



# Tour Information



## Neolithic Temples of Malta





## Passports

You may need to renew your British Passport if you are travelling to an EU country. Please ensure your passport is less than 10 years old (even if it has 6 months or more left on it) and has at least 6 months validity remaining from the date of travel. EU, Andorra, Liechtenstein, Monaco, San Marino and Swiss valid national identification cards are also acceptable for travel.

For more information, please visit: [passport checker](#)

## Visas

As a tourist visiting from the UK, you do not need a visa for short trips to most EU countries, Iceland, Liechtenstein, Norway and Switzerland. You'll be able to stay for up to 90 days in any 180-day period.

For all other passport holders please check the visa requirements with the appropriate embassy.

For further information, please check here: [travel to the EU](#)



## Tickets

Included with this documentation is an e-ticket, which shows the reference number for your flight. EasyJet have now replaced all their airport check-in desks with EasyJet Baggage Drop desks. **Therefore, you must check-in online and print out your boarding passes before travelling.** Checking in online also provides the opportunity for you to pre-book seats, if you wish, at an additional cost.

Online check-in is available 30 days prior to travel using the reference number provided. Please see the enclosed e-ticket for more information or visit; [www.easyjet.com](http://www.easyjet.com)

Please check that the details on your documentation are accurate and that all names are spelt correctly and match the names on your passport. Your flight ticket is non-transferable and non-refundable. No refund can be given for non-used portions.

## Departure Tax

UK Flight Taxes are included in the price of your holiday.



## Baggage Allowance

We advise that you stick to the baggage allowances advised. If your luggage is found to be heavier than the airlines specified baggage allowance the charges at the airport will be hefty. Your EasyJet ticket includes one hold bag of up to 23kg plus **one** cabin bag that can fit under the seat in front of you, (maximum size 45 x 36 x 20cm, including any handles or wheels). If you book an upfront or extra legroom seat you can also take an additional large cabin bag on board. For more information, please visit [www.easyjet.com](http://www.easyjet.com)

## Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

## Border Control

At border control, you may need to:

- show a return or onward ticket.
- show you have enough money for your stay.
- use separate lanes from EU, EEA and Swiss citizens when queueing.

## Taking food into EU countries

Please note, you are not able to take meat, milk or any products containing them into EU countries.

## Transfers

On arrival at Valetta Airport transfer to the Waterfront Hotel, approximately 30 minutes.

## Special Requests

If you have not already done so, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.



## Accommodation

### Waterfront Hotel, Sliema

This comfortable, modern 4-star hotel is decorated in a Mediterranean style and has a first-class location on Sliema's seafront promenade where you can find restaurants, shops and other facilities all within easy walking distance. Hotel facilities include a restaurant, with a menu 'influenced by the rich cultures of Southern Italy, North Africa and the Levant that have forged the Maltese cuisine throughout history', a lobby bar that also offers a light menu throughout the day, and a rooftop terrace, perfect for an evening cocktail. There is a heated indoor pool, fitness centre and a variety of spa treatments are available at an extra charge. The standard rooms enjoy a stylish, modern design with facilities including, wi-fi, wardrobe, dressing table and chair, television, telephone, tea and coffee making facilities, safe, minibar, hairdryer and ensuite bathroom.

Staying at the Waterfront makes it very easy to catch the ferry across the harbour to Valletta, the capital of Malta, which is abundantly rich in sites to see and explore.

For more information, please visit:

<https://waterfronthotelmalta.com/>

### Dining

The history of Malta is deeply rooted in its geographical location. An archipelago of seven islands in the middle of the Mediterranean, Malta stands at the crossroads of Europe, Africa and the Middle East and Maltese cuisine reflects this diversity, in a vibrant and enticing dining scene. There have been many influences on Maltese food as different nations have visited or invaded the island with the Italian influence probably the strongest. Ravioli and macaroni are popular but made in the Maltese way, with the ravioli stuffed with ricotta cheese and generally larger than the Italian variety and cooked to a softer texture. Signature food of the island tends to be rustic 'peasant' style cuisine, using vegetables in season, homemade cheeses, that emanate Mediterranean flavour and freshness. One of the famous meat dishes is bragioli, or beef olives, a rolled stuffed piece of meat cooked slowly. Rabbit is also

extremely popular, and many Maltese families raise their own. Meals are large and served communally – the famous baked pasta pie timpana generally feeds a small army of people. A famous Maltese dip is bigilla, made from dried broad beans cooked and mashed with garlic, hot pepper and anchovies and eaten with crusty bread. Also made with crusty bread is the national snack of Malta, hobz biz-zejt, which translates as "bread with oil". Thick slices of bread are spread with the beloved sweetish tomato paste called kunserva and topped with capers, olives, garlic, black pepper and a drizzle of olive oil. Sometimes tuna or anchovies are added. Maltese cheese is simple and homemade – the soft fresh cheese called gbejniet is eaten during a meal or with fresh figs or grapes to finish. An aged version comes plain or rolled in fine black pepper and is eaten as a snack – both have a sweet slightly nutty taste.

