The walk starts at the area known as il-Fiddien. It is possible to reach your own transport to reach this area or else you can get there by bus no 109.

To start this walk, take the road on the right leading to Bahrija. Note that the road on the left will be your return route from Mejehab. The first part of the road to Bahrija is twist with Mullary trees. On the right, you will notice the huge crowned masses of 5 Sentris. This collects spring water from the surrounding area. The road ascending, flanked by fields enclosed in rubble walls and a few farm buildings. On your right you can see fertile agricultural land and far their down, ‘X Karrija valley’ is where the Knights taped the abundant springs here to supply their new capital city, Valletta, with that precious commodity – water. Beyond a farm livestock runs on the left and a few Aleppo pines, you reach a road junction. Take the road on the left and walk towards the hamlet of Bahrija. On the other hand, if you turn on your right, one can take a detour to the area known as il-Munqor, however, be prepared to retrace your steps back to this point in order to continue the walk.

On your left, you will see the tall radio antennae of the ‘Rami Rini Maxi’ coastal station of the Civil Aviation Department. Walk along the main road to Bahrija hamlet until you reach a large square. In this square there are catering facilities, a small public garden and public toilets. In addition, children’s playgrounds and benches. Across the road from the public garden a low rubble wall encloses a cobbled hut, underneath which is an ancient underground rock tomb. This site is private. From here you can also see to the left, behind the buildings, the old 16th-century church of St. Martin the Bishop. Continue along the main road flanking the garden. Beyond the primary school, the road starts going slightly downhill until you reach a residential area. You will then arrive into a country road passing over the stream bed. Turn right, following the path running alongside, but slightly downhill from the stream bed for approximately 300 metres until the stream turns uphill to your left.

In wet conditions watch your step. Note the wetland flora of the streambed. Towering above is the il-Qleiqqa rock outcrop behind which is the site of a Bronze Age village. Once the path reaches a junction just beneath the rocky outcrop, the walk continues as the art never! However, if you wish to catch a glimpse of the site of a Bronze Age village, turn temporarily to the right following the footpath for about 100 metres. The narrow path passes through a drift in the rocky outcrop and slopes slightly down to another path at a lower level. To your right you can see a number of caves encrusted in the rocks and having their entrances washed out by rough heavy storms. Retrace your steps to the junction and take the path uphill for a few metres and beyond the cracks you can enjoy a good view of the site of il-Qleiqqa.

The path continues with small hills and passes a weathered rockface on your right studded with caper plants. On the left, across the valley, the Belfi ‘jannat’ stands out on the ridge. A few more metres ahead and to the left one reaches a solitary villa. The path now develops into an asphalted country road. Proceed further and soon, on your right, you can see in the valley farm buildings perched on the edge of the cliff. At the next junction, the path branches off to the left and continues on the road stretch ahead, which leads us to the site of il-Munqor. Continue without hesitation. The path leads through the same path but on the one on the right is suggested for a good bird’s eye view of the intensively cultivated fields.

The walk continues its winding way along a crevice of rocky landscape. The path soon meets the elbow of an asphalted road. Turn left. At this point, if you wish to take a detour and be prepared to tackle the steep return walk to cross this road, you can turn to your right down the asphalted road to reach the spectacular view point of Mirja’s Fert. The road winds downhill for about 1.5 km flanked by a mixture of tall trees. At the end of the asphalted road and before the car park is reached, there is a grotto, which runs down to the sea. The route ends up in a car park. Avoid walking close to the cliff edge due to occasional sudden gusts of wind as well as the continuous erosion of the cliff faces. This is a spot to feature on the Blue Mediterranean Sea below as well as the surrounding cliffs. The detour ends here.

Retrace your steps down hill until you reach B. Proceeding along the country road, you pass by a solitary farm on your right. On the cliffs overlooking the sea are on your right. Sketches of figures of flints found on the road or tracks. The winding road soon passes by a cluster of farmhouses on your right. When the road starts narrowing, you should look on your left old Roman country still carrying the signs of the period of rural work needed to collect blocks of stone. Although situated in private land, they can be easily seen from the road which flanks them.

As the road wears away from the cliff edge, bushy scrub valleys can be seen below. The presence of a number of splinters makes for more intensive farming activities. You will now pass across the wide valley the church of il-Munqor. Flanked on the edge of the cliff overlooking the valley. Although the farmhouses and church stand on a private estate, the church opens to the public for religious functions. The road continues along the edge of the cliff and proceeds through rocky area until it joins a junction is B. From the church parking one gets a stunning bird’s eye view of the countryside below as well as its massive and isolated stony slopes facing the rock face below. The church, the fertile valley below, the farms sheltering under the cliffs, the rich marbons and a solitary clump of a date palm provides countless opportunities for photographic enthusiasts. You should walk back to the main road and turn right. Ahead are a number of powdered water mill ruins towering above rugged fields, while on the right there are patches of garigue. Soon the road starts going slightly downhill, past some farm buildings. The walk continues straight on downhill.

The road passes through a small cluster of farmhouses and continues downhill. Soon you will reach a side road on your right. This indicates the way to Dingli cliffs. Continuing along the main road, you should meet a row of tall eucalyptus trees flanking the road. They are growing along a ditch which actually is the beginning of a valley, Wine Valley of Pfenner. The road now follows on both sides fertile fields, many of which are irrigated offering a wide range of vegetables. Walk along the main road. A few metres beyond the left turning to Lavelle, there is a second left turning to Fiddien. Turn right, the road is flanked if Fiddien. Keep going until following the road sign to Rabat. If you would like to visit this near by historic town.

Bus route No 109 stop also on the following routes. Bajra, Rabat, Mdina, Xaghra, Rabat, Fiddien, Zabbar, It-Tuffieha. Length of walk approach 9.9km.