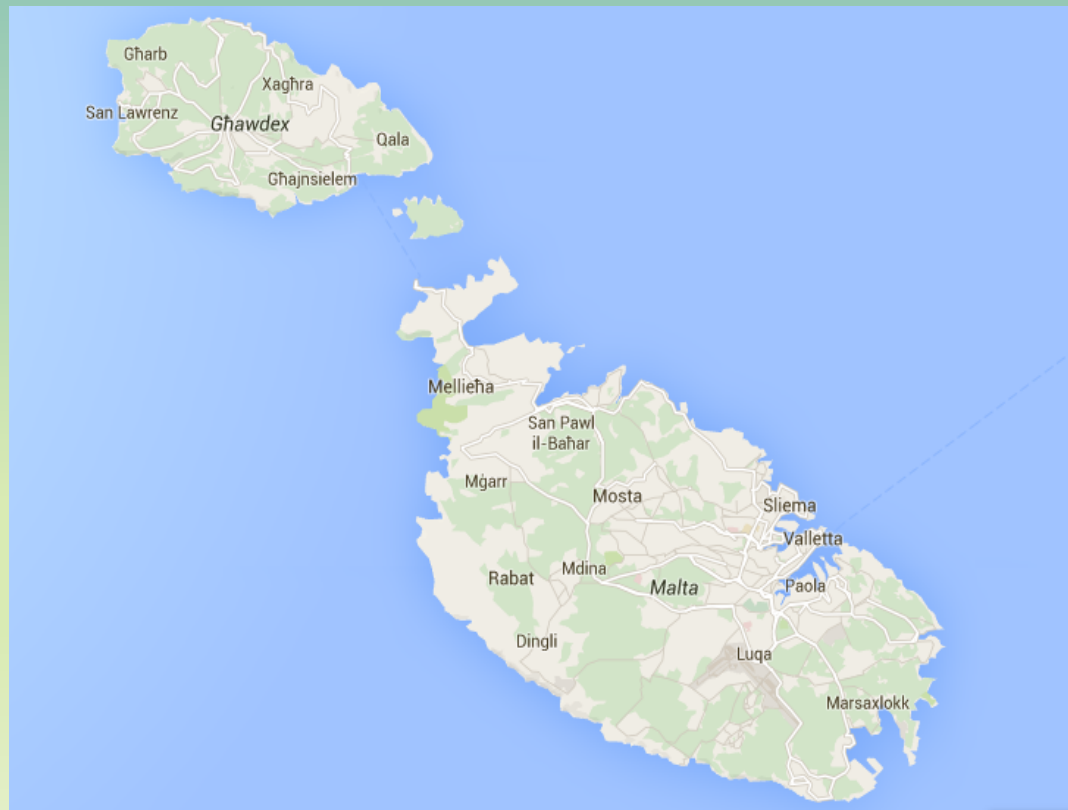
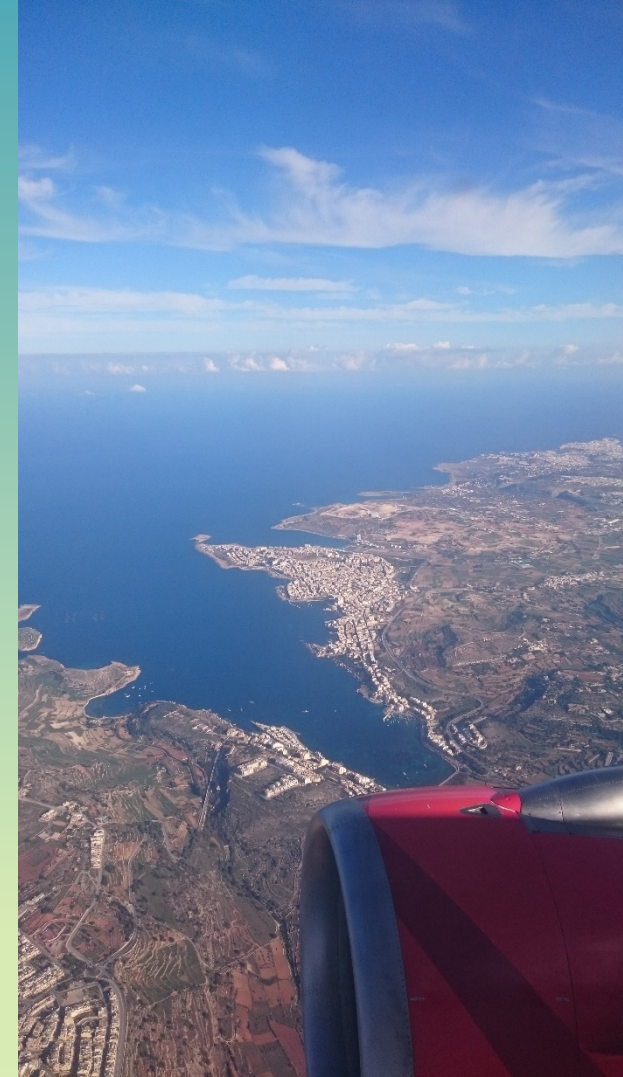


