



# VIKTORIA

ALPINE SPA RESORT

INKLUSIVE  
VIKTORIA HIGHLIGHT



## WEEKLY PROGRAMME

**19.12.2025 - 06.01.2026**

Welcome to the Alpine SPA Resort Viktoria,  
a place with plenty of space  
to enjoy, feel good & dream.

### CHRISTMAS WISH TREE

Look forward to the new Christmas Wish Tree at the hotel reception.  
All guests arriving by December 26, 2024, will find a Christmas bauble  
in the form of a wooden disc in their arrival folder, just waiting  
to be perfected with a personal wish.  
The tree is waiting to be beautifully decorated!

*On behalf of  
the Platzer family and  
the entire  
Viktoria team  
we wish you  
a peaceful  
time with us!*



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# WEEKLY PROGRAMM



FITNESS

SAUNA

## FRIDAY

11:00-11:45	<b>Cardio &amp; Abs</b>
16:05-16:45	<b>Workout mit Mini-Band</b>
15:30	<b>Bagna-Infusion</b>
16:30	<b>Themed infusion</b> Night Sky
17:30	<b>Event infusion</b> Falko
18:15	<b>Coffee Peeling</b>
<b>Starter buffet</b>	

## 19th DECEMBER

- **TOBOGGANING COURSE ON MERANO 2000**
- How to curve properly? What is the best braking technique?
- What equipment is needed? Get free tobogganing tips from a professional and learn how to behave when tobogganing.
- **Meeting point:** at the start of the toboggan run in Falzeben
- **Time:** 1 pm - 4 pm
- **ATTENTION:** Ticket and toboggan not included.
- Toboggans and helmets can be hired from Sport Max or Rent & Go at the mountain station.
- **No registration required!**
- **CAMPFIRE WITH BREAD ON A STICK AT VIKTORIA**
- What would Christmas be without a crackling, warming fire?
- An unforgettable holiday experience in a cosy atmosphere.
- A campfire - stick bread and delicious toppings - endless fun.
- Prepare your own stick bread, bake it directly at the campfire and enjoy the festive atmosphere.
- Along with a warm goulash soup, we ensure your comfort and well-being even on cold winter days.
- We are waiting for you!
- **Location:** Restaurant terrace
- **Time:** 2.00 pm - 4.00 pm
- **Information:** Bring your cosy warm winter jacket!
- **No registration required!**



FITNESS

SAUNA

## SATURDAY

11:00-11:45	<b>Leg &amp; Glutes Workout</b>
14:35-15:25	<b>Pilates Mobility</b>
16:30	<b>Themed infusion</b> Bath of sounds
17:30	<b>Event infusion</b> Icemann Ötzi
18:15	<b>Chocolate peeling</b>
18:30	<b>Classic infusion</b>
<b>Salad buffet</b>	

## 20th DECEMBER

- **MUSIC EVENING IN THE HOTEL LOBBY**
- After dinner, we invite you to our music evening!
- Enjoy the captivating beats of our DJ and the fantastic cocktails prepared by our bartenders.
- We look forward to spending an unforgettable evening with you!
- **Time:** 9:00 PM – 11:00 PM
- **Location:** Hotel lobby



FITNESS

SAUNA

## SUNDAY

15:30	<b>Bagna-Infusion</b>
16:30	<b>Classic Infusion</b>
17:30	<b>Event infusion</b> Tyrolean
18:15	<b>Apple-cinnamon Peeling</b>
<b>Salad buffet</b>	

## 21st DECEMBER

- **ICE SKATING IN THE HEART OF MERANO**
- For this special occasion, Merano's Thermenplatz transforms into a charming winter setting. Right in the center of the spa town, a spacious open-air ice rink invites both young and old to enjoy a few delightful laps on the ice, surrounded by a festive Christmas atmosphere.
- With beautiful views of the Merano Thermal Baths and the historic Kurhaus, visitors can glide across the ice to the sound of music and the sparkling lights of the city.
- **Location:** At the Christmass Market, in the city center of Meran
- **Admission (valid for 2 hours):**
- **Adults:** €7.00
- **Children:** €6.00
- **Skate rental:** €6.00
- **Penguin skating aid rental:** €6.00/hour + €5.00 deposit
- An event not to be missed for anyone wishing to experience the magic of winter in the city!



