



VIKTORIA

ALPINE SPA RESORT

INKLUSIVE
VIKTORIA HIGHLIGHT



WEEKLY PROGRAMME

18.10.2025 - 25.10.2025

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

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**
Ötzi-The iceman
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 or +39 0473 272000
- **No registration required!**



SUNDAY

FITNESS

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

SAUNA



Salad buffet

19TH OCTOBER

- **ALLERWELTSKIRCHTAG IN MARLING WITH THE "WEISENBLÄSER" AND "GOASELSCHNÖLLER"**
- Experience the Allerweltskirchtag on the church square in Marling – a celebration full of living tradition and authentic local customs!
- After the church service, at around 9:30 a.m., a special highlight awaits you: the "Weisenbläser" and the "Goaselschnöller" of Marling will create a true festive atmosphere with their music and impressive performances.
- Enjoy the cheerful atmosphere, traditional sounds, and friendly togetherness.
- A special experience for young and old – and for everyone who loves authenticity!
- **Location:** Church Square, 39020 Marling
- **Contact:** Marling Tourist Information
info@marling.info or +39 0473 447147
- **Time:** from 9:30 a.m.
- **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**
Herbal
5:30 pm **Event infusion**
James Bond-Skyfall
6:15 pm **Yoghurt-cucumber-scrub**
6:30 pm **Classic infusion**



Dessert buffet

20TH 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

Piano

5:30 pm

Event infusion

WaldSpa-Ritual

6:15 pm

Fruit-salt-scrub

Southtyrolean evening

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

Hiatamadl

6:15 pm

Herbal pesto

scrub

6:30 pm

Classic infusion

Gala dinner

FITNESS

SAUNA



21ST 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 Tschöggglberg. The route takes you past the Moschwald and Maiser 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

22ND OCTOBER

PRESENTATION AND TASTING OF THE TRADITIONAL SOUTH TYROLEAN SPARKLING WINE CELLAR ARUNDA

- Experience sparkling excellence from the heights of South Tyrol with a tasting of exquisite sparkling wines from the Arunda Winery.
- Amid the mountain landscape of Meltina, elegant sparkling wines are created using the traditional method, combining freshness, finesse, and craftsmanship.
- Discover the passion and precision with which Arunda has been transforming South Tyrol's finest grapes into sparkling perfection for decades.

Location: Restaurant

Time: 7:00 p.m.



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.





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

Queen

6:15 pm Honey-scrub

6:30 pm Classic infusion

Italian evening



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

Night sky

5:30 pm Event infusion

Magic Shaman

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

23RD 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.



24TH 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

25TH OCTOBER

CHOIR CONCERT – MUSICAL EVENING AT THE CITY THEATRE

- Enjoy an atmospheric musical evening at the City Theatre.
- Throughout the evening, two exceptional choirs will perform:
- I Cantori del Borgo from Merano will present a fascinating repertoire of Renaissance songs, enriched with stories and ancient legends that transport the audience back in time.
- The Coro Polifonico del Chianti will delight with a selection of typical Tuscan and international songs, offering musical diversity and heartfelt emotion.
- Look forward to an evening filled with sound, culture, and atmosphere – a special experience for all music lovers!

Time: 5:30 p.m. – 7:00 p.m.

Location: City Theatre, Theaterplatz 2, 39012 Merano

Contact: I Cantori del Borgo

No registration required!