



Tour Information



Caravaggio on the Run





Passports

You may need to renew your British Passport if you are travelling to an EU country. ***Please ensure your passport was issued less than 10 years before you enter the destination country (check the 'date of issue') and valid for at least 3 months after the day you plan to leave (check the 'expiry date').***

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

Visas

If you're a tourist, you do not need a visa for short trips to Malta or Italy.

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

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

Malta High Commission: Malta House, 36-38 Piccadilly, London, W1J 0LE

Tel: 0207 292 4800

Email: maltahighcommission.london@gov.mt

Website:

https://foreign.gov.mt/en/Embassies/Hc_London/Pages/HC-London.aspx

Open: Mon-Fri 09.00-17.00

Italian Consulate-General: "Harp House", 83/86 Farringdon Street, London EC4A 4BL.

Tel: (0)20 7936 5900. Fax: (0)20 7583 9425.

Email: consolato.londra@esteri.it

Website: <https://consolondra.esteri.it/en/>

Open: Mon-Fri 09.00-12.00



Tickets

You will be sent an e-ticket, which shows your flight reference number, with your final departure documents. EasyJet have now replaced all of 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 any time prior to travel using the reference number provided.

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.



Baggage allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

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.

<http://www.easyjet.com/en/planning/baggage>

Transfers

On arrival at Malta International Airport transfer to the hotel in central Valetta (approx. 25 mins).

Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements. Please note that some airlines may charge for use of wheelchairs.

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 queuing.

Taking food into EU countries

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



Accommodation

Embassy Hotel, Valletta

Located in the very centre of Valletta, on the doorstep of the legendary Strait Street the four-star Embassy Hotel stands on the site where one of the first hotels in Malta welcomed guests in the 1800s. The hotel is in a great location for exploring Valletta on foot and close to many restaurants, bars and cultural attractions. The hotel has a rooftop restaurant and lounge, courtyard, bar, rooftop heated outdoor swimming pool, cinema and modern comfortable bedrooms. Bedrooms have en-suite bathrooms, TV, telephone, air-conditioning, safe, hairdryer, tea/coffee making facilities and complimentary water.

For more information on the hotel please visit:

<https://www.embassyvallettahotel.com/>

Grand Hotel Ortigia, Ortigia

Built in the late 19th century, the five-star Grand Hotel Ortigia is over a hundred years old. Keeping its original charm, architectural lines and attractive Liberty style the hotel is located in a great location for exploring Ortigia. The hotel has a restaurant providing regional and international cuisine with a magnificent setting on a terrace overlooking the sea, bar, lounge and spa. Bedrooms are traditional and comfortable with en-suite bathroom, TV, telephone, wifi, safe, minibar and hairdryer.

For more information on the hotel please visit:

<https://www.grandhotelortigia.it/en/homepage/>



Food

Malta:

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.

Italy:

Inspired by the many cultures that have settled on the island these past two millennia, Sicilian cuisine has a touch of Greek, Spanish, Arab, and of course Italian to it. The surrounding sea provides plenty of seafood, the rich, fertile soil of the island is perfect for growing olives, citrus fruit, aubergine, tomatoes, pistachios and almonds – the results are a varied, fresh, and mouth-watering combination.

Traditional dishes include *Caponata* (side dish of aubergine, capers and sweet balsamic vinegar), *Maccu* (Fava bean soup), *Arancini* (fried rice ball – a traditional snack), and *Sfincione* (Sicilian pizza, thick base with various delicious toppings).

Pasta dishes are also popular – try *Spaghetti ai ricci* (sea urchin pasta), the aubergine, tomato, basil and ricotta *Pasta alla norma* (originally from Catania), or *Manicotti* (similar to *cannelloni*, tubes of pasta filled and baked) – as is seafood, freshly caught, served simply grilled, boiled or fried. As for meat, the most frequently seen are lamb and goat.

A result of the Arab control of the island in the 10th and 11th centuries, apricots, melons, raisins, saffron and couscous often feature in dishes – such as *Couscous al pesce*.