FITNESS

SAUNA



## MONDAY

08:30-09:25

Yoga

09:35-10:10

Meditation

14:00-14:45

Cardio

14:50-15:20

Pilates &amp; Dynamic workout

16:30	Classic Infusion
17:30	Themed infusion Emotion
18:15	Ginger-lemon peeling
18:30	Classic Infusion

Dessertbuffet



FITNESS

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## TUESDAY

11:00-11:45

HIIT Pilates

16:05-16:45

Yoga Pilates

15:30	Hamam
16:30	Themed infusion Italy
17:30	Event infusion Braveheart
18:15	Orange-turmeric- peeling

South Tyrolean evening

## 22nd DECEMBER

### GUIDED WINTER HIKE TO MERANO 2000 WITH MRS. VALERIA

- We head to Falzeben; after about a 7-minute drive, we reach the Falzeben parking area.
- From there, we take the cable car up to Piffinger Köpfl.
- From this point, we begin our walk, strolling comfortably through a wonderful winter landscape. After a short break and a stop at a mountain hut, we return to Falzeben in about 1.5 hours.

• **Meeting point:** 10:00 AM at the reception

• **Return:** around 2:00 PM

• **Minimum participants:** 4 people

• **Registration:** by 7:00 PM the day before at the reception or via our digital online concierge

• **Note:** round-trip cable car ticket Falzeben: €24.00 per person

• We have 7 seats available on our hotel shuttle.

• Dogs are allowed only upon request.

### PRE-CHRISTMAS PIANO MELODIES BY OUR PIANIST

- Let yourself be enchanted by gentle piano tunes and enjoy a peaceful evening and a contemplative pre-Christmas atmosphere with us at the bar.

• **Time:** 9:15 PM – 10:45PM

• **Location:** Hotel lobby

## 23th DECEMBER

### VIKTORIA'S MULLED WINE STAND

- Visit us tonight and experience the unique Advent atmosphere at our 'Winter magic' in the garden! We cordially invite you to enjoy delicious homemade mulled wine, mulled apple mix and our mulled gin - a real highlight! There will also be homemade cookies to snack on as well as Christmas delicacies. Let your evening come to a cosy end with a winter atmosphere and plenty of VIKTORIA Christmas feeling. We look forward to seeing you!

• **Time:** 4.00 pm - 6:00 pm

• **Location:** Mulled wine stand in the garden

• **Information:** Bring your cosy, warm winter jacket!

### LANTERN HIKE

- We meet at reception and take a leisurely walk to St. Kathrein.
- A stunning view rewards your lantern hike and will enhance your holiday feeling.

• **Start:** 9.30 pm at the reception

• **Total walking time:** approx. 50 minutes

• **Return:** approx. 10.30 pm

• **Minimum number of participants:** 4 people

• (only in good weather conditions)

• **Registration:** please register at reception by 7.00 pm

• the day before or via our digital concierge



FITNESS

SAUNA



## WEDNESDAY 24th DECEMBER - CHRISTMAS EVE

11:00-11:45

Muscle building with  
bodyweighttt

16:05-16:45

Slow flow Pilates

15:30	Themedinfusion Cristallize
16:00	Gingerbread-Peeling
16:30	Silent night- Holly night infusion

Gala menü

### CHILDREN'S CHRISTMAS MASS IN THE CHURCH OF AVELENGO

- On Christmas Eve, a children's Christmas mass will take place for our young guests.

• **Time:** 4.00 pm

• **Location:** Parish church of Hafling - IN GERMAN LANGUAGE

### TRADITIONAL CHRISTMAS PARTY WITH APERITIF IN THE HOTEL LOBBY

- Celebrate Christmas Eve this evening at 6.30 pm in the hotel lobby together with the Platzer family, accompanied by contemplative music.
- For our younger guests, the Christ Child will come under the Christmas tree.
- Afterwards, a festive Christmas menu awaits you in the dining room and a cosy get-together in the festively festively decorated hotel lobby with Christmas treats

• **Time:** 6.30 pm

• **Location:** in the hotel lobby





FITNESS

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## THURSDAY

14:00-14:45 <b>X-Max Workout</b>	
16:30	<b>Classic Infusion</b>
17:30	<b>Eventinfusion</b> Bob Marley
18:15	<b>Honey-Peeling</b>
18:30	<b>Relax - Infusion</b>
Italian evening	

