



# Tour Information



## Malta Fortress Island





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

## Visas

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

You will be sent an e-ticket, which shows your flight reference number, with your final departure documents. Online check-in is available any time prior to travel using this information. Please visit [www.easyjet.com](http://www.easyjet.com) for more information.

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 extra cost.

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 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.

## 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

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



## Accommodation

### Waterfront Hotel, Sliema

This comfortable, modern four-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/>



## Food

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 nation 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.



## Drink

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

**Dinner** – two dinners with wine 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:

## 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/>

## Fort St Elmo

At the very tip of the capital Valletta, you'll find the magnificent Fort St. Elmo. Built strategically around the peninsula, this very important fort has been standing guard over the Grand Harbour and Marsamxett Harbour for centuries. It played an enormous role during the Great Siege of 1565 and has recently been meticulously restored to its former glory. Inside the Fort, you will also find Malta's National War Museum, which gives you insight into thousands of years of warring history around the Maltese islands. The museum covers a period from the Bronze Age all the way up until the Second World War, which left some deep scars across the Maltese islands that are still visible today.

*For more information, visit:*

<https://heritagemalta.mt/explore/fort-st-elmo-national-war-museum/>

## The 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. Malta's Knights of St John are famous for repelling an invasion and their military exploits abroad. But their origins were actually those of peace and caring for the sick. This noble past is



revealed on a tour of “La Sacra Infermeria” (Holy Infirmary).

*For more information, visit:*

<https://themaltaexperience.com/>

## 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!

*For more information, visit:*

<https://heritagemalta.mt/explore/fort-st-angelo/>

## Inquisitor’s Palace

The Inquisitor's Palace, situated in the heart of Birgu, is one of the few surviving palaces of its kind which, in the early modern period could be found all over Europe and South America. Many of these palaces simply succumbed to the ravages of time or were victims of the anti-reactionary power unleashed by the French Revolution. Fortunately, the Maltese Inquisitor's Palace, throughout its five centuries of history, always hosted high-ranking officials representing the main powers on the island, who therefore ensured its survival.

*For more information, visit:*

<https://heritagemalta.mt/explore/the-inquisitors-palace/>

## Lascaris War Rooms

The Lascaris War Rooms consist of an underground complex of tunnels and chambers that housed the War Headquarters from where the defence of Malta was conducted during the Second World War.

This secret complex contained operations rooms for each of the fighting services from where not only the air defence of Malta was coordinated, but also some of the greatest battles fought in the Mediterranean during the war. Lascaris was the advance Allied HQ from where General Eisenhower and his Supreme Commanders Admiral Cunningham, Field Marshal Montgomery and Air Marshal Tedder directed Operation Husky – the Invasion of Sicily in 1943. In the Post War years it became the Headquarters of the Royal Navy’s Mediterranean Fleet. Later, in the late 1960s, it was taken over by NATO to be used as a strategic Communication Centre. In 2009, Fondazzjoni Wirt Artna – the Malta Heritage Trust – undertook the challenging task of restoring this historic complex. As a result of this work visitors can explore and enjoy one of Malta’s best kept wartime secrets.

*For more information, visit:*

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

## Medieval City of Mdina

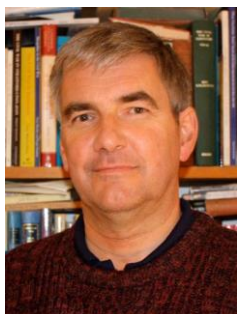
Mdina, known as the ‘silent city’, was the former capital of Malta, dating from antiquity to the medieval period, and is one of Europe's finest examples of an ancient walled city, extraordinary in its mix of medieval and baroque architecture. It hosts many hidden treasures amongst its narrow winding 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/>

## Your Lecturer / Guide

**Julian Humphrys** - will be your guide/lecturer throughout the tour. After reading history at the University of Cambridge, Julian has had a long and impressive career relating to the themes and issues explored throughout this trip. He has worked at historical sites both in Britain and overseas and is now a trustee of the Battlefields Trust and a Fellow of the Royal Society of Arts. He has a very infectious enthusiasm for history and has published numerous books on castles and battles.



**Julian will deliver two lectures during the tour:**

*"The Great Siege of Malta"*

*"Malta during WW2"*

## 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.

## Grading

This tour has been graded as **Demanding**: On your feet all day, uneven terrain (e.g. cobbles).

## Reading suggestions

**The Fortifications of Malta 1530-1945: 16 (Fortress)**

by Charles Stephenson and Steve Noon

**Churchill and Malta's War 1939-1943**

by Douglas Austin

**The Great Siege of Malta: The Epic Battle between the Ottoman Empire and the Knights of St. John**

by Bruce Ware Allen



## 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 lots of sites that can be uneven underfoot, we recommend that you take comfortable shoes which have good gripping soles such as trainers or walking shoes.



## 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

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

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and 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 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.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 (Mon-Fri 0900-1700),

Outside the above hours please 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 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

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

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