

# Malta and Gozo Tour

World Rowing Tour, April 2023



Discover the  
Beauty, Cultures &  
Traditions of the  
Southern  
Mediterranean



April 2nd - 9th, 2023



# The Islands, Cultures & History





# The Islands

The Maltese Islands which are located in the Mediterranean Sea are made up of 3 main Islands and scattered islets close to the shore line. The tour will cover over 140 Kilometers through some of the most beautiful and unique landscapes found within the Mediterranean sea where history stretches far back to 5200 BC, where rowing and the sea itself are embedded into the rich and colourful Maltese culture. Throughout the tour, participants will be able to experience Malta, the largest of the islands. The second of the islands, Gozo, will take you back in time and the crystal clear waters of Comino, the island in between will leave you breathless. We acknowledge our shared obligation to respect, honour, and sustain this environment and the flora and fauna within.





## Tour Objectives

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- To continue the tradition of Maltese heritage immersed in rowing history.
- To provide participants and volunteers with a positive and unique touring experience.
- To introduce participants to a part of the Mediterranean they may not be familiar with, and to provide memories to last a lifetime.
- To demonstrate to local and sporting officials and members of the community that the Maltese islands offer numerous opportunities for all watersports, including coastal rowing.
- To support the University of Malta rowing club in their efforts to grow coastal rowing and to further develop programs and other offerings, with a focus on non competitive rowing.
- To encourage the use of coastal boats at local rowing clubs, in addition to the local traditional wooden hulled racing boats.
- To further publicize rowing as a sport, particularly recreational rowing throughout the Maltese islands.

# The Boats

Participants will be using coastal quads and doubles. These boats can withstand moderate waves.

