



7-Day Round Malta & Gozo Sailing Holiday

ALL YEAR AROUND

Comfort, Relaxation and Fun!

Malta - Heart of Mediterranean Sea

Embark on a 7-day sailing escape around Malta and Gozo, designed for those who love sailing, swimming, and sightseeing—without the demands of long offshore passages. Whether you're a seasoned sailor or a first-time adventurer, this trip offers the perfect mix of exploration and comfort for solo travelers, couples, and groups.

Covering 100-150 nautical miles over 7 days at a comfortable pace, you'll sail through stunning bays, historic harbors, and picturesque coastal villages, with plenty of time to swim in crystal-clear waters, savor local cuisine, and immerse yourself in Malta's rich culture.

- **More time for sightseeing & dining**

Unlike intensive mile-builders, this trip allows you to step ashore, visit historic sites, and try authentic Maltese cuisine.

- **Swim in turquoise waters**

Drop anchor in secluded bays for daily swimming, snorkeling, and sunbathing.

- **No prior sailing experience needed**

Ideal for those looking to learn, improve skills, or just relax while an experienced skipper guides the way. Therefore you can join as Competent Crew course as well.

7-Day Sailing Holiday

★ 4.9 rating of 83 reviews



Bavaria 46C - 4 cabins



Scheduled all year round



14 - 65 years old



3 - 8 people onboard



100-150 Nautical Miles



Mostly good weather



Start and end at Malta

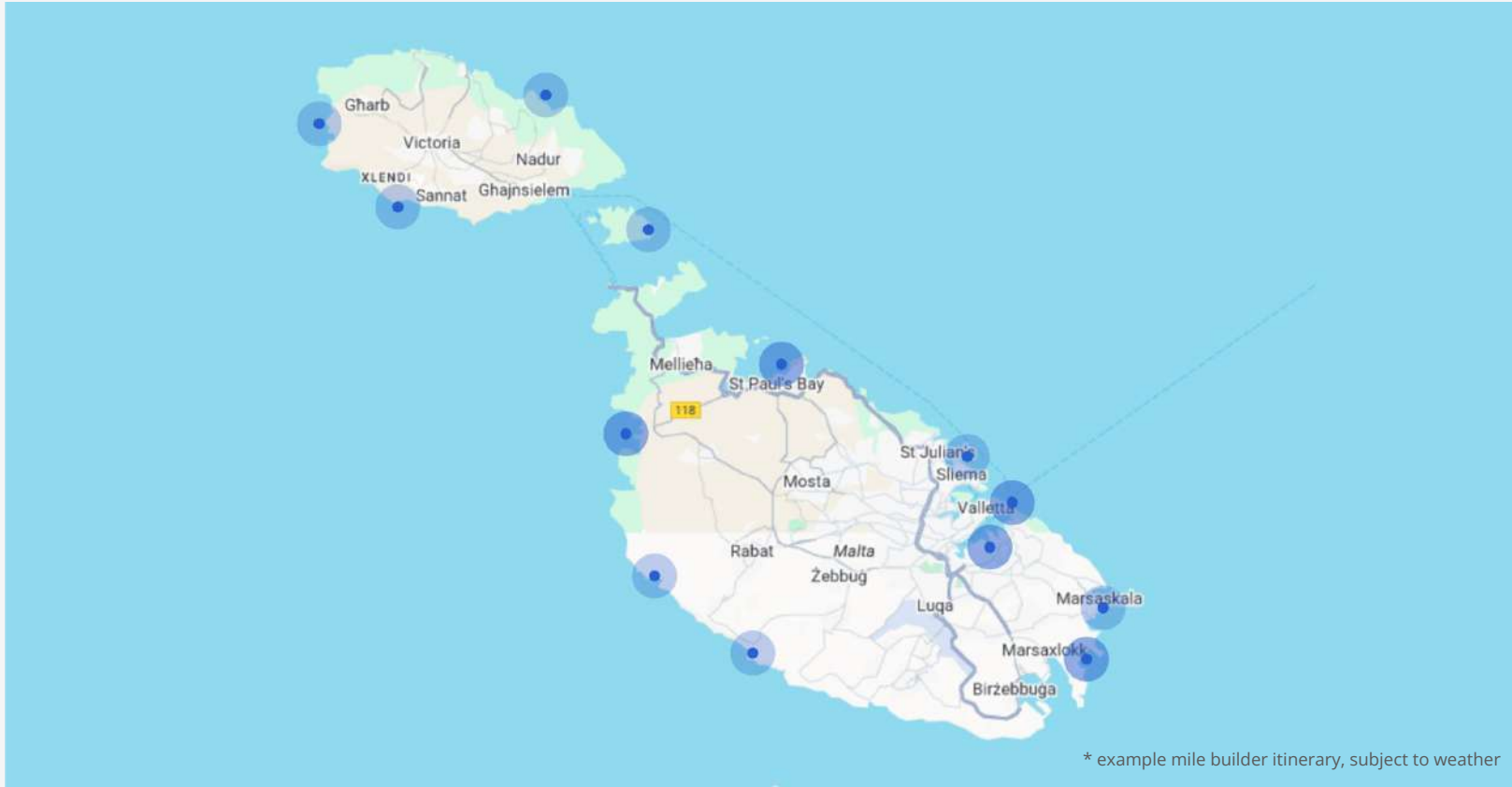


No assumed knowledge

BOOK NOW

Different ports to visit

A region in the central Mediterranean known for its rich history, stunning coastlines, and vibrant sailing traditions



* example mile builder itinerary, subject to weather

1 2 3 4 5 6 7 8 9 10 11 12



A Scenic Stop on Your Sailing Journey

Malta - Balluta Bay

1 2 3 4 5 6 7 8 9 10 11 12



A Historic Gem for Sailors

Malta - The Three Cities

1 2 3 4 5 6 7 8 9 10 11 12



A Tranquil Anchorage with History & Scenic Views

Malta - St. Paul's Bay

1 2 3 4 5 6 7 8 9 10 11 12



A Sailor's Paradise of Crystal-Clear Waters

Comino - Blue Lagoon

1 2 3 4 5 6 7 8 9 10 11 12



Gozo's Iconic Coastal Wonders