**Maltese sweets** also show many of the influences of other countries. The Arab influence is seen in biscuits stuffed with a date mixture and the English bread and butter pudding is a more solid chocolate version in Malta, eaten hot or cold. Fruit served chilled is always part of a dessert spread – typically stone fruit, figs, melons, pears, grapes, citrus or pomegranates.

For more information, please visit:

<https://nomadparadise.com/maltese-food/>

### Maltese Beverages

Malta is famed for its locally made alcoholic and non-alcoholic drinks and have been producing wine and brewing beer for centuries with some of these achieving prestigious International Awards. Apart from wine and beer, Malta is also famous for its own liqueurs such as Lumicetta ta' Mari, a lemon infused liqueur, Bajtrija, made from the juicy part of prickly pears, and Hanini Digestiv, an after-dinner liqueur made with carobs, caramel and aromatic herbs.

### Meals included in the holiday:

Breakfast daily and four dinners at the hotel.





# Destination

## Malta

The Republic of Malta is situated in the Mediterranean Sea, about 93 km south of Sicily and 288 km east of Tunisia. Archaeological records show that Malta's history dates to ancient times and is one of the world's oldest civilizations. Early in its history, Malta became an important trading settlement because of its central location in the Mediterranean, the Phoenicians, and later the Carthaginians, built forts on the island. In 218 BC, Malta became a part of the Roman Empire. The island remained as such until 533 AD when it became a part of the Byzantine Empire. In 870 AD, control of Malta passed to the Arabs, who remained on the island until 1090 when they were driven out by a band of Norman adventurers. This led to it becoming a part of Sicily for over 400 years, during which time it was sold to several feudal lords from lands that would eventually belong to Germany, France, and Spain. In 1530, the Knights of St John were granted rule over the Maltese islands and had control for over 250 years. In 1565 the Ottomans arrived but the Knights defeated them and held on, but the power of the Knights eventually declined with Malta surrendering to Napoleon in 1798. In 1800, with the support of the British, the French were forced out of the islands and in 1814 Malta became a part of the British Empire. On September 21 1964, Malta gained its independence and it officially became the Republic of Malta on December 13, 1974.

### Places of interest included in the tour:

#### Ghar Dalam Cave

The Ghar Dalam Cave, which means Cave of Darkness, was formed by the constant flow of a river above it, and was a very important find as it was here that the earliest evidence of human settlement on Malta, dating back some 7400 years, was discovered. The lowest levels of the cave, more than 500,000 years old, contained the fossil bones of dwarf elephants, hippopotamus, small animals and birds. The pebble layer follows, and then the deer layer, which dates to around 18,000 years ago. The top layer, or 'cultural layer' dates to less than 10,000 years ago and holds

evidence of the first humans on the island. The cave is older than the Pyramids and Stonehenge.

For more information, visit:

<https://timesofmalta.com/articles/view/the-magic-and-mystery-of-ghar-dalam.830722>

#### Ħaġar Qim Temple

The Temple of Ħaġar Qim stands on a hilltop overlooking the sea and the islet of Fifla. At the bottom of the hill, only 500m away, one finds the remarkable temples of Mnajdra. Both sites are included in the UNESCO World Heritage List.

18th and 19th century paintings, which feature this temple. show that Ħaġar Qim was never completely buried as the tallest stones remained exposed. First excavated in 1839, the remains suggest a date between 3800 – 2200 BC; a period known as the Ġgantija phase in Maltese prehistory. The site consists of a central building and the remains of at least two more structures. The large forecourt and the monumental facade of the central structure follow the pattern typical of Maltese Prehistoric Temples. Along the external wall, one may find some of the largest megaliths used in the building of these structures, such as a 5.2m high stone and a huge megalith estimated to weigh close to 20 tonnes.