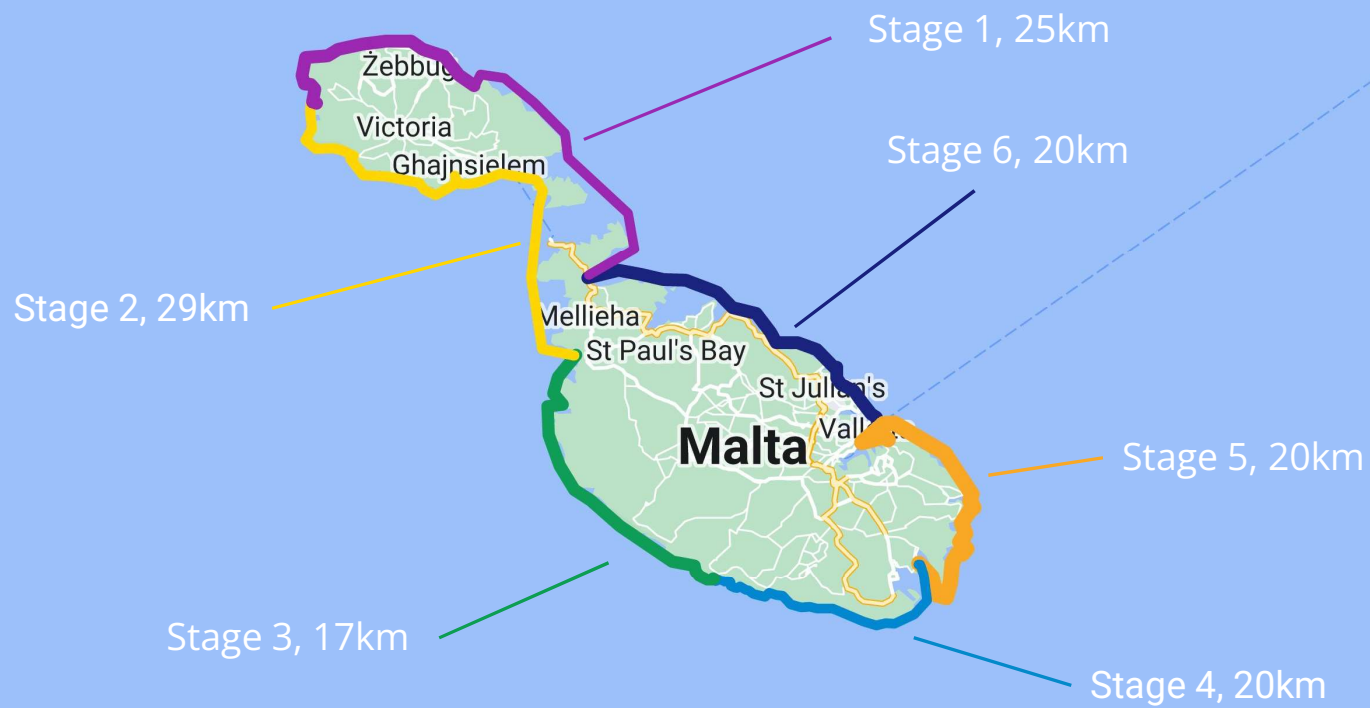




## Location

The tour will see you circumnavigating the Islands of Malta, Gozo and Comino.





## The Route

## Accommodation

Participants will lodge at the Luna Holiday Complex situated at the picturesque Mellieħa Bay, all rooms include a private bathroom and balcony. Breakfast will be provided by the hotel daily. Participants will have access to the hotel indoor pool and all ancillary facilities.



## What's Included

- All rowing and safety equipment
- 7 night stay at the Luna Holiday Complex
- Breakfast provided by the hotel
- 6 lunches (3 of which will be packed lunches)
- Welcome dinner and farewell dinner
- Transportation to and from the starting points on each day, and to and from organised cultural visits

## What's Not Included

- Airport transfers/shuttles
- Dinners on two evenings
- Activities before or after the tour

Please note there is an additional charge for single occupancy hotel rooms. Accompanying family members are welcome.

Participants will be given a reusable water bottle as part of their welcome pack.

# Total Cost

The tour fee is 2000 EUR.





# Additional Info

## Arrival

Participants will land at Malta International Airport. Bus services, private shuttles and taxis are widely and readily available at the airport.

## Weather

The climate during the proposed dates is nice and mild (20 °C or higher) springtime sunny weather. Participants are encouraged to bring sun protection such as hats, sunglasses and sun cream protection.

## Transportation

All transportation needs will be taken care of during the tour dates.