Gozo - Azure Window & Blue Hole

1 2 3 4 5 6 7 8 9 10 11 12



Gozo's Golden Beach Haven

Gozo - Ramla Bay

1 2 3 4 5 6 7 8 9 10 11 12



Gozo's Breathtaking Coastal Wonder

Gozo - Dwejra Bay

1 2 3 4 5 6 7 8 9 10 11 12



A Colorful Seaside Film Set

Malta - Popeye Village

1 2 3 4 5 6 7 8 9 10 11 12



Malta's Highest and Most Breathtaking Coastal Views

Malta - Dingli Cliffs

1 2 3 4 5 6 7 8 9 10 11 12



Malta's Most Spectacular Sea Caves

Malta - Blue Grotto

1 2 3 4 5 6 7 8 9 10 11 12



Malta's Iconic Fishing Village

Malta - Marsaxlokk

1 2 3 4 5 6 7 8 9 10 11 12



A Natural Swimming Haven

Malta - St Peter's Pool



Passage Planning & Navigation

- Planning the route before departure, taking into account weather, tides, currents, hazards, and stopovers.
- Identifying way points, adjusting course, and ensuring the passage is safe and efficient.



Night Sailing & Watchkeeping

- Sailing in darkness with limited visibility using navigation lights, radar, AIS, and chart plotters.
- Watchkeeping involves standing shifts (watches) during long passages, where crew members rotate roles.



Sail Handling & Trim Optimization

- Adjusting sails to maximize speed, efficiency, and comfort based on wind conditions.
- Understanding how different sail settings affect the boat's performance.



Heavy Weather Sailing & MOB

- Techniques to handle strong winds, rough seas, and unexpected squalls.
- Using storm sails, heaving-to, deploying drogues, and managing crew fatigue.
- Practicing man-overboard drills.



Anchoring & Mooring Techniques

- Learning how to safely anchor in different seabed conditions.
- Mooring in various settings, including marinas, pontoons, and mooring buoys.



Radio Communication & COLREGS

- Using VHF radio to communicate with harbor masters, coast guards, and nearby vessels.
- Understanding Collision Regulations (COLREGS) for right of way at sea.





Typical Itinerary (one week cruise)

A perfect mix of relaxed sailing, stunning bays, cultural exploration, and delicious Maltese cuisine. Sail around 100 nautical miles, stopping at hidden gems, iconic landmarks, and scenic anchorages, with plenty of time to swim, dine, and explore.

