

OPTION 1

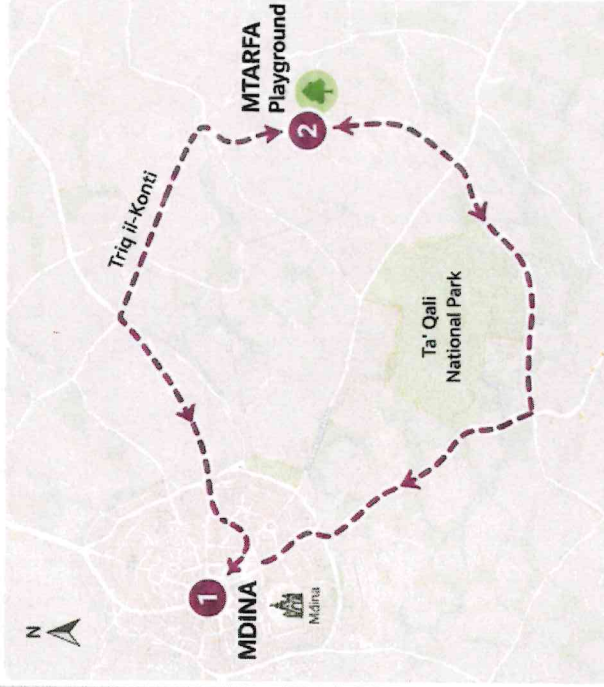
Mdina → Mtarfa → Back to Mdina

Easy, short and scenic

Distance
6.5 km

Time
1.5 – 2 hrs

Elevation
Low



- 1 Mdina (start)**
Start from Mdina main gate.
- 2 Mtarfa Playground**
Walk through quiet streets to Mtarfa. Great spot to rest.
- 3 Return to Mdina**
Head back the same way or explore nearby Mdina streets.
- Route summary**
Mostly along quiet roads and pavements with beautiful views of Mdina's surroundings.
- Walking route**
Green / Park area

Highlights

- Mdina – the Silent City
- Peaceful village streets of Mtarfa
- Views over the surrounding countryside

OPTION 2

Rabat → Buskett (Woodlands)

Relaxed nature walk

Distance
7.5 km

Time
2 – 3 hrs

Elevation
Low to moderate



- 1 Rabat (start)**
Start from Rabat town centre (near St. Paul's Church).
- 2 Buskett Woodlands**
Enter the woodlands and enjoy the shaded nature trails.
- 3 Return**
Walk back the same way or return by bus from Buskett Road.
- Route summary**
Pleasant walk from the town into the countryside and through Malta's largest woodland.
- Walking route**
Woodland area

Highlights

- Buskett Woodland – nature, shade and fresh air
- Countryside views on the way
- Peaceful and away from traffic

OPTION 3

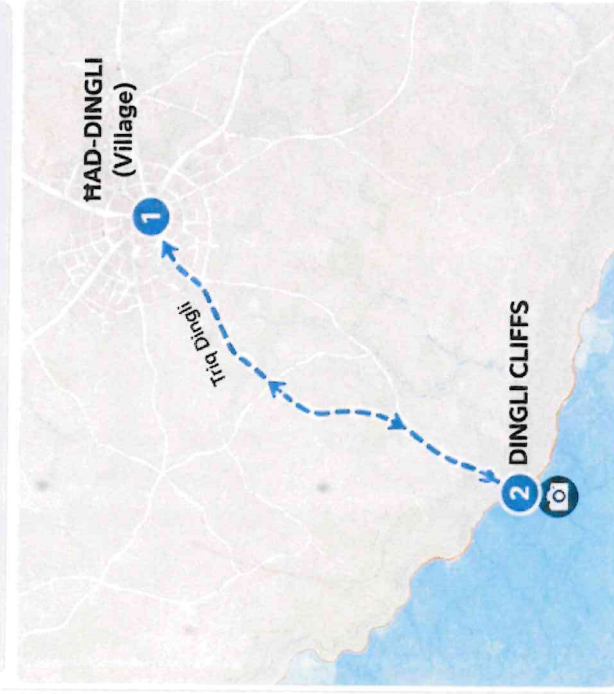
Had-Dingli Village → Dingli Cliffs

Best views with a simple route

Distance
5 km

Time
1.5 – 2 hrs

Elevation
Moderate



- 1 Had-Dingli Village (start)**
Begin from the centre of Dingli village.
- 2 Dingli Cliffs**
Follow the road to the cliffs and enjoy the panoramic views.
- 3 Return**
Head back to the village the same way.
- Route summary**
A straightforward walk from the village to one of Malta's most stunning viewpoints.
- Walking route**
Green / Natural area

Highlights

- Spectacular views over the cliffs and sea
- Quiet, open countryside
- Perfect for short, rewarding walks

