

YOUR WEEKLY ACTIVITIES

February 1 - 8, 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 02/02/2026	TUESDAY 02/03/2026	WEDNESDAY 02/04/2026	THURSDAY 02/05/2026	FRIDAY 02/06/2026	SATURDAY 02/07/2026	SUNDAY 02/08/2026
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			9.15 am - 2.15 pm Snowshoe tour cross border* Meeting point: Walserhaus, Hirschegg Price: € 80 / person (from 4 participants)	
		9.30 am - 12.30 pm Snowshoe Tour* with Marion Meeting Point: Lobby Sturdy Footwear!				
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	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 „INSUI Special“ at Finnish sauna	4 - 4.30 pm Sauna infusion „Forest Bath“ at Finnish sauna	3 - 4.30 pm Ice sauna infusion at Finnish sauna
4 - 4.30 pm Sauna infusion „Summit Storm“ at Finnish sauna	4 - 4.30 pm Ice sauna infusion 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 - 4.30 pm Sauna infusion „Immune Boost“ at Finnish sauna
4.30 pm Steam peeling at the steam bath	4.30 pm Steam peeling at the steam bath				5 - 5.30 pm Sauna infusion „Walsertal Tranquility“ 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	