1



Day 1: Arrival in Valletta – Balluta Bay & The Three Cities (~5NM)

- Route: Manoel Island Yacht Marina → Balluta Bay → The Three Cities → Manoel Island Yacht Marina
- Morning arrival at Manoel Island Yacht Marina & meet the crew. Safety Brief.
- Short sail to Balluta Bay, a scenic spot in St. Julian's, where crew can have lunch.
- Enjoy a swim stop and admire the historic Balluta Church and promenade.
- After lunch, sail into Grand Harbour, passing Fort St. Elmo.
- Some docking and anchoring practice and boat handling exercises, focusing on precision and control.
- Explore Valletta & The Three Cities (Birgu, Senglea, Cospicua).
- Dinner at a traditional Maltese restaurant, such as Nenu the Artisan Baker (famous for Maltese ftira).
- Optional drinks at Bridge Bar, known for its jazz nights.
- Overnight: docked at Manoel Island Yacht Marina







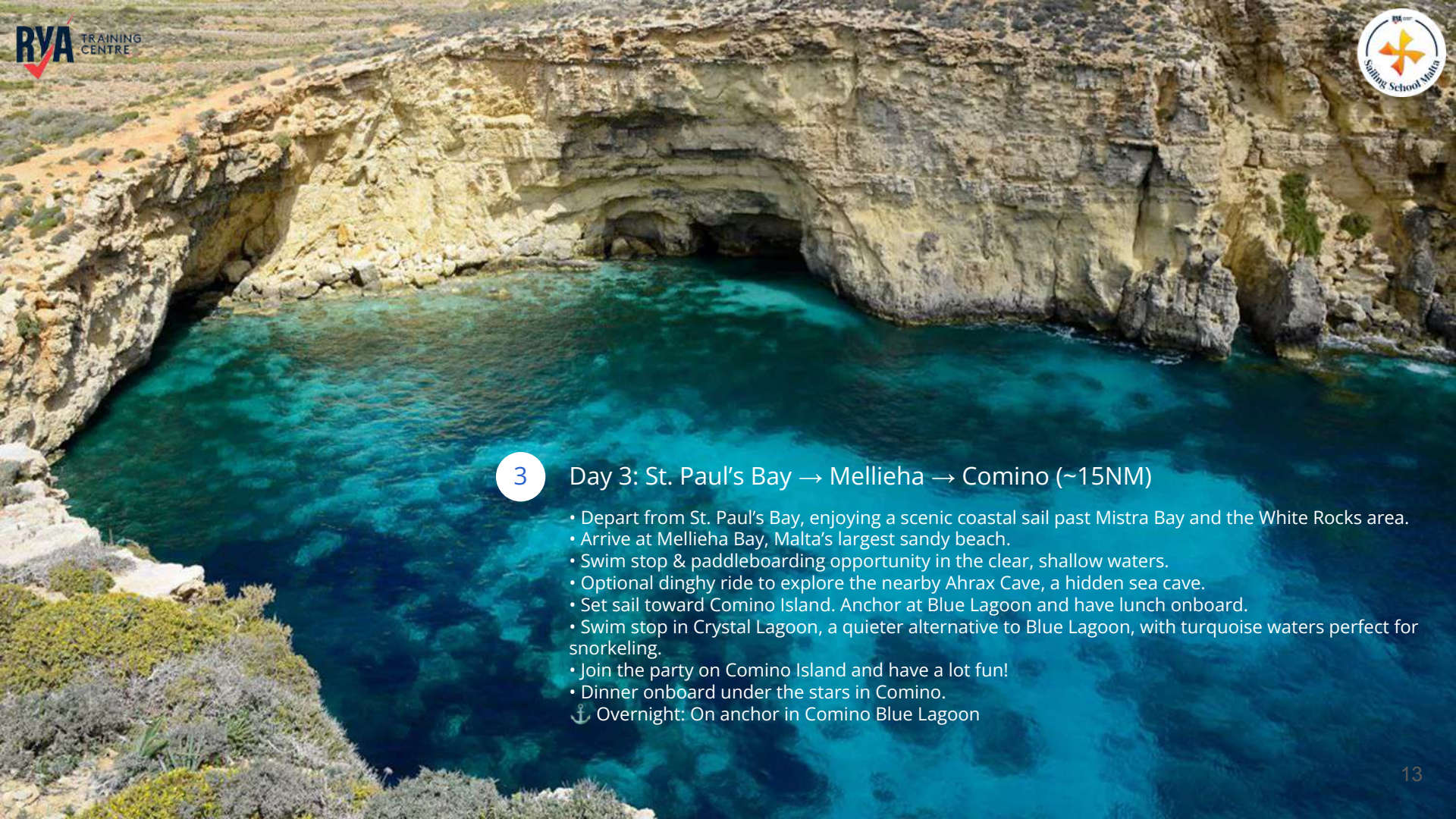
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Day 2: Valletta → St. Paul's Bay (~15NM)