Welcome to the Maltese Islands



While you are here for the HRI Research Conference 2017 you may find the following information helpful



Transport

There is an extensive bus route network across the Islands of Malta and Gozo. If you are staying for more than 4 or 5 days it might be worth purchasing the 7-day travel card for €21 which gives you unlimited use of buses day and night. The single fare for a bus ride is € 1,50. Here is the link to the website

<https://www.publictransport.com.mt/en/bus-card-and-ticketing>

The 7-day travel card can be purchased at the bus terminal in Valletta, at Sliema Ferries or various other places (see list

<https://www.publictransport.com.mt/..en/where-to-buy-explore-card-12-journey-card>) or ask at the hotel.



Cafés and restaurants

There are plenty of cafés and restaurants in the St. Julians and Sliema neighborhood. Most of them are good quality and serve Mediterranean food at a reasonable price.

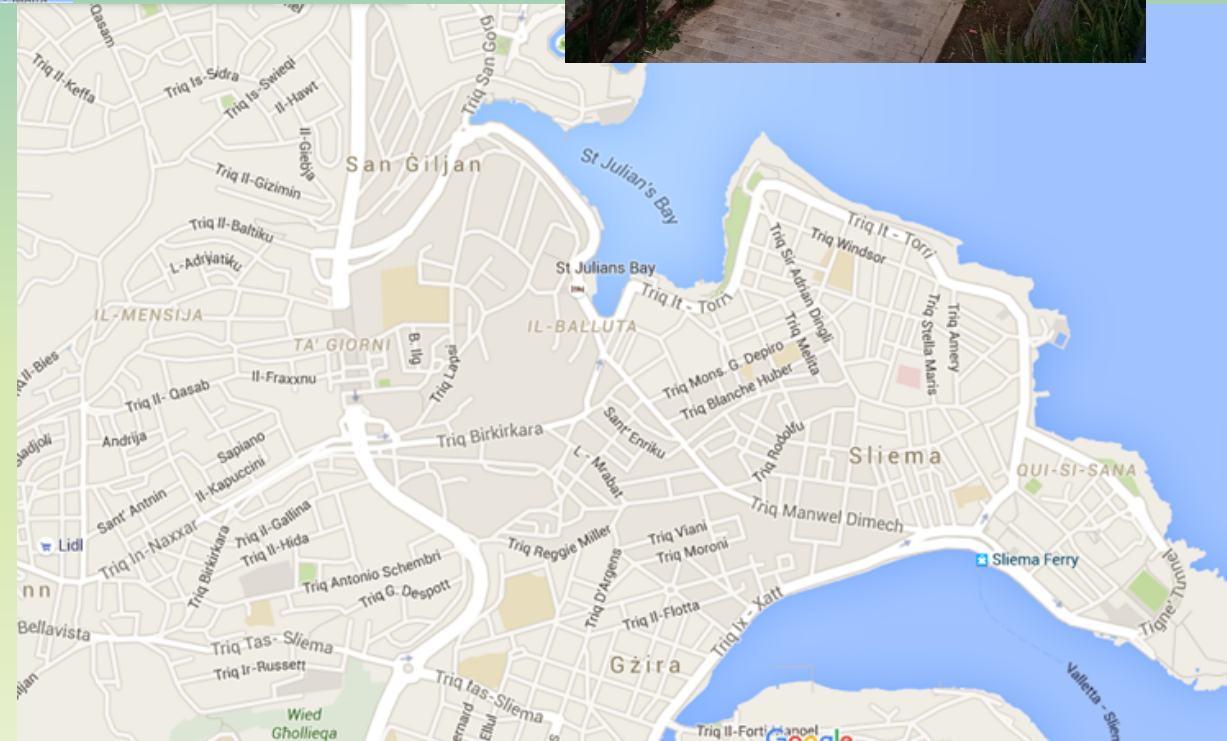
ATMs and supermarkets

You will find ATMs as well as supermarkets in the St. Julians and Sliema area.



Walks

You can walk along the waterfront from Spinola Bay all the way to the Sliema Ferries. This will take you about 30 minutes. It's a nice walk with plenty of attractions. You can go for a swim or just sit in the sun along the promenade.