## 25th DECEMBER- CHRISTMAS

- **AT TODAY'S AFTERNOON SNACK:**
- Homemade Christmas ham, prepared by Giorgio Nardelli, father of our chef
- Michele Nardelli.
- Enjoy this special delicacy and let yourself be personally spoiled: this is the true
- taste of Christmas!
- 
- **Time:** 14:00 – 16:00
- **Location:** in the restaurant
- **No registration required!**
- 



FITNESS

SAUNA



## FRIDAY

08:30-09:25 <b>Yoga</b>	
09:35-10:10 <b>Meditation</b>	
11:00-11:45 <b>Cardio &amp; Abs</b>	
16:05-16:45 <b>Workout mit Mini-Band</b>	
15:30	<b>Bagna-infusion</b>
16:30	<b>Themeinfusion</b> Night sky
17:30	<b>Eventinfusion</b> Magic schaman
18:15	<b>Coffee peeling</b>
Starter buffet	

## 26th DECEMBER - ST STEPHEN'S DAY

- **CAMPFIRE WITH BREAD ON A STICK AT VIKTORIA**
- What would Christmas be without a crackling, warming fire?
- An unforgettable holiday experience in a cosy atmosphere.
- A campfire - stick bread and delicious toppings - endless fun.
- Prepare your own stick bread, bake it directly at the campfire and enjoy the festive
- atmosphere.
- Along with a warm goulash soup, we ensure your comfort and well-being even on cold
- winter days.
- We are waiting for you!
- 
- **Location:** Restaurant terrace
- **Time:** 2.00 pm - 4.00 pm
- **Information:** Bring your cosy warm winter jacket!
- **No registration required!**
- 



FITNESS

SAUNA



## SATURDAY

11:00-11:45 <b>Leg &amp; Glutes Workout</b>	
14:35-15:25 <b>Pilates Mobility</b>	
16:30	<b>Themed infusion</b> Bath of sounds
17:30	<b>Eventinfusion</b> Eye of the tiger
18:15	<b>Choccolate-peeling</b>
18:30	<b>Classic infusion</b>
Salad buffet	

## 27th DECEMBER

- **EXPERTLY GUIDED CHEESE TASTING WITH LOCAL CHEESE VARIETIES**
- After dinner, we invite you to an expert-led cheese tasting featuring local varieties.
- Discover the art of cheese-making and the unique flavours of traditional regional
- specialities that have been cultivated for generations. Let yourself be inspired by a
- culinary journey through the flavours of South Tyrol, with products from selected
- producers.
- 
- **Time:** from 8.00 pm
- **Location:** Restaurant
- **No registration required!**
- 
- **ICE SKATING IN THE HEART OF MERANO**
- For this special occasion, Merano's Thermenplatz transforms into a charming winter
- setting. Right in the center of the spa town, a spacious open-air ice rink invites both
- young and old to enjoy a few delightful laps on the ice, surrounded by a festive
- Christmas atmosphere.
- With beautiful views of the Merano Thermal Baths and the historic Kurhaus, visitors
- can glide across the ice to the sound of music and the sparkling lights of the city.
- 
- **Location:** At the Christmass Market, in the city center of Meran
- **Admission (valid for 2 hours):**
- **Adults:** €7.00
- **Children:** €6.00
- **Skate rental:** €6.00
- **Penguin skating aid rental:** €6.00/hour + €5.00 deposit

An event not to be missed **for anyone wishing to experience the magic of winter in the city!**





FITNESS

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## SUNDAY

16:30	Classic infusion
17:30	Event infusion
18:15	1001 Nights
18:30	Apple-Cinamon-Peeling
18:30	Relax - Aufguss
Buffet d'insalate	



FITNESS

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## MONDAY

08:30-09:25	
Yoga	
09:35-10:10	
Meditation	
14:00-14:45	
Cardio	
14:50-15:20	
Pilates & Dynamic workout	
16:30	Classic Infusion
17:30	Themed infusion
	Herbal
18:15	Lemon-ginger-Peeling
18:30	Relax- Infusion
Dessertbuffet	