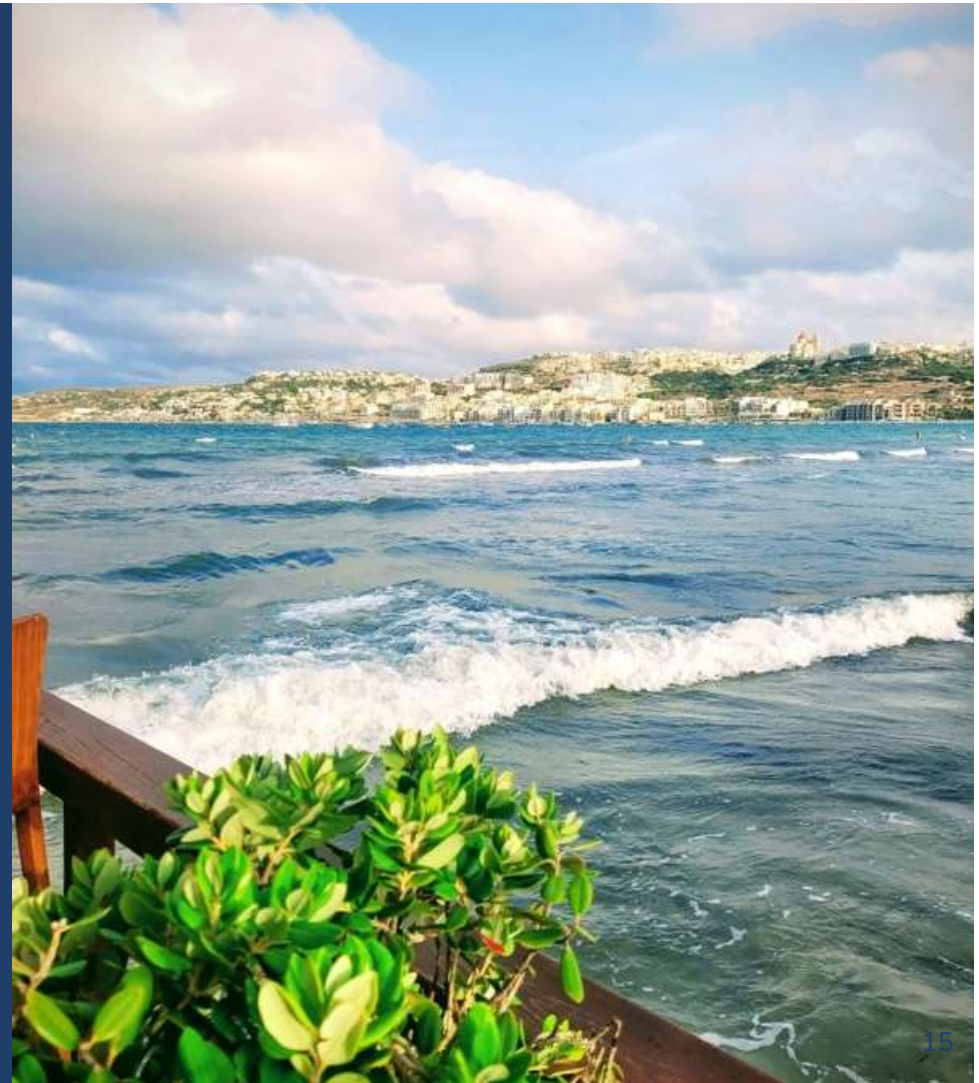


## Sunday 2nd April

Participants will arrive at their own accord to the Luna Holiday Complex located in Mellieħa Bay where a meet and greet will take place. Participants are also encouraged to join the welcome dinner which will take place that evening.

## Monday 3rd April

The crews will launch from Mellieħa Bay, the largest bay with the longest sandy beach in Malta. Crews will begin their rowing journeys towards Ramla Il-Ħamra, Gozo which consists a total of 17 km. Throughout the duration of the first stage the crews will row through the Gozo channel, past Comino. Upon arrival at Ramla Il-Ħamra participants will be given a packed lunch whilst enjoying some free time. The second leg of the journey will take place alongside the seaside clay slopes towards Dwejra where day 1 will end. The participants will be transported back to the hotel.







