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**Population**

410.000

**Currency**

EURO €1 = 100 cents

**Opening hours**

Shops are generally open from 09:00 till 13:00 and from 16:00 till 19:00. Some shops in the tourist areas might not close in the afternoon.

**Internet**

[www.mta.com.mt](http://www.mta.com.mt)

**Newspapers**

The Malta Independent  
Malta Today  
In-Nazzjon

**Emergency numbers**

112 for Police, Fire Brigade & Ambulance service

**Tourist information**

Address: 229, Merchants Street, Valletta  
Tel: +356 22 91 54 40-2

# MALTA

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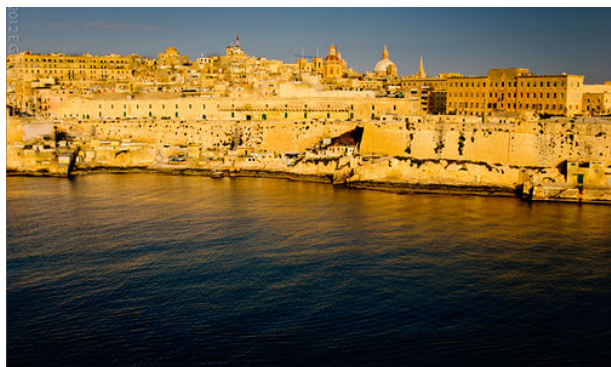
Contents: The City, Do & See, Beach Life, Eating, Cafes, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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The sun shines almost all year in Malta and it boasts some of the fairest temperatures in the world. Add the fantastic beaches, the superb Mediterranean cuisine and there shouldn't be any other destination swimming in your head. Why not try a new sport, laze on an island cruise or tour the most important historic sites? The choice is entirely yours! Together with its other islands, beachlife and nightlife, Malta is a wonderful island to visit.

## THE CITY



© Eje Gustafsson

The Island of Malta is an archipelago in the central Mediterranean Sea, some 93 km south of Sicily. Only the three largest islands Malta Island (Malta), Gozo (Għawdex), and Comino (Kemmuna) are inhabited. Numerous bays along the indented coastline of the islands provide good harbours while the landscape is characterized by low hills with terraced fields.

But Malta is not just sun: historical Malta offers unique megalithic temples, fortified cities and other monuments. Valletta, the capital of Malta, has been listed as a UNESCO world heritage site due to the various monumental buildings. It is a baroque city which has often been described as an open-air museum due to the amount of historic buildings. As a consequence of the strong historic and cultural links to Britain, Malta is bilingual. The great majority of the Maltese can communicate in English.

If you plan your visit for special times like summer Festa season, Easter and carnival, you can be assured that you won't be stuck for what to do – simply join the crowd for some fun.



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## DO & SEE



© Tony Hisgett

There are various places of interest that you can visit in Malta, and the good thing is that all places are easily reached by public transport via Valletta.

### Valletta - The capital of Malta

Valletta, the capital of Malta, was built by the Knights of St John in the 16th-century. It has been listed as a UNESCO world heritage site due to the various monumental buildings. It is a baroque city which has often been described as an open-air museum due to the amount of historic buildings concentrated in the area such as St John's Co-Cathedral and the Grand Harbour, all built by the Knights as well as over 25 churches all concentrated in an area of 900m x 630m.

Address: Valletta  
Internet: [www.cityofvalletta.org](http://www.cityofvalletta.org)

### Mdina

Mdina, the old capital of Malta, is a typical medieval town situated on one of the highest hills of the island. The "Silent City," as it is known, commands a magnificent view of the island. It is one of the few remaining Renaissance fortified cities in Europe.

Address: Mdina  
More Info: Bus 81, 86

### Wied Iz- Zurrieq

Here one can have a swim or visit the Blue Grotto and the surrounding coastline by a trip on the "dagħjsa," a traditional Maltese fishing boat. The Blue Grotto is famous for the clarity of the water and the brilliant

colours around the rocks and in the caves.

Address: Wied Iz- Zurrieq  
More Info: Bus 38, 138

### Megalithic Temples

The remains of numerous temples erected in the Fourth and Third Millennium B.C. are unique in the world. Stone idols, animal representations carved in relief, stone tablets, altars and screens decorated with spirals and other patterns enhance the attraction of these magnificent sanctuaries.

Subway: Take a taxi or rent at car and drive to Gozo  
Internet: [www.heritagemalta.org](http://www.heritagemalta.org)

### Cottonera

Across the Grand Harbour, to the south of Valletta, are the historic fortified towns of Vittoriosa, Cospicua and Senglea, commonly referred to as the three cities of Cottonera.

