

INKLUSIVE
VIKTORIA HIGHLIGHT



WEEKLY PROGRAMME

19.04.2025 - 26.04.2025

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



Hotel Alpine Spa Resort Viktoria ****s
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WEEKLY PROGRAMME



SATURDAY

FITNESS

11:00 am - 11:45 am
HIIT Booty & Abs Workout
4:00 pm - 4:45 pm
Yogapilates Flow

SAUNA

4:30 pm **Bath of sounds**
5:30 pm **Event infusion**
Fluch der Karibik
6:15 pm **Chocolate scrub**
6:30 pm **Classic infusion**



Salad buffet

19TH APRIL

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



SUNDAY

FITNESS

4:30 pm **Classic infusion**
5:30 pm **Event infusion**
Barman
6:15 pm **Yoghurt-cucumber peeling**
6:30 pm **Relax infusion**

SAUNA



Salad buffet

20TH APRIL

EXHIBITION: THE FUTURE OF TRAVEL

- The exhibition "The Future of Travel" offers a visionary perspective on travel in the 21st century and beyond. Displayed in the stairwell of the Touriseum, it presents possible developments and challenges of future travel through AI-generated images, illustrations, and creative short texts. Visitors are invited to immerse themselves in the diverse scenarios and inspirations of this future world as they ascend the stairs.

Time: 9:00 AM – 7:00 PM

Location: Touriseum – Trauttmansdorff Castle

St.-Valentin-Str. 51A, 39012 Merano

Contact: info@touriseum.com or +39 0473 255655

Admission: € 17.00 per adult

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



Dessert buffet

21ST APRIL

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
4:00 pm - 4:45 pm
Yogapilates flow

4:30 pm **Themed infusion**
Crystallize
5:30 pm **Event infusion**
Magic shaman
6:15 pm **Fruit-scrub**
6:30 pm **Classic infusion**

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
4:00 pm - 4:45 pm
Slow flow Pilates

4:30 pm **Themed infusion**
Piano
5:30 pm **Event infusion**
Hiatamagl
6:15 pm **Herbal scrub**
6:30 pm **Classic infusion**

Gala dinner



FITNESS

SAUNA



THURSDAY

7:30 am - 8:25 am
Yoga
8:35 am - 9:10 am
Forest Therapy

4:30 pm **Classic infusion**
5:30 pm **Event infusion**
James Bond-Skyfall
6:15 pm **Honey-scrub**
6:30 pm **Relax infusion**

Italian evening

22ND APRIL

GUIDED GUEST HIKE WITH CHEFIN VALERIA OVER THE LARCH MEADOWS OF SALTEN

We start at the Schermoos parking lot, which we reach after approximately 25 minutes of driving. From there, the hiking trail leads us to Langfenn, continuing over magnificent larch meadows with splendid views of the Dolomites until we reach Wieserhof. Here, we take a short break before continuing our hike to the village of Verschneid, where we board a bus back to our starting point.

Meeting Point: 9:30 AM at the hotel entrance

Total Walking Time: approx. 3.5 hours

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

Our hotel bus offers 7 seats.

Dogs are allowed only upon request.

23RD APRIL

LLAMA AND ALPACA HIKE WITH OUR BREAKFAST HOST 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!

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

24TH APRIL

SUNRISE YOGA

As the first rays of sunlight bathe the landscape in golden light, the day begins with a truly special experience:

In a peaceful setting, accompanied by the gentle awakening of nature, our experienced yoga instructor Heidi will guide you through soft movements and breathing exercises.

Body, mind, and soul come into harmony – a powerful way to start the day, filled with fresh energy.

Start: 7:30 AM

Duration: 55 minutes

Meeting point: 2nd floor, in our WaldSPA (adults-only area)

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
Cardio
4:00 pm - 4:45 pm
Total body Workout

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

25TH APRIL

MERANO FLOWER FESTIVAL: CONCERT BY MORITZ GAMPER

Singer-songwriter Moritz Gamper not only captivates with his guitar playing and vocals but also with his love for storytelling and creating poetry. Reality and fiction merge in his music. A touch of Delta Blues, a dash of Desert Blues, and a hint of Folk evoke the spirit of his musical idols. Once you meet Moritz in person, it becomes unmistakably clear—you can believe in his music.

Time: 4:00 PM – 7:00 PM

Location: Kurhaus Terrace, Passer Promenade, 39012 Merano

Contact: info@meran.eu or +39 0473 220000

No registration required!



SATURDAY

FITNESS

11:00 am - 11:45 am
HIIT Booty & Abs Workout
4:00 pm - 4:45 pm
Yogapilates Flow

SAUNA

4:30 pm **Bath of sounds**
5:30 pm **Event infusion**
Wild West
6:15 pm **Chocolate scrub**
6:30 pm **Classic infusion**



Salad buffet

26TH APRIL

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!



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).