



# VIKTORIA

ALPINE SPA RESORT

INKLUSIVE  
VIKTORIA HIGHLIGHT



## WEEKLY PROGRAMME

**11.10.2025 - 18.10.2025**

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](mailto: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 **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**

## 11TH OCTOBER

- **MM – The Merano Market**
- The Merano Market is all about regionality and sustainability. Only natural products from South Tyrol are offered here. As a weekly highlight, it invites visitors to shop locally and discover traditional flavors and artisanal craftsmanship.
- **Time:** 9:00 AM – 1:00 PM
- **Location:** Upper Freiheitsstraße (near Sandplatz), 39012 Merano
- **Contact:** [info@meran.eu](mailto:info@meran.eu) or +39 0473 272000
- **No registration required!**



## SUNDAY

FITNESS

3:30 pm **Banja infusion**  
4:30 pm **Classic infusion**  
5:30 pm **Event infusion**  
James Bond-Skyfall  
**Pineapple-basil-scrub**  
6:15 pm

SAUNA



**Salad buffet**

## 12TH OCTOBER

- **FAMILY DAY AT TRAUTTMANSDORFF CASTLE – AUTUMN MAGIC FOR YOUNG AND OLD**
- As the leaves turn vibrant colors and nature reveals its special autumn charm, the gardens of Trauttmansdorff Castle invite you to a special family day in autumn.
- Together with the garden guides, visitors can explore the secrets of the autumnal plant world:
  - Why do the leaves change color?
  - Which fruits ripen in autumn?
  - And are there still flowers in the garden?
- During the autumn action day, exciting answers to these and many other questions await. A diverse program invites you to see, hear, smell, and touch – experiencing nature with all your senses.
- **Location:** The Gardens of Trauttmansdorff Castle  
St.-Valentin-Straße 51A, 39012 Merano
- **Contact:** [info@trauttmansdorff.it](mailto:info@trauttmansdorff.it) or +39 0473 255600
- **Time:** 10:00 AM – 5:00 PM
- **No registration required!**



## 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 **Themed infusion**  
Emotion  
5:30 pm **Event infusion**  
Top Gun  
6:15 pm **Yoghurt-cucumber-scrub**  
6:30 pm **Classic infusion**



**Dessert buffet**

## 13TH OCTOBER

- **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

## TUESDAY

11:00 am-11:45 am

**HIIT Pilates**

4:05 pm-4:45 pm

**Yogapilates flow**

3:30 pm

**Hamмам**

in the 45°C KräuterNebel

**Registration**

by 2:30 PM at reception

**Minimum number of****participants**

2 people

**Maximum number of****participants**

6 people

**Cost**

€ 15.00 per person

4:30 pm

**Themed infusion**

Italy

5:30 pm

**Event infusion**

Summer special

6:15 pm

**Fruit-scrub****Southtyrolean evening**

SAUNA



## 14TH OCTOBER

**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 4:00 PM on the previous day at reception or via our digital concierge**GUIDED 3-ALP HIKE WITH MRS. VALERIA (MÖLTNER KASER, VÖRANER ALM & WURZER ALM)**

- We depart with our hotelbus at 09:30 AM and drive towards Mölten-Flaas to the "Lanzenschuster" car park, which we reach after about 30 minutes.
- From there, we begin a relaxed hike to the Möltner Kaser, a rustic alpine hut on the Salten plateau. The trail leads across wide alpine meadows and through light larch forests to the Vöraner Alm, where you can enjoy homemade South Tyrolean specialties.
- The hike continues along gentle ridgelines to the peaceful Wurzer Alm, offering stunning views of the Merano area.
- From there, we descend through shady forest paths back to Hafling – a perfect conclusion to this scenic tour through the South Tyrolean mountains.

**Time:** 9:30 AM - 4:00 PM**Total hiking time:** approx. 4.5 hours**Meeting point:** 9:30 AM in the hotel lobby**Minimum number of participants:** 4 people**Registration:** Please register by 7:00 pm the day before at the reception or via our digital concierge

FITNESS

## 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**

Crystallize

5:30 pm

**Event infusion**

Pirates of the caribbean

6:15 pm

**Herbal pesto**

scrub

6:30 pm

**Relax infusion****Gala dinner**

SAUNA



## 15TH OCTOBER

**PRESENTATION AND TASTING OF THE TRADITIONAL SOUTH TYROLEAN WINE****COOPERATIVE: BURGGRÄFLER**

- Discover the diversity and elegance of South Tyrol during a tasting of selected wines from the Burggräfler Winery. Enjoy characterful wines from the sunny slopes around Merano and learn more about the passion and tradition behind this unique cooperative.
- **Location:** Restaurant
- **Time:** 7:00 p.m.



## THURSDAY

FITNESS

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

SAUNA

4:30 pm **Classic infusion**  
5:30 pm **Event infusion**  
The lion king  
6:15 pm **Mint-lemon-scrub**



**Italian evening**

## 16TH OCTOBER

### 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

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

### 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.



## FRIDAY

FITNESS

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

SAUNA

3:30 pm **Banja infusion**  
4:30 pm **Themed infusion**  
Night sky  
5:30 pm **Event infusion**  
Magic Shaman  
6:15 pm **Coffee scrub**



**Appetiser buffet**

## 17TH OCTOBER

### 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



## SATURDAY

FITNESS

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

SAUNA

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



**Salad buffet**

## 18TH OCTOBER

### MERANO GRAPE FESTIVAL – TRADITION IN TRANSITION

- This much-loved folk festival offers new surprises every year.
- Dating back to 1886, it is the most deeply rooted event in Merano's social life.
- Delicious South Tyrolean specialties, fine wine, and traditional music in the city center (sometimes with "experimental" interpretations) remain the hallmarks of the event.

**Time:** 10:00 AM – 6:00 PM

**Location:** City center, 39012 Merano

**Contact:** [info@meran.eu](mailto:info@meran.eu) or +39 0473 272000

**No registration required!**