

YOUR WEEKLY ACTIVITIES

July 7 - 13, 2025



PURIA ACTIVITIES

* = Meeting point at Spa 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 07/07/2025	TUESDAY 07/08/2025	WEDNESDAY 07/09/2025	THURSDAY 07/10/2025	FRIDAY 07/11/2025	SATURDAY 07/12/2025	SUNDAY 07/13/2025
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 through Bärgrüntal** With our hiking guide Marion Meeting point: Lobby	8 - 9 am Yoga with Veronika* at SPA-ROSA Gym	8.30 - 9 am Aqua Fit with Lenka* at SPA-ROSA Indoor pool	9 am - 12.30 pm Walsertal weekly market fresh, special, regional at village square in Hirschegg	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
10 am - 2.30 pm Horse-drawn carriage ride* from Ferienhof Hammerer in Hirschegg-Au price: € 25 / pers.	10 am - 2.30 pm Horse-drawn carriage ride* from Ferienhof Hammerer in Hirschegg-Au price: € 25 / pers.	9.30 - 11.30 am Herbs walk with herbalist Susanne* Get to know wild herbs and get tips for the kitchen and medicine cabinet price: € 15 / person		10 am - 3 pm Canyoning* Discover hidden waterfalls, crystal-clear pools, gorges,... Meeting point: Bergschule KWT price: € 108 / person (min. 4 persons)	from 10 am Discover SPA-ROSA with Jessi & Bernie including refreshing drink and tips at SPA-ROSA	
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 Sauna infusion „Alpine breeze“ at Finnish sauna	4 - 4.30 pm „Aromatic ice“ at Finnish sauna	
	5 pm Steam peeling at the steam bath			5 pm Steam peeling at the steam bath	4.30 pm Steam peeling at the steam bath	
				5 - 6 pm Yoga with Veronika* at SPA-ROSA Gym	5 - 5.30 pm Sauna infusion „fresh & fruity“ at Finnish sauna	
					6 - 6.30 pm Zumba with Lenka* 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	