

# Walking on Malta & Gozo

Trip Code: SGMG

Version: Walking on Malta & Gozo



WALK & TREK



SELF-GUIDED



MODERATE



## HIGHLIGHTS

- Hike on coastal trails with sumptuous views of sparkling azure seas
- Uncover the history of fortified Valletta and the medieval walled city of Mdina
- Walk in the footsteps of the British military on the Victoria Lines fortifications
- Marvel at megaliths at the Ggantija Temples, a UNESCO World Heritage Site
- Twin-centre on Malta and Gozo in 4\* hotels.

- A perfect destination for a winter sun getaway

#### AT A GLANCE

- 6 days walking and sightseeing
- Daily departures available
- Join at Malta Airport

#### ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 3 Dinners
- 7 nights Hotel with swimming pool

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

Positioned in the middle of the Mediterranean, just 93km south of Sicily, the island nation of Malta sits at the crossroads of European, African and Asian continents, with varied civilisations leaving their mark over the millennia. As a result, these small islands have a rich and intriguing history - dotted about are the remains of megalithic temples, Roman baths and spas, Christian catacombs, grand medieval palaces and Baroque churches, Victorian buildings and red English mailboxes and phone boxes.

On this one-week self-guided walking holiday, you will get to discover this melting pot of a destination with its unique contrast of vibrant city culture, holiday beach vibes and laid back rural pace of life. Your journey takes in the spectacular cliffs of southern Malta, the shimmering turquoise coves of the north, and charming island of Gozo. What's more, you will also have the chance to immerse yourself into the UNESCO-listed castle city of Valletta.

You will be based for 3 nights in the resort town of Mellieha in the north of Malta; 3 nights in the quaint and historic village of Xaghra on Gozo; and spend the final night of your trip in chic Sliema, just a short and scenic ferry ride from the capital, Valletta.

### Is this holiday for you?

This delightful holiday blends beautiful coastal walking with the opportunity to delve into the history of this destination. Perfect for those who love to explore on foot, and experience the islands' culture through your taste buds with delicious cuisine.

You will hike on average 5 hours each day, on undulating terrain with between 300m-500m ascent/descent in a day, walking on paths and hard packed trails. Trail markings are not well-maintained on the islands and these cannot be relied upon; GPX tracks should be used in conjunction with the detailed route notes and maps supplied to aid with your route finding.

This holiday utilises well-located 4\* hotels throughout, ideal for those who like to enjoy more upmarket comforts on their walking holidays.

# Itinerary

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Version: Walking on Malta & Gozo

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## DAY 1

### Arrive in Malta and settle in to your hotel in Mellieha.

Arriving to Malta International Airport, you are transferred to Mellieha, your base for the next three nights. Situated in the northern end of Malta, Mellieha boasts the longest beach on the island, with beautiful crystal-clear waters and white sand in a naturally sheltered bay. From here, you have great access to some of the best coastal walks on the island, as well as convenient connection to the neighbouring islands of Gozo and Comino.

Once you are settled in to your hotel, enjoy exploring the village and take your pick from the many restaurants available in town or downhill by the beach. The air raid shelter in Mellieha makes for an interesting short visit, where you can learn of the resilience of Malta during World War II and the close ties to the British, with King George VI awarding the people of Malta the George Cross for courage and heroism.



#### Accommodation

Hotel with swimming pool

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## DAY 2

### Hike from Golden Bay, along the historic Victoria Lines fortifications to Mosta.

In the morning, you will be transferred to Golden Bay on the west coast of the island. Setting off on your walk along a pretty coast path, you can drink in the views of the sparkling sea with its many shades of azure and turquoise. Turning inland, your walk continues to the historic fortifications known as the Victoria Lines, built along a natural ridge across the width of the island. Constructed with forts at either end at Madliena and Fomm ir-Rih, and one in the middle at Mosta, these defences were built to protect the Grand Harbour area from any enemies landing in the north of the island, but no invasion ever took place and the system fell into disuse in the early 1900s. The walls, since restored, makes for a fascinating walk and offers excellent panoramic views from its naturally elevated position. The route ends in Mosta, where the famous neoclassical Church of Santa Marija Assunta is worth a visit. Boasting a large dome and an impressive interior, it also bears an interesting tale of a miraculous escape when a WWII bomb crashed through the dome during Mass but did not detonate, sparing the lives of the congregation. Return to Mellieha by public bus, payable locally.

