







# Hirzer's weekly program Active into the summer – DISCOVER HAFLING





# Sunday, 29th June 2025

# Gallop races at the Merano racecourse

Hurdle and flat gallop races at one of the most beautiful racecourses in Europe. A guided tour of the racecourse is offered one hour before the start of the race.

When? Guided tour at 2 pm, racing starts at 3 pm Where? Gampenstraße 140, 39012 Merano

"Herz Jesu Sonntag" the Sacred Heart Fire - fires are lit at dusk throughout South Tyrol.

Culinary highlight: Gala Dinner

# Tuesday, 1st July 2025

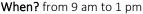
Directly from the farm: Farmers' market in Oberlana

When? from 8 am to 12.30 pm

Where? at the town hall square Lana



# Guided hike to Kleiner Ifinger



Length 8 km | Walking time 5 h | ↑↓ 580 hm Registration required | organised by Merano 2000 Detailed information is available at reception.



#### Guided e-bike tour with Markus

Bike guide Markus takes you by e-bike on forest and woodland paths over the Tschögglberg.

When? from 9.30 am to 1.30 pm

Info & registration by bike guide Markus +39 335 485 500 Detailed information is available at reception.



Herb carousel: Herb garden tour at Eichernhof Erika and Elisabeth from the Eichernhof in Verano provide an insight into thr world of wild and garden herbs.

When? from 10 am to 11.30 am Detailed information is available at reception.



#### Carriage ride with Haflinger horses

Explore the area in a very special way: on a carriage ride with Haflinger horses. | Cancelled in case of rain

When? from 2 pm – 1 hour | Saturday

Where? Riding stable Sulfner, St. Kathrein/Hafling

Info & registration +39 366 6514449



# Boutique Mademoiselle Amélie on Tour

.. Attention all fashion lovers! Tonight from 6.30 pm to 9.30 pm exclusive shopping stand at Hirzer 2781.

# Monday, 30th June 2025

# "Lapakafun" lama & alpaca hike

The small manageable herd, consisting of llamas and alpacas, are the best companions for walks through the nature of Vöran - away from noise and hectic.

When? from 3.30 pm | Wednesday, Friday

Where? below Grüner Baum

Costs: 35.00 € per person and animal, each accompanying person from 10 years without animal 20.00 €

Info & registration at Rikki tel. +39 3402687045 (after 1 pm) In case of bad weather there will be no hike.

Children up to the age of 10 must be accompanied by an adult. Detailed information is available at reception.



# Evening tour of Schloss Schenna Castle

Historically embedded in the history and fortunes of the region.

When? from 9 pm to 10 pm

Where? Schloss Schenna Castle, 39017 Schenna

Info & registration +39 0473 945630

# Wednesday, 2<sup>nd</sup> July 2025



## Sunrise hike to the Kreuzjoch

Admiring the sunrise in the mountains is an unforgettable experience that captures you with its charm.

When? from 4 am to 11.30 am - registration required Length 11.5 km | Walking time 4 h | ↑250 hm ↓ 850 hm | transfer from Hafling & breakfast included | minimum 4 people Detailed information is available at reception.



# Guided hike to the lake Kratzbergersee



When? from 9 am to 1 pm

Length 7.5 km | Walking time 2.5 h | ↑↓ 340 hm Registration required | organised by Merano 2000 Detailed information is available at reception.



# Guided tour & tasting: Arunda sparkling wine cellar Visit to the highest sparkling wine cellar in Europe at an altitude of 1,200 meters.

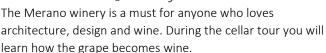


When? from 10 am to 12 pm

Where? Prof.-Josef-Schwarz Straße 18, 39010 Mölten Info & registration Arunda +39 0471 668 033



#### Cellar tour & wine tasting: Winery Meran



When? from 3 pm to 5 pm

Info & registration +39 0473 447137



# Thursday, 3<sup>rd</sup> July 2025



Guided tour with beekeeper Michael: World of the honeybee Learn all sorts of interesting facts about the honeybee; followed by a tasting of honey products

When? from 10 am to 11.30 am

Where? Hafling Oberdorf, Parking Hotel Sonnenheim Detailed information is available at reception.