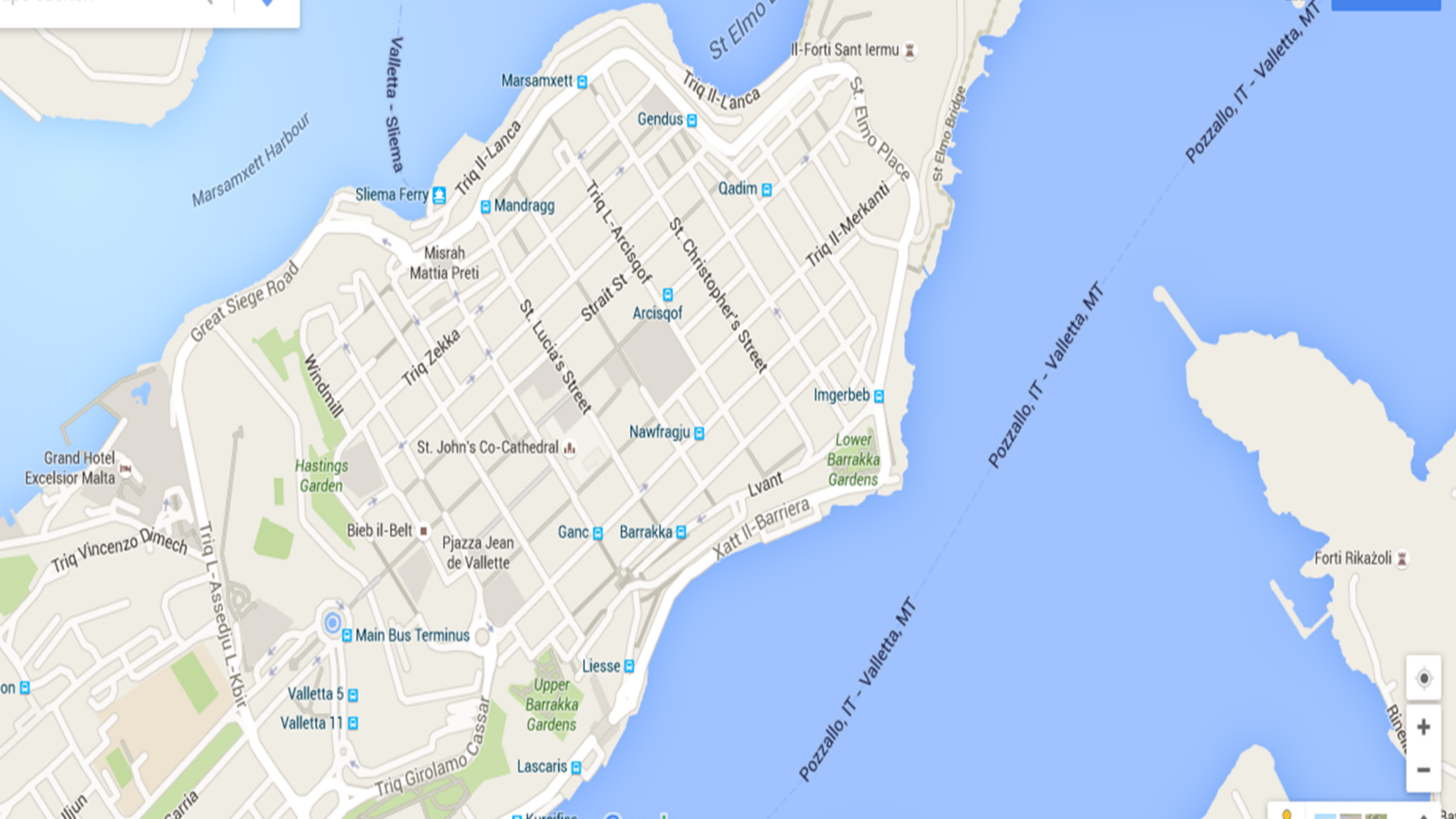


What to do in ...

Valletta

Valletta is the capital of the Maltese Islands. You will find many interesting places that highlight Malta's history. The main road is Republic Street that takes you down all the way to Fort St. Elmo. Various parts of the town are pedestrian zones with shops and cafés. For a more quiet stroll just take one of the side streets. Valletta is build on a grid layout - it is difficult to lose your way!.





Marsamxett Harbour

Valletta - Sliema

Sliema Ferry

Marsamxett

Gendus

Triq Il-Lanca

Il-Forti Sant Iermu

St Elmo Place

St Elmo Bridge

Qadim

Mandragg

Misrah
Mattia Preti

Triq L-Arcisqof

Arcisqof

St. Christopher's Street

Triq Il-Merkanti

Great Siege Road

Triq Zekka