EASTERN REGION – SIMPLE WALKING ROUTES



Easy, enjoyable walks between localities



1 SANT'ANTON GARDENS → BALZAN PARISH CHURCH

Distance: ~3 km Time: ~1 hr



- Quiet residential streets
- Pretty village houses
- Flat and easy walk

2 SANT'ANTON GARDENS → BIRKIRKARA – ST HELEN'S SQUARE

Distance: ~2.6 km Time: ~45 min – 1 hr



- Through Attard into Birkirkara
- Busy near town centre
- Many cafés around the square

5 SANT'ANTON GARDENS → UNIVERSITY, MSIDA CAMPUS

Distance: ~4.5 km Time: ~1.5 – 2 hrs



- Walk through several localities
- Urban scenery
- Interesting mix of old & new

9 LIJA PARISH CHURCH → BALZAN PARISH CHURCH

Distance: ~1.8 km Time: ~30 – 40 min



- Short and scenic
- Traditional village feel
- Easy and relaxing

13 ST ANNE'S SQUARE, SLIEMA → BALLUTA BAY

Distance: ~1.5 km Time: ~25 – 35 min



- Beautiful seafront walk
- Flat and easy
- Great for sunset

6 BIRKIRKARA BUS TERMINUS → BALZAN PARISH CHURCH

Distance: ~2.5 km Time: ~40 – 50 min



- Short and straightforward
- Quiet streets
- Good for a quick walk

10 LIJA PARISH CHURCH → SANT'ANTON GARDENS

Distance: ~3.5 km Time: ~1 – 1.5 hrs



- Gentle downhill on the way back
- Calm residential streets
- Loop back for coffee in Attard

14 ST ANNE'S SQUARE, SLIEMA → TIGNÉ POINT

Distance: ~3 km Time: ~45 – 60 min



- Wonderful sea views
- Mostly flat
- Take your time and enjoy

3 SANT'ANTON GARDENS → LIJA PARISH CHURCH

Distance: ~3.5 km Time: ~1 – 1.5 hrs



- Peaceful village walk
- Some gentle uphill
- Nice views of Lija

7 BIRKIRKARA BUS TERMINUS → SWATAR PLAYGROUND

Distance: ~2.2 km Time: ~35 – 45 min



- Flat and easy
- Through residential areas
- Good for families

11 FLEUR-DE-LYS PLAYGROUND → HAMRUN – ST PAUL'S SQUARE

Distance: ~1.6 km Time: ~25 – 35 min



- Very short and easy
- Lively area with cafés
- Perfect for a quick outing

15 ST JULIAN'S (BALLUTA BAY) → ST GEORGE'S BAY

Distance: ~1.8 km Time: ~30 – 40 min



- Coastal promenade
- Lots of cafes and bars
- Perfect for any time of day

4 SANT'ANTON GARDENS → WIGNACOURT AQUEDUCT (L-IMRIEHEL)

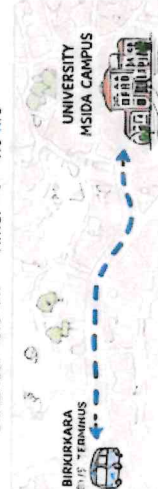
Distance: ~4 km Time: ~1 – 1.5 hrs



- Rural walk to the historic aqueduct
- Open countryside
- Great for nature lovers

8 BIRKIRKARA BUS TERMINUS → UNIVERSITY, MSIDA CAMPUS

Distance: ~3.5 km Time: ~1 – 1.5 hrs



- Urban walk with variety
- Pavements all the way
- Great if you enjoy city views

12 FLEUR-DE-LYS PLAYGROUND → MSIDA PROMENADE

Distance: ~2.2 km Time: ~35 – 45 min



- Flat waterfront walk
- Sea views
- Relaxing and refreshing

16 KLIN (NINU CREMONA SQUARE) → SAN ĠWANN – LEWŻA SQUARE

Distance: ~2.2 km Time: ~35 – 45 min



- Pleasant neighbourhoods
- Mix of old villas and modern streets
- Easy and enjoyable