Address: Cottonera  
More Info: Bus 1, 2,3,4,6

### Marsaxlokk

This is the main fishing village in Malta. Here you can find a large market where fish is the main item being sold and also various restaurants which specialise in seafood.

Address: Marsaxlokk  
More Info: Bus 27

## BEACH LIFE

It's lovely to go swimming in Malta as Malta's beaches are predominantly safe and super immaculate. One can find nice beaches both in the south and in the north of Malta, so wherever you're staying a nice beach is just few minutes away.

### Mellieha Bay

This is Malta's largest and most popular sandy beach. There are no undercurrents here so the bay offers safe bathing and the shallow waters make it ideal for

children. One can find a good choice of fun and sport activities from banana boat rides to pedallo hire. It is also popular with windsurfers and water skiers.

Address: Mellieha Bay  
More Info: Bus 44, 45

### Bugibba

Here the shore is rocky, but that has not barred the resorts' appeal. The flat rocks provide places for sunbathing and there are access points every so often for swimmers. The water is deep, but safe for bathing.

Address: Bugibba  
More Info: Bus 49, 58

### Pretty Bay

Pretty Bay is a flourishing seaside resort in the south of Malta. It lies right in the town centre so there are plenty of shops and restaurants along the coastline.

Address: Pretty Bay  
More Info: Bus 12, 13

### Golden Sands

This is also a sandy bay and one of the most beautiful on the Maltese Islands. The area is excellent walking country. The bay is a good venue for water sports such as windsurfing.

Address: Golden Sands  
More Info: Bus 47

### Gnejna Bay

Close to the town Mgarr is the beautiful Gnejna Bay. Mostly locals bathe here so it's not crowded with tourists as many of the other beaches are. Because the waters are so shallow, this is also a great place to take your family.

Address: Gnejna Bay  
More Info: Bus 47

## EATING



© John Y. Can

Eating in Malta is an exuberant experience as you witness a choice of different menus ranging from fresh fish to the traditional rabbit stew. Most restaurants offer a range of very good wine lists where you can find both local and foreign wine.

### Blue Creek

A restaurant definitely worth visiting in the South of Malta. The Blue Creek restaurant diner will always be warmly welcomed, irrespective of whether you want to savour a light snack, a relaxing lunch or a sumptuous dinner.

Address: Ghar Lapsi , Siggiewi  
Phone: +356 21 462 800 / + 356 21 462 786  
Internet: [www.bluecreekmalta.com](http://www.bluecreekmalta.com)

### Ciappetti

A Baroque restaurant with a wonderful yard, Ciappetti is one of the nicest restaurants on the island, situated at the centre of the noble city, Mdina. At Ciappetti you can find a vast menu of Mediterranean cuisine that you definitely will enjoy.

Address: 5, St. Agatha's Esplanade, Mdina  
Phone: +356 21 459 987

### D'Office

D'Office Bistro and Wine Bar lies right smack in the city center of Valletta. The menu consists of Maltese Mediterranean and the tasty dishes are artistically presented.

Address: 132, Archbishop Str

Phone: +356 2722 1475  
Internet: [www.d-officevalletta.com](http://www.d-officevalletta.com)

### Palazzo Preca

Palazzo Preca is a popular restaurant that has succeeded in creating an appealing ambience combined with exquisite food.

Address: 54, Strait street  
Phone: +356 21226777

### Tarragon Restaurant

Restaurant Tarragon has a familiar feel to it. Don't be surprised if the chef comes to visit by your table, just to make sure you're happy with your meal. The gorgeous surroundings and the great views over St. Paul's Bay combined with the delicious food makes for an unforgettable experience.

Address: Church Street  
St. Paul's Bay  
Phone: +356 21 573759 / +356 27 266999  
Internet: [www.tarragonmalta.com](http://www.tarragonmalta.com)

## CAFES



© Steve Hodgson

Whether in the heart of a village or on the seafront a good cafeteria can always be found in Malta. Prices are very reasonable and most of the cafeterias on the island offer a good choice of light snacks.

### 282 Coffee Garden

This is one of the most popular cafés in the capital. Here you can experience the relaxing and nice atmosphere of a 17th-century building. When you visit

this café you must ask for the Pasta Speciality.

Address: Republic Street, Valletta

### Caffe Oasis

This nice cafeteria on the seafront has been serving its clients for the past almost 20 years. Its story of success is mainly attributed to the good service and genuine products that clients are offered over here.