- Depart from Manoel Island Yacht Marina, sailing past Sliema & St. Julian's coastline.
- Anchor at St. Paul's Bay, where the Apostle Paul was shipwrecked.
- Optional hike to the Red Tower (Torri L-Ahmar) for panoramic views.
- Visit Malta National Aquarium, and enjoy sunset at Cafe de Mar
- Explore Bugibba's seafront promenade and enjoy dinner at Tatraron (Michelin-recommended).
- 🚢 Overnight: At anchor in St. Paul's Bay or Xemxija Bay







3

Day 3: St. Paul's Bay → Mellieha → Comino (~15NM)

- Depart from St. Paul's Bay, enjoying a scenic coastal sail past Mistra Bay and the White Rocks area.
- Arrive at Mellieha Bay, Malta's largest sandy beach.
- Swim stop & paddleboarding opportunity in the clear, shallow waters.
- Optional dinghy ride to explore the nearby Ahrax Cave, a hidden sea cave.
- Set sail toward Comino Island. Anchor at Blue Lagoon and have lunch onboard.
- Swim stop in Crystal Lagoon, a quieter alternative to Blue Lagoon, with turquoise waters perfect for snorkeling.
- Join the party on Comino Island and have a lot fun!
- Dinner onboard under the stars in Comino.
- ⚓ Overnight: On anchor in Comino Blue Lagoon







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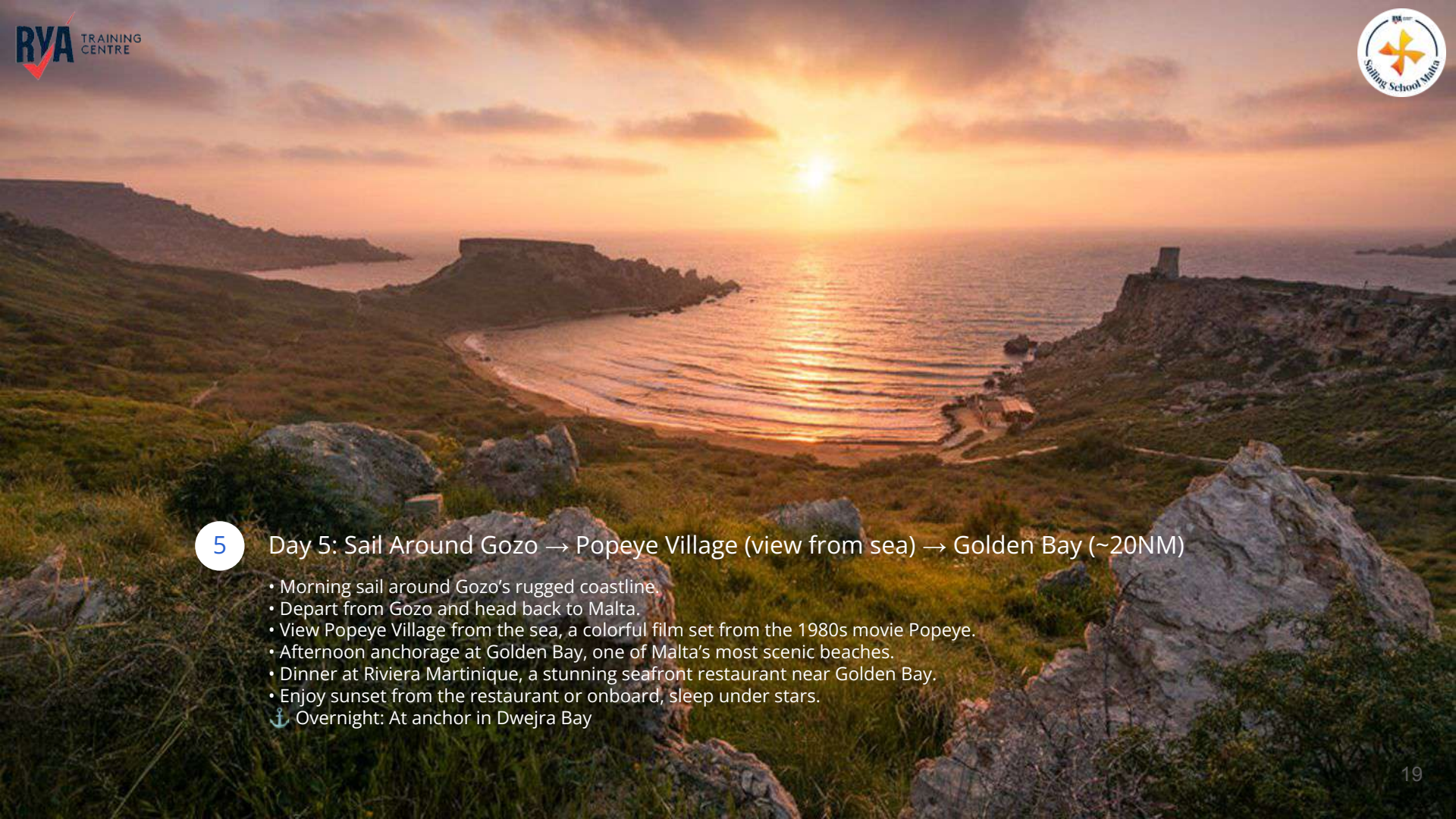
Day 4: Comino → Explore Gozo → Ramla Bay (~10NM)