FITNESS

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## TUESDAY

11:00-11:45	
HIIT Pilates	
16:05-16:45	
Yoga Pilates	
15:30	HAMAM
16:30	Themed Infusion Piano
17:30	Event infusion
	Wild-West
18:15	Orange-Kurkuma-Peeling
South Tyrolean evening	

## 28th DECEMBER

- CHRISTMAS MARKET TOUR BETWEEN MERANO AND BOLZANO
- Experience the festive charm of South Tyrol with a delightful tour of the Christmas markets in Merano and Bolzano. Stroll through beautifully decorated streets, enjoy traditional wooden stalls, and soak in the warm holiday atmosphere filled with lights, music, and seasonal scents. From handcrafted gifts to local delicacies and mulled wine, this tour offers a perfect way to experience the magic of Advent in two of the region's most enchanting cities.
- Locations: Merano Christmas Market – city center & Bolzano Christmas Market – Walther Square
- Highlights: Traditional South Tyrolean crafts, Local food and warm drinks ,Festive music and Christmas lights
- An ideal experience for anyone wishing to enjoy the authentic Christmas spirit between mountains, culture, and tradition.

## 29th DECEMBER

- GUIDED HIKE FOR HOTEL GUESTS WITH MRS. VALERIA ACROSS THE LARCH MEADOWS OF THE SALTEN
- We head to the Schermoos parking area, which we reach after about a 25-minute drive. From there, the trail leads us to Langfenn, continuing across beautiful larch meadows with wonderful views of the Dolomites until we reach the Wieserhof, where we take a short break. We then return comfortably to the starting point along a circular route.
- Meeting point: 9:30 AM at the hotel entrance
- Total walking time: approx. 3.5 hours
- Return: around 3:00 PM
- Elevation gain: 140 m
- Minimum participants: 4 people
- Registration: by 7:00 PM the day before at the reception or via our digital online concierge
- Note: parking fee (with your own car) €5.00
- We have 7 seats available on our hotel shuttle.
- Dogs are allowed only upon request.
- LIVE CONCERT WITH SAXOPHONE & DJ – AN EVENING OF RHYTHM AND EMOTION!
- Experience a unique musical event at the Viktoria: a professional saxophonist and a DJ join forces to deliver an unforgettable live concert. The perfect blend of authentic saxophone sounds and modern DJ beats creates a captivating atmosphere that will draw you in completely.
- Already during dinner, the duo will accompany your evening with elegant, heartfelt live music right at your table. Afterwards, the grand finale will take place in the lobby, where the evening will conclude with energetic sounds and genuine live vibes.
- Start: 9:15 PM
- Location: Lobby
- No registration required!

## 30th DECEMBER

- VIKTORIA'S MULLED WINE STAND
- Visit us tonight and experience the unique Advent atmosphere at our 'Winter magic' in the garden! We cordially invite you to enjoy delicious homemade mulled wine, mulled apple mix and our mulled gin - a real highlight! There will also be homemade cookies to snack on as well as Christmas delicacies. Let your evening come to a cosy end with a winter atmosphere and plenty of VIKTORIA Christmas feeling. We look forward to seeing you!
- Time: 4.30 pm - 6:00 pm
- Location: Mulled wine stand in the garden
- Information: Bring your cosy, warm winter jacket!



FITNESS

SAUNA



## WEDNESDAY

11:00-11:45

**Muscle building with  
bodyweight**

16:05-16:45

**Slow flow Pilates**

15:30

**Themed infusion**  
Nightsky

16:00

**Prosecco Peeling**

17:30

**Event infusion**  
Apre-Ski

**New Year's Eve gala menu**

### • LANTERN HIKE

- We meet at reception and take a leisurely walk to St. Kathrein.
- A stunning view rewards your lantern hike and will enhance your holiday feeling.

• **Start:** 9.30 pm at the reception

• **Total walking time:** approx. 50 minutes

• **Return:** approx. 10.30 pm

• **Minimum number of participants:** 4 people

• (only in good weather conditions)

• **Registration:** please register at reception by 7.00 pm  
the day before or via our digital concierge

## 31ST DECEMBER - NEW YEARS EVE

### • SECURE YOUR WINNER LOT!!!

- To take part in our great New Year's Eve raffle, we ask you to draw your personal lot today
- from 7.30 am to 12.00 pm
- at the reception. Great prizes await you!

