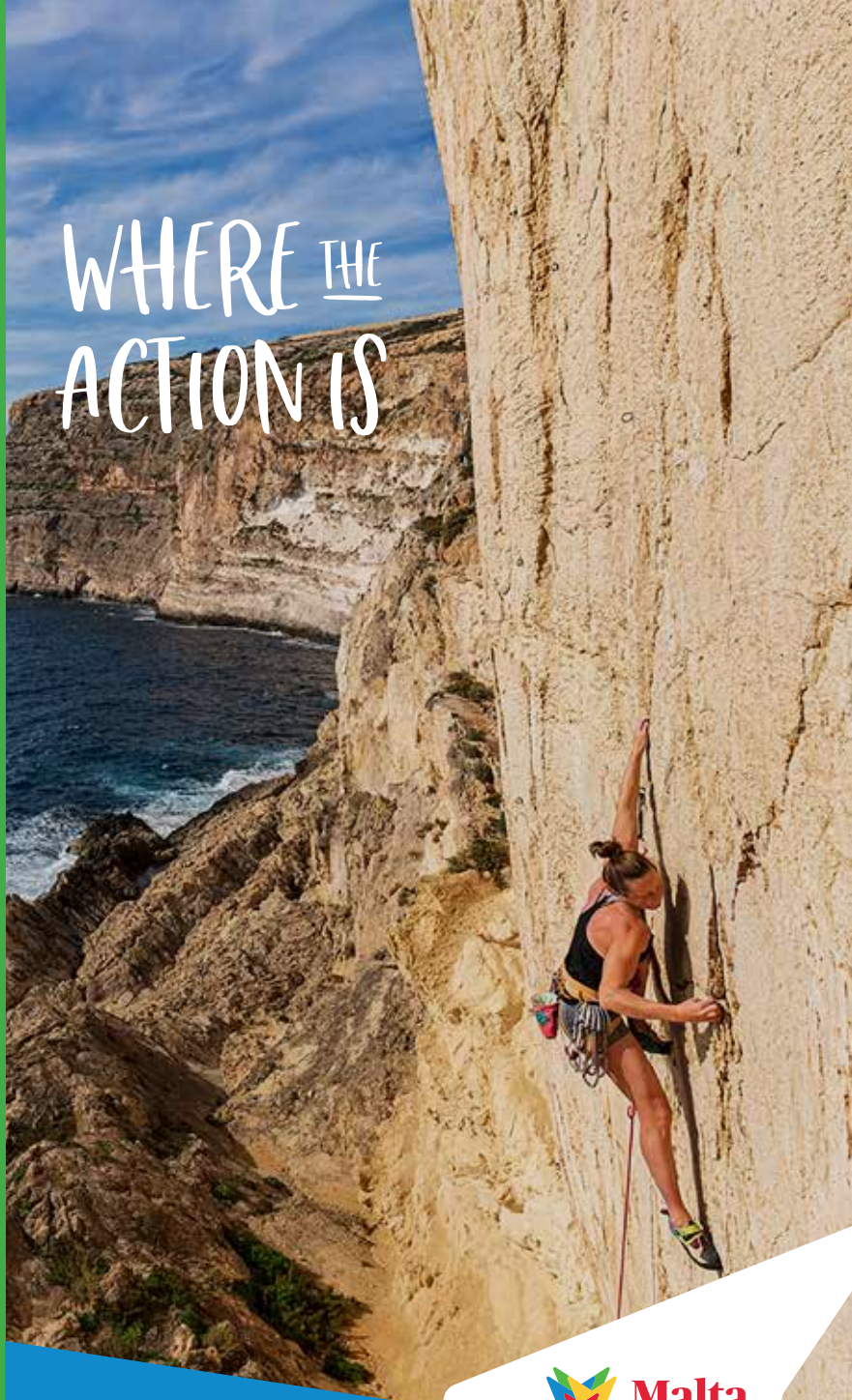




WHERE THE  
ACTION IS

MALTA & GOZO



**Malta**  
Gozo & Comino



Xwejni, Gozo



CRYSTAL LAGOON  
COMINO



## THRILL SEEKERS CAN DO NO BETTER THAN CHOOSE THE BEAUTIFUL MALTESE ISLANDS FOR AN EXCITING BREAK.

This is where adventurers meet, to dive deep and climb high. The sun shines 300 days a year and bad weather hardly ever stops play.