- Morning sail to Mgarr Marina, Gozo, a charming harbor.
- Explore Victoria & The Citadel, Gozo's historic fortress.
- Optional local tour by jeep or e-bike, visiting:
 - Xwejini Salt Pans (traditional sea salt production).
 - Dwejra Bay, home to the Blue Hole.
- Afternoon sail to Ramla Bay, famous for its red sand beach.
- Dinner onboard at anchor, enjoying the peaceful surroundings.

🚢 Overnight: At anchor in Ramla Bay







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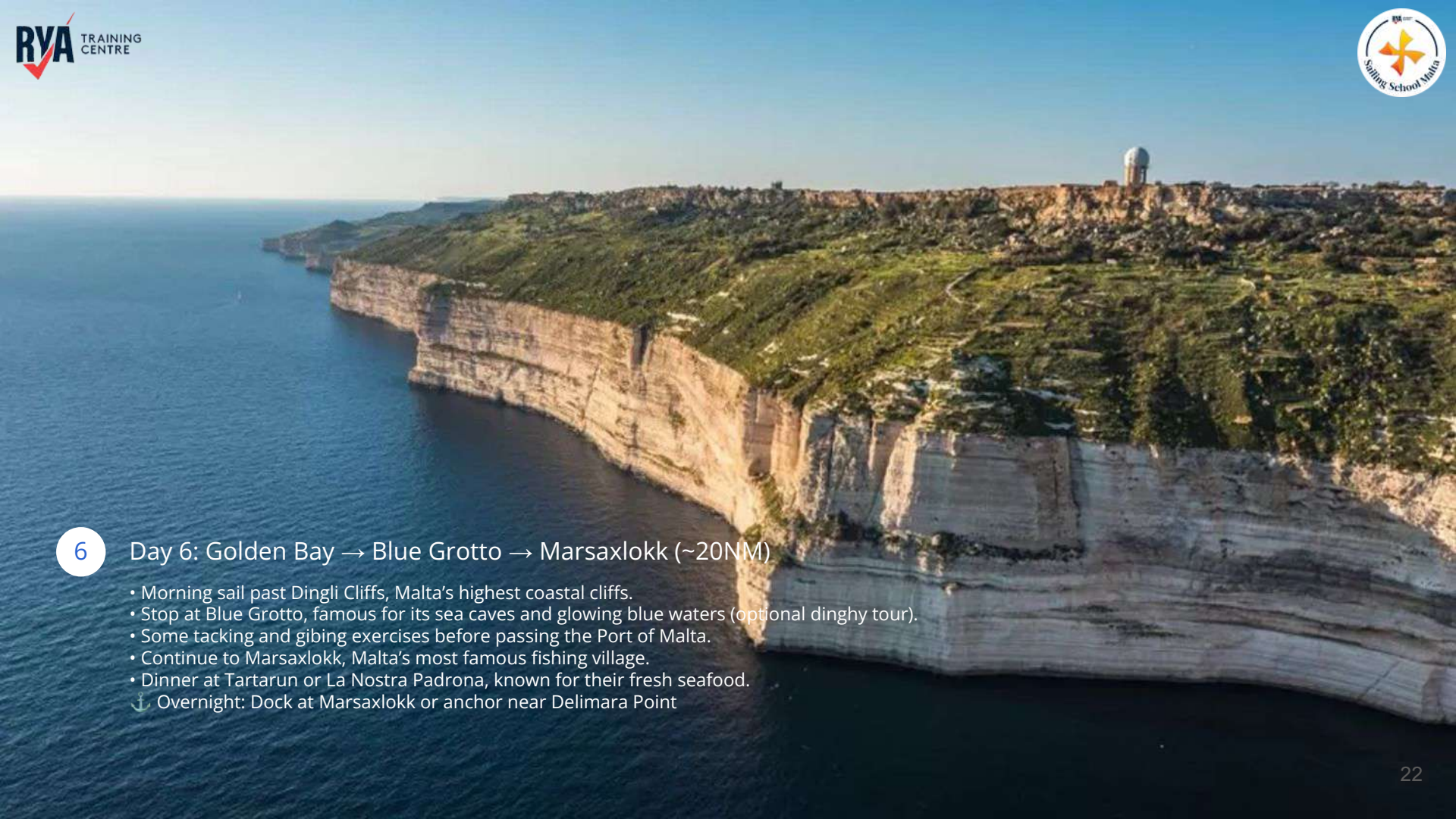
Day 5: Sail Around Gozo → Popeye Village (view from sea) → Golden Bay (~20NM)

