

Ramblers Association of Malta

www.ramblersmalta.jointcomms.com

<http://ramblersassociation.blogspot.com/>

Walks Programme: January to June 2008

Below please find the programme of walks that RAM has organised for the period January to June 2008. Most routes might entail walking over some rough terrain in open countryside. Good walking shoes and suitable clothing for the weather are therefore recommended. It is always a good idea to bring some drinking water along, especially on the longer walks. Some walks might present problems to anyone who is not used to walking over unpaved ground.

Please note that while RAM takes great care in picking the trails, one's safety is ultimately one's responsibility. RAM declines all responsibility for any personal injury or loss of belongings, as stated on the Indemnity Form that members sign for this purpose.

Although RAM endeavours to adhere to the published walks programme, change of the route, date or other details may become necessary and the right is reserved to make such changes without prior notice.

In case of very bad weather, walks might be cancelled. If in doubt please consult the website or phone 99497080.

For your information and for the benefit of the beautiful Maltese countryside, the last two pages have some important advice about walking in the countryside. Please read this – it is useful information and will take only a few minutes.

Saturday 12th January St Paul's Bay Area (Scenic)

From our meeting place we walk along the cliff face where the BP tanks used to be and then walk down to Mistra and on to the fish farm up to Għajn Ħadid. From here we head to Imġiebañ Bay; this part of the walk will take us close to the shore along small pebbly inlets and up and down over rock boulders. After a short stop at Mgiebah Bay to admire the view we take the path up to Selmun. We will take a path between the fields that will lead us down to Mistra Bay, up the steps and back to our meeting place.

Participation is limited to 25 people. This is the same walk previously planned for 8th Dec 2007, and subsequently cancelled. Members who had booked for the 8th Dec walk need not book again. However they are to inform us if they cannot make it this time. A few additional bookings will also be accepted. Please book, preferably by email on ram205@gmail.com, or alternately by SMS to 79330805, quoting St Paul's Bay Walk as subject.

Rating: A walk along country roads/lanes, bare rock, clay slopes and some stiff gradients. (Will be postponed if the ground is wet as the clay becomes very slippery).

Duration: about 3 hours depending on the pace and the state of the terrain.

Meeting place: TBA

Time: TBA

Sunday 20th January Attard / Hemsija / Simblija (Scenic/historical)

Non-circular route

From the meeting place, we will walk towards il-Hemsija, up to Saqqajja Hill, crossing right across Rabat to Wied Gheriexem, then to Nigret, Wied Liemu and to the troglodyte settlement of Simblija. From here, walkers can opt to walk to Dingli to catch a bus back to our starting point, or else walk back, possibly via a different route.

Rating: Moderate, with some inclines.

Duration: 3½ hours if returning by bus from Dingli, or 6 to 7 hours round trip

Meeting place: Mdina Road, at the beginning of the short road to Mt Carmel Hospital (near the petrol station)

Time: 0830

Saturday 26th January Ras il-Pellegrin (Scenic/Historical))

This is a relatively easy walk with cultural interests thrown in as they are encountered. From Mgarr church we will proceed towards Palazzo Zammitello and turn sharp left to take the pathway to the Ras il-Pellegrin promontory. Viewing the interesting remains there and the wonderful sights we will proceed to Gnejna and then up to the Lippija Tower. Those who tire out can proceed directly back to the Mgarr church and their cars while the rest walk will proceed towards more scenic views of Il-Karraba and Ghajn Tuffieha Bay past the Roman Baths at Il-Fawwara and back to Mgarr church.

Rating: Moderate with some steep inclines.

Duration: 4 hours for the full circuit, 2 ½ hrs for the shorter circuit.

Meeting place: Mgarr Church parvis.

Time: 0930 hrs

Saturday 2nd February AGM

The Annual General Meeting of the Association will be held in Valletta at the premises of Din l-Art Helwa starting at 10.00am. It is essential that all members attend and participate in the discussions. Members who can spare time and feel they can make themselves useful are in duty bound to present themselves for nomination to the election of the committee that will this year come up for renewal.