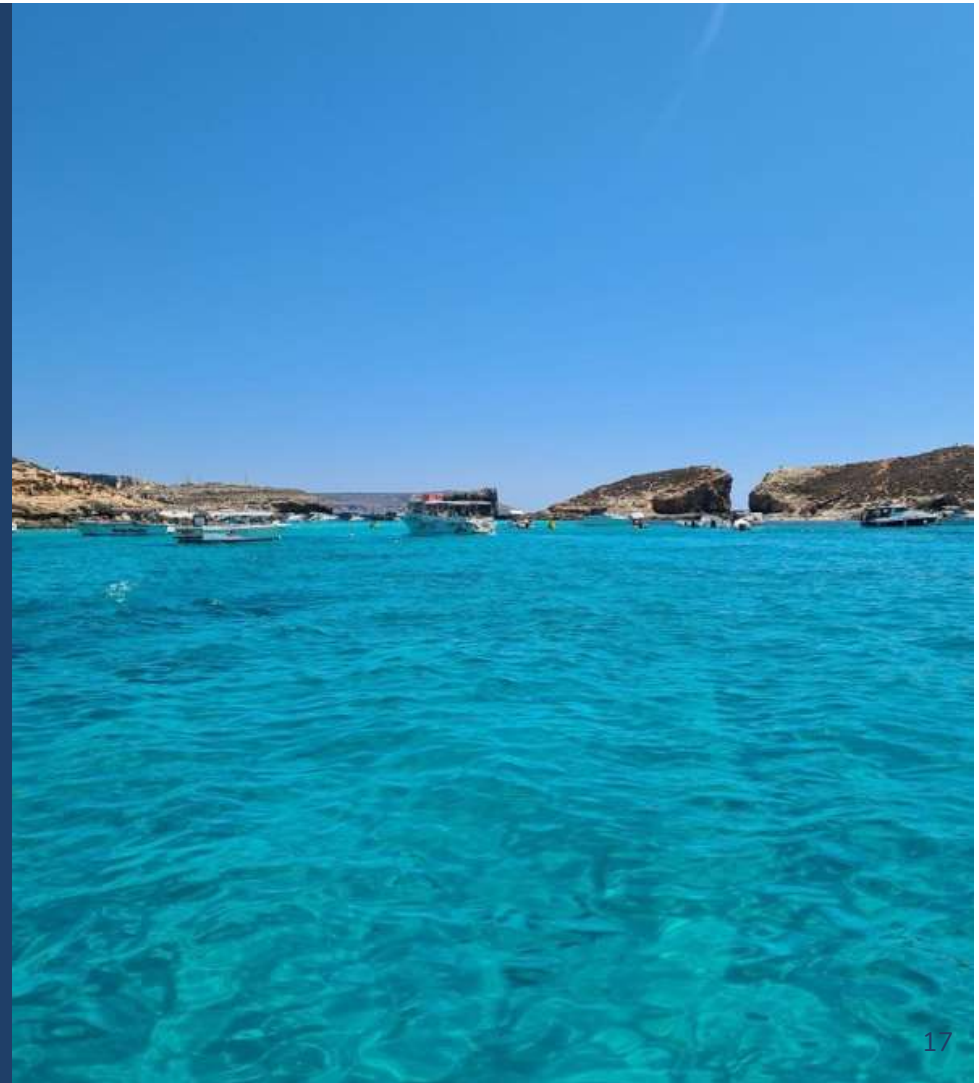
## Tuesday 4th April

The launch will take place in Dwejra where rowers will experience the breathtaking scenery of some of the tallest limestone cliffs found in the Maltese islands, reaching heights of well over 100 meters. The first leg of the 29 km journey will end at Mgarr Ix-Xini where a packed lunch will be provided. The second leg will see rowers crossing the Malta Gozo channel once again towards Golden Bay, via Comino. The crews will row through the crystal clear waters of Blue Lagoon, a world wide famous destination for tourists and locals alike, as well as Coral Lagoon.



## Wednesday 5th April

Tuesday's stage will cover a distance of 17 km from Golden Bay to Għar Lapsi. Crews will experience the 'quieter' side of the islands with much less noticeable marine traffic and the least inhabited part of the largest island, Malta, the rowers will be able to view first hand gorgeous bays and lagoons, some which can only be reached by means of a boat or a canoe. The crews will stop at Għar Lapsi for the day to have lunch at this small yet typical Mediterranean bay. An excursion will then take place to the stunning megalithic temples of Ħaġar Qim, which are amongst the most ancient religious sites in the world and described as "unique architectural masterpieces".





## Thursday 6th April

Participants will launch from Għar Lapsi, continuing the journey down south alongside the uninhabited, cliff lined coast line, rowing past Wied Iż-Żurrieq, a small valley popular with locals and scuba divers. The 20 km journey will end in fishing village of Marsaxlokk. The bay is littered with the traditional Luzzu, a colourful Maltese boat used by local fishermen. Here participants can enjoy lunch with a fine selection of freshly caught local fish. An excursion will then take the participants to fort Rinella, a Victorian era battery home to the 100 ton cannon, which is one of two only surviving examples left.

## Friday 7th April

As the crews will leave Marsaxlokk, rowing past 'Il-Ħofriet' a popular bay amongst local sailors, the seaside town of Marsascala, the 20 km journey will take the rowers from the southern side of the Island toward the North, with the end of the leg being in Kalkara within the magnificent Grand Harbour. The participants will be encouraged to take part in a walking tour of the 3 cities situated within the Grand Harbour, home of the traditional Maltese rowing race, the Regatta. One of the stops will be the Malta Maritime museum. Participants will be given the opportunity to try out Maltese traditional rowing.