Meals: **B**

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 <b>Accommodation</b> Hotel with swimming pool	 <b>Ascent</b> 439M	 <b>Descent</b> 386M	 <b>Time</b> 6 hours	 <b>Distance</b> 18KM
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### DAY 3

## Admire the Blue Grotto and the Dingli Cliffs before immersing yourself into the history of Mdina Rabat.

Enjoy a leisurely breakfast before your transfer to the south west coast of Malta. Along the way, you can stop and admire the famous Blue Grotto at Wied iz-Zurrieq before you are dropped off at the megalithic sites of Hagar Qim and Mnajdra, dating back to around 3600BC. You will have time for an optional visit of these atmospheric temples before embarking on your hike. Your route today offers fantastic views of the sheer Dingli Cliffs, falling 250m vertically into the sea, and out to the small uninhabited island of Filfla. The flat cliff tops are particularly verdant in the spring, with abundant wildflowers and the scent of thyme and fennel drifting on the sea breeze. Ending your walk in Buskett Gardens, pick up the public bus to Mdina Rabat, Malta's ancient capital. Here, explore the narrow streets and uncover centuries of history contained within the city walls. It is also worth venturing outside of the walls to Rabat, with many significant sites hidden beneath your feet: an extensive network of tunnels and catacombs that make for a fascinating visit. At the end of the day, a transfer returns you to Mellieha.

Meals: **B**

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 <b>Accommodation</b> Hotel with swimming pool	 <b>Ascent</b> 314M	 <b>Descent</b> 181M	 <b>Time</b> 4 hours	 <b>Distance</b> 10KM
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### DAY 4

## Transfer to Gozo. Enjoy a lovely day's hike to discover San Blas Bay and Ramla Bay on its east coast.

Pack up your bags, this morning you will be heading to Gozo! Together with your luggage, you will be transferred to the pier at Cirkewwa. Boarding the ferry to Gozo as a foot passenger (ticket included, crossing time approx. 25 mins), enjoy lovely views of Comino as you sail past this small island, with its intriguing sea caves and the idyllic Blue Lagoon tucked behind the islet of Cominotto. On arrival to the port of Mgarr, leave your luggage to be transferred to your hotel while you set off on your walk to discover the eastern coast of Gozo. This is a lovely day's hike as your trail alternates between seaside tracks, citrus farms and patchwork gardens. There are also many opportunities for swimming in the clear waters as you hike from bay to beautiful bay, so remember to bring your swimsuit and towel! Some of the most stunning beaches are on your route today, including San Blas Bay and Ir-Ramla. High above the bay of Ramla is the famous Calypso's Cave, framing a view of the bright blues of the sea lapping against the red-gold sand, however for safety reasons the cave is no longer accessible. After your full day of idyllic explorations, make your way to your hotel in Xaghra where dinner awaits.

Meals: **B D**

 <b>Accommodation</b> Hotel with swimming pool	 <b>Ascent</b> 479M	 <b>Descent</b> 342M	 <b>Time</b> 6 hours	 <b>Distance</b> 16KM
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**DAY 5****Walk along stunning sea cliffs from Sannat to Dwejra and the Inland Sea.**

Waking refreshed, your day begins by taking the public bus to the capital of Gozo, Victoria (also known as Rabat, meaning 'suburb' in Arabic). The Citadel is an unmissable sight - from atop its walls, you can gain wonderful views over the surrounding countryside. You will have some time to wander the maze of narrow alleys, lined with stone buildings with colourful wooden balconies so distinctive of Maltese architecture, and enjoy a coffee before making the short way by bus to Sannat where today's walk begins. Setting off from this village, superb views of the sea cliffs offer a feast for the eyes all the way to Xlendi Bay and Wardija Point. Arriving to Dwejra Bay and Fungus Rock, you can admire intriguing the landscapes shaped by sea and wind. Here you can also discover the 'inland sea', once a large cave whose roof has since collapsed, connected to the open sea by an 80m long tunnel beneath the cliffs. A boat trip can be arranged locally, taking you past the remains of the Azure Window and through the tunnel to visit this natural curiosity. At the end of the day, a transfer takes you back to Xaghra.

