

INKLUSIVE
VIKTORIA HIGHLIGHT



WEEKLY PROGRAMME

05.07.2025 - 12.07.2025

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

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

SAUNA

4:30 pm **Relax infusion**
5:30 pm **Event infusion**
Emotion
6:15 pm **Thyme and lime scrub**



Salad buffet



SUNDAY

FITNESS

4:30 pm **Themed infusion**
Birches
5:30 pm **Relax infusion**
6:15 pm **Yoghurt-cucumber -scrub**

SAUNA



Salad buffet



MONDAY

FITNESS

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

SAUNA

4:30 pm **Classic infusion**
5:30 pm **Themed infusion**
Night sky
6:15 pm **Yoghurt scrub**



Dessert buffet

05TH JULY

CITY TOUR IN MERANO

- Experience Merano from a new perspective!
- On this guided city tour, led by experienced and knowledgeable guides, you'll discover not only the well-known sights but also hidden corners and fascinating details.
- Perfect for anyone wanting to explore the city in a special way – even long-time fans of Merano will learn something new.
- Dive into the history and charm of this beautiful city!

Time: 10:00 AM – 11:30 AM

Meeting point: Please arrive 10 minutes early at the Tourist Office

Location: Freiheitsstraße 45, 39012 Merano

Price: € 12.00 per person (ages 12 and up)

- **Registration:** Required – online or through the Merano Tourist Office at +39 0473 272000 or info@meran.eu

06TH JULY

HORSE RACING AT THE MERANO RACECOURSE

- Hurdle and flat races at one of the most beautiful racecourses in Europe. Various accompanying events are offered: live music performances, pony rides for children, and the opportunity to take part in a guided tour of the racecourse, offering an up-close look at the tracks and key areas of the equestrian facility.
- A guided tour of the racecourse takes place one hour before the races begin, providing a behind-the-scenes experience of the tracks and highlights of the venue.

Time: 2:00 PM – 6:00 PM

Location: Merano Racecourse, Via Palade 140, 39012 Merano

Contact: Merano Galoppo GmbH | Tel: +39 0473 446222

Prices:

- € 4.00 – Adults (seniors over 65)
- € 9.00 – Adults (regular admission)
- € 15.00 – Adults (admission + guided tour)

- **No registration required!**

07TH JULY

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 **Hammm**
in the 45°C KräuterNebel
Registration
by 2:30 PM at reception
Maximum number of participants
8 people
Cost
€ 15.00 per person
4:30 pm **Classic infusion**
5:30 pm **Event infusion**
Conquest of Paradise
6:15 pm **Fruit-salt-scrub**

Southtyrolean evening



FITNESS

SAUNA



WEDNESDAY

8:00 am - 9:00 am
Water meditation
9:15 am - 10:00 am
Sound bowl meditation
10:15 am - 11:00 am
Power of breathing
11:00 am - 11:45 am
Muscle building without equipment
4:05 pm - 4:45 pm
Slow flow Pilates

4:30 pm **Classic/modern infusion**
5:30 pm **Event infusion**
The lion king
6:15 pm **Herbal pesto scrub**

Gala dinner



FITNESS

SAUNA



THURSDAY

8:30 am - 9:25 am
Yoga
9:35 am - 10:10 am
Forest Therapy

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

Italian evening

08TH JULY

GUIDED E-BIKE TOUR ACROSS THE TSCHÖGGLBERG

- Every Tuesday, bike guide Markus will lead you from Hafling on a varied E-mountain bike tour across the Tschöggberg. The route takes you past the Moschwald and Maier Alm huts, along the E5 trail, and up to Kreuzjöchl – offering breathtaking panoramic views of South Tyrol's mountain landscape.
- The tour follows forest and gravel paths, with some technically challenging sections. Along the way, you'll receive riding technique tips, enjoy photo stops, and get valuable insights for safe biking in off-road terrain.
- Tour dates and routes may be adjusted or cancelled on short notice due to weather or health reasons. Helmets are mandatory on all guided tours – a free rental helmet is available upon request.

Time: 09:30 - 13:30

Prices: e-MTB for hire € 35.00

Meeting point: Nusser car park, Avelengo

- **Registration:** Please register by 1:00 on the previous day at reception or via our digital concierge

09TH JULY

LAMA AND ALPACA HIKE WITH OUR CO-WORKER RIKI

- Enjoy unforgettable moments in nature during a llama and alpaca hike!
- These curious and intelligent animals will accompany you through the picturesque landscapes of Vöran, creating a relaxed atmosphere far from noise and stress. The walk offers a special connection to nature and the animals.
- Let yourself be inspired by the calm and gentle nature of the llamas and alpacas, and take a true break from everyday life!
- **Note:** The hike takes place **every Monday, Wednesday and Friday!**

Start: 2:30 PM at Lapakafun in Vöran

Vöraner Straße 88, 39010 Vöran

Duration: approx. 1.5 – 2 hours

Price: €35.00 per person with animal

€20.00 per accompanying person (age 10 and up, without animal)

What to bring: Sturdy footwear and weather-appropriate clothing.

Unfortunately, dogs are **not allowed**.

- **Registration:** Please sign up by 7:00 PM the day before, either directly with Riki or by calling +39 340 268 7045

10TH JULY

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

- **Registration:** Please sign up by 7:00 PM the day before at the reception or via our digital concierge.





FRIDAY

FITNESS

11:00 am - 11:45 am
Jumping jacks workout
2:35 pm - 3:20 pm
Abs & glutes workout

SAUNA

3:30 pm **Banja infusion**
4:30 pm **Classic infusion**
5:30 pm **Event infusion**
Summer special
6:15 pm **Coffee scrub**

Appetiser buffet

11TH JULY

EVENING TOUR IN THE GARDENS OF TRAUTTMANSDORFF CASTLE

The evening tour in the Gardens of Trauttmansdorff Castle offers a unique experience in an atmospheric setting. In the gentle evening light, many plants release their intense fragrance and display vibrant colors. Garden guides lead participants through the magnificent garden landscapes, where exotic lotus flowers, roses, and hydrangeas can be discovered – as well as the mysterious Forbidden Garden, which is only accessible during this tour. Important: The number of participants is limited.

Time: 6:30 PM – 8:00 PM

Location: St.-Valentin-Str. 51A, 39012 Merano

Contact: +39 0473 255600 or info@trauttmansdorff.it

Price: € 7.00 for the guided tour + entrance fee

Meeting point: Meeting Point 2

(50 m to the left after the visitors' bridge, at the "Plants from Around the World" pavilion)

Registration: Required, online at <https://www.trauttmansdorff.it>



SATURDAY

FITNESS

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

SAUNA

4:30 pm **Relax infusion**
5:30 pm **Event infusion**
James Bond-Skyfall
6:15 pm **Chocolate scrub**
6:30 pm **Classic infusion**

Salad buffet

12TH JULY

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.



GOOD TO KNOW



N° 9

45°C KräuterNebel

All of our scrubs take place in our 45°C Herbal Steam.

No prior registration is required.

N° 10

95°C Haflinger Stadelsauna

All of our events and themed infusions take place in our 95°C Haflinger Barn Sauna.

No prior registration is required.

N° 27

FitnessWelt

Our fitness program takes place in our movement room (except for yoga and meditation: these take place in the WaldSpa).