



VIKTORIA

ALPINE SPA RESORT

waldSPA

INKLUSIVE
VIKTORIA HIGHLIGHT



WEEKLY PROGRAMME

08.03.2025 - 15.03.2025

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



Hotel Alpine Spa Resort Viktoria ****s
Falzebenerstraße 9
39010 Hafling - Südtirol
Tel.: +39 0473 279422
E-Mail: info@hotel-viktoria.com

WEEKLY PROGRAMME

SATURDAY



FITNESS

11:00 am - 11:45 am

HIIT Booty & Abs Workout

4:00 pm - 4:45 pm

Yogapilates Flow

SAUNA

3:30 pm **Themed infusion**
Italy

4:30 pm **Themed infusion**
Bath of sounds

5:30 pm **Event infusion**
James-Bond-Skyfall

6:15 pm **Chocolate peeling**

6:30pm **Classic infusion**

Salad buffet

SUNDAY



FITNESS

4:30 pm **Classic infusion**

5:30 pm **Event infusion**
Herbert-Pixner

6:15 pm **Mint-lemon 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

4:30 pm **Classic infusion**

5:30 pm **Themed infusion**
Honey

6:15 pm **Yoghurt-cucumber- scrub**

Dessert buffet

08TH MARCH

ART & CRAFT - WOMEN AND ARTISTIC HANDICRAFTS

- 34 female artists from Merano and the surrounding area exhibit their original works. A Wunderkammer of tradition and modernity, talent, and craftsmanship.
- This is the 6th edition of the festival Women in Art – Meran, Frauen in Szene!, organized by the department with the aim of promoting women and appreciating their talents in various art forms. After music, literature, cabaret, theater, and visual arts, which were chosen in previous editions, artistic craftsmanship has been selected for the 2025 edition.
- The exhibition will take place in meeting rooms 1 and 2 of the Kurhaus (Promenade entrance) and will be **open to visitors from March 8 to 11, 2025, from 10:00 AM to 1:00 PM and from 2:00 PM to 6:00 PM, with free admission.**
- To enrich the program, meetings with some of the artists will be held in the conference hall during the four opening days, where they will reveal the secrets of their art.

09TH MARCH

FASTING SOUP SUNDAY – FOR A GOOD CAUSE

- Enjoy a variety of soups, stockfish gröstl, pasta, a diverse salad buffet, as well as coffee and cake – all for a good cause!
- This event is an initiative of the Catholic Women's Movement in cooperation with the SVP Women's Movement and will be accompanied by musical entertainment.
- Come by and support a valuable project!
- **Time:** 10:00 am - 3:00 pm
- **Location:** Raiffeisenhaus Lana
- Andreas-Hofer-Str. 9, 39011 Lana
- **Contact:** Catholic Women's Movement, 39011 Lana
- **No registration required!**

10TH MARCH

LANTERN WALK

- We meet at the reception and take a leisurely walk to St. Kathrein. A breathtaking view will reward your lantern-lit hike and enhance your holiday spirit.
- **Start:** 9:30 pm at the reception
- **Total walking time:** approx. 50 minutes
- **Return:** approx. 10:30 pm
- **Minimum participants:** 4 people (weather permitting)
- **Registration:** Please sign up by tomorrow at 7:00 PM at the reception or via our digital concierge





