

MALTA 11. - 15. JUNE 2011

Day 2 – The we took the bus to [Mdina](#).



Map of [Malta](#), [Gozo](#), [Comino](#) and some small islands. Only the three largest are inhabited.

[Mdina](#) lies centrally on the island of Malta, 185 m above sea level, on an offshoot av the Dingli plateau. At north, east and nort west there is steep down to the surrounding area. To south west Mdina is bordering on its twin city [Rabat](#). Only a park outside the city wall is dividing the two cities.

Mdina vwas inhabited in the bronze age, and its strategic location was used by the Phoenicians as a fortification. The Phoenicians called the place Malet, which means refuge. This name was in the Roman era changed to Melita. The Romans had a strong fortification wall around the city and the neighboring town Rabat. The city had then about 1000 inhabitants.

The Arabs conquered the Maltese islands in 870, and they gave the city its final name Mdina, which means the city, which is surrounded by walls. They rearranged the walls such that only present Mdina was inside the walls. This was supposed to make the city easier to defend. The walls were further strengthened while the Normans ruled in the 12th century. With its favorable location and fortification Mdina resisted in 1422 an attack from 18 000 Turks. That lead to that the city got the honorary title Città Notabile.

The Maltese order settle down in Malta in 1530, and Mdina became its first capital. However, they mooved the capital to the coast, first to Birgu and then to Valetta.

Today there are only 278 inhabitants in Mdina.



Outside our hotel. We are looking across the street towards a small island called [Manoel Island](#). On the other side we can see Valletta.



The street from the hotel along the sea.



We took this bus.



Now we are in [St. Julian's](#). The high tower is Portomaso Business Tower, which has 23 floors and is Malta's highest building.



This is the church in St. Julian's.



Here we see the Portomaso tower again.



Beach promenade in St. Julian's.



Street picture.



Here we see Mdina on the hill.

We went through [Mosta](#) where this Church is standing. It was finished in 1863 and can take 10 000 people. The dome is the third largest in Europe. It is imitating Pantheon in Rome.



This is the main gate into Mdina. We were offered a guide book by a salesman.



Kjell is paying for the book.

THE MDINA DUNGEONS

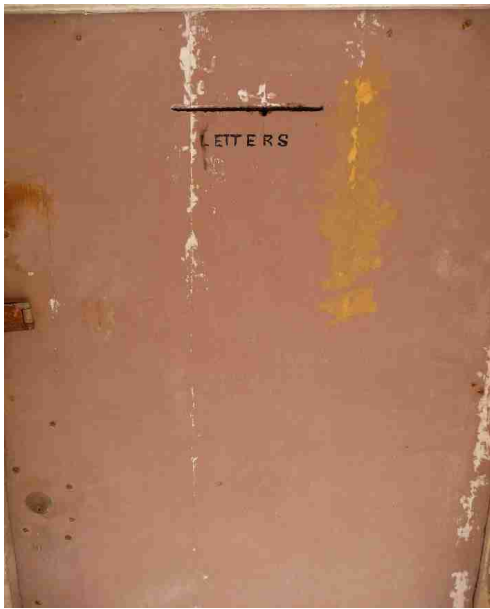
Unlocked everyday
between 9:30am - 4:00pm
Tel: 2145 0267
Email: thekeeper@dungeonsmalta.com
www.dungeonsmalta.com

Mdina Dungeons



It is possible to get transport by horse carriage.