Address: Tigne Seafront, Sliema  
Internet: [www.caffeoasismalta.com](http://www.caffeoasismalta.com)

### Cafe Cuba

Café Cuba aspires to satisfy their clients' physical needs with tasty pizza, and their spiritual needs with salsa dancing, fast service and appreciation of life!

- "Not only because we aim to brew the best coffee in Malta and brew only the finest roasted 100% Arabica coffee beans, but also because hard working people just need to chill out and have fun".

Address: Triq Ix-Xatt Ta', Tigne, Sliema  
Phone: +356 2010 1313  
Internet: [www.cafecuba.com.mt](http://www.cafecuba.com.mt)

### Fontanella Tea Garden

Fontanella Tea Garden has indoor and outdoor seating with breathtaking views of the picturesque island Malta. They're famous for their home made cakes and pastries.

Address: 1, Bastion Street, Mdina  
Phone: +356 21454264 / +356 21450208  
Internet: [www.fontanellateagarden.com](http://www.fontanellateagarden.com)

### Caffè Portomaso

Caffè Portomaso is a great place for a snack, a cup of coffee, tea (herbal or other), a bite to eat or a hot chocolate. The latter comes in sixteen different flavors - hazelnut, coconut, mint, you name it. Inside and outdoor seating, with free Wi-Fi.

Address: St. Julian's  
Phone: +356 2137 1238

Internet: [www.themarinarestaurants.com/outlets/CaffèPortomaso](http://www.themarinarestaurants.com/outlets/CaffèPortomaso)  
More Info: Portomaso Business Tower, St. Julian's, Sliema & St. Julians area

## BARS & NIGHTLIFE



© Malcolm Debono

In Malta the nightlife is young and lively. Particular areas such as Paceville, Bugibba and Sliema offer a wider range of pubs, clubs and discos for all tastes. During the weekend pubs and discos stay open till four in the morning.

### Fuego

Housed in atmospheric venues the Fuego's skilled DJs run the music formula whilst animation helps to uplift the crowd – and that is just the beginning! Free salsa classes to pure or traditional Latin music!

Address: St George's Bay  
Phone: +356 21 386 746  
Internet: [www.fuego.com.mt](http://www.fuego.com.mt)  
More Info: St George's Bay, St Julians, Qawra Coast

### Trabuxu

Trabuxu was Malta's first authentic wine bar and is located in a 350-year-old cellar that sets the mood and creates a fantastic atmosphere. It is a very popular drinking spot in Valletta.

Address: 1 Strait Street, Valletta  
Phone: +356 2122 3036  
Internet: [www.trabuxu.com.mt](http://www.trabuxu.com.mt)

### Gianpula

Gianpula is an old farmhouse with 30 acres of land that has been transformed into an amazing nightclub. The

main room has been Malta's number one open air night club during the summer months for more than 20 years.

Address: Limits of Rabat , Rabat  
Phone: +356 9947 2133  
Internet: [www.gianpula.com](http://www.gianpula.com)

### Hard Rock Cafe

The pleasant ambiance and soothing music will appease even the most vigilant of vanquishers. A wide variety of music from the recent Rock Age is played for you to seek out and examine.

Address: St George's Bay, St Julians  
Phone: +356 23 722 253 7  
Internet: [www.hardrock.com](http://www.hardrock.com)  
More Info: Bay Street Complex

### d.vine Lounge

d.vine Lounge is a trendy wine bar with an impressive wine list and lighter dishes like tapas, salads and cheeses to complement your experience.

Address: 262, Triq Il-Kbira, Mellieha  
Phone: +356 215 243 45 / +356 795 243 29  
Internet: [www.dvinemalta.com](http://www.dvinemalta.com)

## SHOPPING



© Jennifer Morrow

For all your shopping needs the capital city Valletta is the ideal destination. Here you can find a large variety of shops and every day there is a market which opens around 08.00 in the morning. You may find a bargain, but even if you don't, the market is an entertainment in itself!

Sliema is another good destination to go shopping and here, at the Plaza Shopping Centre, you'll find the largest shopping centre in Malta. Shops are open from 09.00 till 13.00 in the afternoon, and then open again at 16.00 till 19.00.

If you are looking for something particularly Maltese, the Ta' Qali Crafts Village is the place to go. Amongst other souvenirs, Malta has several glass producers. Craftsmen and women can be seen busy at work throughout the many 'huts' at the Ta' Qali. At Ta' Qali one can also find lace, pottery, silver filigree jewelry, ironwork, woodwork and leatherwork. Prices are reasonable, but look out for bargain 'seconds' in the glassware - some products are greatly reduced in price for very minor blemishes. Some of these products can also be found in areas popular with tourists such as Bugibba, Sliema and Valletta.