### • NEW YEAR'S EVE AT HOTEL VIKTORIA

- The New Year's Eve aperitif takes place in the hotel lobby at **6.30 pm** sharp.
- The winners of the New Year's Eve lottery will also be drawn there.
- Please note that the prizes will only be awarded to guests present at the event.

- By **7:15 pm**, we kindly ask all guests to be seated at the table – the New Year's Gala Dinner will begin in the restaurant!
- We kindly ask you to arrive punctually in the dining room.
- The following New Year's Eve party with DJ will take place in the hotel lobby.

- For great and exclusive snapshots there is also a photo box to capture your best moments.



- At **00:05 am**, our grand fireworks display will start, and we will welcome the new year 2025 together.

- At **01:15 am** to refuel, we will serve white sausages, mini pretzels, and goulash soup."

## 1st JANUARY - NEW YEAR

### • THE NEW YEAR BEGINS

- Sleep in a little longer and enjoy our New Year's late riser breakfast until 12.00 am
- The small, fine afternoon snack starts as usual from 2.00 pm.

### • LUMAGICA LIGHT SHOW AT TRAUTTMANSDORFF CASTLE

- Between illusion, mystical light and a magical fairytale castle, the LUMAGICA Merano light park opens its gates in the gardens of Trauttmansdorff Castle. Over 300 impressive light objects await you on a 1.3 kilometre long circular route.

• **Opening hours:** 4.30 pm - 9.00 pm

• **Dates:** 21.11 2024 - 06.01.2025

• **Exception:** 24.12.2024

• **Our tip:** Secure your tickets at a lower price through online pre-sale.

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FITNESS

SAUNA



## THURSDAY

16:05-16:45

**New Year's Workout**

16:30

**Classic Infusion**

17:30

**Event Infusion**  
Queen

18:15

**Honey Peeling**

18:30

**Relax infusion**

**Italian evening**



The old year has quickly  
passed and the new year has  
already begun!

# HAPPY 2026

*We wish you a  
happy new year!*



FITNESS

SAUNA



## FRIDAY

08:30-09:25	<b>Yoga</b>
09:35-10:10	<b>Meditation</b>
11:00-11:45	<b>Cardio &amp; Abs</b>
16:05-16:45	<b>Workout mit Mini-Band</b>
15:30	<b>Bagna infusion</b>
15:30	<b>Themed infusion</b>
	Into the wild
16:30	<b>Event infusion</b>
	Braveheart
18:15	<b>Coffee Peeling</b>
	<b>Starter buffet</b>

## 2nd JANUARY

### CAMPFIRE WITH BREAD ON A STICK AT VIKTORIA

- What would Winter be without a crackling, warming fire?
- An unforgettable holiday experience in a cosy atmosphere.
- A campfire - stick bread and delicious toppings - endless fun.
- Prepare your own stick bread, bake it directly at the campfire and enjoy the festive atmosphere.
- Along with a warm goulash soup, we ensure your comfort and well-being even on cold winter days.
- We are waiting for you!

• **Location:** Restaurant terrace

• **Time:** 2.00 pm - 4.00 pm

• **Information:** Bring your cosy warm winter jacket!

• **No registration required!**

### SAXOPHONE AND PIANO ATMOSPHERES TO START THE NEW YEAR

- Enjoy a musical evening full of atmosphere: our pianist and saxophonist will accompany you with heartfelt live melodies, ensuring a charming start to the new year. Relax at the bar or in the lobby and let the evening come to a close with elegant live music.

• **Time:** 9:00 PM – 11:00 PM

• **Location:** Hotel lobby



FITNESS

SAUNA



## SATURDAY

11:00-11:45	<b>Leg &amp; Glutes Workout</b>
14:35-15:25	<b>Pilates Mobility</b>
16:30	<b>Themed infusion</b>
	Bath of sounds
17:30	<b>Event infusion</b>
	Ötzi the Iceman
18:15	<b>Choccolate-Peeling</b>
18:30	<b>Classic infusion</b>
	<b>Salad buffet</b>

## 3rd JANUARY

### PRESENTATION AND TASTING OF THE HISTORIC SOUTH TYROLEAN SPARKLING WINE

#### CELLAR ARUNDA

- Experience the sparkling quality of South Tyrol's high altitudes with a tasting of the elegant sparkling wines from the Arunda cellar. In the heart of the mountains of Mölten, refined sparkling wines are created using traditional methods, combining freshness, finesse, and craftsmanship. Discover the passion and precision with which Arunda has been transforming the best South Tyrolean grapes into finely sparkling perfection for decades.

