

INKLUSIVE
VIKTORIA HIGHLIGHT



WEEKLY PROGRAMME

13.09.2025 - 20.09.2025

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 **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

FITNESS

4:30 pm **Themed infusion**
Birches
5:30 pm **Relax infusion**
6:15 pm **Rosemary-lemon-scrub**

SAUNA



Salad buffet



MONDAY

FITNESS

2:00 pm - 3:15 pm
Cardio & abs workout
16:05-16:45
Body Yoga Stretching

SAUNA

4:30 pm **Classic infusion**
5:30 pm **Themed infusion**
Bob Marley
6:15 pm **Yogurt-scrub**



Dessert buffet

13TH SEPTEMBER

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 or +39 0473 272000

No registration required!

14TH SEPTEMBER

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

Cash desk opening hours: from 12:55 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)

Kids under 14 years for free

€ 15.00 – Adults (admission + guided tour)

No registration required!

15TH SEPTEMBER

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





TUESDAY

FITNESS

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

SAUNA



3:30 pm **Hamman**
in the 45°C KräuterNebel
Registration
by 2:30 PM at reception
Minimum number of participants
2 people
Maximum number of participants
8 people
Cost
€ 15.00 per person

4:30 pm **Themed infusion**
Italy

5:30 pm **Event infusion**
Hiata madl

6:15 pm **Ananas-basil-scrub**

6:30 p.m **Classic infusion**

Southtyrolean evening

16TH SEPTEMBER

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 Tschöggelberg. 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 GUEST HIKE WITH MRS. VALERIA OVER THE LARCH MEADOWS OF SALTEN

- We start towards the Schermoos 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.



17TH SEPTEMBER

SUNRISE HIKE TO THE STOANERNE MANDLN

- At dawn on September 17, 2025, a guided hike will take place to the Stoanerne Mandln, a fascinating panoramic spot above Hafling and Vöran.
- Meeting point is at 5:30 a.m. at the parking lot in the center of Hafling.

- From there, a shuttle takes participants to "Arzimus," just below the destination. The hike itself is an easy walk with about 200 meters of elevation gain, accompanied by an experienced guide leading the group to the legendary stone figures – right at sunrise over the mountains. Around 11:30 a.m., a hearty breakfast in a mountain hut or inn will be served, already included in the participation fee.

• **Date & Time:** September 17, 2025, 5:30 a.m. – 11:30 a.m.

• **Price:** €35.00 adults (16+) · €20.00 children (<16)

• **Included:** shuttle, guide, breakfast in hut/inn

• **Registration:** until 12:00 noon the day before (online or at the Hafling Tourist Office)

• info@hafling.com

• www.hafling.com

• +39 0473 279457

• **Recommended equipment:** hiking boots, drink, headlamp (available for rent on request)

• Conditions: if it rains before the start, the hike will be cancelled

• **Arrival by public transport:** Bus line 225 from Merano, stop Hafling/Falzeben



WEDNESDAY

FITNESS

8:15 am - 9:00 am
Haki Massai
9:15 am - 10:00 am
Soundbowl meditation
10:15 am - 11:00 am
Kneipp therapy
11:00 am - 11:45 am
Muscle building without equipment
4:05 pm - 4:45 pm
Slow flow Pilates

SAUNA



4:30 pm **Themed infusion**
Cristalitze
5:30 pm **Event infusion**
Money Heist
6:15 pm **Herbal pesto scrub**

Gala dinner



THURSDAY

FITNESS

SAUNA



4:30 pm	Theme-infusion Oldies
5:30 pm	Event infusion James bond sky-fall
6:15 pm	Honey-scrub

Italian evening

18TH SEPTEMBER

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

SAUNA



2:35 pm - 3:20 pm	Abs & glutes workout
16:05-16:45	Yoga pilates

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

19TH SEPTEMBER

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

SAUNA



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 Ötzi- the Icemanr
6:15 pm	Chocolate scrub
6:30 pm	Classic infusion

Salad buffet

20TH SEPTEMBER

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