Typical sweets include *Cannoli* (crusted tube filled with ricotta and sugar), *Cassata* (rich, creamy ricotta filled cake), *Gelato* (possibly invented in Sicily), and the lighter *Granita* (sweetened and flavoured crushed ice).

Table service is common in most restaurants and bars. Usually, a discretionary service charge is added to your bill in restaurants and bars, and no further tipping is required.



Drink

Malta:

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.

Italy:

The world's largest wine producer, Italy is home to some of the oldest viticulture regions. Named according to their grape variety or after their village or area of origin, excellent wines are produced throughout Italy and Sicily, with local wines offering great value and quality. With an ideal climate and soil (thanks to Mount Edna) grapes have been grown in Sicily since the Greeks first colonised the island. The dry white and rosé wines are excellent accompaniments to the seafood dishes, whereas the Nero d'Avola produces sumptuous hearty reds.

The most famous Sicilian wine, the fortified *Marsala*, is similar to sherry and port and comes in *oro* (golden), *ambra* (amber), or *rubio* (ruby), in a range from sweet to dry varieties. The golden, sweet, sometimes sparkling dessert wine *Moscato* is very pleasing.

Sicily also produces excellent liqueurs, such as *Ala*, *Averna*, *Fichera*, and some that can also be found on the mainland – *Limoncello*, *Grappa*, *Anisette* and *Amaretto*.

Meals included in the price of your holiday are:

Breakfast – daily

Dinner – Two dinners with wine at a local restaurant and one pizza dinner at a local restaurant



Destination

This tour looks at Caravaggio's flight to Malta and Sicily following his escape from Rome in 1606 after murdering a gangland rival. After some nine months in Naples, in his struggle to re-establish a firm artistic base and stable network of patronage, Caravaggio travelled in July 1607 to Malta to secure a position for himself among the prestigious, wealthy, and extremely powerful Order of Knights of St. John of Malta. And so began what was to turn out to be a deeply harrowing period for the remaining three years of his life, and in the process the production of an astonishing collection of new paintings.

Caravaggio's art production during these three years was extraordinary, taking his already radical stylistic innovations to now unprecedented extremes. Often the works reveal a new harsh and dark tone. Most people agree that these artistic developments were indeed reflective of a deeply troubled man, undergoing profound spiritual, social and psychological crises of identity. It is a fascinating story, both personally and artistically with a wealth of paintings and sights explored on this wonderful tour.

Places of interest included in the tour:

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.

St John's Co-Cathedral

The conventual church built by the Order of the Knights of St John was completed in 1577, not long after the Great Siege. The Order dedicated the church to St John the Baptist. Over the years the church has transformed from a basic Mannerist church into the outstanding treasure you see before you today. Throughout the centuries every grand master and many knights have donated gifts of high artistic value and made enormous contributions to enrich the church. The façade of the church has two large bell towers topped with octagonal spires. The church is rectangular in shape with a wide nave and the oratory and the sacristy were built in 1604. The entire floor of the church is covered with marble tombstones which commemorate some of the most illustrious knights of the Order, several of which were members of powerful aristocratic families of Europe. During Caravaggio's time in Malta, he painted 'The Beheading of St John the Baptist' and 'St Jermone Writing', both of which are preserved at St John's Co-Cathedral. It was at St John's Co-Cathedral in a meeting of the Public Assembly held on the 1st December 1608, that Caravaggio in front of his masterpiece was "expelled and thrust forth like a rotten and fetid limb" from the Order.

For more information please visit:

<https://www.stjohnscocathedral.com/>

Grand Master's Palace and Armoury

Dominating St George's Square in the heart of Valletta, the Grand Master's Palace is where the Maltese nation was born and the first building to be constructed in the new capital city. Built by the Knights of St John for their illustrious Grand Masters. During the British Period, the Palace served as the Governor's Palace and was the seat of Malta's first constitutional parliament in 1921. Among the collections in the state rooms, you can view the most comprehensive visual narrative of the Great Siege of 1565 painted by Matteo Perez d'Aleccio, the only complete and intact set of the famous 18th century French Gobelines tapestries and the late 18th century Baroque ceiling paintings.