Malta sparkles like a jewel in the middle of the Mediterranean Sea. It's easy to get to and easy to explore. The opportunities for adventure start in Malta and spill over onto the two smaller islands, Gozo and Comino, too. And everything is so compact. You could spend the morning **trekking**, **visit a historic site** in the afternoon and take an **evening dip in the sea** to round off a perfect day.

The choice of activities is spectacular, both for the novice and the more experienced. When it comes to **rock climbing**, there are two thousand routes to choose from, spread over all three islands! As a **diving** destination, Malta is world class. Explore hidden coves in a kayak, have your breath taken away ziplining between craggy sea cliffs, or escape on an adventure of your own by mountain bike, quad bike or 4x4.

If you're into more traditional sports, there is **golf** and **tennis**, **football**, **basketball** and **hockey**. A small band of enthusiasts also practise **cricket** and **rugby** at a grand old ex-Colonial sports centre. If you fancy your luck with a flutter on the horses, the **Marsa racetrack** is the place to go.

The country has a busy sporting events calendar, including the **Malta Marathon**, **National Triathlon Championships** and some epic obstacle races.





WALL OF WONDERS  
PRISM 6B  
ŽURRIEQ, MALTA

# ROCK CLIMBING

The locals call their country “the rock” for good reason. It’s the **extensively fractured terrain** of Malta, Gozo and Comino, with their steep coastal cliffs, deep cut valleys and high ridges that make the islands such an exciting draw for climbers.

A number of **professional guiding companies** offer to take climbers, both newbies and experienced, out to the best crags that suit their skill levels. The **great all-year-round climate** ensures that you rarely miss a session. The amazing scenery is guaranteed, and the standard of safety is impeccable – only titanium anchors are used in new route installations and older routes are being re-equipped with this virtually indestructible material too.

Various forms of climbing are possible, ranging from **traditional** and **sport** climbing to **bouldering** and **multi-pitch sea cliff routes**. Naturally, there are endless opportunities for **Deep Water Soloing (DWS)** and **Sea Level Traversing**, which gives you all the freedom of DWS but with the benefit of a very short drop into the sea should you fall...or need a refreshing break!

If you’re looking for the challenge of **sheer cliffs** and a vast selection of climbs to be enjoyed in balmy weather, then the Maltese Islands are the right place for you.

## MALTA

There are about 25 individual climbing crags around Malta.

**Wied Babu**, located in **Žurrieq**, is one of Malta’s most picturesque valleys with 25-metre-high vertical climbs in a wide range of grades, offering very easy to very difficult climbs.

**Għar Lapsi**, near **Sigġiewi**, is sunny on winter days. It has a series of brilliant caves and overhangs, set in cliffs high above the sea, with various routes graded from easy to advanced. **Xaqqa Valley**, two kilometres away from Għar Lapsi, is a great challenge. It looks very smooth and almost impossible to climb yet is manageable for those who are able to fathom its angles and cracks.



## GOZO

**Mġarr ix-Xini** is a wonderful, fjord-like valley with an incredible selection of climbs, both sport and traditional (trad) climbing in a Jurassic setting.

**Wied il-Mielah** is a truly special spot – a narrow, steep-sided valley leading to the sea where its west wall becomes a dramatic natural rock arch, draped on all sides in short, sharp rock routes.




## COMINO

The smallest of the three islands, **Comino**, is best for DWS and SLT. Head for **Crystal Lagoon**, overlooked by the **Santa Marija Tower**, or take your goggles and snorkel, as well as your rock shoes, to the **Santa Marija Caves** on the other side of the island, a spectacular spot which is popular with cliff-divers too.

## DIVING

Malta is a leading destination for diving, attracting tens of thousands of enthusiasts, from absolute beginners through to technical divers who go deep to explore the **wrecks** of wartime planes and ships on the seabed, some recently sunk artificial reefs and magnificent undersea rock formations of world fame. Everyone can enjoy the **crystal clear waters** and wonder at colourful corals, cave systems and ancient relics. The diving season runs from **March to November** with the water temperature never falling below 16 degrees Celsius. Malta's diving schools are professionally run and put great emphasis on safety.