#### Mnajdra Temples

500 metres from the Ħaġar Qim Temple, stands the Mnajdra Temples. The site consists of three buildings facing a common oval forecourt. The first and oldest structure dates to the Ġgantija phase (3600 – 3200 BC). The second structure known as the South Temple was built in the early Tarxien phase (3150 – 2500 BC). The Central Temple, which lies between the two, was the last to be constructed. Remains to the north-east and south of these buildings indicate that these three structures are only the best preserved of a much larger complex. Both Mnajdra and Ħaġar Qim are UNESCO listed sites.

For more information, visit:

<https://whc.unesco.org/en/list/132/>

#### Valletta

Valletta, The Fortress City, Citta' Umilissima, "A city built by gentlemen for gentlemen". These are some of the names given to Malta's capital city: a

living, working city and the administrative and commercial heart of Malta and her Islands.

Valletta is named after its founder, the respected Grand Master of the Order of St. John, Jean Parisot de la Valette. The magnificent fortress city grew on the arid rock of Mount Sceberras peninsula, which rises steeply from two deep harbours, Marsamxett and Grand Harbour. Started in 1566, Valletta with its impressive bastions, forts and cathedral, was completed in the astonishingly short time of 15 years. Valletta has many titles, all recalling its rich historical past. It is the "modern" city built by the Knights of St John; a masterpiece of the Baroque; a European Art City and a World Heritage City. Today, it is one of the most concentrated historic areas in the world. Busy by day with modern city life and yet it manages to retain a timeless atmosphere. The grid of narrow streets boasts some of Europe's finest art works, churches and palaces.

For more information, visit:

<https://whc.unesco.org/en/list/131/>

<https://www.telegraph.co.uk/travel/destinations/europe/malta/valletta/articles/valletta-travel-guide/>

## Gozo

Gozo is fondly referred to as 'the island where time stood still' as one can still witness many habits and traditions from centuries ago which are still practiced by the locals to this very day. Malta's sister island is greener, more rural and smaller than Malta, with life's rhythms dictated by the seasons, fishing and agriculture. Steeped in myth, Gozo is thought to be the legendary isle of Calypso, from Homer's Odyssey, a peaceful, mystical place. Baroque churches, old stone farmhouses, historical sites, forts and amazing panoramas dot the rugged countryside and the spectacular coastline. One of the archipelago's best-preserved prehistoric temples, Ġgantija, is also found here.

## The Megalithic Temples of Ġgantija

The Ġgantija Temples are believed to be the oldest freestanding monuments in the world and, like Ħaġar Qim and Mnajdara, pre-date Stonehenge and the Pyramids. This site also dates from 3600 to 3200 BC; the Ġgantija Phase of the Copper Age. The etymology of "Ġgantija" is derived from the Maltese word for "giant" because it was believed the site was built by a race of giants. This mythological idea makes sense considering that

the temples are constructed from megaliths, massive limestone blocks measuring more than five meters in length and weighing over 50 tons.

Excavated in 1826, the site contains the ruins of two temples enclosed by a perimeter wall, which is a striking element of the site. The temples feature a terrace in front, which would have been used for ceremonial rites, while stone hearths and animal bones found throughout the site suggest rituals of animal sacrifice.

## Xagħra Stone Circle

The Xagħra Stone Circle, also known as the Xagħra Hypogeum or the Brochtorff Circle, is a Neolithic funerary complex. It consists of a series of caves which were used to bury the dead, and which were surrounded by a walled enclosure.

For more information, visit:

<http://www.independent.com.mt/articles/2019-06-11/books/The-man-who-saved-the-Xaghra-stone-circle-6736209416>

## The Medieval Citadel of Victoria

The citadel is a fortified area of Gozo's capital, Victoria, and is thought to have been the Punic-Roman city of *Gaulos'* acropolis, but its origins can be traced back to the Bronze Age. Its unique aura reflects the area's rich history. The majestic citadel offers excellent views, enabling the visitor to take in a 360-degree panoramic view of Gozo and Malta in the distance. It is a recognised UNESCO World Heritage Site that is believed to have been inhabited since Neolithic times. The hill where the citadel is located is naturally fortified and dominates the surrounding countryside, making it an obvious choice for its location.

For more information, visit:

<https://www.airmalta.com/blog/malta/the-cittadella-the-pride-of-gozo/>

## Skorba

The Skorba temples are located at Zebbiegh on the north side of Malta. Two adjacent temples are found on this site, one is Skorba West, which belongs to the earliest phase of megalithic construction, the Ġgantija Phase 3600 to 3200 BC, the other is Skorba East, which is a four-apsed temple, built later in the Tarxien Phase 3150 to 250 BC.

