

# YOUR WEEKLY ACTIVITIES

March 23 - 29, 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 Walsertalhaus | partly chargeable



## IFEN HOTEL ACTIVITIES

\* = Registration minimum one day prior at the front desk | free of charge

MONDAY 03/23/2026	TUESDAY 03/24/2026	WEDNESDAY 03/25/2026	THURSDAY 03/26/2026	FRIDAY 03/27/2026	SATURDAY 03/28/2026	SUNDAY 03/29/2026
<b>7.30 - 11 am</b> IFEN Breakfast	<b>7.30 - 11 am</b> IFEN Breakfast	<b>7.30 - 11 am</b> IFEN Breakfast	<b>7.30 - 11 am</b> IFEN Breakfast	<b>7.30 - 11 am</b> IFEN Breakfast	<b>7.30 - 11 am</b> IFEN Breakfast	<b>7.30 - 11 am</b> IFEN Breakfast
		<b>9.30 am - 12.30 pm</b> Snowshoe Hike with Marion* Meeting point: Lobby	<b>7.15 - 10.30 am</b> „The first“ at Kanzelwand* First on the slopes, including guidance and breakfast at Adlerhorst. Meeting point: Kanzelwandbahn valley station, Riezlern. Price: € 99 / person, ski pass not included.			<b>9.30 am - 3 pm</b> Snowshoe Tour Osterbergalpe* Meeting point: Bergblick der Gasthof, Riezlern Price: € 80 / person (min. 4 participants)
	<b>1.30 - 4 pm</b> Snowshoe Tour Melköde* Meeting point: Snowcompany Shop, Ifen bottom station Price: € 54 / person (min. 4 participants)		<b>1 - 3 pm</b> Exclusive meditation retreat with Andrea* at SPA-ROSA gym An intensive, individu- ally guided experience, bringing body, mind, and soul into harmony. Price: € 49 / person (min. 2 participants)	<b>1.30 - 4 pm</b> Snowshoe Tour Heuberg* Meeting point: Walser Haus, Hirschegg Price: € 54 / person (min. 4 participants)	<b>1.30 - 4 pm</b> Snowshoe Tour Melköde* Meeting point: Snowcompany Shop, Ifen bottom station Price: € 54 / person (min. 4 participants)	
<b>2 - 4 pm</b> Snack / Jause	<b>2 - 4 pm</b> Snack / Jause	<b>2 - 4 pm</b> Snack / Jause	<b>2 - 4 pm</b> Snack / Jause	<b>2 - 4 pm</b> Snack / Jause	<b>2 - 4 pm</b> Snack / Jause	<b>2 - 4 pm</b> Snack / Jause
<b>2 - 3.30 pm</b> Guided tour Heini Klopfer ski jump, Oberstdorf* Meeting point: Jump run- out, Price: € 8,50 / person + entrance fee			<b>2 - 3.30 pm</b> Guided tour Heini Klopfer ski jump, Oberstdorf* Meeting point: Jump run-out, Price: € 8,50 / person + entrance fee			
				<b>4 - 4.30 pm</b> Ice sauna infusion at Finnish sauna	<b>4 - 4.30 pm</b> Ice sauna infusion at Finnish sauna	
<b>4.30 pm</b> Steam peeling at the steam bath	<b>4.30 pm</b> Steam peeling at the steam bath	<b>4.30 pm</b> Steam peeling at the steam bath	<b>4.30 pm</b> Steam peeling at the steam bath	<b>4.30 pm</b> Steam peeling at the steam bath	<b>4.30 pm</b> Steam peeling at the steam bath	<b>4.30 pm</b> Steam peeling at the steam bath
	<b>5.15 - 6.15 pm</b> Sound meditation with Andrea* at SPA-ROSA gym				<b>as of 6.30 pm</b> Culinary Alpine Spring Walking dinner with exquisite tastings and dishes from Kleinwalsertal, with cool drinks, fine wines, and live music in the restaurants	
<b>6.30 - 9 pm</b> Dinner	<b>6.30 - 9 pm</b> Dinner	<b>6.30 - 9 pm</b> Dinner	<b>6.30 - 9 pm</b> Dinner	<b>6.30 - 9 pm</b> Dinner		<b>6.30 - 9 pm</b> Dinner
				<b>in the evening</b> Live music at the Alpenlounge		