



Walking in Malta

Walk 1: Għadira to Mellieħa Village through Selmun

Coastal and Countryside Walk

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Difficulty Level – Low to Medium

(Mostly flat road or path, but with slightly rougher paths at times)

Duration – 2 to 4 hrs



Introduction

This walk takes us from Għadira Bay in Mellieħa, one of the largest and most popular sandy beaches in Malta, to Mellieħa Centre. We will not go through the main busy roads, but rather we shall walk through Imġiebaħ Bay and the surrounding countryside. Around 80% of the walk is through country side and coast, with the remaining 20% through arterial roads.



The Route

Start

The walk starts from Għadira bay in Mellieħa. You can catch a bus from most locations in Malta direction Ċirkewwa / Gozo Ferry and stop in Għadira (Bus Stop name is also Għadira). You can also drive there always following directions to Mellieħa / Gozo Ferry and stop somewhere around the Għadira bus stop. There is a Police Station next to the Għadira Natural Reserve, you should find ample parking there. You know you are in Għadira if you see a whitish long sandy beach with lots of kiosks by the road.

If you are interested in Fauna and Bird Watching, you could start your walk with a visit to the Għadira Nature Reserve. Opening time is usually weekends only. The reserve is managed by Birdlife Malta and you should be able to find ample information on their site.

Once in Għadira, facing the sea and the sand, start walking on the promenade to the right. From here on, do the best effort to always stay a few metres away from the sea. This way you cannot get lost. On your way you will go past the "Tunnara" Museum. The Tunnara was a local method of catching blue fin tuna in the early 20th century. If it interests you, and you're lucky enough to find the museum open, do pop by.



The Tunnara Museum is housed in a Battery built by the Knights of Malta.

The Boat Houses

After about 15 minutes of restaurants, apartments and hotels you should start walking by some small summer residences locally known as boat houses. These are originally meant for boat storage, however due to their location us locals have changed them to summer residences. Keep walking by these boat houses. At one point you will arrive next to a pebble beach with lots of bamboo growing behind it. If the sea is warm enough (April to November should be fine), take a swim. After the bamboo the road might seem like it stops, but it does go on behind the bamboo. You will know you reached the last boat house as there is a statue of our lady in it's yard.

The last boat house with the statue of our lady is your first target. From here you will see the path illustrated in the picture below.



The view from the last boat house

Mgiebañ Bay

After the last boat house your next target is an old wartime pillbox which is half demolished by the ravishes of time.

Simply follow the footpaths, keeping not far than 50 metres from the sea. Half way through you will walk through a dense growth of Bamboo, where fresh water runs all year long.



Pill Box

From here on follow the footpaths always keeping the sea on your left side until you reach Imgiebañ Bay (Also known as Selmun Bay).



Imgiebañ Bay

Imgiebañ Bay has a small sandy beach, so again, if it's warm enough dip in.

From the bay there is one road which will lead us all the way up to Mellieħa through the small hamlet of Selmun. The windy country road starts at the back of the sandy beach, you can't miss it as it is the only proper road.

(If you feel adventurous, from Imġiebaħ you can keep walking along the coast, mostly on footpaths until you arrive in Mistra from where you can proceed to Xemxija where you can eat / drink and catch a bus back to Valletta or Mellieħa.)

Imġiebaħ to Selmun

Although the walk from Imġiebaħ to Selmun is all on asphalted roads, the roads are rarely used by cars and the scenery is amazing. After the first 200 metres with lots of bamboo on your left, you will come to a cross road. Go right up the hill, not left, always sticking to the asphalted road. You can't go wrong all the way up, as long as you always stick to the asphalted road.



The walk up to Selmun

Once at the very top, you will start seeing some houses and a small church. This is the hamlet of Selmun. Facing the small church, take the main road to the right (Before you go right, pop by the White Tower on your left), you will go past a small bar/restaurant (Famous for local rabbit – try it in Stew with Spaghetti or fried in Wine and Garlic), and finally you will finish up back in Mellieħa. After the Mellieħa Family Park (Stop if you have kids), progress on the Main road to the right, past the Fuel Station. Here you will go past lots of shops, hotels and restaurants. The main road will eventually curve to the right down the hill, past Mellieħa Church. If you keep walking down all the hill you will finish up back to Għadira Bay.

Dining Tips in Mellieha

In Mellieha Centre I would suggest Bouquet Garnit or Rebekah's for a good Dinner, whilst Reflections Bar and Grill is great for a pint and a snack. There are plenty of others, but these just happen to be my favourite. They are also the best rated on Trip Advisor. Mellieha is a tourist area, so it's not exactly the best place to look for Local Dishes. However most restaurants offer fresh soups made from local vegetables, Rabbit in Stew or Wine and Garlic, freshly baked oven pasta and Potatoes seasoned in the oven.

Places of Interest in Mellieha Centre

***Mellieha Sanctuary – Below Mellieha Church
Wartime Shelters next to Mellieha Sanctuary
Mellieha Church***

and outside Mellieha Centre but in the Vicinity

***The Red Tower – St Agatha's Tower (Another great walk in it's Vicinity)
Popeye's Village (Great for Children, but adults too)
Paradise Bay (Sandy Beach)
Golden Bay (Sandy Beach)***



Imgiebah Bay