For more information please visit:

<https://heritagemalta.mt/explore/grandmasters-palace-and-palace-state-rooms/>

Malta Experience

The Malta Experience is an audio-visual show that tells the dramatic story of the islands' 7000-year history. Educational, informative and entertaining, the show runs through the turbulent history of a small island nation that has overcome almost unimaginable odds to survive and prosper.

Situated in a purpose-built panoramic auditorium, the show chronicles Malta's unique history in just 45 minutes. A must-see audio-visual treat, The Malta Experience will enrich your understanding of the islands, its people and the places you'll see on your visit.

For more information please visit:
<https://themaltaexperience.com/>

Sacra Infermeria (Knight's Hospital)

The Sacra Infermeria, the Holy Infirmary of the Knights of St John, has seen over 400 years of history as generations of patients have passed through its doors. By 1787 the various wards of the Infirmary accommodated 563 beds and the vast 155-metre-long room with a magnificent timber ceiling was known as the Great Ward and was once the longest hospital ward in Europe.

For more information please visit:
<https://themaltaexperience.com/la-sacra-infermeria/>

Fort St Angelo

Long before the arrival of the Knights of St. John, Birgu's Fort St Angelo was a medieval castle known as Castrum Maris. Sadly, due to a lack of documentation, little is known about the old castle, except the fact that it was built before 1240. The name Birgu, however, comes from il Borgo del Castello, or the city outside the Castle. Upon their arrival on the island in 1530, the Knights of St. John made modifications to Castrum Maris to serve its purpose as a fort, introducing bastions and sadly destroying many of its original ramparts. The Fort underwent further changes in the 1690s, and again after being heavily bombarded during World War II. With four of the Grandmasters buried in its chapels, the Fort is even said to be haunted by the mysterious 'Grey Lady', an inhabitant of the castle who was executed there! The massive fort has several rooms that reflect its crucial role in Maltese history especially during the Great Siege. Beneath the fort lies a prison, which was greatly feared and houses many high-ranking offenders within the order including Caravaggio. He was involved in a

brawl where a number of knights were wounded. He was arrested and imprisoned in Fort St Angelo. Disgraced and unable to paint, Caravaggio did not wait for his trial but escaped and fled from Malta.

For more information please visit:
<https://heritagemalta.mt/explore/fort-st-angelo/>

Ortigia

Ortigia, a small island, is considered to be the heart of Syracuse and is rich in impressive monuments. The old town is stunning, and you can see where the Greeks, Romans, Byzantines, Arabs, Normans, Aragonese and the Savoy have left their imprints. The island is just over one kilometre end to end, and only 500 metres across at its widest point, but it has over 2,700 years of history packed into its narrow streets.

Church of Santa Lucia alla Badia

Located in the centre of Ortigia, the church represents a perfect architectural combination of cultures and shapes with the Baroque style and an impressive painted-ceramic floor. The construction date of the church and its monastery is unknown, but sources confirm that it is from the middle of the 15th century. The church has an important place in the city for its position and for its connection with the Patroness Saint of Syracuse, Lucia, her iconographic symbols are carved on the Baroque façade. Inside the church are treasured works of art including Caravaggio's *Burial of Santa Lucia*, and two wooded crucifixes which date back to the 14th century.

For more information please visit:
<https://www.secretsiracusa.it/en/where-to-go/santa-lucia-at-the-badia-of-syracuse/>

Museo Regionale di Palazzo Bellomo

The Regional Gallery of Palazzo Bellomo was built in 1940 as a reinterpretation of the medieval and modern collection from the prehistoric and classical complex of the "National Archaeological Museum". The core of this collection is made up of works of art from suppressed churches and convents in Syracuse and other places in eastern Sicily. Subsequently and progressively, the collection was enriched with finds and works from purchases, donations, private collections and monuments.