It is also possible to shorten this day's hike by taking the bus to Xlendi to commence the walk to Dwejra Point (7km / 203m ascent / 207m descent / 3 hours).

Meals: **B D**

 <b>Accommodation</b> Hotel with swimming pool	 <b>Ascent</b> 322M	 <b>Descent</b> 406M	 <b>Time</b> 5 hours	 <b>Distance</b> 12KM
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**DAY 6****Discover the Ggantija Temples and the Sanctuary of Ta Pinu. Hike the north coast of Gozo from Gharb to Marsalforn.**

This morning you have some time to visit the UNESCO-listed Ggantija Temples in Xaghra, one of the oldest monuments in the world, dating as far back to 3600BC. Here are some of the biggest megaliths found on Malta, giving rise to its moniker meaning 'of the giants'. A late morning transfer will take you to the beautiful church of Ta Pinu at Gharb. This church is Malta's most important pilgrimage site, with a stunning collection of gleaming and richly-coloured mosaics. Your walk begins from this point, heading to the north coast of Gozo with its magnificent multi-coloured cliffs, deep coves, and checkerboard salt pans carved out of the yellow rock. The charming route takes you to the seaside resort of Marsalforn, with many welcoming cafes where you might like to stop for some refreshments, before making your way back to Xaghra. This is a day with many swimming opportunities.

Meals: **B D**



**Accommodation**

Hotel with swimming pool



**Ascent**

207M



**Descent**

211M



**Time**

5 hours



**Distance**

13KM

**DAY 7**

**Transfer to Sliema. Explore Valletta at your leisure.**

Check out of your hotel, today you will be saying goodbye to Gozo. Together with your luggage, a short transfer takes you to the port of Mgarr for your return ferry to Cirkewwa, where a transfer will be waiting to take you to your hotel in upmarket Sliema (approx. 1 hour), just a stone's throw from the harbour that overlooks Valletta. From Sliema, you can reach Valletta either by taking the short and scenic ferry across the harbour, or by bus. You can easily fill your day exploring Valletta's narrow lanes and cobbled stairways on foot, discovering centuries of history in its fortifications, Grand Palace and numerous churches. There are also options available to enjoy a boat trip on a traditional wooden dghajsa, to visit the Three Cities on the other side of the Valletta peninsula. There are a wealth of excellent dining options available for you to choose from this evening, where you can raise a toast with a glass of delicious Maltese wine to celebrate a wonderful week's holiday.

KE'S INSIDER TIP: The Marks and Spencer cafe in Sliema offers sumptuous elevated views over the harbour and Valletta!

Meals: **B**



**Accommodation**

Hotel with swimming pool

**DAY 8**

**Departure day.**

Enjoy a relaxed breakfast and drink in the beautiful morning light over the harbour. Depending on the time of your departure flight, take a final stroll along the waterfront before your transfer picks you up to take you to Malta Airport.

If you aren't quite ready for your holiday to end yet, it is possible to arrange additional nights accommodation in Sliema. Just speak with our sales team for more details.

Meals: **B**

# Holiday Information

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## What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Transfers by taxi as described in the itinerary
- Return ferry crossing between Malta and Gozo as described
- GPX tracks

## What's not Included

- Travel insurance
- Travel to/from Malta
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Tourist taxes may apply and are usually under 5 Euros per room per night
- Personal equipment
- Local transfers by public transport
- Entrance fees
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

The trip starts and ends at Malta Airport. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. For this trip, we have included a return transfer for you from Malta Airport which offers many departures from regional UK airports.

It is also possible to travel to Malta by ferry from Sicily. The included arrival and departure transfer can be arranged to pick up and drop off at the ferry port.

Please ensure you inform our customer sales and support team as early as possible of your flight times / ferry details, so that we can arrange your transfers for you.

### Meal Plan

This holiday is arranged on a bed & breakfast basis to allow you the most flexibility during your trip. Where there are fewer options to dine out in local restaurants on Gozo, your evening meals are also included at the hotel.

### Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Food & Water

Tap water from the mains is safe to drink, however it tastes quite different to what many people may be used to because it is produced from desalinated sea water. You might prefer to take a reusable bottle with a filter such as [Water-to-Go](#), which can also be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Maltese food has been influenced over the centuries not only by its close proximity to Italy, but also by its position in the middle of the Mediterranean as a crossroads of international trade routes. This has resulted in a delicious melding of food cultures, with something to appeal to all palates. Here you can discover small cafes and street vendors, to high-end restaurants lauded with Michelin stars, and everything in between.

Traditional Maltese dishes are mostly meat or fish. Being an island nation, you will be sure to find the freshest catch on offer. You might like to sample the national dish called *fenkata*, a flavoursome rabbit stew prepared with vegetables, herbs and spices; *bragioli*, also called beef olives, which is a hearty dish of beef steak rolled and filled with ground meat and cooked in a rich ragu; or the traditional sausage called *zalzett Malti* with a spice profile that indicates the historic North African influence on the island. Other local specialties to try, particularly on Gozo, include *aljotta*, a fish soup; and *ġbejniet* - sheep's milk cheeselets that can be served fresh, dried, or crusted in fragrant herbs.

A favourite snack typical of Malta is *pastizzi*, a delicious flaky pastry filled with all manner of savoury ingredients such as ricotta cheese or peas. You will find small-fronted 'hole in the wall'-style *pastizzeria* shops ubiquitously available across the island.

While the traditional dishes may seem very meat-heavy, vegetarians need not fret. You will be able to enjoy meat- and dairy-free options on your holiday, with fresh vegetables, pulses, salads, meze-style dishes, pasta and pizza available.

## Accommodation

On this holiday you will stay in a hand-picked selection of 4\* hotels throughout. You will have a base for three nights each in Mellieha situated in the north of Malta, and on neighbouring Gozo. Both of these make for comfortable and convenient locations for your explorations on these beautiful islands. You will also spend the final night of your holiday in upmarket Sliema, close to the scenic bay of Valletta.

All hotels are well-equipped with amenities including bars, restaurants, communal lounge or terrace areas as well as swimming pools, ideal for cooling off and relaxing after a day on your feet.

On Gozo, you will notice a change of pace from the larger main island to a more laid back, rural way of life. The traditional limestone villages embody the character of this unspoilt island and the accommodations here, typically converted farmhouses with pleasant gardens, reflect this rustic charm.

It is possible to arrange additional nights accommodation before or after your trip if you would like to enjoy the charms of Malta a little longer. Please speak to one of our sales team for further details.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** (*see Health & Vaccinations below*), **and visas for your holiday.** Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

## Health & Vaccinations

### Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

Please check the [FCDO](#) and [Travel Health Pro](#). For all of your intended destinations for up-to-date advice.

### Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

## Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace. However, getting some additional exercise before coming on an active holiday makes a lot of sense and the fitter you are the more enjoyable your walks will be. You should be comfortable walking for approximately 5 hours a day for consecutive days, covering a distance of up to 18km on undulating terrain.

## Climate

Malta enjoys a Mediterranean climate, with hot, dry summers and mild winters. It is a great year-round destination but with little shade on many of the routes, the summer months can be too hot for walking; as such, this trip is not offered in July and August. Malta is a great destination for escaping the winter cold, with daytime temperatures typically reaching around 15C - 17C from December to February. The spring and the autumn months offer the best conditions for walking, with pleasant temperatures and limited chances of rain. Average daytime highs during these months are between 20C - 25C. Early in the year, the sea temperature will still feel fresh (around 16C), but will warm up by May to be comfortable enough to take a dip.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

Malta & Gozo - Bradt Travel Guide

Malta & Gozo - Lonely Planet

Fortress Malta: An Island Under Siege 1940-1943 - James Holland

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Self Guided Equipment List

- Hiking boots with good-grip soles

- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics

- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

## Land Only Information

Please note our 'from price' listed is based on 4 persons on double or twin occupancy, however we can quote for any number of travellers, including solo travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

# Why Choose KE

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## Why KE

This unique itinerary has been specially designed to showcase the best coastal hiking trails on Malta and Gozo, and give you a taste of the subtle contrasts of the twin islands. Staying in 4\* hotels throughout, you can kick back in a bit of luxury at the end of each day of exploration. Private taxi transfers as well as the return ferry journey to Gozo are included in the price to make your holiday logistics a breeze.

**Please Note** This document was downloaded on 17/03/2026 and the trip is subject to change