For more information, visit:

<https://heritagemalta.org/skorba/>

## Ta' Hagraat

Ta' Hagraat Temple in Mgarr on Malta is a UNESCO World Heritage site, consisting of two adjacent temples that were excavated under the direction of Sir Temi Zammit in the 1920s, after he was shown a field containing an interesting number of stones. The older temple dates to the Ggantija phase (3,600-3,200 BCE) and has a semi-circular façade with a monumental doorway. This leads into a rectangular central court that in turn leads to three semi-circular rooms, one on each side. The second, smaller building is accessed through the eastern room of the larger building, which was modified in antiquity to make space for the other building. One of the most notable finds from this excavation is a small limestone model of a roofed building which is now exhibited at the National Museum of Archaeology in Malta.

For more information, visit:

<https://heritagemalta.org/ta-hagraat/>

## 'Clapham Junction' Cart Ruts

These ancient mostly paired grooves in Malta's limestone have puzzled the world for centuries. The enigmatic cart ruts are mysterious remains, found in many places in Malta and Gozo, and date from prehistoric times. Although many theories have been suggested for their creation and use, it is still a subject which is highly debated. The tracks differ, with some flat and wide and others deep and narrow. A large number of these ruts seem to be located close to old quarries, which may suggest they were used to transport stones to building sites.

It is reported that the "Clapham Junction" nickname was given by an Englishman, who later reported that it reminded him of the busy railway station Clapham Junction in London.

For more information, visit:

<https://www.cartrutsmalta.com/clapham-junction-malta-guide/>

## Medieval City of Mdina

Mdina, known as the 'silent city', was the former capital of Malta, dating from antiquity to the medieval period, and is one of Europe's finest examples of an ancient walled city, extraordinary in its mix of medieval and baroque architecture.

It hosts many hidden treasures amongst its narrow winding streets and is easy to navigate on foot as vehicles are prohibited.

For more information, visit:

<https://www.visitmalta.com/en/a/mdina-and-rabat/>

## The Hypogeum of Ħal Saflieni

Archaeological evidence suggests that around 4,000 BCE, the people of Malta and Gozo began building with the purpose of ritualizing life and death. The Ħal Saflieni Hypogeum, one of the first and most famous of such complexes, is an underground network of alcoves and corridors carved into soft Globigerina limestone just three miles from what is now the capital city of Valletta. The builders expanded existing caves and over the centuries excavated deeper, creating a temple, cemetery and funeral hall that would be used throughout the Żebbuġ, Ġgantija and Tarxien periods. Over the next 1,500 years, known as the Temple Period, above-ground megalith structures cropped up throughout the archipelago, many with features that mirror their subterranean counterparts.

For more information, visit:

<https://whc.unesco.org/en/list/130/>

## Tarxien Temples

These enormous megalithic structures stand tall in Tarxien. The Temples consist of four structures built out of enormous stone blocks. These four separate temples are connected by a square court and each of them may be accessed via separate entrances. The construction of these structures has been dated to between 3800 and 2200 BC, with a phase of re-utilization between 2400 and 1500 BC. The temples were then abandoned, only to be re-discovered during the early part of the 20th century.

For more information, visit:

<https://heritagemalta.org/tarxien-temples/>

## Tour Lecturer

**David Saunders** - David has an interest in all areas prehistoric, including "European Prehistoric Cave Art". He undertakes archaeological excavations at Stonehenge and Marden Henge and has lectured throughout the UK. During the tour David Saunders will give three evening lectures at the hotel.

## Tour Manager

Your Tour Manager will be on hand throughout the tour to ensure that everything operates according to plan. If you have any problems or questions, please see him/her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and ensure you get the most out of your holiday.



## The Basics

**Climate** – The weather at this time of year is likely to be relatively pleasant, but evenings can be cool and there is the chance of the odd shower. Our best advice is to come prepared. Layers are useful as is a light rain jacket and small umbrella.

**Time** – GMT +2 hours (Summertime Apr-Oct); GMT + 1 (Standard time Nov-Mar). This means, summer or winter, Malta is always 1 hour ahead of the UK.

**Language** – Maltese and English are the official languages. Maltese is the national language.

**Religion** – Roman Catholic.

**Currency** – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

**Banks** – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports and other spots. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros other than bringing euros with you from the UK.