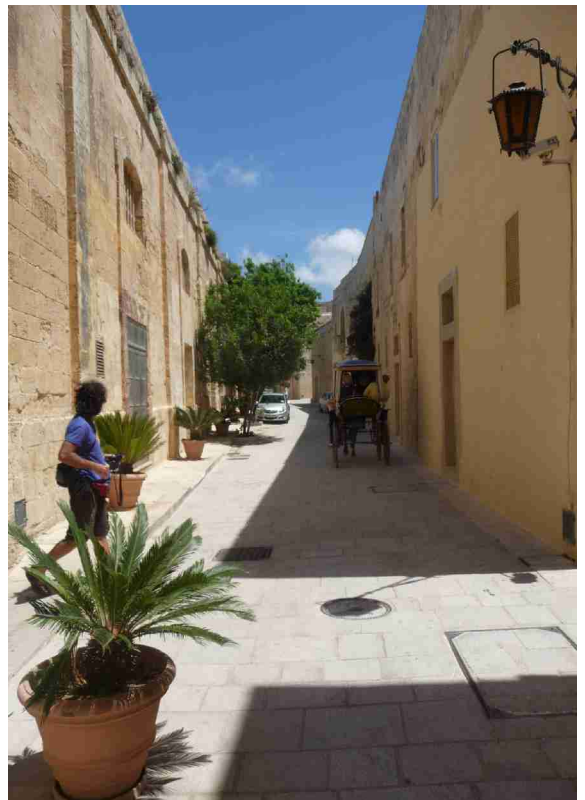




Post boxes in the door.



Nice street signs.





A glimpse into a restaurant.



This is on Bastion Square.



Very thick walls.



Good views from Bastion Square.



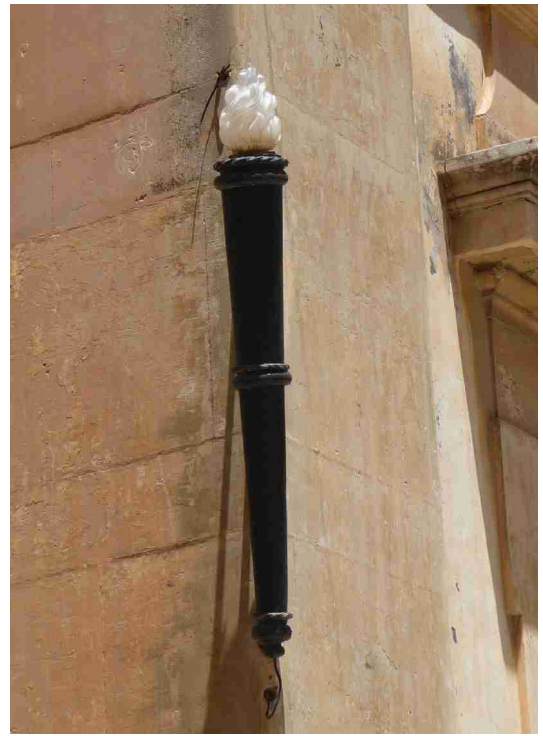
The view from the wall at Bastion Square. We see the church steeple of the Carmelite Church. Pictures of the church to the right and below.



[St. Paul's Cathedral](#) was built 1697 – 1702 for replacement of a Norman cathedral that was destroyed by earthquake in 1693. It was here the house of the governor was located when he received Paul when he ran aground at Malta.



St. Agatha's Chapel



Nice street lamp.

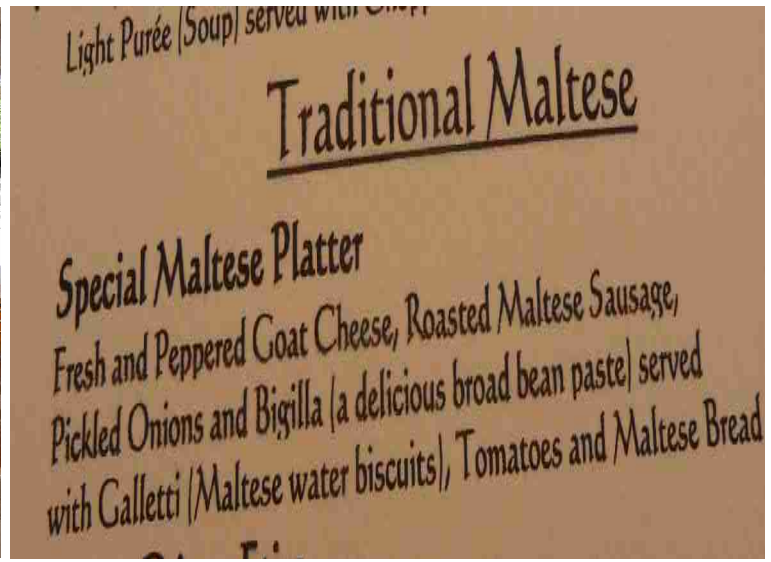


Here is a restaurant.