- Morning sail around Gozo's rugged coastline.
- Depart from Gozo and head back to Malta.
- View Popeye Village from the sea, a colorful film set from the 1980s movie Popeye.
- Afternoon anchorage at Golden Bay, one of Malta's most scenic beaches.
- Dinner at Riviera Martinique, a stunning seafront restaurant near Golden Bay.
- Enjoy sunset from the restaurant or onboard, sleep under stars.

⚓ Overnight: At anchor in Dwejra Bay







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Day 6: Golden Bay → Blue Grotto → Marsaxlokk (~20NM)

- Morning sail past Dingli Cliffs, Malta's highest coastal cliffs.
- Stop at Blue Grotto, famous for its sea caves and glowing blue waters (optional dinghy tour).
- Some tacking and gibing exercises before passing the Port of Malta.
- Continue to Marsaxlokk, Malta's most famous fishing village.
- Dinner at Tartarun or La Nostra Padrona, known for their fresh seafood.
- Overnight: Dock at Marsaxlokk or anchor near Delimara Point







7

Day 7: Marsaxlokk → St. Peter's Pool → Valletta (~15NM)

- Final Sail to Manoel Island Yacht Marina
- Morning swim at St. Peter's Pool, a stunning rock formation with crystal-clear waters.
- Anchored at Hofriet bay for some brunch or snack. A great place to do some snorkeling and paddling.
- Or visit Marsaxlokk Market - The Famous Sunday Fish Market in Malta and having lunch there.
- Leisurely sail past Delimara Point & Fort St. Elmo, returning to Valletta.
- Arrival in Manoel Island Marina in the afternoon, with time for a farewell meal before check-out.











Bavaria 46ft Cruiser 2007

4 cabins, 2 heads, 9 berths with furling main and front sail, GPS, radar, full RYA/MCA inventory