Sunday 10th February Walk the Line (Scenic / historical)

Non-circular route

We will follow the Victoria Lines (as much as possible), from sea to shining sea. Exact details to be divulged later. Participation is limited and we hope to be able to provide transport (at a charge) at the end of the walk, to take us back to the starting point. Booking, preferably by email on ram205@gmail.com, or alternately by SMS to 79425744, quoting **Walk the Line** as subject.

Rating: Some steep inclines and rough ground.

Duration: most of the day.

Meeting place: TBA

Time: TBA

Sunday 17th February Gharghur - Maghtab - Bahar ic Caghaq (Scenic)

Non-circular route

The exact route will vary, but will pass through St Julian's, Madliena, Gharghur, Maghtab and Bahar ic Caghaq. Walkers will then need to take a bus back to the meeting place, or arrange for some alternate means of transport themselves. (They can also opt to walk back if they feel like it).

Rating: Moderate, with some inclines.

Duration: 3½ hours if returning by bus via the coast road

Meeting place: Near St. Julians Police Station

Time: 0930

Sunday 24th February Fawwara (Scenic)

From the meeting place, we will walk towards Buskett, visiting the troglodyte settlements of Ghar il-Kbir. Then we proceed towards Fawwara, visiting Girgenti valley on the way back.

Rating: Moderate with some steep inclines.

Duration: 3 to 4 hours.

Meeting place: Front gate, Verdala Palace, Buskett (near the bus stop)

Time: 0930

Friday 29th February to Sunday 2nd March

Gozo weekend – San Andrea Hotel

Booking is now open for the first fifty members who confirm their booking by telephone or email. Like last year, the participation will be limited to the number of beds that the hotel has made available to RAM. Rates have gone up slightly by €1.16 (Lm0.50) per person per night over last year's rates. The rates per room on half-board basis are:

Side view: €120.00 per twin room for 2 person 2 nights (€30.00 pppn)

Sea view: €138.00 per twin room for 2 persons 2 nights (€34.50 pppn)

Side view: €160.00 per triple room for 3 persons 2 nights (€26.67 pppn)

Sea view: €182.00 per triple room for 3 persons 2 nights (€30.33 pppn)

Side view: €82.00 per twin room for 1 person 2 nights (€41.00 pppn)

Sea view: €90.00 per twin room for 1 person 2 nights (€45.00 pppn)

Please note that the third bed in the triple room will be a folding bed that needs to be folded away during the day to make space in the room, just like last year.

The programme of walks for each day will be handed out, only to participants at the hotel, every morning during our stay.

Sunday 9th March Qolla tal Wardija (Scenic/Historical)

This walk will proceed from Burmarrad up the valley known as Wied Qannotta in the direction of Il-Qolla, which is a hillock that shows traces of a bronze-age village. Marine archaeologist Timothy Gambin will explain the site and its strategic position vis-à-vis the old shoreline of the area. Other interesting and scenic areas in Bahrija and Bidnija will be taken in on our way back to Burmarrad via a different route, and Timothy will undoubtedly point out more details on the way.

Rating: Some steep inclines

Duration: 4 hours

Meeting place: Burmarrad , near Scotts supermarket

Time: 0930

Saturday 15th March Congreve Channel Trail (Scenic)

Though not an excessively difficult route this walk covers mostly very stony garigue and makes for rather slow progress. We are regaled with some exceedingly fine sea views, exquisite rock formations and if we are lucky, a large population of the endemic Maltese pyramidal orchid in full bloom. We will also venture close to the steep and mysterious Wied Hoxt.

Due to the rough terrain and ecological sensitivity of the area participation is restricted to 40 members. Interested persons should send an email to ram205@gmail.com quoting **Congreve Trail** as subject. Details will be forwarded to participants close to the date.

Rating: Rough terrain. Some steep gradients.

Duration: about 3 hours

Meeting place: TBA

Time: TBA

Saturday 22nd March Victoria Lines - West (Scenic/Historical)

We will walk from Rabat to Mtarfa via the Gheriexem bridge and then down to Wied il-Qlejgha (Chadwick Lakes). We will then go uphill to the Dwejra Lines and follow them up to Bingemma, after which we will then head back to Rabat.

