the occasional short cold spells brought about by the north and north-easterly winds from central Europe.

Annual rainfall is low, averaging 568mm a year. Bathing in the sea is quite possible well into the 'winter' months, and the peak beach season can last until mid- to late October.



Malta - Currency & Banks

On 1st January 2008 Malta adopted the euro as its currency. On 1st February 2008 the euro became the only legal tender currency in Malta and Gozo.

Banks are normally open until early afternoon from Monday to Friday, and until midday on Saturday. Some banks/branches work longer hours. Summer and winter opening hours may differ.

Exchange bureaux at Malta International Airport are open 24 hours a day. International bankcards are accepted and foreign currency is easily exchanged. Banks, Automated Teller Machines (ATMs) and exchange bureaux can be found all over the Islands. The majority of hotels, larger shops and restaurants also accept payment in the main international currencies. Conversion charges may be applied where outlets opt to accept payment in currencies other than the euro.

In line with EU legislation on controls of cash entering or leaving the Community, any person entering or leaving Malta carrying cash or other monetary value of which is equal to or in excess of €10,000 or equivalent is obliged to fill in the appropriate declaration form available from the Customs.



Malta - Useful Numbers

The following is a list of useful telephone numbers when you are visiting the Maltese Islands:

Ambulance: 112

Consumer Protection: 21250221
 Direct Dialling Code (Malta): 356
 Directory Enquiries: 1182
 Directory Enquiries: (Go Mobile) 1187
 Directory Enquiries: (Vodafone) 1189

Emergency: 112

Emergency Rescue by Helicopter: 21244371
 Emergency Rescue by Patrol Boat: 21238797
 Emergency Vet Services: 50043888

Fire Brigade: 112

Flight Information: 52302000 (rate per call €1.00) *
 Government Information Service: 153
 Gozo Ferry: 21556114
 Hospital - Gozo: 21561600
 Hospital - Malta: 25450000
 International Code (to make an overseas call): 00
 Lost Property: 21224781
 Overseas Operator: 1152
 Passport Office - Gozo: 21560770
 Passport Office - Malta: 21222286
 Police: 21224001-7
 Time Check: 195
 Weather Information (basic): 52302021 (rate per call €1.00) *
 Weather Information (detailed): 52502002 (rate per call €5.00) *

* Flight and Weather information services are also available, free of charge, on www.maltairport.com or the Information Channels on local TV networks.

Malta - Health Services

Malta has an excellent health service. Hospitals are modern and supported by a regional network of health centres. Travellers do not normally require certificates of vaccination or immunisation to enter the Maltese Islands. Visitors from EU member states should make sure that they have a **European Health Insurance card**. It is advisable that all visitors, irrespective of their nationality, take out a personal medical insurance policy. Malta has reciprocal health agreements with Australia and the United Kingdom. Nationals of these countries, visiting the Islands for no longer than one month, are entitled to free medical and hospital care in both Malta and Gozo.

Visitors receiving special medical treatment should bring a medical prescription or a letter of introduction from their family doctor, in case they need to purchase particular medicines.

Public General Hospitals

Mater Dei Hospital
 B'Kara By-pass
 B'Kara MSD 2090
 Tel: 356 25450000
 Email: mdh@gov.mt

Gozo General Hospital
 Victoria.
 Tel: 356 21561600
 Fax: 356 21560881

For more information on health services [click here](#).

Pharmacies

Pharmacies are found throughout the Maltese Islands and are **open during normal shopping hours**. On Sundays, chemists open on a roster from 09.00 until 12.30 in Malta and from 07.30 until 11.00 in Gozo. See [pharmacy roster](#).