## Saturday 8th April

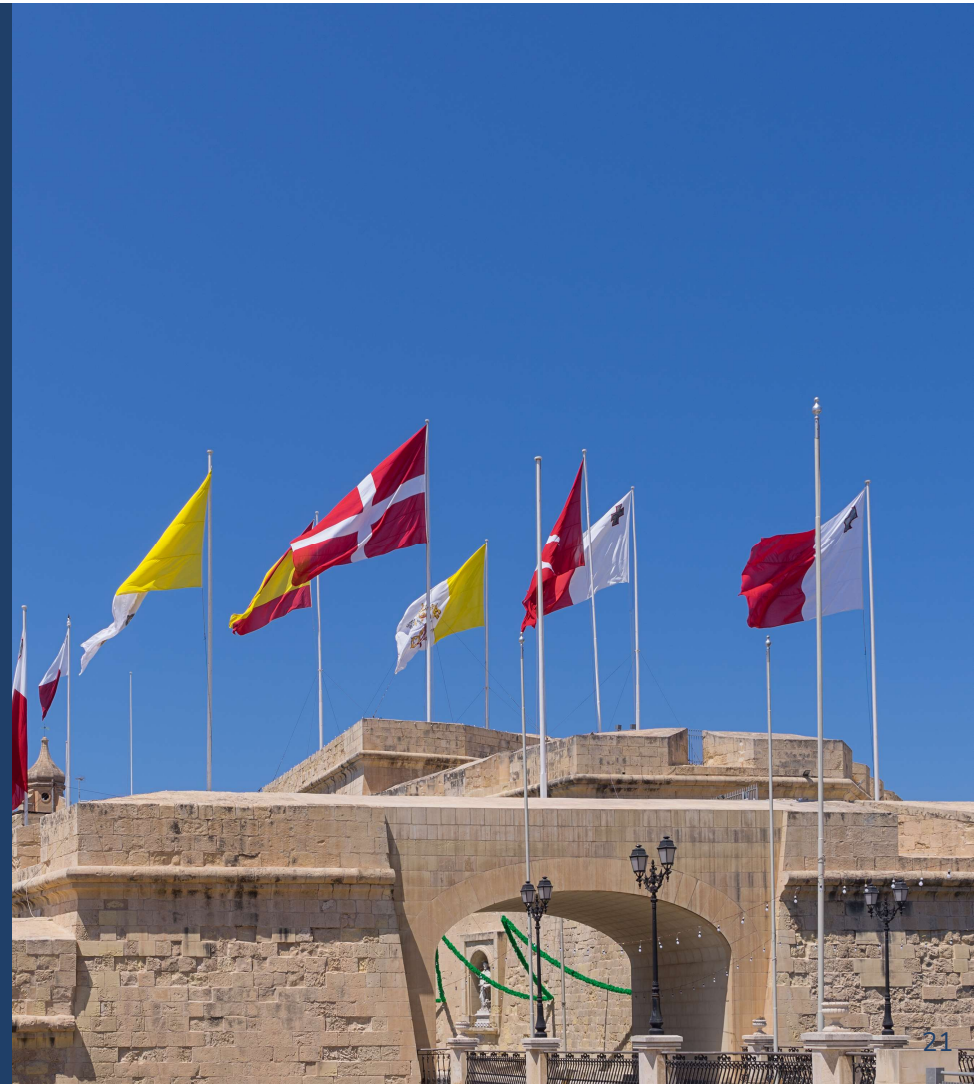
On the final part of the 140 km tour, the crews will depart Kalkara within the Grand Harbour, heading north toward the starting point of the tour, Mellieħa Bay. The rowers will row past the walled city of Valletta, the capital city of Malta, through the densely populated seaside towns of Sliema, St. Julian's, Qawra, St. Paul's bay and the famous islands of St. Paul. It is believed that the ship in which St. Paul was on board collided with these islands and thus brought the Catholic religion to the island. The final 20 km stretch would have concluded a circumnavigation of the Maltese islands. Surely an experience to treasure for a lifetime.



# Sunday 9<sup>th</sup> April

A farewell dinner for group 1 will be organised in conjunction with the welcome dinner for group 2 on the evening of Easter Sunday. Please join us to celebrate together.

During the day you will have the opportunity to visit the traditional festivities of Easter Sunday held throughout the island.



## Off Water Activities

Malta is home to a numerous amount of historical attractions, the planned excursions are just a tip of the iceberg. Excellent dining spots and other forms of attractions are abundant and the seaside nature trails and beaches are a must for any nature lover.



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