

INKLUSIVE
VIKTORIA HIGHLIGHT



WEEKLY PROGRAMME

30.08.2025 - 06.09.2025

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**
Ötzi-The iceman
6:15 pm **Chocolate scrub**
6:30 pm **Classic infusion**



Salad buffet

30TH AUGUST

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!



SUNDAY

FITNESS

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

SAUNA



Salad buffet

31ST AUGUST

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!



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 **Classic infusion**
5:30 pm **Themed infusion**
Emotion
6:15 pm **Rose-scrub**



Dessert buffet

01ST 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**
Piano
5:30 pm **Event infusion**
Falko
6:15 pm **Pineapple-basil-scrub**



Southtyrolean evening

02ND 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 Tschöggberg. 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

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.



WEDNESDAY

FITNESS

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

SAUNA

4:30 pm **Themed infusion**
Into the wild
5:30 pm **Event infusion**
Money heist
6:15 pm **Herbal pesto scrub**



Gala dinner

03RD 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



THURSDAY

FITNESS

1:45 pm - 2:40 pm
Forest therapy
 2:45 pm - 3:40 pm
Yoga

SAUNA

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



Italian evening

04TH 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

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 **Themed infusion**
 Nightsky
 5:30 pm **Event infusion**
 Pirates of the caribbean
 6:15 pm **Coffee scrub**



Appetiser buffet

05TH SEPTEMBER

ROCK SOLID ADVENTURE: GUIDED VIA FERRATA TOUR TO MOUNT IFINGER

Climb safely and enjoy breathtaking views on the Heini Holzer via ferrata, leading up to Mount Ifinger – one of the most spectacular peaks in the Merano region. The route spans 550 vertical meters and is perfectly secured with 1,000 meters of steel cable (difficulty level A to B/C). Under the guidance of a certified mountain guide, you'll confidently navigate rugged rock edges and airy passages. This alpine adventure is ideal for sporty beginners and families with sure-footed teens aged 14 and over – an unforgettable experience with guaranteed views.

Time: 08:15 AM – 3:00 PM

Meeting Point: In front of the ticket office at the Falzeben cable car valley station

Contact: Hafling-Vöran-Meran 2000 Tourist Office

St. Kathrein Street 2A, 39010 Hafling

+39 0473 279457 or info@hafling.com

Prices:

€80.00 per person (excluding cable car ticket & via ferrata set)

€90.00 per person (excluding cable car ticket; via ferrata set included)

€100.00 per person (cable car ticket included; via ferrata set not included)

€110.00 per person (cable car ticket and via ferrata set included)

Registration: Required by 4:00 PM the day before at the Hafling information office



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**
 Magic shaman
 6:15 pm **Chocolate scrub**
 6:30 pm **Classic infusion**



Salad buffet

06TH SEPTEMBER

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