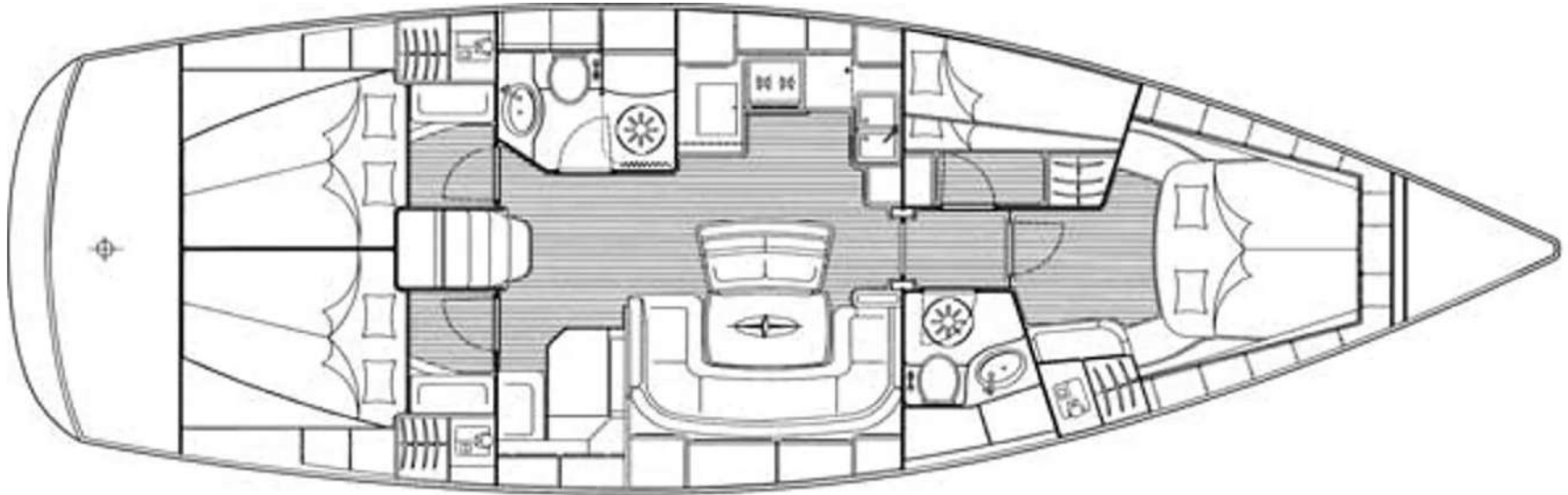


A Perfect Blend of Comfort, Performance, and Quality

Spacious Accommodations

Seaworthiness and Handling

A Yacht That Inspires Confidence



What's included

- | | |
|---|--|
|  Accommodation onboard |  Opportunity to practice navigation, passage-making, and mooring techniques. |
|  Initial provisioning; further supplies shared by crew |  5G WiFi onboard. The mobile signal along Malta and Sicily coast is good within 20 NM offshore. |
|  Safety gear and wet weather clothing. |  RYA recognized Instructor |
|  All necessary bedding and towels |  Final cleaning |
|  A mix of short coastal hops and longer offshore passages. |  Fuel |

What's not included

- | | |
|--|--|
|  Marina fee, shared by crew, subject to passage |  Restaurant onshore |
|--|--|

RYA Instructor of the trip



Neil Morris

RYA Yachtmaster Sail Instructor, Sail RYA Advanced Power Boat Instructor, RYA YM Offshore Power Instructor

Having learnt to sail at the age of 12 Neil has always been a passionate sailor and power boat enthusiast. With experience in the Middle East, Caribbean, Mediterranean and home base the South Coast U.K. Neil has a passion for coaching and mentoring new entrants to the sport as well as developing skills of more established sailors. Neil has extensive experience both cruising and racing in tidal and non tidal waters. He looks forward to welcoming you on board at Sea School Malta whether it be your next course or an adventure sail mile builder.

RYA Instructor of the trip



Dieter Kuhlmann

RYA Yachtmaster Sail Instructor, PBL2 Instructor

Captain Dieter Kuhlmann is a seasoned maritime professional with over 15 years' experience commanding sailing and motor yachts across the Atlantic, Pacific, and Indian Oceans. A dual South African-German national and commercially endorsed Yachtmaster Offshore and Instructor, he combines technical expertise with a passion for delivering safe, seamless voyages and unforgettable guest experiences. From charter operations in the Caribbean, Southeast Asia and Mediterranean to vessel deliveries between continents and competing in prestigious regattas, Dieter has proven himself a skilled leader, problem-solver, and mentor. Equally dedicated to teaching, he offers bespoke training for yacht owners and crews, enhancing confidence, professionalism, and safety at sea.

RYA Instructor of the trip



Andrew Pascoots

RYA Yachtmaster Instructor

Andrew's sailing journey began at the age of 6 when he built and sailed an Altoro dinghy with his father. Since then, his passion for sailing has only grown, leading him to compete in nine Fastnet Races, including the 2023 edition on his own NA40 yacht. With over 20 years of experience as an RYA instructor and extensive time as a Yachtmaster Instructor, he specializes in both cruising and racing techniques. Passionate about the tactical, trimming, and navigational aspects of sailing, Andrew brings a patient and structured approach to teaching. His ethos is simple: start with the basics, build confidence step by step, and create a calm, respectful learning environment—with plenty of tea along the way!