

YOUR WEEKLY ACTIVITIES

January 19 - 25, 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 01/19/2026	TUESDAY 01/20/2026	WEDNESDAY 01/21/2026	THURSDAY 01/22/2026	FRIDAY 01/23/2026	SATURDAY 01/24/2026	SUNDAY 01/25/2026
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
		8 - 9 am Yoga with Veronika* at SPA-ROSA gym	8.30 - 9 am Aqua Fit with Lenka* at SPA-ROSA indoor pool		9.15 am - 2.15 pm Snowshoe tour cross border* Meeting point: Walserhaus, Hirschegg Price: € 80 / person (from 4 participants)	
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 - 8 pm World's largest "Feuerzangenbowle" Conviviality and a touch of nostalgia at ice rink, Riezlern	1.30 - 4 pm Snowshoe Tour Melköde* Meeting point: Ifen bottom station Price: € 54 / person		2 - 3.30 pm Guided tour Heini Klopfer ski jump, Oberstdorf* Meeting point: Jump run-out	3 - 3.30 pm Ice sauna infusion at Finnish sauna	3 - 3.30 pm Ice sauna infusion at Finnish sauna	2 - 8 pm World's largest "Feuerzangenbowle" Conviviality and a touch of nostalgia at ice rink, Riezlern
3 - 3.30 pm Ice sauna infusion at Finnish sauna	4 - 4.30 pm Ice sauna infusion at Finnish sauna			4 - 4.30 pm Sauna infusion „Alpine Mint“ at Finnish sauna	4 - 4.30 pm Sauna infusion „Summit storm“ at Finnish sauna	3 - 4.30 pm Ice sauna infusion at Finnish sauna
4 - 4.30 pm Sauna infusion „INSUI Special“ at Finnish sauna	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 - 4.30 pm Sauna infusion „Walsertal forest bathing“ at Finnish sauna
4.30 pm Steam peeling at the steam bath	5 - 5.30 pm Ice sauna infusion at Finnish sauna			5 - 5.30 pm Sauna infusion „Winter harmony“ at Finnish sauna	5 - 5.30 pm Sauna infusion „Tranquility of the rocks“ at Finnish sauna	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 Yoga with Veronika* 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
		7 - 9 pm Night Skiing at Kesslerlift Riezlern price: € 19 / adult € 12 / child		in the evening Live music at the Alpenlounge	in the evening Live music at the Alpenlounge	