Note that on the following public holidays most of the shops are closed: February 10, March 31, June 7, June 29, August 15, September 21 and December 13.

## SLEEPING



© Shepard4711

The Maltese Islands have accommodation to suit all tastes and seasons. One can opt for a deluxe hotel with health and spa centers as well as club hotels with a range of sports and activities.

### Westin Dragonara

This hotel is positioned on its own peninsula of 74.000 square metres, and is an oasis of luxury and tranquillity just steps away from the shops, restaurants and main entertainment venues of downtown Malta.

Address: Dragonara Road, St Julians  
Phone: +356 21 381 000  
Internet: [www.westinmalta.com](http://www.westinmalta.com)

### Hilton

Hilton Malta offers a supreme combination of ideal location and outstanding facilities. It offers a wide range of restaurants including the Royal Thai Blue Elephant restaurant and other exclusive facilities such as the private Merkanti Beach Club.

Address: Portomaso, St Julians  
Phone: +356 21 383 383  
Internet: [www.hilton.com](http://www.hilton.com)

### Preluna

Preluna Hotel & Spa has an unbeatable location on the fashionable Sliema Promenade, right in between the main shopping and entertainment districts of Sliema and St. Julian's. There is also a casino within walking distance.

Address: Tower Road 124, Sliema

Phone: +356 21 334 001  
Internet: [www.preluna-hotel.com](http://www.preluna-hotel.com)

### Barceló Riviera Resort & Spa

The Barcelo Riviera is situated in one of the most picturesque and charming areas in the north of Malta, just across the channel from the islands of Gozo and Comino. Mellieha Bay, the island's largest sandy beach, is one km away.

Address: Marfa Bay, Mellieha  
Phone: +356 21 525 900  
Internet: [www.riviera.com.mt](http://www.riviera.com.mt)

### Sunny Coast Resort Club

The Sunny Coast Resort Club is located at the Qawra area of Malta, 19 km from the airport and 16 km from Valletta. Spacious apartments and a safe pool area makes this resort a good choice for families with children.

Address: Qawra Bay  
Phone: +356 21 572994  
Internet: [www.sunnycoast.com.mt](http://www.sunnycoast.com.mt)

## ESSENTIAL INFORMATION



© Heini Samuelsen

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### Exchange Office

There are more fun things to do on your holiday than look for exchange offices or ATMs. Exchange your currency before you leave and get time to do things that you really want. At Forex Bank you can always buy foreign currency free of charge, at hours that suits you. For more info about Forex Bank visit our website or click:

<http://www.forex.se/sv/Om-FOREX/Bankbutiker/>

### Airport

Malta International Airport is located between the villages of Luqa and Gudja, 10 kms from Valletta. The Airport is only about 40 minutes away from popular tourist destinations such as Sliema and Bugibba.

Although the most viable form of transport on the island are buses, from the airport it is easier to take a taxi.

Taxis can be found at the airport entrance.

Internet: [www.maltairport.com](http://www.maltairport.com)

### Public Transport

Distances on the island are very short and getting about by local bus is very cheap and easy. There is a good transport network and most places of interest are accessible by local transport.

As of 2011, Malta bus transportation is operated by Arriva, prices and more information can be found on their website:

Internet: [www.arriva.com.mt](http://www.arriva.com.mt)

### Taxi

There are plenty of taxis, especially in the most popular tourist resorts.

White Taxis Licenced Amalgamated  
Carriage Office:

Address: 67, Tarxien Road, Luqa  
Phone: +356 21 823 017  
Internet: [www.maltataxi.net](http://www.maltataxi.net)

### Post

Malta has an efficient postal service. The main post office (for parcel collection too) is at 305, Qormi Road, Qormi and is open 24/7.

Most towns and villages have post or sub-post offices and there is also one at the capital city Valletta. Stamps are frequently available from hotels and souvenir shops.

### Pharmacy

Pharmacies are generally open from 09:00 till 13:00 and from 16:00 till 19:00. The Pharmacy at the airport is open daily, including Sundays & public holidays between 09:00 and 17:00.

### **Hospital**

Guests in possession of the European Health Insurance Card (Green Card) who need acute care while on holiday in Malta can present it at Mater Dei Hospital where guests should not be charged.

Malta also has several private hospitals, but they can be quite expensive.

Address: Msida MSD 2090  
Phone: +90 2545 0000  
Internet: [www.materdeihospital.org.mt](http://www.materdeihospital.org.mt)

### **Telephone**

Country Code: +356

### **Electricity**

230 V/50 Hz. Three-pin plugs.



Mediterranean Sea

Mediterranean Sea