**SUBWING** is like flying underwater. Many describe the experience as being totally immersed in marine life, much like a fish!

## KAYAKING

Most of Malta's coastline is made up of cliffs and, as you paddle along, you will see acres of monolithic boulders that seem to be tumbling to the water's edge. There are many nooks, inlets and sea caves to explore all around the Islands; a particular highlight is the collapsed cave at the north western most tip of the main island, accessed only through a narrow slit in the cliff face, known as **Coral Lagoon**.

Gozo has a beautiful coastline too with some dramatic **geological formations** and endless stretches of sheer cliffs. The entire island of Comino is a protected **nature reserve** and can be circumnavigated within a couple of hours. Wherever you go, the play of

light and colour is magical. Don't let the weather stop you. If there are winds making it rough in the north just head to a calmer spot in the south, and vice versa. Malta is **non-tidal**, which is a weight off your mind when heading out. Professional guiding companies are happy to lead you on a **wonderful water experience** and can keep you safe from the vagaries of open waters. They know the score and are equipped with radios, tow ropes and lifesaving equipment to make sure you have the best, and safest experience on the water.



MGARR IX-XINI  
GOZO



## STAND UP PADDLEBOARDING (SUP)

**Stand Up Paddleboarding (SUP)** offers a different way to explore the coastline. It's a fun activity and a good workout at the same time; you're doing upper body training, leg work and building core strength.

There are instructors to get you started with a short lesson and individual attention. Compared to most sports, paddle boarding can be learned in a day when taught well. If you prefer to try your hand at surfing, then the scenic **Ghajn Tuffieha** and **Golden Bay** are good places for catching waves, but operators will give you the inside track. Some enthusiasts combine SUP with yoga for a totally immersive day.

For the adrenalin and thrill seekers, why not try **FlyBoarding**? This new sport has taken watersports to the next level by actually letting you fly over the water. A hydroflight device uses the pressure of water to propel you into the air. You will learn the basic skills of the sport in no time, flying and zigzagging your way around above the water.



ZIPLINING IN  
GOLDEN BAY  
MALTA

## ZIPLINING

Ziplining is high flying fun. Jump off a cliff and zip through the air over the Mediterranean, or barrel down the centre of a choice of valleys around Malta and Gozo, not to mention the **Grand Harbour** itself!

Everyone can give it a go. You'll be secured by a full-body harness and connected to a steel zipline by pulley. The guide is in control, enabling children to ride the zipline in a seated position while letting the most daring go head-first at full speed all the way down the line, just like Superman!



At 150 metres, the zip line at **Migra l-Ferha** is the fastest in Malta. It's not for the fainthearted but if you like your adrenalin served up hard and fast, this is definitely a ride for you. You'll fly across from one cliff edge to another over the sea with a heart-thumping 50 metre drop below. The dramatic coastal scenery makes this a thrill to be remembered.

# FAIR WINDS



## GRAND HARBOUR VALLETTA, MALTA

Regular and reliable winds make Malta a good place for kitesurfing. It is a winter activity, when the beaches aren't busy. **Armier Bay, Ghadira Bay** and **Salina Bay** on the northern coast are the most popular spots.

For experienced paragliders there are launch sites at the stunning **Victoria Lines, Qammieh** and **Ghajn Tuffieha Bay**. Certainly, the view across Malta from above adds a whole new and thrilling dimension to your exploration of the islands.

Sailing schools offer a variety of activities to suit sailors of all ages. Any boat, from single-handed dinghy to ocean racers, can be booked for your marine adventure. The climate means it is possible to sail throughout the year.



# TREKKING

The climate, terrain and the views make trekking in Malta a real pleasure. All three islands – **Malta, Gozo** and **Comino** – offer something special for hikers. The first rains following a long hot summer produce a tremendous variety of **wildflowers**. From mid-November to mid-May the Islands offer a landscape which is green and lush, carpeted with **fennel, clover, wild iris, myrtle** and so much more. By late spring, a thousand or more species of plants are in flower across the stepped landscape.

