

INKLUSIVE
VIKTORIA HIGHLIGHT



WEEKLY PROGRAMME

31.05.2025 - 07.06.2025

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 **Bath of sounds**
5:30 pm **Event infusion**
Ötzi-The iceman
6:15 pm **Chocolate scrub**
6:30 pm **Classic infusion**



Salad buffet

31ST MAY

CLASSIC CAR & VESPA GATHERING

- The Schützenkompanie Mölten warmly invites you to the grand Classic Car & Vespa Gathering at the festival grounds in Verschneid.
- Starting at 11 AM: engines on and bring your good vibes! Look forward to a wide variety of classic cars, Vespas, and a relaxed, friendly atmosphere.
- Delicious food, refreshing drinks, and everything your heart desires will be provided to ensure you're well taken care of.
- At 9 PM, don't miss the big Aftershow Party with the one and only DJ Mawalaaaa!
- Whether you're an exhibitor, a classic vehicle enthusiast, or simply a visitor – come by and enjoy the celebration!

Time: 11:00 AM – 11:59 PM

Location: Verschneid, Schnappboden, 39010 Mölten

Contact: Schützenkompanie Mölten, info@moelten.net

No registration required!



SUNDAY

FITNESS

4:30 pm **Themed infusion**
Birch
5:30 pm **Relax infusion**
6:15 pm **Yoghurt-cucumber-scrub**

SAUNA



Salad buffet

01ST JUNE

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: 3:00 PM – 7:00 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)

€ 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 **Honey infusion**
5:30 pm **Themed infusion**
Emotion
6:15 pm **Lemon-ginger-scrub**



Dessert buffet

02ND JUNE

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
4:30 pm **Themed infusion**
Crystallize
5:30 pm **Event infusion**
Conquest of Paradise
6:15 pm **Fruit-salt-scrub**

Southtyrolean evening



FITNESS

SAUNA



WEDNESDAY

8:00 am - 9:00 am
Water meditation
9:15 am - 10:00 am
Sound bowl meditation
10:15 am - 11:00 am
Power of breathing
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 **WaldSpa-Ritual**
-infusion
6:15 pm **Herbal pesto scrub**

Gala dinner



FITNESS

SAUNA



THURSDAY

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

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

Italian evening

03RD JUNE

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 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: 9:30 AM – 1:30 PM

Contact: Bikeguide Markus Braun, 39010 Mölten
info@urlaub.bike or +39 335 485500

Prices:

- € 40.00 per person with own bike
- € 75.00 adults incl. rental E-MTB hardtail
- € 85.00 adults incl. rental E-MTB fully

Meeting point: Parking lot Nusser, Hafling

Registration required: via WhatsApp with Bikeguide Markus at +39 335 485500

04TH JUNE

LLAMA 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

05TH JUNE

GUIDED HIKE FOR HOTEL GUESTS 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**
Summer special
6:15 pm **Coffee scrub**



Appetiser buffet



SATURDAY

FITNESS

11:00 am - 11:45 am
Cardio (no jumping)
2:35 pm - 3:20 pm
Pilates & mobility

SAUNA

4:30 pm **Relax infusion**
5:30 pm **Event infusion**
Pirates of the caribbean
6:15 pm **Chocolate scrub**
6:30 pm **Classic infusion**



Salad buffet

06TH JUNE

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: 08:45 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

07TH JUNE

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



GOOD TO KNOW



N° 9

45°C KräuterNebel

All of our scrubs take place in our 45°C Herbal Steam.

No prior registration is required.

N° 10

95°C Haflinger Stadelsauna

All of our events and themed infusions take place in our 95°C Haflinger Barn Sauna.

No prior registration is required.

N° 27

FitnessWelt

Our fitness program takes place in our movement room (except for yoga and meditation: these take place in the WaldSpa).