



VIKTORIA

ALPINE SPA RESORT

INKLUSIVE
VIKTORIA HIGHLIGHT



WEEKLY PROGRAMME

01.11.2025 - 08.11.2025

Welcome to the Alpine SPA Resort Viktoria,
a place with plenty of space
to enjoy, feel good & dream.



Hotel Alpine Spa Resort Viktoria ****s
Falzebener street 9
39010 Hafling - South Tyrol
Phone: +39 0473 279422
E-Mail: info@hotel-viktoria.com

WEEKLY PROGRAMME



SATURDAY

FITNESS

SAUNA



4:30 pm	Themed infusion Bath of sounds
5:30 pm	Event infusion Ötzi-The iceman
6:15 pm	Chocolate scrub
6:30 pm	Classic infusion

Salad buffet

01ST NOVEMBER

- **CARRIAGE RIDE AFTERNOON**
- Explore the area in a very special way: with a carriage ride pulled by Haflinger horses. Twice a week, Sonja from the Sulfner Riding Stable harnesses her gentle blond beauties to offer a charming and animal-filled experience for both young and old horse lovers.
- **Duration:** 1 hour per ride
- **Contact:** Sulfner Riding Stable, Tel.: +39 366 6514449
- **Location:** Sulfner Riding Stable, 39010 St. Kathrein, Hafling
- **Prices:** € 22.00 for children (ages 3–15)
- € 25.00 for adults (16 and older)
- **Registration:** Please book by 6:00 PM the day before at Sulfner Riding Stable
- **Please note:** The carriage rides are cancelled in case of rain.



SUNDAY

FITNESS

SAUNA



3:30 pm	Banja infusion
4:30 pm	Classic infusion
5:30 pm	Event infusion Halloween
6:15 pm	Pineapple-basil-scrub

Salad buffet

02ND NOVEMBER

- **EXHIBITION: MARY'S DREAM – PORTRAIT OF A LADY**
- The exhibition honors Mary de Rachewiltz on the occasion of her 100th birthday, highlighting her life between rural roots and the literary world. Shaped by friendships with artists, international publishers, and universities, she spoke and wrote poetry in the Puster Valley dialect, Italian, and English. The sugar maples standing at the museum entrance—a gift from her father, Ezra Pound—symbolize her dream of uniting nature, everyday life, and poetry.
- **Location:** Palais Mamming Museum, 39012 Merano
- **Contact:** museum@gemeinde.meran.bz.it or museo@comune.merano.bz.it or +39 0473 270038
- **Time:** 10:30 a.m. - 5:00 p.m.
- **Admission:** € 6.00 adults
- 5.00 children/seniors
- **No registration required!**



MONDAY

FITNESS

SAUNA



8:30 am-9:25 am
Yoga
9:35 am-10:10 am
Meditation
2:00 pm-3:15 pm
Cardio & stretching

4:30 pm	Classic infusion
5:30 pm	Event infusion Herbal
6:15 pm	Yoghurt-cucumber-scrub

Dessert buffet

03RD NOVEMBER

- **LANTERN WALK**
- We meet at the reception and take a leisurely walk to St. Kathrein.
- A breathtaking view awaits you at the end of the lantern walk, sure to enhance your holiday spirit.
- **Start:** 9:30 PM at the reception
- **Total walking time:** approx. 50 minutes
- **Return:** around 10:30 PM
- **Minimum number of participants:** 4 people (only in good weather)
- **Registration:** please sign up by 7:00 PM at the reception or via our digital concierge





FITNESS

SAUNA



TUESDAY

11:00 am-11:45 am
HIIT Pilates
4:05 pm-4:45 pm
Yogapilates flow

3:30 pm **Hammam**
in the 45°C KräuterNebel
upon reservation
4:30 pm **Themed infusion**
Piano
5:30 pm **Event infusion**
Magic Shaman
6:15 pm **Fruit-salt-scrub**

Southtyrolean evening



FITNESS

SAUNA



WEDNESDAY

8:15 am-9:00 am
Haki Massai
9:15 am-10:00 am
Soundbowl meditation

10:00 am-11:00 am
Aroma Meditation
by pre-registration -
the day before
no extra charge
Maximum number of
participants
8 people
11:00 am-11:45 am
Muscle building without
equipment
4:05 pm-4:45 pm
Slow flow Pilates

4:30 pm **Themed infusion**
Into the wild
5:30 pm **Event infusion**
Summer special
6:15 pm **Herbal pesto**
scrub

Gala dinner



FITNESS

SAUNA



THURSDAY

08:30 am-09:30 am
Yoga
09:35 am - 11:15 am
Forest therapy

4:30 pm **Themed infusion**
Oldies
5:30 pm **Event infusion**
Bob Marley
6:15 pm **Honey-scrub**

Italian evening

04TH NOVEMBER

- **CELLAR TOUR WITH TASTING**
- Between the Merano Arcades and Galilei Street, under the expert direction of renowned architect Werner Tscholl, a restored and modernized sparkling wine cellar with an impressive wine shop has been created in the historic headquarters of the Algund Winery. This offers all sparkling wine and wine enthusiasts the opportunity to gain a deeper and more comprehensive insight into the labor-intensive, exclusive production of the BRUT RISERVA 36 made using the "metodo classico".
- **Time:** 10:30 AM - 12:00 PM
- **Location:** City.Vinothek, Laubengasse 218, 39012 Merano
- **Contact:** city.vinothek@kellereimeran.it or +39 0473 693717
- **Price:** € 23.00 per person
- **Registration:** Please register by 4:00 pm the day before at city.vinothek@kellereimeran.it

