



IFS and Memoir Writing Retreat with Dr Lissa Rankin in Gozo, Malta 2024

November 4th – 8th, 2024.

Hotel Ta' Cenc & Spa, Sannat, Gozo, Malta.

<https://www.vjborg.com/ta-cenc/ta-cenc-hotel-spa/>



Here is some general information which you might find useful as you plan your trip to the beautiful Mediterranean Island of Gozo in Malta for this wonderful retreat. If we have missed anything or you have any further queries, please don't hesitate to let us know.

How to get there.....and more!!



The Island of Gozo, Malta

Malta is a beautiful island with mild temperatures all year round and over 300 days of sunshine. The island of Gozo is the second largest Island after Malta and forms part of the Maltese archipelago. The island has an area of 26 sq. miles, 13.34km (8.3 miles) in length by 7.15km (4.4 miles). Gozo island is semi-rural in nature and is less developed than the island of Malta. It has been inhabited since 5000BC and was invaded by many different cultures which have left their mark on the island both physically, culturally and spiritually. Gozo is known for its scenic hills and peaceful way of life and it is considered one of the top diving destinations in the Mediterranean.

Getting to Malta:

All the major worldwide airlines that fly directly into Europe have partner airlines flying from Dublin, Manchester, London, Paris, Munich, Frankfurt, Madrid and Rome etc into Malta International Airport. Also many of the European domestic and low cost airlines fly directly into Malta from all over Europe. Please check with your International and/or domestic airlines for direct and indirect routes into Malta International Airport.

Car rental Malta Airport

All the major international car rental companies are based at Malta International Airport. As you come out of the main terminal entrance door, turn right and follow the signs to the multi-story car park and on the second floor you will find all the car rental companies. The car rental return is also at the same multi story car park level. Should this interest you, we advise that you book your car rental well in advance.

Should you wish to transfer to the ferry via your own car rental, ferry details and timetable can be found at the ferry website- <https://www.gozochannel.com/> The ferry costs approximately €4.65 (Euro) each way and is only charged on the return trip from Gozo Island to Malta Island. The ferry runs 24 hours a day and leaves every 15 minutes.

Car Rental Gozo Island

Cars can also be rented via Gozo Garage, Gozo Island and delivered to you free of charge at Hotel Ta' Cenc and Spa. Gozo Garage car rental details -
Tel: +356 21553734 / 21551866.
Mob/cell no: +356 79277118 . Website: www.gozogarage.com

Taxi Companies, Gozo

A taxi can be booked via the Hotel Ta' Cenc and a one-way trip to anywhere on Gozo island should not exceed €20 per one-way trip.

Bicycle Rental, Gozo

ON2WHEELS Bike Rentals, Sales & Repairs Triq Il-Wied, Marsalforn - Gozo /Malta MFN 9010
TEL. +356 21557104
Mobile: +356 7926 6879 or +356 7930 9977
<https://www.facebook.com/gozon2wheels/> Email: gozon2wheels@gmail.com

For further rental information, please check out the ON2WHEELS website. **Price's below are primarily from 1st April to 1st November and they are indicative prices only.** Prices are inclusive of LOCK, DELIVERY, COLLECTION and BREAKDOWN SERVICE in Gozo

Cost per day – (Scooters and bikes can be rented for longer periods).
Scooter 50cc - €54 (Scooter hire requires a valid current driving license).
Scooter 125cc - €59 (Credit card details are also taken for insurance purposes)
Electric Bike - €25
Mountain Bikes, Ladies/Gents –
Bike lights - €2
Bicycle Helmet - €1



Getting to the Retreat Hotel on Gozo Island:

Our partner Hotel, Hotel Ta' Cenc & Spa offers the service of a taxi pick up at Malta International Airport, which will transport you to the Ferry port of Cirkewwa which is approximately a 40 minute drive from the Airport. At Cirkewwa port you will transfer onto the Gozo Ferry which leaves approximately every 15 minutes. The ferry trip length is only around 20 minutes long. When you arrive at the Gozo port of Mgarr, another taxi will be waiting to pick you up and drive you to the Hotel Ta' Cenc, which is a 15 minute drive. If booked via the hotel the return trip to Malta International Airport can be arranged also. The cost of the taxi transfer is €45 each way.

IF YOU WISH TO AVAIL OF THE HOTEL/AIRPORT TRANSFERS, PLEASE PRINT OUT AND COMPLETE THE ARRIVAL/DEPARTURE FORM ATTACHED TO THIS INFORMATION PACK. EMAIL BACK TO contact@souliology.com AS SOON AS POSSIBLE. (DATES AND FLIGHT NO'S MUST BE COMPLETED CORRECTLY).

You are also free to arrange your own taxi transfer. Both UBER and BOLT are available to use in Malta.



Hotel Ta Cenc, Sannat Gozo, Malta

The Weather

Gozo Island is lucky enough to get an average of 300 days of sunshine per year and Malta's climate generally is one of the best in the world with moderate rainfall. It can be windy some days but generally that's in the winter months. Check out our average monthly temperature index below. Please note that Europe is experiencing some very atypical weather so as with most things, sunshine is not guaranteed.