**Credit cards** – it is always best to check first in restaurants and shops that they accept credit cards if you wish to pay by card. Varying amounts of commission can be charged for credit card payments. You may like to check these with your credit card supplier before travel. Most hotels will accept payments by credit card.

**Electricity** – 230 volt, three-pin UK style plug.

**Drinking water** – Malta's tap water is desalinated sea water and properly processed so it is safe to drink, although the taste may be different from what you are used to. Local and imported bottled water is readily available to buy in the local shops.

**Shopping** - Shops are normally open from Monday to Saturday, mornings and evenings. Opening times are generally between 09.00 – 13.00 and 16.00 – 19.00hrs. However, in tourist areas, shops are usually open throughout the day

Mondays to Saturdays, from 09.00 till 19.00 hrs or later.

**Telephones/mobiles** – The guarantee of free mobile phone roaming throughout the EU, Iceland, Liechtenstein and Norway has ended. Check with your phone operator to find out about any roaming charges that might be applied after 1st January 2021. A new law means that you are protected from getting mobile data charges above €45 without you knowing. Once you reach €45, you need to opt in to spend more so that you can continue using the internet while you are abroad. Your phone operator will tell how you can do this.

**Tipping** – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that, when receiving a good service, one awards with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services.

**Walking shoes** – as you are visiting archaeological sites that can be rocky underfoot, we recommend that you take good shoes which have good gripping soles such as trainers or walking shoes.

## Reading suggestions

### **Eyewitness Travel, *Malta and Gozo Travel Guide.***

An unbeatable, pocket-sized travel guide, packed with insider tips and ideas, colour maps, top 10 lists and a laminated pull-out map, all designed to help you see the very best of Malta and Gozo. Step back in time at Malta's Hagar Qim and Mnajdra temples, marvel at the interior of St John's Co-Cathedral in Valletta, explore the historic streets of Mdina.



## Health

### General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit for Travel website for more generally information specific to the country you are visiting – [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

### Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor if necessary. There is normally a charge for calling out a doctor and also a charge to visit a doctor.

**Keep any receipts for insurance claims.**



## Hospital

Your Tour Manager/hotel reception will assist if you need to visit a hospital during your stay.

**Keep any receipts for insurance claims.**

### Inoculations

No compulsory vaccinations are required for travel in Malta.

### Pharmacies

As in the rest of Europe, pharmacies in Malta are generally marked by a green cross. Pharmacies are usually well-stocked and have knowledgeable staff who will likely speak some English. Pharmacists will often be able to give advice and medicine for minor ailments. Pharmacies are usually open Monday to Saturday from 08:00 to 13:00 and from 15:30 to 19:00.



## Insurance

### European Health Insurance Card (EHIC)

Before you travel, make sure you have got a valid European Health Insurance Card (EHIC) or UK Global Health Insurance Card (GHIC) or travel insurance with health cover.

You may not have access to free emergency medical treatment and could be charged for your healthcare if you do not have an EHIC or GHIC when visiting an EU country, or travel insurance with full healthcare cover when visiting Switzerland, Norway, Iceland or Liechtenstein. If you have an EHIC it will still be valid while it remains in date. Your European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC) will be valid if you are travelling to an EU country.

For further information about the GHIC please visit: <https://www.ehic.org.uk>

### Travel Insurance

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

If you require medical assistance whilst abroad it is essential that you contact the emergency number of your insurance company to advise them of the situation. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of action whilst in resort.





## Emergencies

**Should an emergency arise, please call our offices on:**

00 44 20 7251 0045 (Mon-Fri 0900-1700),

Outside the above hours please telephone our emergency staff on:

00 44 7841 023807

**PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.**

**If you are calling a Maltese number from a UK mobile, you should prefix the number with the Greek international dialling code +356.**

If you find that you need consular assistance during your holiday:

### **British High Commission Malta**

Whitehall Mansions,

Ta' Xbiex Seafront

Ta' Xbiex

XBX 1026

Malta

Tel:(+356) 2323 0000

Phone calls for consular assistance can be made 24 hours a day, 7 days a week.

**Open to the public - by appointment only**

Travel Editions

3 Youngs Buildings, London, EC1V 9DB

Tel: 0207 251 0045

Email: [tours@traveleditions.co.uk](mailto:tours@traveleditions.co.uk) [www.traveleditions.co.uk](http://www.traveleditions.co.uk)

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