

Bastion Walls by Day, a Blue Lagoon by Noon

A 5-Day Malta Itinerary · I-Journey

DURATION	BEST TIME TO GO	FROM
5 Days	April–June or September–October (Shoulder Season) Spring and early autumn keep the Blue Lagoon and Gozo's coves warm enough for swimming without July and August's peak crowds and prices, and Valletta's limestone bastions and Mdina's narrow lanes are far more comfortable to walk before or after the summer heat.	\$780 USD / person for 2 people

Day 1

Arrive in Valletta

Touch down at Malta International Airport and settle into the fortified capital, a UNESCO World Heritage city of honey-colored limestone squeezed onto a single peninsula between two harbours.

Private Airport Transfer — Hoppa Malta

~20 minutes · From \$28 USD, private car for 2

A fixed-price private transfer meets arrivals at Malta International Airport (MLA) in Luqa for the short drive north into Valletta.

Hoppa | hoppa.com

St John's Co-Cathedral

~1.75 hours, self-guided audio tour · \$16 USD / person

Caravaggio's *The Beheading of Saint John the Baptist* hangs in the oratory of this Baroque co-cathedral, its marble-inlaid floor made from more than 400 knights' tombstones and its ceiling vaulted in gilt scenes from the life of St John.

St John's Co-Cathedral | stjohnscocathedral.com

Upper Barrakka Gardens & Saluting Battery

~1 hour, self-guided · Free (Saluting Battery ~\$4 USD)

A tiered public garden built into a 16th-century bastion looks straight down over the Grand Harbour to the Three Cities, timed if possible to the noon or 4pm cannon fire from the Saluting Battery below.

Dinner — Ta' Nenu the Artisan Baker

~1.5 hours · \$20–\$30 USD / person, traditional Maltese

A family-run Valletta institution built around a wood-fired bread oven, serving rustic Maltese classics — rabbit stew, bragioli, and ftira sandwiches — on a quiet side street near St Dominic's.

Ta' Nenu | tanenu.com

Overnight — Palazzo Paolina Boutique Hotel

From \$145 USD / night, for 2 people

A restored 19th-century palazzo a short walk from St John's Co-Cathedral, with vaulted stone ceilings and a rooftop terrace over Valletta's rooftops.

Palazzo Paolina Boutique Hotel | palazzo-paolina.top

Day 2

Mdina, Rabat & the Catacombs

A rental car crosses the island to the walled hilltop capital Malta outgrew eight hundred years ago, then to the candlelit tunnels beneath its twin town before a clifftop sunset.

Rental Car Pickup — Europcar Malta

~30 minutes to Mdina · From \$38 USD / day, compact car

Major agencies operate out of Malta International Airport and central Valletta; a compact car is enough for the island's short distances and narrow historic lanes.

Europcar Malta | europcar.com

Mdina Self-Guided Walking Tour

~2 hours, self-guided · Free (Palazzo Falson ~\$11 USD)

Malta's walled former capital earns its 'Silent City' nickname from a centuries-old ban on non-resident traffic; a walk past the Norman-era Palazzo Falson and the honey-stone Cathedral of St Paul ends at Bastion Square's viewpoint over the whole island.

Palazzo Falson Historic House Museum | palazzofalson.com

St Paul's Catacombs, Rabat

~1 hour, self-guided · \$7 USD / person

A network of Roman-era burial tunnels beneath Mdina's twin town predates Malta's Christian catacombs by centuries, with round agape tables carved straight from the rock for funerary feasts.

Dingli Cliffs Sunset

~1 hour, self-guided · Free

Malta's highest point drops 800 feet straight into the Mediterranean at the island's western edge, with the islet of Filfla visible offshore and the best sunset view on Malta.

Overnight — Palazzo Paolina Boutique Hotel

From \$145 USD / night, for 2 people

A second night back in Valletta before tomorrow's boat day.

Palazzo Paolina Boutique Hotel | palazzo-paolina.top

Day 3

Comino & the Blue Lagoon

A full-day catamaran run from Sliema circles the tiny island of Comino for a swim in the Blue Lagoon's shallow, impossibly turquoise water.

Full-Day Comino & Blue Lagoon Boat Cruise

~7 hours, guided · \$75 USD / person, incl. lunch & drinks

Day 4

Gozo — the Citadel & Ta' Pinu

A direct catamaran crosses to Malta's quieter sister island for a walled hilltop fortress, a clifftop basilica, and a night by the sea.

Ferry — Valletta to Mgarr, Gozo

~45 minutes, direct catamaran · Gozo Fast Ferry, ~\$25 USD / person round-trip

A direct high-speed catamaran runs from Valletta's Sea Passenger Terminal straight to Mgarr Harbour on Gozo, skipping the longer car-ferry crossing from Cirkewwa.

Gozo Fast Ferry

The Citadel (Cittadella), Victoria

~2 hours, self-guided · Free to walk (Gran Castello Museum ~\$6 USD)

A walled fortress-town rebuilt after a 1551 Ottoman raid looks out over Gozo's entire patchwork of fields and church domes from its bastion walk, with a small museum complex inside covering the island's history.

Ta' Pinu Basilica

~45 minutes, self-guided · Free

A Neo-Romanesque basilica rises alone in open farmland near Gharb, built after a 19th-century Gozitan farmer reported a vision of the Virgin Mary at a roadside chapel on the same spot.

Overnight — Kempinski Hotel San Lawrenz

From \$320 USD / night, for 2 people

A five-star resort built around Gozo's countryside near Dwejra, with a spa, multiple pools, and views over the same limestone hills the Citadel looks down on.

Kempinski Hotel San Lawrenz | kempinski.com/hotel-san-lawrenz

Day 5

Marsaxlokk & Departure

A last ferry back to Malta and a drive south to a working fishing village for its famous Sunday market before the flight home.

Ferry — Mgarr, Gozo to Valletta

~45 minutes, direct catamaran · Gozo Fast Ferry

The return crossing retraces yesterday's route straight into Valletta's Grand Harbour, connecting to the rental car for the drive south.

Gozo Fast Ferry

Marsaxlokk Fish Market

~1.5 hours, self-guided · Free to browse

Brightly painted *luzzu* fishing boats ring the harbour at Malta's best-known fishing village, where a waterfront market sells the morning's catch alongside lace, produce, and souvenirs — busiest and best on Sunday mornings.

Lunch — Rizzu Restaurant

~1 hour · \$20–\$35 USD / person, waterfront seafood

A Marsaxlokk seafood restaurant on the harbour front serving the day's catch — grilled lampuki, octopus, and swordfish — with a view straight out over the fishing boats.

Rizzu Restaurant | rizzurestaurant.com

Departure — Malta International Airport (MLA)

~25 minutes from Marsaxlokk · Self-guided

The drive back to Luqa closes a five-day loop that ran from Valletta's gilded cathedral to the Blue Lagoon's turquoise shallows and Gozo's clifftop Citadel.