SOUTHERN MALTA – SIMPLE WALKING ROUTES

Easy and enjoyable walks through villages, countryside and coastline



1 QRENDI → MQABBA

Distance: ~6 km Time: 1.5 – 2 hrs Difficulty: Easy

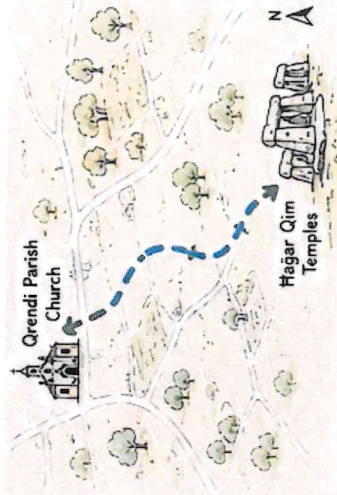


HIGHLIGHTS

- Quiet country roads
- Traditional villages
- Open countryside

2 QRENDI → HAĠAR QIM

Distance: ~4 km Time: 1 – 1.5 hrs Difficulty: Easy

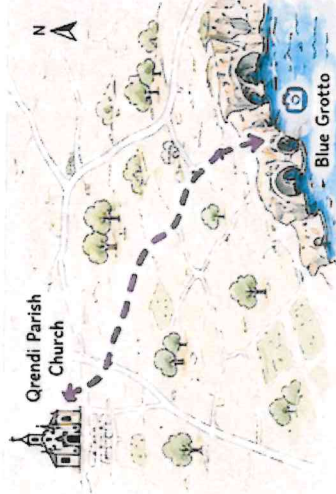


HIGHLIGHTS

- Scenic walk
- Visit the ancient Haġar Qim Temples
- Lovely rural views

3 QRENDI → BLUE GROTTA

Distance: ~5 km Time: 1.5 – 2 hrs Difficulty: Easy

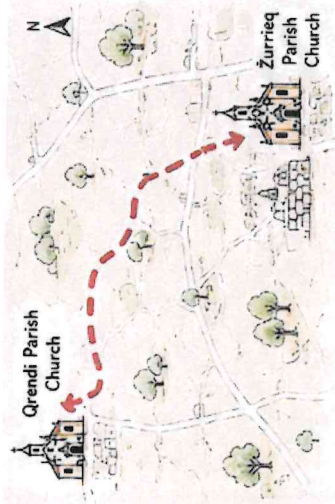


HIGHLIGHTS

- Beautiful coastal scenery
- Stunning views over the Blue Grotto
- Peaceful and relaxing walk

4 QRENDI → ŻURRIEQ

Distance: ~6 km Time: 1.5 – 2 hrs Difficulty: Easy

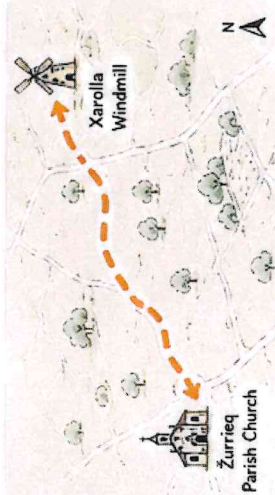


HIGHLIGHTS

- Pass through fields and rural lanes
- Explore Żurrieq village
- Quiet and pleasant walk

5 ŻURRIEQ → XAROLLA WINDMILL

Distance: ~3 km Time: 1 – 1.5 hrs Difficulty: Easy

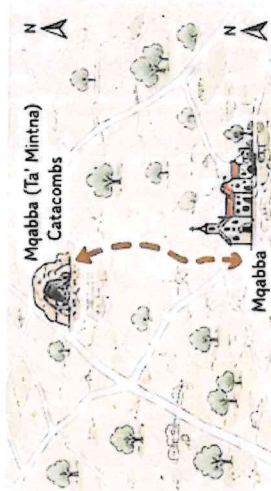


HIGHLIGHTS

- Visit the traditional windmill
- Lovely open views
- Short and easy walk

7 MQABBA → TA' MINTNA CATACOMBS

Distance: ~3.5 km Time: 1 – 1.5 hrs Difficulty: Easy

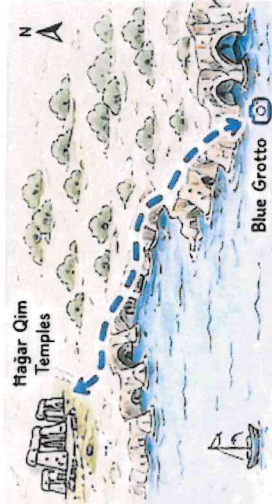


HIGHLIGHTS

- Visit the ancient catacombs
- Quiet and historical area
- Short countryside walk

8 HAĠAR QIM → BLUE GROTTA (COASTAL WALK)

Distance: ~4.5 km Time: 1.5 – 2 hrs Difficulty: Easy



HIGHLIGHTS

- Beautiful coastal path
- Amazing sea views
- Nature and fresh air

TIPS FOR ALL ROUTES

- Wear comfortable shoes
- Bring water, especially in summer

- Use sun protection
- Take your time and enjoy the views



GENERAL NOTES

- All routes are suitable for most fitness levels.
- Roads are mostly quiet country lanes or village streets.
- Please respect the environment and local communities.

ENJOY
SOUTHERN MALTA! ♥