

March 2024

7 Nights



## Mindful Journeys 7 nights

Experience a Mindful Journey on the Island of Gozo, where time stood still and traditions preserved. Enjoy yoga by the sea and get ready to learn the art of Bizzilla making, traditional cooking and the game Bocce with the locals.

**DAY 1:** Arrival in Malta. Transfer from the Airport to Gozo.

Enjoy the 20 minute crossing from the open air upper deck of the ferry, and take in the view as you sail through the Strait of Malta & Gozo and past the island of Comino. Overnight at the hotel.

**DAY 2:** The Island of Gozo by TukTuk (8 hours / any day / lunch Included / pick up and drop off included)

Breakfast at the hotel. Explore the Island of Gozo in a different way with key stops at unreachable sites to most other vehicles. The island of Gozo is rural and known for its scenic hills, valleys, historical sites, architecture, churches and beaches. We invite you to discover the heart of Gozo by a TukTuk.

Note: This is a chauffeur-driven tour, no guests will be allowed to drive the Tuk-Tuk. Gozo has so much to offer despite its small size. From the beauty of its nature and charming seascapes to landmarks, local village culture and centuries-old history that's visible everywhere you look. On our Tuk Tuk tours, our Gozo experts take you to parts of Gozo that no other tour does. From hidden landmarks, raw natural beauty and historically significant places, you'll see Gozo's many faces on a fun day out. Your (multilingual) driver will share their knowledge about the places you'll visit along the way. Whether you're travelling as a couple, as a family with kids or in groups, our Tuk Tuk tours are the most popular and well-reviewed choice in Gozo.

You'll be stopping at various landmarks and hidden gems and enjoying a light traditional Gozitan lunch on the way. At each stop, our Gozo experts will share their knowledge with you in your chosen language. We'll take you to see The Church of St. John The Baptist (Xewkija), Sanap Cliffs (Munxar), Xlendi Beach, Cliffs and Belvedere, Knights' Wash houses (Fontana), The Citadel (Victoria), Ta' Pinu Basilica and Shrine (Gharb), Xwejni Salt Pans, Qbajjar. Your tour will conclude at Marsalforn Bay, after which you'll return to Mgarr Harbour. Return to the Hotel.



**DAY 3:** Seaside Yoga by the Salt Pans and Town Square life [8 hours / Any day / pick up and drop off included]  
Breakfast at the hotel.

DISCOVER MALTA WITH US



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We will start the day with a 90-minute yoga and meditation session on a beautiful seaside spot on the island, accompanied and instructed by a Yoga expert. Then we will have time for a lovely lunch at a local restaurant, including some time to relax, swim, laze in the sun and observe Gozitan life at village square whilst typically our very own Cisk Lager or Gozitan Coffee, Pastizzi, and other delicacies. In the afternoon we will undertake journey into the Chakras workshop, to learn how to balance energy, practice yoga postures, breathing techniques as well as guided meditation. Day at Leisure.



**DAY 4:** Day at Leisure

Breakfast at hotel. Day at Leisure.

**DAY 5:** Maltese Cooking Class and local market visit [4 hours / Tuesdays / lunch and transport included]

Breakfast at Hotel. Malta & Gozo's cuisine and history are two sides of the same coin as they both reflect the country's rich past. This experience takes place in an air-conditioned open kitchen in one of Gozo's most traditional restaurants. It is an informative and entertaining activity where guests get the opportunity to discover more about traditional recipes while working in professional kitchen.



Cooking classes are hands-on. Guests are expected to roll-up their sleeves and participate in all the preparation and cooking. The experience is not just a basic cooking demonstration, an experience chef will be present for some tips and tricks. Enjoy 4 recipes, coffees, water, cheese tasting, market visit, and lunch.

Return to the Hotel.

**DAY 6:** Bizzilla making class, Bocce game with the Locals, and Ggantija Temples [8 hours/any day / no lunch / transport included]

Breakfast at the hotel. The art of lace making is popular in both Malta and Gozo. Its roots can be traced from the cotton trade of the Maltese Islands along the maritime trade route with Genoa since 1530. It was first promoted in the old nun's convents at Mdina, the old capital of Malta, and in the Borgo cities developed around the Grand Harbour after the arrival of the Knights of Malta in 1530. The craft was passed down through different generations and many lace makers, mainly women practice this craft in their own homes or private space. Some women can still be seen practicing lace making outdoors.



We join a group of women to practice lace making at a traditional Gozitan farmhouse located on the way to the village of Gharb. Participants will have the opportunity to feel the calm of the Gozitan atmosphere and experience for themselves the lifestyle of the old lace makers when the craft was at its peak. In the afternoon we join a Bocci club for to learn and practice this traditional sport that is still practiced till this day. The sport of bocci, sometime known as 'bocce', is a variation of the metal-ball game known as boules. Bocci originated in the early Roman empire and was introduced to Malta during the rule of the Knights of St. John. We will end the day with a visit to the Megalithic Temples of Ggantija, the oldest free-standing monuments in the world, even pre-dating the pyramids of Egypt. The hard-wearing Coralline Limestone is used extensively, while the softer Globigerina Limestone is reserved for the inner furnishings, such as altars, decorative slabs and libation holes for liquid offerings. Ggantija was a hub for community gatherings, rituals, ceremonies, and celebrations to honour the gods and seek blessings for fertility and prosperity. Return to hotel.

**Day 7:** Day at Leisure

Breakfast at hotel. Day at Leisure.

**Day 8:** Departure

Breakfast and check out of hotel. Private departure transfer to the Airport.

INCLUDE: 3\* Boutique Hotel in Gozo on B&B, airport transfers, 4 activities, 24/7 assistance.

PRICE: from: €975.00 per person in a double room / €1,250 per person in a single room

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