



# MALTA & GOZO

## CULTURAL TOURS







The Psychology & CBT Clinic has teamed up with local guides in order to offer you tours that start right at the termination of your training day, with a pick up service operating from the training venue.

Once we receive your application form we will contact you and enquire about your interest in the tours being offered. All the tours outlined within this brochure will operate during each training week, subject to minimum numbers being reached.

All tours involve the service of a professional guide. A minivan equipped with microphone, fully air-conditioned and chauffeur driven will be with you for tours.



*The*  
**Psychology  
& C.B.T  
Clinic**



## Mdina/Mosta/Dingli

Mdina, also known as the Silent City, is a fortified city in the north of Malta, which served as the island's capital from antiquity to the medieval period. The city is still confined within its walls, and is on the tentative list of UNESCO World Heritage Sites. En route to Mdina you can stop at Mdina Glass to see the glass blowers in action. You will enjoy a walk through the narrow winding streets of Mdina, reaching the bastions to enjoy a breathtaking view over the island. This tour will take you to Mosta, to see the Rotunda, a large church with the third largest unsupported dome in the world. Your last stop before dinner will be at Dingli Cliffs for a 15-minute photo stop.





## Valletta

Valletta (or Il-Belt) is the Capital of Malta. The City Wall was established in the 1500s on a peninsula by the Knights of St. John, a Roman Catholic Order. It is known for its museums, palaces and grand churches. The tour of Valletta will take you to the terraced Barrakka Gardens which offer views over the Grand Harbour and the refurbished Vittoriosa waterfront. You will then walk past some of the most important buildings and baroque landmarks. You will visit St. John's Co-Cathedral, an elaborately adorned 16th-century high baroque place of worship filled with marbles and European Masters, including the Caravaggio masterpiece titled "The Beheading of Saint John."



## Gozo

After taking the ferry to the sister island, this scenic tour starts in Calypso, with a view over Ramla Bay. Then past the Salt Pans at Xwejini Bay, off to Dwejra, with possibly another boat trip. Sunset at the same site and then off for dinner at Marsalforn Bay, right by the seaside. You should have enough time to visit the Citadel as well, with some free time for shopping, perhaps buying local crafts and marmalade.