Rating: Some moderately steep gradients

Duration: 3 to 4hours

Meeting place: Domus Romana, Rabat

Time: 0930

Tuesday 25th March Follow the Drop - Coast to Coast (Scenic)

Non-circular route

The idea of this walk is to visit water catchment areas and follow the natural water course/s from Dingli to Marsa. We will start at Dingli - walk for a short length along Dingli cliffs to Buskett, where we will then follow the water

courses to the outskirts of Siggiewi/Zebbug. From here we will continue through Wied il-Kbir to Marsa. The exact route will depend substantially on the actual weather conditions.

Rating: Mostly downhill with some parts of the route through wet valley beds.

Duration: 4-5 hours

Meeting place: Bobbyland Bar and Restaurant, Dingli Cliffs

Time: 0930

Wednesday 26th March Mgiebah (Scenic)

Walk along the north-eastern coast of Malta that will take us from Selmun Palace right down to Mistra Bay and further along the coast past St Pauls Islands to Mgiebah and back to Selmun via Mellieha.

Rating: Rough terrain with some steep inclines.

Duration: 4 hours

Meeting place: Selmun Palace

Time: 0930

Saturday 5th April Delli-Majjesa (Scenic)

Our popular and well-subscribed rough ramble on the wild boulder scree beneath Xaghra l-Hamra is again on our program this year. This incredibly scenic walk is a somewhat difficult ramble and only suitable for experienced ramblers. Due to the particular nature of the area as well as its ecological sensitivity, participation is restricted to 20 members. Interested persons should send an email to ram205@gmail.com quoting **Majjesa** as subject. Preference will be given to members who have never been on this walk with us. Details will be forwarded to participants close to the date.

Rating: Mostly rough terrain which requires the participant's full attention.

Duration: about 3 hours

Meeting place: TBA

Time: TBA.

Sunday 20th April Qala, Nadur Walk (Scenic)

From Mgarr Harbour we head towards Qala via Ghajnsielem, stopping briefly near the chapel of the Immaculate Conception and Qala Cemetery. We then cross Qala village heading towards Ta' Cini valley, visiting the watch tower at the end of Ta'Tocc heading towards Dahlet Qorrot. The walk will then take us to San Blas bay visiting Ta' Soppu Tower that was recently restored. At San Blas bay, we will stop for a 20-minute break in the garden overlooking the bay. Instead of resting, ramblers might opt to go down to the bay itself (not for the faint hearted). We will then head towards Nadur & Kenuna Tower, admiring the view from the Belvedere and making our way towards Mgarr Harbour to catch the ferry back to Malta.

Alternatively we might head towards Hondoq Ir- Rummien, continuing to Qala Point on the cliffs, Ghar Dorf, to Ta' Muxi Valley, reaching the watch tower at Ta'Tocc. In this case we will skip the Immaculate Conception chapel and Ta' Cini valley. Details will be given on the actual day.

As usual, the actual routes are subject to change.

Rating: Fairly smooth, but with some rough terrain when crossing valleys and near the cliffs.

Duration: about 6 to 7 hours

Meeting place: Cirkewwa Ferry

Time: 0845 sharp

Sunday 27th April Cirkewwa (Scenic)

From our meeting place, we head approximately southwest, hugging the coast, until we reach Rdum il-Qawwi. From here we climb up the cliff and walk back along the top of the cliff. Due to the particular nature of the area, participation is restricted to 25 members. Preference will be given to members who have never been on this walk with us. Booking, preferably by email on ram205@gmail.com, or alternately by SMS to 79425744, quoting **Cirkewwa** as subject.

Rating: Very rough terrain, not for the faint-hearted.

Duration: About 3 hours

Meeting place: TBA

Time: TBA

Saturday 3rd May Delimara to Cirkewwa (Scenic)

Non-circular route

We will walk the length of Malta, following the western coast as much as possible. Walkers will then need to make their own way back to Delimara. Participation is limited to 15 members. Booking, preferably by email on ram205@gmail.com, or alternately by SMS to 79425744, quoting **Delimara** as subject.