For more information please visit:
<https://www2.regione.sicilia.it/beniculturali/palazzo-bellomo/index.html>

Messina

Messina, located at the northernmost point of Sicily's Ionian Coast and only a few kilometres from the Italian mainland is known as the gateway to Sicily. A devastating earthquake in 1908 razed many of the historic monuments but this allowed the city to rebuild with a distinct Belle Epoque air. Claiming one of Sicily's finest cathedrals and the outstanding Museo Regionale di Messina, the city is a delight to discover on foot.

Museo Regionale di Messina

Located in a former spinning mill from the late 19th century the museum is spread over fourteen rooms and takes you through the stages of the city of Messina's history from the 12th century to the 18th century. There are many outstanding works including *San Gregorio* by Antonella da Messina, dated 1473, and *The Adoration of the Shepherds* and the *Resurrection of Lazarus* by Caravaggio.

For more information please visit:

<https://www.beniculturali.it/luogo/museo-regionale-interdisciplinare-di-messina>

Your lecturer / Guide

Dr Peter Higginson specialises in the art and culture of early modern Europe, and the modern period. He has taught numerous university courses abroad and has wide experience in leading cultural tours to different parts of Europe including Bilbao, Rome, Venice, Florence, Paris and further afield to Cuba. Caravaggio is probably his greatest artistic passion and formed the focus of his doctoral research. His enthusiasm, knowledge and commitment have earned him rave reviews from the many clients who have travelled with him on a Travel Editions' tour over the years.

Peter will give the following lectures during the tour:

'Caravaggio as Artist and Knight of the Order of St John of Malta'

'The Artist Takes Flight: An Itinerant Artist in Naples, Malta and Sicily'

Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions, please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the

spot, and do everything to help you enjoy your holiday.

Grading

This tour has been graded as **Moderate**: Walking between sites, lots of standing for viewings.



The Basics

Climate – The weather at this time of year is likely to be pleasant, but evenings can be quite cool and there is the chance of the odd shower. Our best advice is to come prepared.

Time – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

Language – Malta: Maltese and English are the official languages. Maltese is the national language. Italy: Italian

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, major train stations and other spots. They usually offer an attractive exchange rate. 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 – Malta: 230 volt, three-pin UK style plug. Italy: 220 volt, two-pin continental plug.

Drinking water – Tap water is safe to drink. (Although you'll find a huge amount of bottled water for sale too)

Shops & Museums – Department stores are open 08.30-19.30 Monday to Saturday. Most shops are

closed between 12.30-15.30. Please note that some museums close on Mondays. Although very common in tourist towns in Italy, please note that street vendors selling all kinds of designer knockoffs are illegal and could land you with a hefty fine. Care should also be taken when buying antiques since Italy is renowned for skilled imitators.

Clothes & Shoes – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good flat/grip walking shoes are recommended.

Camera – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

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 you might get from 1 January 2021. A new law means that you're 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're 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 does award 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, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



Health

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your tour manager/hotel reception will arrange hospital transport.

Keep receipts for insurance claims.

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

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.

Pharmacies

As in the rest of Europe, pharmacies 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

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. 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 medical attention.

Global Health Insurance Card (GHIC)

Before you travel, make sure you've got a valid 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're travelling to an EU country.

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

For further information about the GHIC please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 7841 023807 or 00 44 7831 133079

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

If you find that you are in need of 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

British Consulate Rome

Via Venti Settembre, 80A

00187 Roma RM

Italy

Tel: +39 (0)6 4220 0001

italy.consulate@fco.gov.uk

Open Mon-Fri 0930-1230 and 1400-1600. Phone lines open 0900-1700. Outside these hours a consular Emergency Service is in operation and can be contacted on +39 (0)6 4220 0001.

Travel Editions

3 Youngs Buildings, London EC1V 9DB

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Email: tours@traveleditions.co.uk www.traveleditions.co.uk

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