

YOUR WEEKLY ACTIVITIES

September 21 - 27, 2026



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 09/21/2026	TUESDAY 09/22/2026	WEDNESDAY 09/23/2026	THURSDAY 09/24/2026	FRIDAY 09/25/2026	SATURDAY 09/26/2026	SUNDAY 09/27/2026
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
10 am – 4 pm Canyoning* Discover hidden waterfalls, crystal-clear pools, gorges, and other incredible natural spectacles along the course of the water. Meeting point: Walser Haus, Hirschegg Price: € 108 / person (4 - 7 participants)	all day long QR code Scavenger hunt "The Old Village" Interactive smartphone scavenger hunt from Mittelberg to Baad. What you need: a smartphone, the free "Actionbound" app, free Wi-Fi (Walserhaus square) and the "start QR code" available from Kleinwalsertal Tourismus at the Walserhaus, Hirschegg.	8 - 9 am Yoga with Veronika* at SPA-ROSA gym	9.30 am – 3.30 pm Advanced E-Bike Tour* Cross-border circular tour with a professional bike guide along some of the most scenic routes through the Walser mountains and the Allgaeu region. Meeting point: Sport Kessler, Riezlern Price: €45 per person (bike not included) E-bikes can be rented in advance. Please reserve early.	9.00 am – 12.30 pm Walser Weekly Market Fresh – special – from the region. Next to Walserhaus, Hirschegg	8 - 9 am Yoga with Veronika* at SPA-ROSA gym	10 am - 3 pm Full-Day Via Ferrata Course for Beginners* Introduction to equipment, footwork, and safety techniques in the climbing garden. In the afternoon, participants will complete the Walser Klettersteig via ferrata on the Kanzelwand. Meeting point: Climbing garden, 500 m before the Ifen valley station, on the right-hand side. Price: €100 / person (4-7 participants)
2 - 4 pm Snack / Jause	2 - 4 pm Snack / Jause	9.30 am - 12.30 pm Guided, light Hiking Tour around Osterberg* with our hiking guide Marion. Meeting point: Lobby	2 - 4 pm Snack / Jause	10 am – 4 pm Canyoning* Discover hidden waterfalls, crystal-clear pools, gorges, and other incredible natural spectacles along the course of the water. Meeting point: Walser Haus, Hirschegg Price: € 108 / person (4 - 7 participants)	1.30 - 2.15 pm PRIMAVERA DIY Workshop "Refreshing Spray"* at SPA-ROSA. Create your own refreshing spray with the essential oils and essences from Primavera. Price: € 15 / person	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 pm Steam peeling at the steam bath	4.30 pm Steam peeling at the steam bath	4.30 pm Steam peeling at the steam bath	4.30 pm Steam peeling at the steam bath	4.30 pm Steam peeling at the steam bath	4.30 pm Steam peeling at the steam bath	4.30 pm Steam peeling at the steam bath
	5.15 - 6.15 pm Sound meditation with Andrea* at SPA-ROSA gym		5 - 6 pm Yin Yoga with Maxi* at SPA-ROSA gym	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	