On your travels you'll come across **prehistoric sites, characterful farmhouses, old military installations** from as far back as the Bronze age and wayside **chapels**. In Gozo and the north of Malta, in areas where the ground is uncultivated, don't be surprised to see small herds of goats and sheep. For a day of solitude there's no finer place than Comino, a **bird sanctuary** and **nature reserve** and home to the **Blue Lagoon**.



LIPPIJA TOWER  
ĠNEJNA BAY, MALTA



# GET ON YOUR BIKE

Cycling is an enjoyable way to get around the islands as long as you are happy with hills! Particularly attractive are narrow country lanes bordered by ancient drystone walls linking picturesque villages. **Segways** add a motor to your wheels and help you glide around the capital, Valletta, or further afield, even off-road.

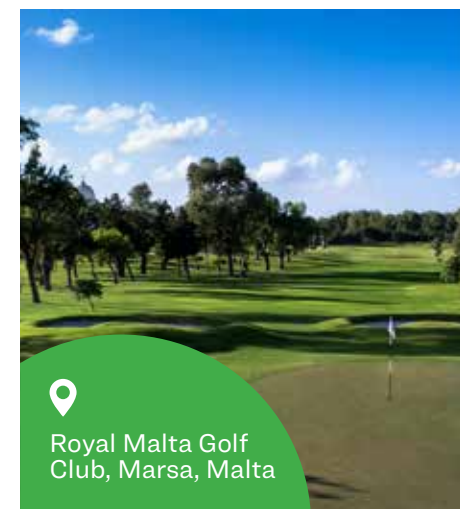
## COME TOGETHER

Malta is a great place for team visits. The country is football mad, with the local population closely following the fortunes of English and Italian **top-level clubs**. Don't be surprised to see a **Liverpool** or **Juventus** scarf blowing out of a car window. The dedication is deep rooted; the Malta branch of the **Manchester United Supporters Club** has been in existence for more than 60 years.

**Waterpolo** is a popular sport, with Malta's national team playing and placing well in international tournaments. **Rugby** has become a new national passion with the few local teams making a name for themselves, locally and overseas.



Ġnejna Tower, Malta



Royal Malta Golf Club, Marsa, Malta

## SPORT EVERYWHERE

Various hotels offer tennis courts, squash courts, swimming pools and gyms. Some have water sport facilities, including scuba diving, water skiing, **windsurfing** and **sailing**.

The **Marsa Sports Club** offers an 18-hole golf course, miniature golf, tennis courts, squash courts, a cricket ground and a swimming pool. Non-members are welcome on the golf course and golf clubs can be rented.

**Horseback riding** is another popular activity, **clay pigeon shooting** takes place at weekends and, for something very Maltese, try *boċċi*, a form of lawn bowling played on gravel pitches in many village centres.

# MALTA'S SPORTING CALENDAR

JANUARY - MARCH

## WINTER FOOTBALL TRAINING CAMPS

APRIL

## GOZO-HALF MARATHON

## TOUR TA' MALTA

a four-stage road bike race around the Islands.

SEPTEMBER

## XTERRA MALTA CROSS TRIATHLON

One of the most picturesque off-road triathlon races in Europe, held at the stunning Majjistral Natural Park and Golden Bay.



OCTOBER

## ROLEX MIDDLE SEA RACE

The crème de la crème of the sailing world battle it out in the central Mediterranean.



FEBRUARY

## MALTA MARATHON

with a choice of a full marathon, a half marathon or a walkathon.



MAY

## TOUGH MUDDER

An obstacle course which stretches participants' physical and mental limits.



MAY

## THE GRID

Obstacles and fitness challenges testing the most ambitious.

## XTERRA GOZO TRAIL RUN

A coast-hugging, 50km/21km trail-running event that goes full circle around the island.



OCTOBER

## X-WATER

Participants swim between Malta, Gozo and Comino.



OCTOBER

## MALTA CLASSIC GRAND PRIX

An exhilarating race of the finest classic cars, against a backdrop of historic buildings, vineyards and terraced hills.





