

YOUR WEEKLY ACTIVITIES

October 20 - 26, 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 10/20/2025	TUESDAY 10/21/2025	WEDNESDAY 10/22/2025	THURSDAY 10/23/2025	FRIDAY 10/24/2025	SATURDAY 10/25/2025	SUNDAY 10/26/2025
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
8.30 - 9 am Aqua Fit with Lenka* at SPA-ROSA indoor pool	9.30 am - 12.30 pm Light hiking tour "Bärgunt Valley"* with our hiking guide Marion Meeting point: Lobby	8 - 9 am Yoga with Alexander* at SPA-ROSA gym	8.30 - 9 am Aqua Fit with Lenka* at SPA-ROSA indoor pool	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 Walmendinger- hornbahn 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 am - 4 pm Around the Widderstein* Alpine day hiking tour around the highest mountain at Kleinwalsertal. Plus a lot of interesting facts about flora and fauna. Meeting point: bus stop Baad price: € 67 / person (4-11 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)	10 am - 3 pm Day via ferrata course* Introduction into material knowledge and techniques at climbing garden; afterwards climb of Walser via ferrata to Kanzelwand summit. Meeting point: climbing garden near Ifen bottom station price: € 100 / person kids from 8 y: € 85 / kid (4-7 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 - 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 „Summit attempt“ 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	
	5.15 - 6.15 pm Sound meditation with Andrea* at SPA-ROSA gym			5 - 6 pm Yoga with Veronika* at SPA-ROSA gym	from 6.30 pm SASCHA & FRIENDS Autumn Edition An exquisite culinary walk-around in a relaxed alpine atmosphere, accompanied by fine wines, cool drinks, and live music performances.	
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 Alpen lounge		