TUESDAY

FITNESS

11:00 am - 11:45 am

HIIT Pilates

4:00 pm - 4:45 pm

Yogapilates Flow

SAUNA

4:30 pm **Themed infusion**

WaldSpa-Ritual

5:30 pm **Event infusion**

Magic-Shaman

6:15 pm **Fruit-salt scrub**

6:30 pm **Classic infusion**

South Tyrolean evening



WEDNESDAY

FITNESS

8:00 am - 9:00 am

Water meditation

11:00 am - 11:45 am

Muscle building without equipment

4:00 pm - 4:45 pm

Slow flow Pilates

SAUNA

4:30 pm **Themed infusion**

Into the wild

5:30 pm **Event infusion**

La casa de papel

6:15 pm **Herbal scrub**

Gala dinner



THURSDAY

FITNESS

8:30 am - 9:25 am

Yoga

9:35 am - 10:10 am

Forest Therapy

10:15 am - 11:00 am

Sound bowl meditation

11:15 am - 12:00 pm

Power of breathing

SAUNA

4:30 pm **Themed infusion**

Oldies

5:30 pm **Event infusion**

Queen

6:15 pm **Honey scrub**

Italian evening

11TH MARCH

- **FRESHLY ROLLED: DUMPLING COOKING CLASS AT EICHERNHOF IN VÖRAN**
- Dive into the world of traditional cuisine and learn from expert Elisabeth at the Eichernhof in Vöran! In this workshop, she will show you how to prepare delicious dumplings in the traditional way.
- Together, we will explore the different variations of these beloved dishes and work with fresh ingredients. After cooking together, it's time for the tasting – enjoy the freshly prepared dumplings and savor the variety of flavors. Mmm, so delicious!
- Time: 2pm - 4pm
- Location: Eichernhof, 39010 Vöran
- Registration: Please register by 4 PM on the day before at the Hafling Information Office
- Contact: +39 473279457 or info@hafling.com
- Prices: Adults (10 years and up) € 15.00, children aged 3–9 € 7.00 and children under 3 free of charge

12TH MARCH

- **LAMA AND ALPACA HIKE WITH OUR BREAKFAST WAITRESS RIKI**
- Experience unforgettable moments in nature on a llama and alpaca hike!
- The curious and intelligent animals accompany you through the picturesque landscapes of Vöran and create a relaxed atmosphere away from the noise and hustle and bustle. The hike offers a special connection to nature and the animals.
- Let yourself be inspired by the peace and serenity of the llamas and alpacas and enjoy a break from everyday life!
- **Start:** 14:30 at Lapakafun in Verano
- Vöraner Straße 88, 39010 Verano
- **Duration:** approx. 1.5h- 2h
- **Price:** € 35.00 per person and animal
- € 20,00 per accompanying person from 10 years without animal
- **Bring along:** Good shoes and weatherproof clothing. Dogs are not allowed.
- **Registration:** please register **by 7:00 pm the day before** with Riki in person or at the following telephone number **+39 3402687045**

13TH MARCH

- **LEISURELY HIKE WITH JULIA**
- We will take our private shuttle to Hafling Dorf. From there, we begin our leisurely hike to the “Grüner Baum” in the neighboring village Vöran. If we have enough time, we will enjoy a nice coffee there and return to the hotel by public bus at 1:15pm.
- **Start:** 11:00 am at the reception
- **Hiking time:** approx. 2 hours; 8km and 150-200 meters of elevation gain
- **Minimum participation:** 4 people
- **Maximum participation:** 12 people
- **Registration:** please register at reception by 19:00 the day before or via our digital concierge.
- In case of bad weather, the hike will be canceled.





FRIDAY

11:00-11:45

Cardio

16:00-16:45

Total body Workout

FITNESS

SAUNA

3:30 pm

Banja infusion

4:30 pm

Themed infusion

NightSky

5:30 pm

Event infusion

Iceman - Ötzi

6:15 pm

Coffee scrub

Appetiser buffet

14TH MARCH

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.
- **Time:** 1:00 pm - 4:00 pm
- **Meeting point:** at the start of the toboggan run in Falzeben
- **Location:** Merano 2000 cable car mountain station
- **Contact:** info@meran2000.com or +39 0473 234821
- **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!**



SATURDAY

11:00 am - 11:45 am

HIIT Booty & Abs Workout

4:00 pm - 4:45 pm

Yogapilates Flow

FITNESS

SAUNA

3:30 pm

Themed infusion

Classic

4:30 pm

Themed infusion

Bath of sounds

5:30 pm

Event infusion

Après-ski

6:15 pm

Chocolate peeling

6:30pm

Classic infusion

Salad buffet

15TH MARCH

FARMERS' MARKET IN MITTERLANA

- Visit the Farmers' Market in Mitterlana, where local farmers offer their fresh, homegrown products. Discover a variety of fruits, vegetables, bacon, and sausages – all directly from the producer. A perfect place to enjoy regional specialties and appreciate the quality of the products!
- **Opening hours:** 7:30 am - 1:00 pm
- **Location:** Parking lot Angerweg, Via Bozen, 39011 Lana
- **Contact:** Market Municipality of Lana, 39011 Lana
- **No registration required!**



GOOD TO KNOW



No. 9

45°C KräuterNebel

All of our scrubs take place in our 45°C Herbal Steam. No prior registration is required.

No. 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.

No. 27

FitnessWelt

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