St. Lucia's Street

Windmill

Hastings
Garden

St. John's Co-Cathedral

Nawfragju

Imgerbeb

Lower
Barrakka
Gardens

Lvant

Xatt Il-Barriera

Ganc

Barrakka

Pjazza Jean
de Vallette

Bieb il-Belt

Main Bus Terminus

Valletta 5

Valletta 11

Triq Girolamo Cassar

Upper
Barrakka
Gardens

Lascaris

Triq Vincenzo Dimech

Triq L-Assezzju L-Kbir

Pozzallo, IT - Valletta, MT

Pozzallo, IT - Valletta, MT

Pozzallo, IT - Valletta, MT

Forti Rikazoli

Rineis

St. Johns Co-Cathedral

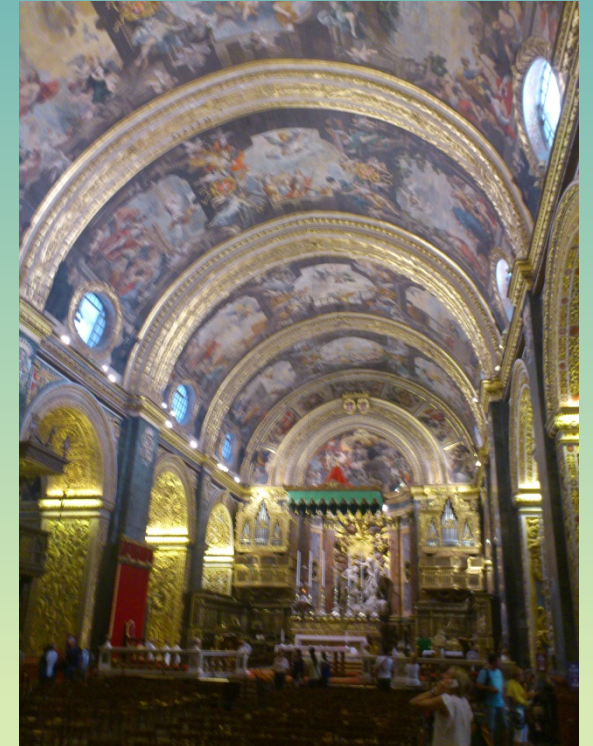
A wonderful cathedral with an amazing floor that consists of old tombstones from the Grandmasters' era. It also has the famous painting by Caravaggio, "The beheading of St. John the Baptist", on display. You will find more interesting facts here

