

INKLUSIVE  
VIKTORIA HIGHLIGHT



# WEEKLY PROGRAMME

**26.07.2025 - 02.08.2025**

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**  
Surprise  
6:15 pm **Chocolate scrub**  
6:30 pm **Relax infusion**



**Salad buffet**



## SUNDAY

FITNESS

4:30 pm **Relax infusion**  
5:30 pm **Themed infusion**  
Journey through Italy  
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



**Dessert buffet**

## 26TH 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](mailto:info@meran.eu)

## 27TH JULY

### VILLAGE FESTIVAL IN VÖRAN - 3 DAYS OF CELEBRATION & TRADITION

- The Aschl Kirchtag is one of the highlights in Vöran and invites guests and locals to a lively tent festival.
- For three days, people celebrate with music, dancing, and living traditions.
- The festivities kick off on Friday evening with a vibrant party and DJ.
- On Saturday, the band LÄTS FETZ provides top entertainment, followed by DJ sets into the night.
- Sunday starts traditionally with a hearty morning gathering (Frühschoppen) accompanied by the Bobingen Town Band.
- A highlight is the grand parade at 2:00 pm, with numerous local clubs marching from the industrial area to the festival grounds.
- Starting at 3:00 pm, the Vöran town band gives an open-air concert.
- The atmospheric finale is provided by the Mölten Schuhplattler group with their traditional folk dances.

**Location:** Festplatz Vöran, 39010 Vöran

**Contact:** Voluntary Fire Brigade Vöran, 39010 Vöran

**No registration required!**

## 28TH 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

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

Classic infusion

5:30 pm

Event infusion

Top-Gun

6:15 pm

Fruit-salt-scrub

Southtyrolean evening

## 29TH 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 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 HIKING TOUR TO THE MÖLTNER KASER WITH HOST 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.



FITNESS

SAUNA



## WEDNESDAY

8:15 am - 9:00 am

HAKI MAASAI

9:15 am - 10:00 am

Sound bowl 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

4:30 pm

Classic/modern infusion

5:30 pm

Event infusion

Rock

6:15 pm

Herbal pesto scrub

Gala dinner

## 30TH 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



## THURSDAY

FITNESS

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

SAUNA

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



Italian evening

## 31ST 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

## 01ST AUGUST

### LARGE WEEKLY MARKET IN MERANO

- A stroll through the large weekly market in Merano is well worth it:
- Numerous stalls offer a colorful variety – from clothing, shoes, and leather goods to fresh plants and food items.
- Whether you're looking for crispy bread, hearty sausages, fine cheeses, fresh fish, or seasonal fruits and vegetables – there's something for every taste.
- A vibrant market day with an authentic atmosphere and regional charm!

**Time:** 8:00 AM – 1:00 PM

**Location:** Praderplatz (Train Station), Hoferstraße & Meinhardstraße, 39012 Merano

**Contact:** [info@gemeinde.meran.bz.it](mailto: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**  
Queen  
6:15 pm **Chocolate scrub**  
6:30 pm **Relax infusion**



Salad buffet

## 02ND AUGUST

### 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.