



VIKTORIA

ALPINE SPA RESORT

INKLUSIVE
VIKTORIA HIGHLIGHT



WEEKLY PROGRAMME

25.10.2025 - 01.11.2025

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

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

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!**



SUNDAY

FITNESS

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

SAUNA



Salad buffet

26TH OCTOBER

- **“SCHLOSSWEG” CELEBRATION**
- When the scent of roasted chestnuts fills the air along Schlossweg, glasses brim with delicious wine, and local clubs serve up hearty autumn treats, it's time for the Schlossweg Festival in Dorf Tirol.
- Take a leisurely stroll between the stands, enjoy the colorful autumn landscape, and celebrate rural customs and traditions.
- **Location:** Schlossweg, 39019 Dorf Tirol
- **Contact:** Tourist Information Dorf Tirol
info@dorf-tirol.it or +39 0473 923314
- **Time:** 11:30 a.m. - 4:00 p.m.
- **No registration required!**



MONDAY

FITNESS

11:00 am-11:45 am
Cardio & Abs
2:30 pm-3:15 pm
Yogapilates

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

27TH 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 **Hammmam**
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**
Conquest of paradise
6:15 pm **Fruit-scrub**

Southtyrolean evening

SAUNA



28TH OCTOBER

- **GUIDED HIKING TOUR TO THE MÖLTNER KASER WITH MRS. VALERIA**
- We start at 09:30 am heading towards Mölten-Flaas to the "Lanzenschuster" parking area, which we reach after about 30 minutes.
- From there, we take a leisurely hike across a beautiful high plateau, which we reach after a short walk.
- We enjoy a stunning view of the surrounding mountains. After approx. 1.5 hours of hiking, we arrive at the Möltner Kaser, where we'll take a short break and enjoy some refreshments.
- The return follows a circular trail via the Jenesinger Jöchl back to our starting point.
- **Time:** 9:30 AM - 3:00 PM
- **Total hiking time:** approx. 2.5 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
- **Note:** Our hotel bus has 7 available seats.
- Dogs allowed only upon request.



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**
Falko
6:15 pm **Herbal pesto scrub**
6:30 pm **Relax infusion**

Gala dinner

FITNESS

SAUNA



29TH 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

- **PRESENTATION AND TASTING OF THE TRADITIONAL SOUTH TYROLEAN WINERY RAMETZ**
- or over a century, characterful wines have been crafted with passion and care on the sun-drenched slopes above Merano. In the historic cellars, elegant wines mature – the perfect expression of terroir, craftsmanship, and time.
- During this exclusive tasting, discover the diversity of Rametz wines and be inspired by the harmony of tradition, flavor, and South Tyrolean joie de vivre.

- **Location:** Restaurant
- **Time:** 7:00 p.m.





THURSDAY

FITNESS



SAUNA

4:30 pm	Themed infusion Oldies
5:30 pm	Event infusion Tyrolean
6:15 pm	Mint-lemon-scrub
6:30 pm	Classic infusion



Italian evening

30TH 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	Abs & Glutes Workout
2:35 pm-15:20 pm	Yogapilates

SAUNA

3:30 pm	Banja infusion
4:30 pm	Themed infusion Night sky
5:30 pm	Event infusion Wild West
6:15 pm	Coffee scrub



Appetiser buffet

31ST 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!



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

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.