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

National Museum of Archaeology

A fantastic exhibition about the history of Malta.

<http://heritagemalta.org/museums-sites/national-museum-of-archaeology/>



The Grandmaster's Palace – State Rooms and Armoury

<http://heritagemalta.org/museums-sites/the-palace-state-rooms/>

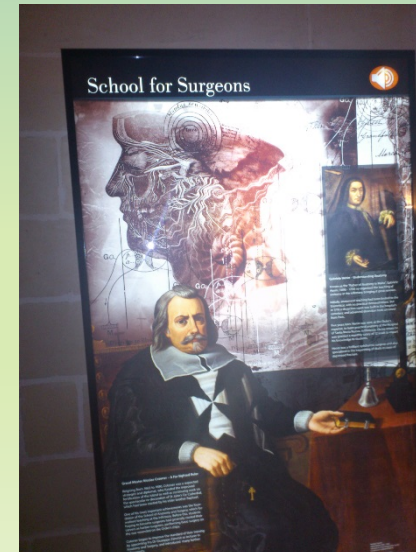
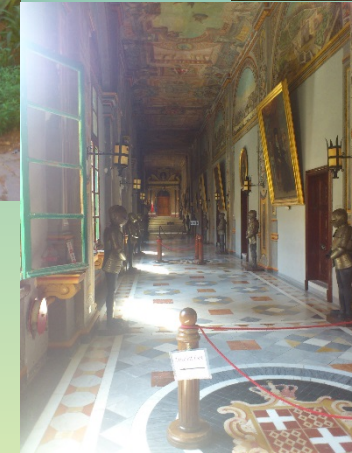
Fort St.Elmo

Tells you more about Malta's history over the centuries

The Malta experience – not to be missed

Situated above the harbour next to St. Elmo is a great 3D show about Malta's history and also a tour through the Grandmaster's Infirmary. You will be surprised to see how the Knights of St. John used to care for the patients.

<http://www.themaltaexperience.com/>



Upper and Lower Barrakka Gardens

Great gardens to have a rest after a walk with a splendid view of Valletta harbour. Just grab a drink, breathe in the Maltese air and enjoy the view.



What to do in....

Mdina and Rabat

Mdina and **Rabat** are two adjacent towns in the centre of the island.

Bus 202 from Sliema takes you to Mdina and Rabat in about an hour.

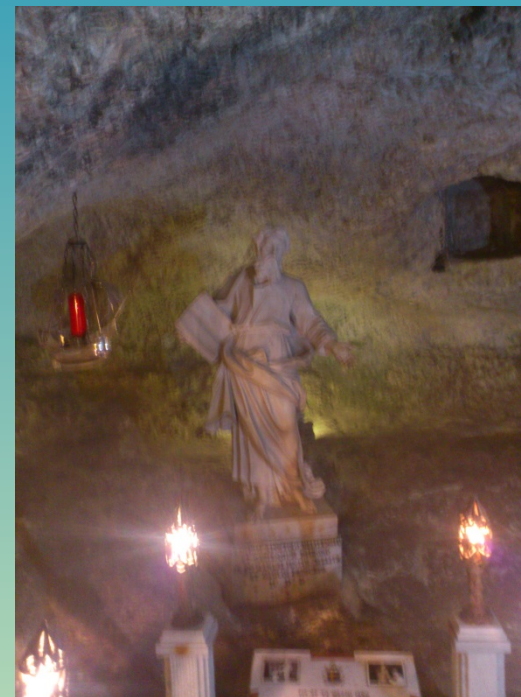
Mdina is one of the finest examples of a 4000 year old ancient walled city.