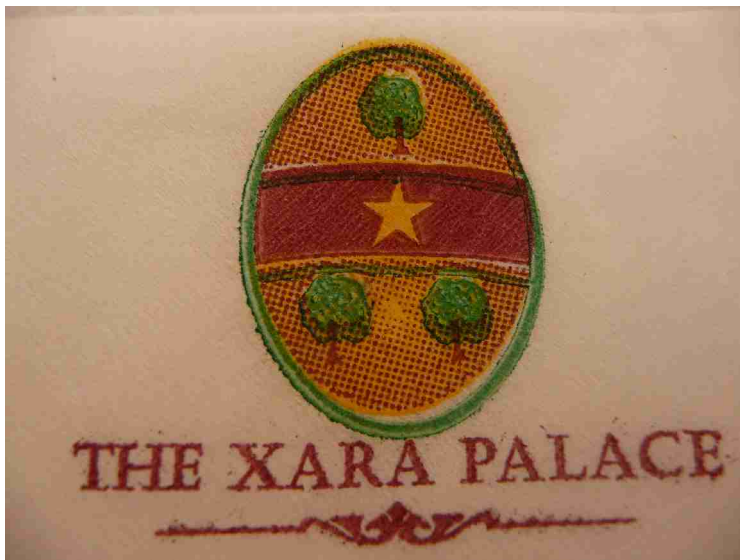




First a beer.



Then we have a look at the menu and decide for this.



The name of the restaurant.



The food.



Here we are outside the walls again.



The park right outside is called Howard Gardens.



Howard Gardens.



Here we are going to take this sightseeing train.

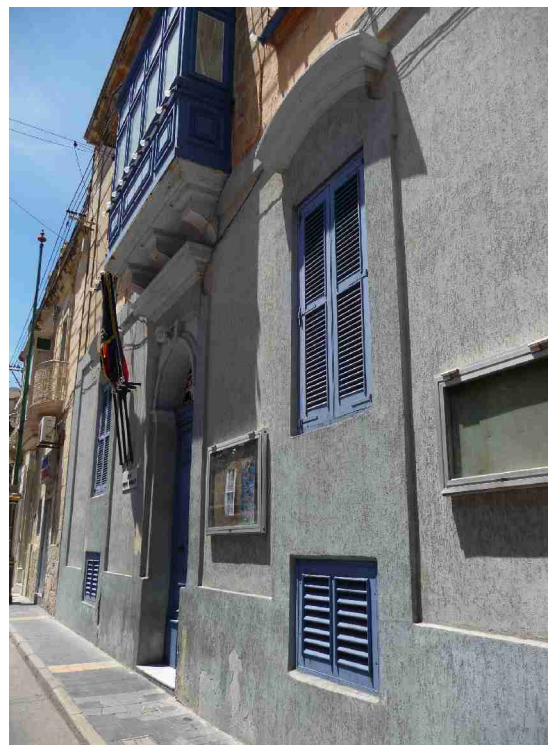
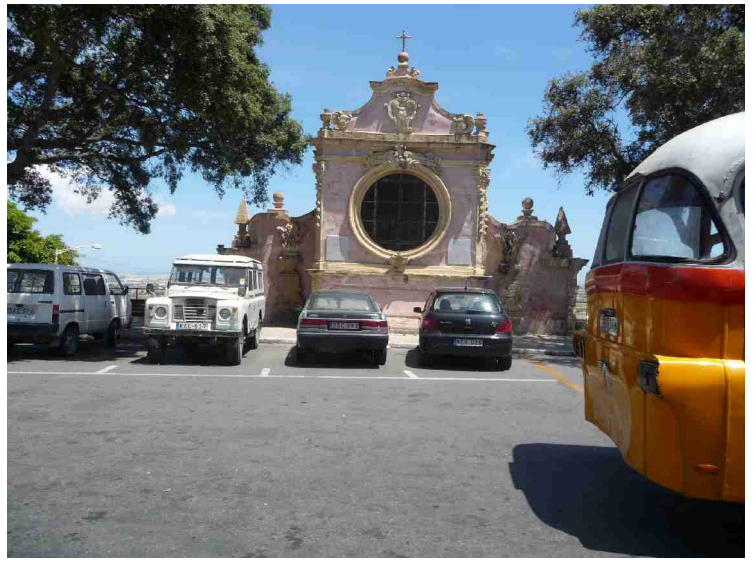


