

**MALTA****the Heart of the Mediterranean****6 days**

Created on: 4 Apr, 2026

**Day 1 Arrival in Malta**

Welcome to Malta!

Malta has a greater density of historic sights than any other country. Starting with its unique prehistoric temples, some of the oldest stone buildings in the world, it also has Roman catacombs, medieval towns, and the extraordinary architectural and artistic legacy of the Knights of St John (the Knights of Malta). The British left behind red letter boxes and phone booths, as well as the language, in spite of which Malta (independent since 1964) remains thoroughly Maltese. The country has thankfully shaken off the British culinary legacy and is home to some excellent restaurants specialising in Mediterranean food.

Overnight in Malta.

Included Meal(s): Dinner, if required.

**Day 2 Valletta: City Tour & Dingli Cliffs**

Today we explore Valletta—Europe's smallest capital at just 1000 by 600 metres—from a vessel showcasing why this location became the Mediterranean's greatest fortress. The city commands two natural harbours whose strategic value shaped 4,000 years of history. Our harbour cruise reveals the defensive genius that saved Christian Europe from Ottoman expansion. In 1565, Jean Parisot de la Valette led 600 Knights of St. John against 40,000 Ottoman invaders in the "Great Siege of Malta." Their miraculous victory prompted Felipe II of Spain to found a new capital worthy of these heroes—Valletta, built on Renaissance military engineering principles.

From Upper Barakka Gardens, we survey Grand Harbour's fortified peninsulas—Senglea and Vittoriosa—their bastions creating interlocking fields of fire that made Ottoman conquest impossible. The Grand Master's Palace, now housing Malta's presidency and parliament, preserves the Knights' aristocratic legacy. Walking through State Apartments where European diplomacy once unfolded, we examine 17th-century Gobelin tapestries depicting scenes from the Americas—reminders that Malta's Knights wielded continental influence. The Palace Armoury houses the world's finest medieval and Renaissance weaponry collection, with thousands of armor suits testifying to the military brotherhood that dominated Mediterranean warfare for three centuries.

"The Malta Experience," screened in the Knights' former hospital, provides us the perfect historical context through a 45-minute audiovisual presentation tracing Malta's story from prehistory to modern independence.

PLEASE NOTE: Malta's Hal Saflieni Hypogeum site and tour is a popular option should you choose to extend your stay outside of our tour. We do not include it in our program as the number of visitors per day is very limited and spaces tend to sell out before many/most of our travellers commit to our tour; as such, promising the visit in our itinerary is problematic. We suggest booking your own visit once our tour is 'guaranteed' to operate.

Overnight on Malta

Included Meal(s): Breakfast and Dinner

**Day 3 Valletta & Prehistoric Malta**

Our Valletta sightseeing continues to St. John's Co-Cathedral, transforming our understanding of Baroque religious art. Built in the 1570s by Maltese architect Gerolamo Cassar, this masterpiece served as the Knights' spiritual heart. The interior's symphony of gold leaf, marble, and masterful painting demonstrates how military monks expressed devotion through artistic magnificence. Over 300 Knights lie entombed beneath elaborate marble floor slabs, each a decorative masterwork depicting heraldry and achievements. The Cathedral Museum houses Caravaggio's largest painting—"The Beheading of St. John the Baptist"—the only work the master ever signed, created during his turbulent Malta period (1607-1608).

The National Museum of Archaeology introduces Malta's prehistoric temple builders who created the world's oldest freestanding stone

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structures. These artifacts, dating to the 4th millennium BCE, represent civilizations flourishing 500-1,000 years before Egypt's first pyramids.

At Hagar Qim, spectacularly positioned on cliffs overlooking Fifla islet, we encounter architecture challenging assumptions about prehistoric capabilities. Built between 3600-3200 BCE, these temples demonstrate sophisticated understanding of astronomy and monumental construction. Massive limestone blocks—some weighing over 20 tonnes—were quarried, transported, and positioned using technologies lost to history.

Nearby Mnajdra Temple complex reveals how prehistoric Maltese developed increasingly sophisticated architectural forms. Careful alignment with solstices and equinoxes suggests these weren't merely religious centres but astronomical observatories connecting earthly worship to celestial cycles.

In Marsaxlokk village, brightly painted luzzu boats preserve Mediterranean maritime traditions, their distinctive eye symbols connecting contemporary fishermen to Phoenician customs over 2,500 years old.

Overnight on Malta

Included Meal(s): Breakfast and Dinner

#### Day 4 Day Trip to Gozo

The brief ferry crossing to Gozo transports us to an island that feels like Malta's rural cousin. Gozo maintains a distinct cultural identity and dialect, with landscapes and traditions that modern Malta has largely abandoned. The prehistoric temples of Ggantija rank among humanity's oldest religious monuments, dating back to 3600-3200 BCE. Local folklore attributes their construction to giants, and the megaliths' sheer size is awe-inspiring. Victoria, Gozo's capital, clusters around the fortified citadel of Il-Kastell, which has been continuously fortified for over 4,000 years.

Within the citadel, the Cathedral of the Assumption showcases trompe-l'oeil ceiling paintings that create illusory domes. The Archaeological Museum reveals how successive civilizations adapted the same strategic location to serve their defensive needs. The Folklore Museum provides intimate insights into traditional Gozo life, illustrating how island communities maintained self-sufficiency through ingenious adaptation to limited resources.

At Dwejra, we witness geological forces at their most dramatic. Two enormous limestone caverns collapsed to create today's Inland Sea, a lagoon connected to the Mediterranean through a 100-metre tunnel. Local fishermen guide us through this natural wonder, past the Blue Hole and Fungus Rock, where Knights of St. John once harvested rare medicinal plants. The cynomorium coccineus growing on Fungus Rock was highly valued for its medicinal properties, reminding us how biological diversity creates economic value across cultures. Overnight on Malta.

Overnight on Malta

Included Meal(s): Breakfast and Dinner

#### Day 5 Mosta, Mdina & Rabat

This morning, we visit the Rotunda Church of Mosta, a remarkable architectural achievement that dominates the island's central plateau. Based on Rome's Pantheon, its dome ranks as Europe's third-largest unsupported span. The church's most famous story emerged during World War II, when a German bomb penetrated the dome but failed to explode during evening mass. The unexploded bomb remains displayed as testament to faith surviving warfare's brutal realities.

We then proceed to Mdina, Malta's ancient capital, which preserves the medieval Arab city within massive fortifications. As we walk through the narrow streets, we experience urban planning designed for shade, privacy, and defensive strength. The Cathedral of St. Paul occupies the site where tradition claims the Roman governor Publius welcomed the shipwrecked apostle.

From Mdina's bastions, we take in panoramic views of Malta's landscape, understanding why successive conquerors established strongholds here. Next, we visit the nearby Rabat, where the Domus Romana reveals how wealthy Romans lived beyond official Mdina. The excavated villa's mosaic floors and columned courtyards demonstrate provincial luxury. Finally, we explore the Catacombs of St. Paul and St. Agatha, which preserve early Christian burial practices and feature characteristic agape tables.

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Overnight on Malta.

Included Meal(s): Breakfast and Dinner

**Day 6 Departure**

Our Mediterranean odyssey concludes as we prepare for departure from Malta's international airport.

BON VOYAGE!

Included Meal(s): Breakfast