Find out more here

<http://www.visitmalta.com/en/mdina-and-rabat>



Rabat is a very charming little town with narrow streets, traditional cafés and other places of interest.



In the town centre you can find **St. Paul's Grotto** and the **catacombs**. Be careful if you are claustrophobic!



What else to do?

Temples

There are several ancient temples on the Maltese Islands that are older than the Egyptian pyramids.

<https://www.youtube.com/watch?v=9JXCytpDStw>

<https://www.visitmalta.com/en/archaeological-sites>

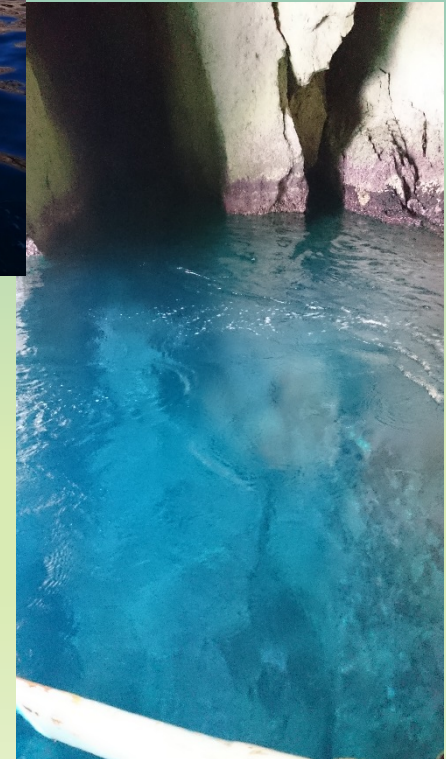
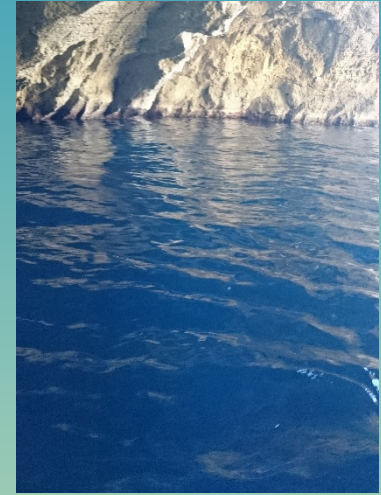


Don't miss **Hagar Qim** temples on the West coast of Malta near **Dingli Cliffs** and the Blue Grotto.



Best round trip would be to go to Dingli Cliffs – take bus 202 and change at Rabat to bus 201- takes about 90 minutes. Take the bus from Dingli Cliffs to the temples of **Hagar Qim** – bus 201- 40 minutes. Walk through the old temples and don't miss the exhibition and the fantastic film shown there. You can then take a bus to Wied iz-Zurrieq where you can go for a little boat trip to the **Blue Grotto (caves)**. The boat trip takes about 30 mins. Take bus 74 to Valletta. Buses 13 and 14 will take you back to Sliema.

Plan it as a day trip or at least from the morning until mid afternoon since as you can see transport takes a while.



More to explore

www.maltasightseeing.com for hop on hop off buses.

www.excursionsinmalta.com for other ideas such as harbour cruises and day cruises around Malta and Gozo

www.tripadvisor.com/Attractions-g190327 - Activities -Sliema_Island_of_Malta for top 10 things to do in Sliema

www.visitmalta.com for more information regarding Malta and Gozo.

Wishing you all a great HRI conference and a wonderful time in Malta



The Malta Association of Homeopaths