# Making dumplings at the alpine hut Wurzer Alm

Julian has the right spin: together you will prepare South Tyrolean dumplings - followed by a tasting. Mhm, so yummy...

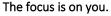
When? from 10.30 am to 12 pm

Info & registration: TV Hafling +39 0473 279 457

Detailed information is available at reception.



# Hatha Yoga session with Heidi Damian

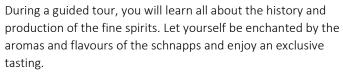


When? from 3.45 pm | about one hour

Where? Hirzer 2781, room for movement & meditation; floor -1 Limited availability - registration at reception within the same day at 10.30 am | to bring: a towel



# Guided tour & tasting: Distillery Schwarz-Brennerei



When? from 5 pm to 7 pm

Where? Schwarz-Brennerei: Möltnerstraße 29, 39010 Mölten

Info & registration +39 340 7621149

# Saturday, 5th July 2025

# Farmers' market in Mitterlana

Directly from the farm: regional products of the best qufality

When? from 7.30 am to 1 pm Where? Parking Angerweg Lana

#### MM – der Meraner Markt

A market entirely dedicated to regionality and sustainability. The ideal spot for a sustainable shopping experience that is local by nature or a voyage of discovery.

When? from 9 am to 1 pm

Where? Upper Freiheitsstraße (near Sandplatz), 39012 Meran



#### Guided city tour of Merano

Ideal for exploring the city: under the guidance of competent city guides, even connoisseurs will discover new things here.

When? from 10 am to 11.30 am | Tuesday

Where? Freiheitsstraße 45, 39012 Meran Costs: 12.00 €; under 12 years free of charge

Info & registration +39 0473 272 000

# Friday, 4th July 2025

# Friday market in Lana

When? from 7.30 am to 12.30 pm

Where? Lorenzer Parkplatz Parking

#### Large Friday market in Meran

When? from 8 am to 1 pm

Where? Piazzale Prader square (near the train station)

#### (€) Ifinger Peak: guided via ferrata tour

One of the most beautiful and scenic ascent routes with 1,000 metres of steel cable - via ferrata Heini Holzer.

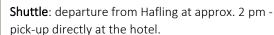
When? from 8.45 am to 3 pm

Info & registration +39 0473 279 457



#### Wine tasting & guided tour: Rametz Castle

Take a guided tour of the Rametz Castle wine estate, the wine museum and the historic cellar.



**Guided tour**: at 2.30 pm until 4.30 pm at Rametz Castle;

afterwards return journey by shuttle Costs: 40.00 € per person (incl. shuttle)

**Info & registration** within the day before 4 pm at the information office Hafling, +39 0473 279 457



# Yoga ON VISTA – on Meran 2000

Time for you - look forward to a yoga session on the mountain in a dreamlike landscape.

When? from 3.15 pm to 4.30 pm

Where? View point Naifjoch VISTA

Detailed information is available at reception.



#### Cellar tour & wine tasting: "Kellerei Meran"

Guided tour of the cellar followed by a tasting of sparkling wine, wine and distillates in the City. Vinothek.

When? from 4.30 pm to 7 pm

Where? City. VInothek Meran

Info & registration +39 0473 448 600



Guided tour & tasting: Distillery Reicheneggerhof guided tour and tasting of fine distillates and liqueurs.

When? from 5 pm to 6 pm

Where? Distillery Reicheneggerhof, Oberlana Info & registration +39 339 3111 1636



Evening tour: Gardens of Trauttmansdorff Castle

When? from 6.30 pm to 8 pm

Where? Plants from Around the World Pavilion

Info & registration +39 0473 255600

Culinary highlight: Symphony of desserts from the buffet



E-mountain bike rental directly at the hotel:

28.00 € per day

Reservation at the reception



Here you can find all the events around Hafling: www.meranerland.org