Rating: Some steep inclines and rough ground.

Duration: All day.

Meeting place: TBA

Time: TBA

Sunday 11th May Ras ir-Raheb (Scenic)

A limited participation walk, visiting this highly scenic area. Booking, preferably by email on ram205@gmail.com, or alternately by SMS to 79425744, quoting **Ras ir-Raheb** as subject.

Rating: Some rough terrain.

Duration: About 3 to 4 hours

Meeting place: TBA

Time: TBA

Sunday 25th May Comino (Scenic/Historical)

A limited participation walk, as we will need to arrange for transport for those who cannot (or will not) walk on water. Booking, preferably by email on ram205@gmail.com, or alternately by SMS to 99497080, quoting **Comino** as subject.

Rating: Some rough terrain.

Duration: About 6 hours on Comino excluding boat trips.

Meeting place: TBA

Time: TBA

Friday 6th June: Ic-Cumnija/Il-Prajjet/Gnien Ingraw (Scenic)

This first evening walk will take us from Ghadira up to the Red Tower and the scenic cliffs at il-Qammieh. The view to the south will show us the way we will follow, past ic-Cumnija inlet towards Popeye village at il-Prajjet. The sun should hopefully be setting on the horizon over the water as we climb the smooth incline leading to Il-Mansab, where we turn sharp left on the Manikata road in the direction of Mellieha and down the Gnien Ingraw valley back to our starting place at Ghadira.

Rating: Easy going with some inclines

Duration: about 3½ hours

Meeting place: Ghadira Roundabout

Time: 1700

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Green Country Code – for a more respectful approach to our countryside

Adapted from Malta, Gozo & Comino: Off the Beaten Track - a Nature Trust publication 2002

1. Refrain from collecting or causing harm to any specimens of flora, fauna, geological items such as fossils and stalactites or archaeological artefacts.
2. Respect natural habitats, sensitive sites and the local inhabitants. Tread lightly and avoid disturbance.
3. Avoid causing noise and light pollution (especially in caves or at night)
4. Do not dispose of any waste in the countryside or sea
5. Do not light fires in vulnerable locations such as caves, beneath trees, on dry grass or garigue areas
6. Keep to paths where possible – avoid trespassing on defined private property and cultivated fields.
7. Avoid trampling
8. Be informed beforehand of the protection status of any sites you will be passing through – some activities may be restricted in such areas or at least they may require extra attention upon visiting
9. Report any grass fires or emergencies on 112
- 10. Enjoy the countryside!**

Important telephone numbers:

- Emergencies, Fire, Police: 112
- Police: 2122 4001
- Administrative Law Enforcement MALTA: 2122 4001 or 21235761
- Administrative Law Enforcement GOZO: 21562040

Report illegal development to **MEPA** on 2290 0000

MEPA Planning Protection:

Malta: 9926 9926

Gozo: 9924 9924

MEPA Nature Protection: 7949 6320

MEPA Pollution Control: 9921 9991

If you encounter injured wildlife contact immediately **International Animal Rescue Malta** (Mr Max Farrugia mobile: 9947 1212)

If you encounter marine wildlife (injured/stranded/dead) contact **Nature Trust's Marine Rescue Team** on 9942 2085/6.

Report sightings of marine mammals, reptiles and sharks to Nature Trust on 9942 2085/6 or mlcg@waldonet.net.mt

Be extremely cautious when handling injured animals!

For weekend emergencies i.c.w. injured pet animals such as cats and dogs contact the **Vet Emergency Service** on 50043888

Report archaeological findings to: Anthony Pace, Superintendent of Cultural Heritage, 138, Melita Street, Valletta. VLT 08. Tel. +356 21 230711; +356 21 251874; Fax. +356 21 251140 E-mail anthony.pace@gov.mt
<http://www.culturalheritage.gov.mt> <http://www.culturalheritage.org.mt>

The Natural History Museum at Mdina may be interested in knowing about any dead wildlife you encounter.