

INKLUSIVE
VIKTORIA HIGHLIGHT



WEEKLY PROGRAMME

16.08.2025 - 23.08.2025

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

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**
Pirates of the caribbean
6:15 pm **Chocolate scrub**
6:30 pm **Classic infusion**



Salad buffet

16TH AUGUST

HAFLING FESTIVAL – 75 YEARS OF THE HAFLING BRASS BAND

The Hafling Brass Band is celebrating its 75th anniversary – and warmly invites everyone to the Hafling Festival in the festival tent next to St. Kathrein Church in Hafling. Look forward to a festive weekend full of music, entertainment, and culinary delights!

6:00 PM: Opening with the Schenna Brass Band
8:00 PM: Live entertainment with Riffblech
11:00 PM: Party night kicks off with Southbrass

Location: Meadow next to St. Kathrein Church
39010 St. Kathrein
Contact: Hafling Brass Band

No registration required!



SUNDAY

FITNESS

4:30 pm **Themed infusion**
Birches
5:30 pm **Relax infusion**
6:15 pm **Mint-orange -scrub**

SAUNA



Salad buffet

17TH AUGUST

HAFLING FESTIVAL – 75 YEARS OF THE HAFLING BRASS BAND

The Hafling Brass Band is celebrating its 75th anniversary – and warmly invites everyone to the Hafling Festival in the festival tent next to St. Kathrein Church in Hafling. Look forward to a festive weekend full of music, entertainment, and culinary delights!

9:30 AM: Holy Mass at St. Kathrein Church
Followed by the 75th anniversary ceremony with Strauben (fried pastry) and children's face painting
11:00 AM: Morning pint with the Feldthurns Brass Band
1:00 PM: Concert by the Vöran Brass Band
3:00 PM: Festive folk music with 4a Gsponn

Location: Meadow next to St. Kathrein Church
39010 St. Kathrein
Contact: Hafling Brass Band

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

18TH AUGUST

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

Themed infusion

Piano

5:30 pm

Event infusion

Magic-Shaman

6:15 pm

Fruit-salt-scrub

Southtyrolean evening

19TH AUGUST

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 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

Themend infusion

Into the wild

5:30 pm

Event infusion

Wald-Spa-Ritual

6:15 pm

Herbal pesto scrub

Gala dinner

20TH AUGUST

CLOSE TO NATURE – SUNRISE HIKE TO THE STOANERNE MANDLN

- Join us for an unforgettable experience: witnessing the sunrise in the mountains.
- Early in the morning, a comfortable shuttle bus will take you to the starting point just below the Arzimus. From there, enjoy a leisurely hike of about 200 metres in elevation gain to the mysterious Stoanerne Mandln, where a unique panoramic view and the colours of dawn await you.
- Afterwards, savour a delicious breakfast at a mountain hut or inn – included in the price.
- Note: Photos and videos may be taken during the event and used in compliance with data protection regulations.

Time: 5:00 AM - 11:30 AM

Contact: info@hafling.com or +39 0473 279457

Price: € 35.00 per person from 16 years

€ 20.00 for kids under 16 years

Meeting point: Parking lot in Hafling village

Registration: Please sign up by 12:00 PM the day before, either at the Hafling tourist office or online



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**
 Queen
 6:15 pm **Honey-scrub**



Italian evening



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**
 Wild-West
 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 **Themed infusion**
 Bath of sounds
 5:30 pm **Event infusion**
 Pirates of the caribbean
 6:15 pm **Chocolate scrub**
 6:30 pm **Classic infusion**



Salad buffet

21ST AUGUST

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.

22ND AUGUST

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

23RD AUGUST

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