Average monthly temperature index -:

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High °C	15	16	17	19	23	28	31	31	28	24	20	17
Low °C	9	9	10	12	15	18	21	22	20	17	14	11
High °F	59	61	63	66	73	82	88	88	82	75	68	63
Low °F	48	48	50	54	59	64	70	72	68	63	57	52



What to bring:

So what to bring! Firstly, swim wear for the indoor or outdoor swimming pools, steam room and jacuzzi. It is advisable to bring light casual clothes so light pants, shorts, t-shirts and casual relaxed wear generally for the retreat is advisable. As Gozo enjoys sunshine 300 plus days a year, please bring your shades, sunhat and some sun protection The evenings can cool down a little so it might be a good idea to bring clothes that allow you to layer up or layer down depending on the time of day. Jeans and a fleece or two for the evenings might be a good idea. If you are a keen walker, the hotel is fronted by extensive walking paths so if that tweaks your interest, please ensure to bring comfortable walking shoes or sneakers.....and as much as we hate to say it, maybe pack a light raincoat...just in case!!!!

Where you will be staying for the retreat



Hotel Ta' Cenc & Spa is a beautiful boutique style family owned and run hotel which is located within walking distance of Sannat which is a small village in Gozo. The village of Sannat is a quiet village with traditional streets and well-kept homes built in the Maittese traditional architecture. It's worth a walk around just to sense the calm, slow Mediterranean pace of life. The village square has a bank, pharmacy, a grocery store and of course a church. The Hotel is renowned for its calm and comforting surroundings. The Hotel surroundings are themselves one of the Hotels many highlights. There are 400 acres of land of archaeological interest surrounding the hotel and this area boasts incredible natural beauty with a variety of indigenous natural fauna and flora. The dramatic cliffside setting on the south side of the island offers enviable views of the Maltese archipelago and is the perfect base for exploring the many sights and sounds of Gozo plus it is a great place to enjoy walks, meditation and view the spectacular sunrise and sunset. There are approximately 13 kilometres of walking trails that you can access from the hotel so you will get to spend plenty of time surrounded by nature. The hotel does not feel too small nor too big which creates a warm, relaxing and intimate atmosphere so you will hopefully feel right at home. The staff are very friendly and they are available at all times to assist you if needed. A member of staff from Souliology will also be available throughout the retreat week if you need help with anything.

Hotel Ta' Cenc Spa



Hotel Ta' Cenc Day Spa offers a further space to relax, unwind and replenish the mind and body. The Spa features a unique heated indoor-outdoor lagoon style pool which was designed to effortlessly blend in with its natural surroundings. The spa also has a jacuzzi, steam room, sauna and small gym. The spa offers a wide range of holistic treatments and massages to allow retreat participants relax and unwind. Use of the pool, sauna, jacuzzi and steam room are complimentary for all retreat participants but all Spa treatments are an additional cost. However, we are delighted to let you know that we have arranged a 10% discount on all treatments for participants of our retreats during the retreat days only. We highly recommend you pre-book your Spa treatments prior to arrival to avoid disappointment. When booking please let them know you are attending a retreat with Souliology so they can apply the discount at check-out.

Here is the link to their Spa online brochure - <https://www.vjborg.com/wp-content/uploads/2019/10/Treatments.pdf>

Places to see in Gozo



Here are just some of the top tourist attractions on the Island of Gozo

- Victoria, A medieval Hilltop City
- Ġgantija Temples: A UNESCO World Heritage Site
- The Seaside Resort of Marsalforn
- Gozo's Best Beach: Ir-Ramla Il-Hamra
- The Baroque Church of Nadur
- The Basilica of Ta' Pinu: A National Shrine and Pilgrimage Church
- Ix-Xewkija Rotunda: Gozo's Largest Church
- The Dramatic Scenery at Ta' Cenc Cliffs

We will arrange a site seeing tour mid-week on the day off but you will not get to visit all the above attractions. Once you arrive, we will advise you what attractions are on the tour and if you prefer to make your own way to see some of the above attractions that are not part of the tour, please feel free to do so. Although Gozo Island is small, approximately 14 km long by 4/5km wide you may still need a car to see the different sites and attractions.

OUR COVID – 19 POLICY

Please review our FAQs page on our website for details about Covid-19 - <https://www.souliology.com/faqs>

Finally, in light of the current global circumstances, we recommend taking out travel insurance which includes trip cancellation insurance plus we recommend booking refundable flights to the retreat venue. While we are fully committed to hosting the retreat in person, we acknowledge the uncertainties, and we believe it's wise to safeguard your financial investment. (you may be able to avail of some cover through your credit card; so please don't forget to inquire).

If you require any further information, please do not hesitate to contact us at contact@souliology.com. We are happy to help.

We are looking forward to welcoming you on retreat with us on the beautiful Mediterranean Island of Gozo and thank you for choosing us to be part of your personal healing journey!



.....Nourishing Mind, Body and Soul