05TH NOVEMBER

- **GUIDED GUEST HIKE WITH MRS. VALERIA OVER THE LARCH MEADOWS OF SALTEN**
- We start towards the Schermooos car park, which we reach after about 25 minutes of driving. From here, the hiking trail leads us to Langfenn, then continues across beautiful larch meadows with wonderful views of the Dolomites until we arrive at the Wieserhof, where we take a short break. Afterwards, we follow a leisurely circular trail back to the starting point.
- **Meeting point:** 9:30 AM at the hotel entrance
- **Total walking time:** approx. 3.5 hours
- **Return:** approx. 3:00 PM
- **Elevation difference:** 140 m
- **Minimum number of participants:** 4 people
- **Registration:** Please sign up by 7:00 PM the day before at the reception or via our digital concierge
- **Note:** Parking fee (with own car) € 5.00
- Our hotel bus offers 7 seats.
- Dogs are allowed only upon request.



- **EXPERTLY GUIDED CHEESE TASTING WITH LOCAL CHEESE VARIETIES**
- After dinner, we invite you to an expert-led cheese tasting featuring local varieties. Discover the art of cheese-making and the unique flavours of traditional regional specialities that have been cultivated for generations. Let yourself be inspired by a culinary journey through the flavours of South Tyrol, with products from selected producers.
- **Time:** from 8.00 pm
- **Location:** Restaurant
- **No registration required!**



06TH NOVEMBER

- **GUIDED HIKE WITH CHRISTIANE TO THE KNOTTNKINO**
- Join our fitness trainer and sauna expert Christiane on a guided hike exclusively for our hotel guests to the famous Knottnkino.
- Once there, you'll be rewarded with a breathtaking view over the Etschtal Valley. Experience the many beautiful facets of our home village and the awakening of spring.
- **Time:** 09:00 AM - 1:00 PM
- **Meeting point:** Hotel lobby
- **Minimum number of participants:** 4 people
- **Maximum number of participants:** 7 people
- **Registration:** Please sign up by 7:00 PM the day before at the reception or via our digital concierge.





FITNESS

SAUNA



FRIDAY

11:00 am-11:45 am
Jumping jacks Workout
2:35 pm-15:20 pm
Abs & Glutes Workout

3:30 pm **Banja infusion**
4:30 pm **Themed infusion**
Nightsky
5:30 pm **Event infusion**
Pirates of the caribbean
6:15 pm **Coffee scrub**

Appetiser buffet



FITNESS

SAUNA



SATURDAY

11:00 am-11:45 am
Cardio (no jumping)
2:35 pm-3:20 pm
Pilates & mobility

4:30 pm **Themed infusion**
Bath of sounds
5:30 pm **Event infusion**
Eye of the tiger
6:15 pm **Chocolate scrub**
6:30 pm **Classic infusion**

Salad buffet



SUNDAY



TÖRGGELE AFTERNOON AT VIKTORIA

Experience the autumnal delights of South Tyrol! At the traditional Törggelen event, you can expect freshly prepared delicacies such as doughnuts and apple strudel that will enchant your senses.
A special highlight on our terrace: fresh chestnuts are roasted live over an open fire – a treat for the eyes, nose and palate.

Location: Restaurant

Time: 2:00 p.m. – 4:00 p.m.



07TH OCTOBER

LARGE FRIDAY MARKET IN MERANO

Various market stalls with clothes, shoes, leather goods, plants, foods like bread, sausages and meat products etc.
Large Friday market on Fridays, from 8 a.m. to 1 p.m. on the Piazzale Prader square and along Via Andreas Hofer and Via Mainardo up to the crossing with via Otto Huber. Various market stalls with clothes, shoes, leather goods, plants, foods like bread, sausages and meat products etc.

Time: 08:00 AM – 01:00 PM

Location: Piazza Prader (railwaystation),

Via Hofer/Mainardo 39012 Meran/Merano

Contact: info@gemeinde.meran.bz.it or +39 0473 250111

No registration required!

08TH NOVEMBER

AUTUMN CARRIAGE RIDE IN HAFLING

Experience the landscape in a truly special way – on a carriage ride with gentle Haflinger horses. Sonja from the Sulfner Riding Stable harnesses her good-natured blond beauties and offers you a romantic, animal-filled adventure.
Enjoy the peaceful ride through the picturesque autumn scenery and let yourself be enchanted by the unique atmosphere. An experience for young and old alike, combining nature, a love of horses, and a touch of magic.

Location: Sulfner Riding Stable, St. Kathreinstraße 4, 39010 Hafling

Contact: reitstall@sulfner.com or +39 366 6514449

Prices: € 25.00 per person

€ 100.00 private ride (1–4 persons)

Registration: Please book by 6:00 PM the day before at Sulfner Riding Stable

Please note: The carriage rides are cancelled in case of rain.

09TH NOVEMBER

Dear Guests,
Autumn is slowly coming to an end, and with it our summer season 2025.
On Sunday, November 9, we will be closing our doors for a short break before reopening on December 18.
We kindly ask you to vacate your room by 11:00 a.m. and to settle your bill at the reception. You are warmly invited to continue using our wellness area free of charge until 3:00 p.m..
Our saunas in the Adults-Only area as well as the pools will be open for you from 10:00 a.m..
Please note that our restaurant service ends after breakfast.