• **Location:** Restaurant

• **Time:** 7:00 PM



FITNESS

SAUNA



## SUNDAY

13:20-14:00	<b>Cardio &amp; Stretching</b>
14:05-14:45	<b>Total body Workout</b>
16:30	<b>Classic infusion</b>
17:30	<b>Event infusion</b>
	James Bond 007
18:15	<b>Apple-Cinamon Peeling</b>
18:30	<b>Relax infusion</b>
	<b>Salad buffet</b>

## 4th JANUARY

### MUSIC EVENING IN THE HOTEL LOBBY

- After dinner, we invite you to our music evening!
- Enjoy the engaging beats of our DJ and the fantastic cocktails prepared by our bartenders.
- We look forward to spending an unforgettable evening with you!

• **Time:** 9:00 PM – 11:00 PM

• **Location:** Hotel lobby





FITNESS

SAUNA



## MONDAY

08:30-09:25

Yoga

09:35-10:10

Meditation

16:30	Classic infusion
17:30	Event infusion
	Top Gun
18:15	Lemon-ginger- peeling
18:30	Relax infusion

Dessertbuffet

## 5th JANUARY

## GUIDED WINTER HIKE TO MÖLTNER KASER WITH MRS. VALERIA

We will start together with our hotel shuttle to Hafling Dorf. From there, we will walk to the Leadner Alm and continue on to the Wurzer Alm and then the Möltner Kaser, enjoying the beautiful winter landscape along the way. Afterwards, we will hike back to the hotel.

**Time:** 09:30 AM – 3:00 PM

**Total walking time:** approx. 2.5 hours

**Meeting point:** 09:30 AM in the hotel lobby

**Minimum participants:** 4 people

**Registration:** until 7:00 PM on the previous day at the reception or via our online digital concierge

**Note:** 7 seats are available on our hotel shuttle.  
Dogs are allowed only on request.

## VIKTORIA'S MULLED WINE STAND

Visit us tonight and experience the unique Winter atmosphere at our 'Winter magic' in the garden! We cordially invite you to enjoy delicious homemade mulled wine, mulled apple mix and our mulled gin - a real highlight! There will also be homemade cookies to snack on as well as special delicacies. Let your evening come to a cosy end with a winter atmosphere and plenty of VIKTORIA winter feeling. We look forward to seeing you!

**Time:** 4.30 pm - 6:00 pm

**Location:** Mulled wine stand in the garden

**Information:** Bring your cosy, warm winter jacket!

## 6th JANUARY

## LANTERN HIKE

We meet at reception and take a leisurely walk to St. Kathrein.

A stunning view rewards your lantern hike and will enhance your holiday feeling.

**Start:** 9.30 pm at the reception

**Total walking time:** approx. 50 minutes

**Return:** approx. 10.30 pm

**Minimum number of participants:** 4 people  
(only in good weather conditions)

**Registration:** please register at reception by 7.00 pm the day before or via our digital concierge



FITNESS

SAUNA



## TUESDAY

15:30	HAMAM
16:30	Themed infusion
	Piano
17:30	Event infusion
	Magic schaman
18:15	Orange-turmeric-peeling

South Tyrolean evening

## KNOWLEDGE

## OUR CHILDREN'S PROGRAMME



Our younger guests are welcome to take part in our fantastic children's programme. This is available at reception



INKLUSIVE  
VIKTORIA HIGHLIGHT



No. 9 45°C Herbal Mist  
All our event and themed infusions take place in our 45° KräuterNebel.

You do not need to pre-book for this

No. 10 95°C Haflinger barn sauna  
All our events and themed infusions take place in our 95° Haflinger barn sauna.

You do not need to pre-book for this

No. 27 FitnessWorld  
Our fitness programme takes place in our exercise room (with the exception of yoga and meditation, which take place in the WaldSpa)

Are you looking for a suitable hike, the most beautiful sights or the opening times of our sauna? You can find all this and much more at our online concierge



Your personal concierge