

MALTA

7-DAY ITINERARY JOURNEY ROUND THE MALTESE ISLANDS



A document prepared
for Hotel Guests
visiting Malta



Welcome

This itinerary has been designed by Grands Suites for a balanced first visit spread evenly on historic places, beaches, boat trips, gastronomy, nightlife, and quieter island scenery, without rushing every day and overall embellishing your holiday experience in Malta.



Day 1

VALLETTA

Start in Valletta, Malta's compact capital and a UNESCO World Heritage city.



Morning

- Walk Republic Street the capitals high street and enjoy walking around the old bastions built by the Knights in the 1500s to protect the island from the Great Siege of 1565.
- Visit St. John's Co-Cathedral and the famous paint of Carrivaggio
- Stop at Upper Barrakka Gardens for a birds-eye view of the Grand Harbour – one of the natural majestic harbours in the world.

Afternoon

Take a traditional dghajsa boat or ferry to the Three Cities:

- Birgu
- Senglea
- Cospicua

Birgu is especially atmospheric in the evening.

Food to Try

- Rabbit stew
- Octopus stew
- Pastizzi: rough pastry filled with ricotta cheese or mashie peas
- Ftira: flat Maltese bread usually served with tomato puree, tuna, olives and capers.

MDINA, RABAT & DINGLI CLIFFS

Morning - Mdina

Known as the “Silent City,” Mdina is one of Malta’s highlights.

- Wander medieval alleyways of the Roman and Normandy era
- Visit St. Paul's Cathedral and the museum of fine arts
- Enjoy panoramic bastion views
- Explore Fontanella Tea Garden and the magnificent view from their terrace whilst tempting their famous chocolate cake.

Afternoon - Rabat

- Explore St. Paul’s catacombs
- Relax at a café with traditional Maltese pastries

Sunset - Dingli Cliffs

Best natural sunset spot on the island.



Day 3

COMINO & BLUE LAGOON

This is the iconic Malta boat day



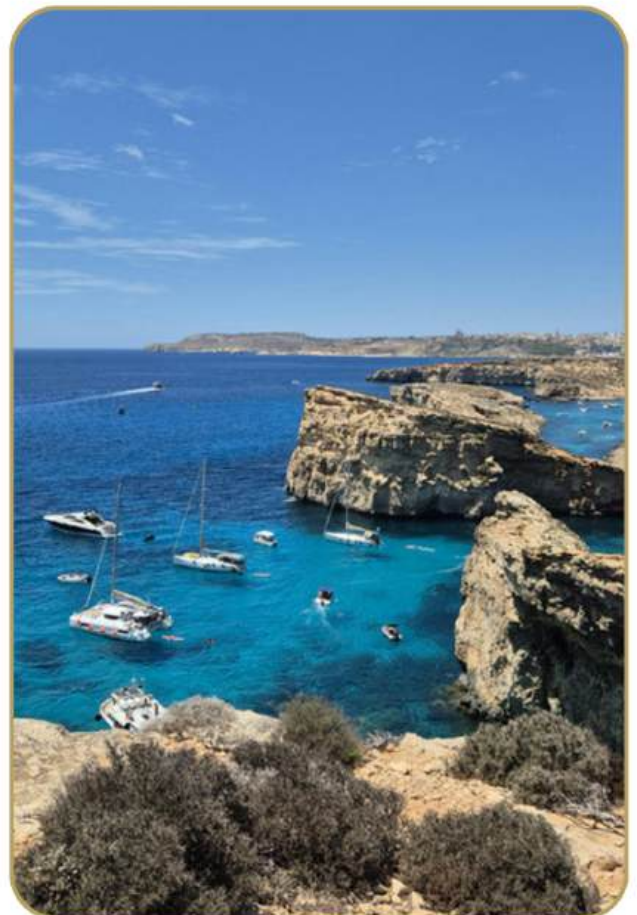
Full Day

Visit Comino and:

- Swim at Blue Lagoon
- Explore sea caves by boat
- Snorkel in crystal-clear water
- Walk quieter coastal paths away from the main crowds

Tip

Go early (before 9am if possible) or choose a smaller boat tour to avoid peak crowds.



Day 4

SISTER ISLAND OF GOZO



Take the fast ferry to Gozo from Valletta (45 minutes crossing) or the Car Ferry (25 minute crossing) from Cirkewwa for a slower-paced crossing for your island experience.

Options without a car, the Hop on Hop off bus go round once and start your adventure on your second round, keeping in mind to waiting on the same bus stop you stopped to avoid you returning to port.

Main Stops

- Victoria and the Citadel. Leave till the end of the visit as Citadel is appreciated more when lit up.
- Red Ramla Bay
- Basilica of the National Shrine of the Blessed Virgin of Ta' Pinu
- Coastal viewpoints around Dwejra



Day 5

BEACHES & COASTS



Main Stops

Choose based on your vibe:

- Golden Sands - scenic & popular
- Mellieħa Bay - largest family sandy beach
- Anchore Bay - more dramatic and quieter
- Paradise Bay – scenic & popular



Optional Stop

Popeye Village for photos and swimming coves.

Evening Stop

Dinner by the sea in St. Paul's Bay or Mellieħa.



Day 6

MARSAXLOKK, BLUE GROTTO & SOUTHERN COAST



Morning - Marsaxlokk

Traditional fishing village known for colourful luzzu boats.

If you're there Sunday morning, the fish market is excellent.



Afternoon - Blue Grotto

Take a short boat ride into the caves if sea conditions are good.



Optional Stops Nearby

- Haġar Qim temples
- Mnajdra temples
- Coastal viewpoints

Day 7

SLIEMA, ST. JULIAN'S & NIGHTLIFE



Daytime

Walk the waterfront between:

- Sliema
- St. Julian's

Visit

- Spinola Bay
- Cafés, Beach clubs, Rooftop bars, and shops



Nightlife

For nightlife, head to:

- Paceville clubs – not suitable for children under 15 years
- Cocktail bars in St. Julian's
- Rooftop lounges overlooking the sea





Thank You

Thank you for choosing to stay with us. We hope you enjoy your time in Malta and make the most of everything the island has to offer.

Should you require any assistance during your stay, please do not hesitate to contact us. Our team will be delighted to help.

