

YOUR WEEKLY ACTIVITIES

August 18 - 24, 2025



SPA-ROSA ACTIVITIES

* = Meeting point at SPA-ROSA reception |
Registration one day prior (until 7 pm) | free of charge



KLEINWALSERTAL ACTIVITIES

* = Registration minimum one day prior at the
front desk or at Walserhaus | partly chargeable



IFEN HOTEL ACTIVITIES

* = Registration minimum one day prior
at the front desk | free of charge

MONDAY 08/18/2025	TUESDAY 08/19/2025	WEDNESDAY 08/20/2025	THURSDAY 08/21/2025	FRIDAY 08/22/2025	SATURDAY 08/23/2025	SUNDAY 08/24/2025
7.30 - 11 am IFEN Breakfast	7.30 - 11 am IFEN Breakfast	7.30 - 11 am IFEN Breakfast	7.30 - 11 am IFEN Breakfast	7.30 - 11 am IFEN Breakfast	7.30 - 11 am IFEN Breakfast	7.30 - 11 am IFEN Breakfast
	9.30 am - 12.30 pm Light hiking tour "Osterberg"* with our hiking guide Herbert Meeting point: Lobby			7 am - 7 pm Juppa, Dreischpitz & Korallen An exhibition on the Walser traditional costume in the STERN passage in Riezlern	8 - 9 am Yoga with Veronika* at SPA-ROSA Gym	7 am - 7 pm Juppa, Dreischpitz & Korallen An exhibition on the Walser traditional costume in the STERN passage in Riezlern
9.30 am - 2.30 pm Panoramic hike Walmendingerhorn to Schwarzwassertal* Discover the diversity of life with breathtaking views Meeting point: bottom station Walmendingerhornbahn price: € 35 / person (2-11 participants)	10 am - 2.30 pm Horse-drawn carriage ride* from Ferienhof Hammerer in Hirschegg-Au price: € 30 / pers. (min. 6 pers.)	9 am - 12.30 pm Cheese anyone? Visit to the Bernhard's Gemstetalp at Gemstetalp* incl. visit of old dairy kitchen and small cheese tasting Meeting point: bus stop Gemse, Mittelberg-Bödmern price: € 35 / person	9.30 am - 1.30 pm Family excursion to the alp* How does milk end up in the glass? How come that there are holes in the cheese? Come with us to Bärgunthütte! price: € 30 / person (4-15 participants)	10 am - 3 pm Canyoning* Discover hidden waterfalls, crystal-clear pools, gorges,... Meeting point: Bergschule KWT price: € 108 / person (min. 4 persons)	10 am - 3 pm Canyoning* Discover hidden waterfalls, crystal-clear pools, gorges,... Meeting point: Bergschule KWT price: € 108 / person (min. 4 persons)	
2 - 4 pm Snack / Jause	2 - 4 pm Snack / Jause	2 - 4 pm Snack / Jause	2 - 4 pm Snack / Jause	2 - 4 pm Snack / Jause	2 - 4 pm Snack / Jause	2 - 4 pm Snack / Jause
2 - 3.30 pm Guided tour Heini Klopfer ski jump, Oberstdorf* Meeting: Jump run-out			2 - 3.30 pm Guided tour Heini Klopfer ski jump, Oberstdorf* Meeting: Jump run-out	4.30 - 5 pm Ice sauna infusion „Alpenglow“ at Finnish sauna	4.30 - 5 pm Ice sauna infusion „Mountain sun“ at Finnish sauna	
	5 pm Steam peeling at the steam bath		5 pm Steam peeling at the steam bath	5 pm Steam peeling at the steam bath	5 pm Steam peeling at the steam bath	
				5 - 6 pm Yoga with Veronika* at SPA-ROSA Gym		
6.30 - 9 pm Dinner	6.30 - 9 pm Dinner	6.30 - 9 pm Dinner	6.30 - 9 pm Dinner	6.30 - 9 pm Dinner	6.30 - 9 pm Dinner	6.30 - 9 pm Dinner
				in the evening Live music at the Alpenlounge	in the evening Live music at the Alpenlounge	