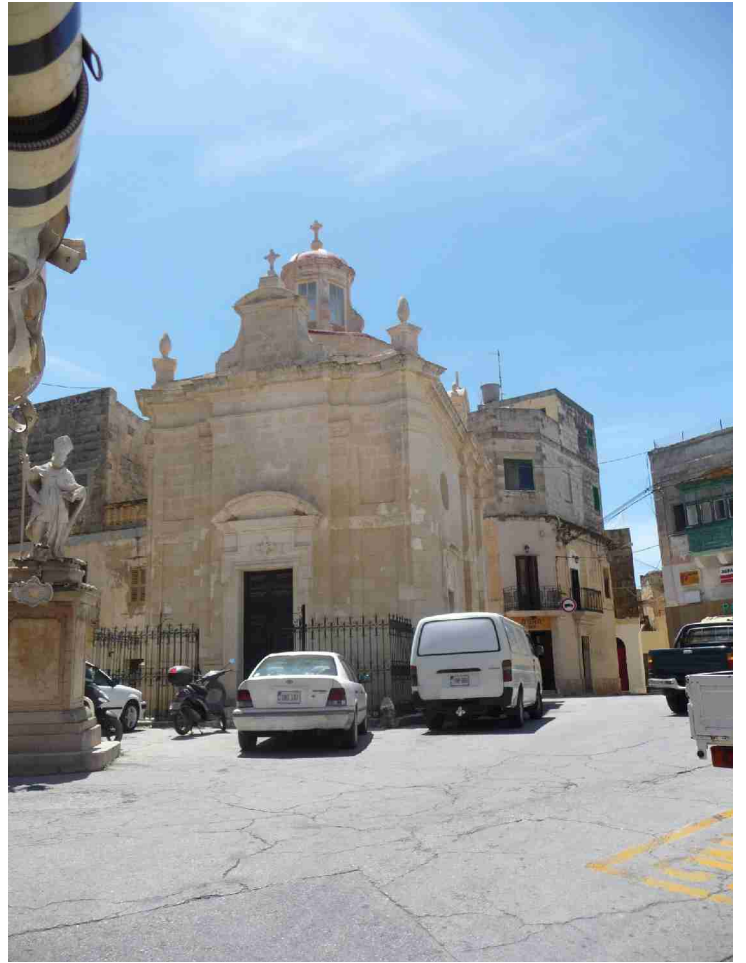
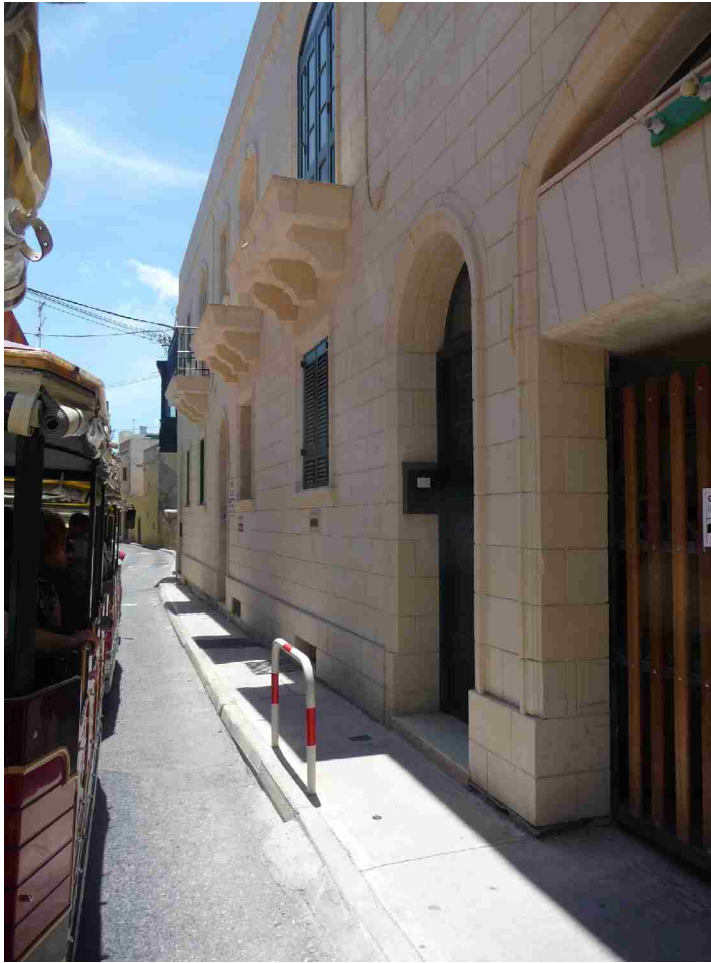
This is the route we were driving.



