

YOUR WEEKLY ACTIVITIES

September 15 - 21, 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 09/15/2025	TUESDAY 09/16/2025	WEDNESDAY 09/17/2025	THURSDAY 09/18/2025	FRIDAY 09/19/2025	SATURDAY 09/20/2025	SUNDAY 09/21/2025
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 "Osterberg"* 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	from 8 am Vihscheid in Kleinwalsertal* An alpine summer is coming to an end for more than 400 animals and their cattle herders. Colourful programme with live music, and fine food at Scheidplatz 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 Hirscheegg-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)	
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 „Power of the rocks“ at Finnish sauna	4.30 - 5 pm Ice sauna infusion „Fresh Walsertal wind“ 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 - 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
				in the evening Live music at the Alpen lounge	in the evening Live music at the Alpen lounge	