



In 2017: A New Cultural/Spiritual Exploration of Mystical Malta



[Learning Journeys](#) is an important dimension of the well-known Perillo Tours, and offers educational travel for many teachers, students, business people and others who have deep interest in wellness, art, nature, and spirituality, gastronomy and just about anything else.

Recently, Learning Journeys President Carol Dimopoulos traveled to Malta, as a USTOA (United States Tour Operators Association) Explorer – knowing little about Malta, except its close geographic proximity to Sicily. But, as she learned, there was much more.

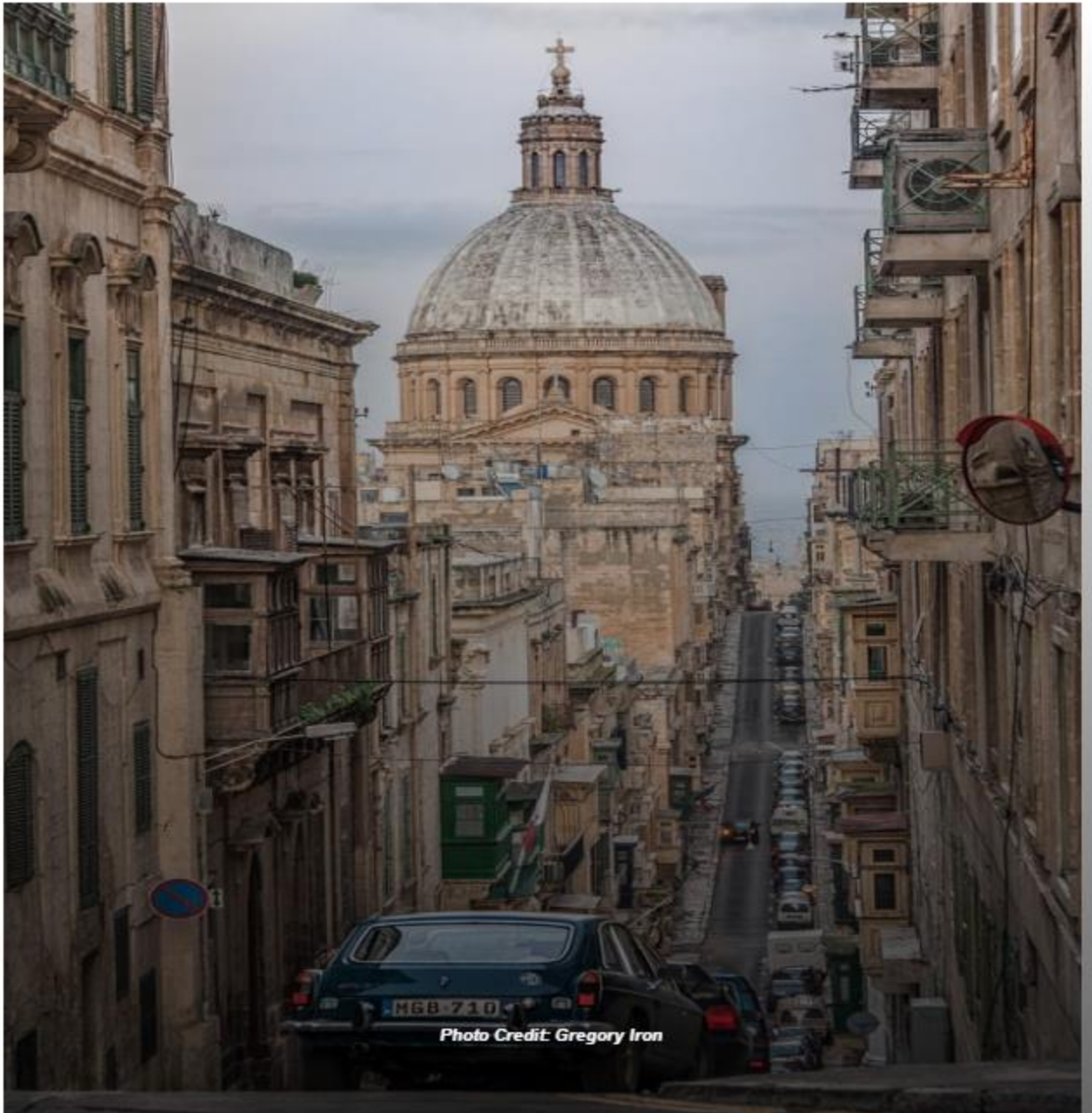


Photo Credit: Gregory Iron

With the help of the Malta Tourist Board, she saw an island whose history goes back over 7000 years. And due to its location, ½ way between Sicily and Italy and the Eastern continent of Africa, Malta has historically had great strategic importance as a stronghold – especially for the Phoenicians, the Carthaginians, the Romans, the Moors, the Spanish and the Knights of St. John.

Today, the battles are ancient history; and now, Ms. Dimopoulos found a sense of well-being that permeated not only Malta, but the small Maltese islands also. She saw that for those who come to Malta, the two usually divergent travel motivations

– the desire for greater wellness and a desire to know more about the culture and history of the area – are combined.

This unique mind/body betterment is the probable reason that Learning Journeys has recently initiated a new eight-day tour, called the **Mystical Malta: Wellness, Gastronomy and Culture** Journey, beginning April, June and October of 2017.



This journey explores Malta, islands of Gozo, and Comino, as well as Mdina, the medieval capital, and Valetta, the contemporary capital of Malta. It also focuses on wellness, food, wine, cooking classes, art workshops and cultural history.

One of the travel advantages of this Malta exploration is the variety of trip highlights, especially meeting with talented locals who create art, fashion, and great farm-to-table meals. In addition, there are walking tours, a boat tour and time at an Ayurvedic spa.

Pricing begins at \$2,190 per person. International airfare not included.

Featured Image Credit: Chen Weizhong



Susan Kime

Susan Kime is an award-winning travel/photojournalist, who has traveled to India, Tibet, Europe, Greece, Turkey, Fiji, Tahiti, New Zealand, and the Middle East. She writes about exotic destinations, river and ocean cruises, unusual cuisine, travel trends, Millennial and GenZ emerging tastes and interests. She also is a travel gear geek, and will always try

things out before writing about them.



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