Various pictures along the route.











Just before we are back at the starting point.



A small park in front of the Mdina main gate.



An old mansion. Maintenance work is going on.



Waiting for the bus back to Gzira.



Pictures taken from the bus on our way back to Gzira.



Back in the harbour in Gzira. It is called Marsamxett Harbour. There were a lot of boats going in cruise in the harbor and around the island.

Anne Berit has found a «bike».



We sat down at a cafe and had a Sambuca and Espresso. They have got Sambuca in Malta as well.

Where we are sitting, we see towards Sliema and the Tigné point, which is the point furthest out in the bay.



After finishing the coffee and the Sambuca, we went for a stroll along the bay. Here we are looking inwards.



Here we are looking towards the mouth.



This is across the bay. Valletta lies on the other side.



The largest building in the middle of the picture is Carmelite Church.



This is a small ferry which goes back and forth between Malta and Sliema. Our hotel lies on the border between Gzira and Sliema, which is the biggest city in Malta.



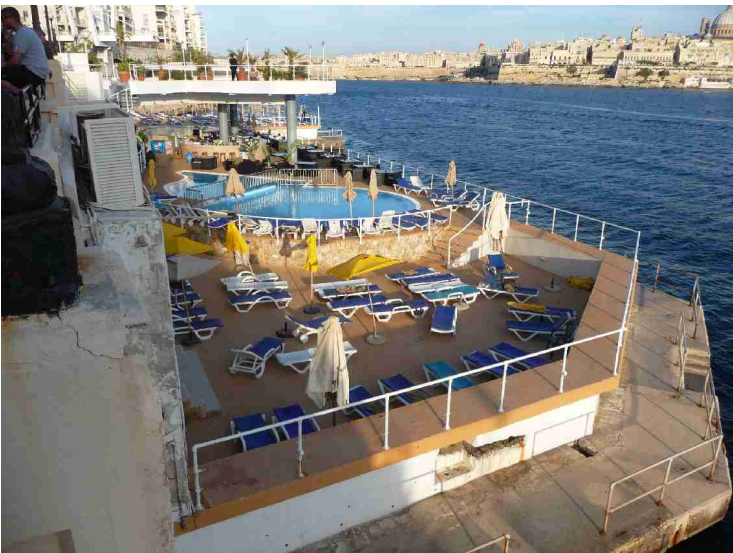
Nice houses in Sliema.



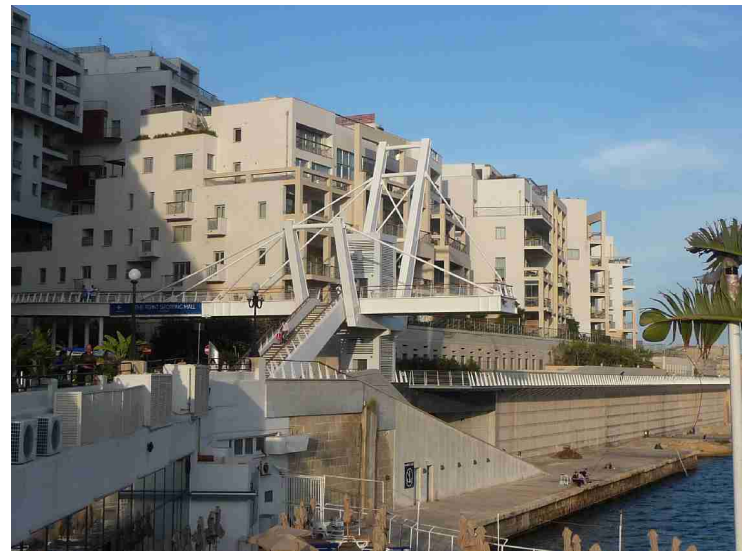
Here we are looking across to Manoel Island, which lies in the middle of the harbor area, Marsamxett Harbour.



Here we have zoomed in on the church.



There are not many sand beaches in Malta, so in lack of that, many hotels have built basin areas, like this.



Beyond the hotel basin lies Malta's biggest shopping center.



After the stroll we had dinner at this restaurant.



First we had a Maltese fish soup, aljotta, which was quite good.



Anne Berit had this (meat balls) as main course.



Kjell had this (Maltese stew)

€7.50	Three layers of pasta, filled with ricotta cheese, minced beef, eggs, garlic, Parmesan cheese and fresh cream in Bolognese sauce.	€7.50
€8.50		
€7.00		
€5.00		
€4.00		
€5.00		
€5.00		
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€5.75		
€6.00		
€6.50		
€7.00		
€8.25		

MALTESE SPECIALITIES	
Maltese Bragioli	€12.00
Rolled meat filled with eggs, minced beef with tomatoe sauce, served with french fries and salad.	
Maltese Style Rabbit	€12.00
Rabbit cooked in the traditional Maltese way, marinated in white wine, fried with garlic and herbs, served with french fries and salad.	
Rabbit Stew	€12.00
Traditional Maltese dish - Rabbit cooked in tomatoe sauce with vegetables and herbs.	
Lamb Stew	€12.00
Delicious Maltese lamb dish - Whole lamb forequarter cooked in tomatoe sauce with vegetables and herbs.	
Maltese Beef Stew	€12.00
A traditional dish with cubes of prime beef cooked in tomatoe sauce with vegetables and herbs.	
Pulpetti (meat balls)	€11.00
Balls of minced beef topped with Mozzarella cheese and tomatoe sauce, served with french fries and salad.	
Risotto la Maltija	€8.00
Traditional Maltese rice dish served with tuna, olives, green peppers, onions, and sweet corn and tomatoe sauce.	
Risotto Tre Angeli	€9.00
Tender pieces of chicken breast with vegetables and rice in tomatoe sauce.	
More traditional Maltese dishes available in the Pasta and Fish sections.	
FISH	
Octopus Stew	€13.00
Stewed octopus with vegetables and herbs in tomatoe sauce.	

Next day: See Malta_3