Your weekly activities.

November 16 - 22, 2026

Monday 11/16/2026	Tuesday 11/17/2026	Wednesday 11/18/2026	Thursday 11/19/2026	Friday 11/20/2026	Saturday 11/21/2026	Sunday 11/22/2026
7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**
	10:00 a.m. - 4:30 p.m. **On Edmund-Probst-Trail to Freibergseee*** Guided hike along the Edmund-Probst-Trail from Oberstdorf via Waldesruh and Bergkristall to romantic Freibergsee. Return via Schwand back to Oberstdorf. **Registration & Meeting Point:** Oberstdorfhaus, Oberstdorf **Price:** € 50 / person (5 - 20 participants)	8:00 – 9:00 a.m. **Yoga with Veronika*** at SPA-ROSA gym	11:00 a.m. - 1:00 p.m. **Cross-Country Skiing on the Snowfarming Trail** Thanks to modern snowfarming technology excellent trail conditions are provided. The 1,000-metre-long trail offers ideal conditions for cross-country skiing practice, in skating & classic style. **Location:** Nordic Centre Oberstdorf **Price:** € 7 / person (Equipment not included)	11:00 a.m. - 1:00 p.m. **Cross-Country Skiing on the Snowfarming Trail** Thanks to modern snowfarming technology excellent trail conditions are provided. The 1,000-metre-long trail offers ideal conditions for cross-country skiing practice, in skating & classic style. **Location:** Nordic Centre Oberstdorf **Price:** € 7 / person (Equipment not included)	8:00 – 9:00 a.m. **Yoga with Veronika*** at SPA-ROSA gym 1:30 – 2:15 p.m. **PRIMAVERA DIY Workshop "Peeling Scrub"*** at SPA-ROSA. Create your own peeling scrub with the essential oils and essences from Primavera. **Price:** € 15 / person	
2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**
2:00 - 4:00 p.m. **"Discover Oberstdorf"*** Guided, entertaining walking tour of the village, featuring fascinating insights, surprising facts and amusing anecdotes about its history and culture. **Meeting point:** Oberstdorfhaus, Oberstdorf **Registration**: online / free of charge						
4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath
	5:15 – 6:15 p.m. **Sound meditation with Andrea*** at SPA-ROSA gym		5:00 – 6:00 p.m. **Yin Yoga with Maxi*** at SPA-ROSA gym	5:00 – 6:00 p.m. **Yoga with Veronika*** at SPA-ROSA gym		
6:30 p.m. – 9:00 p.m. **Dinner**	6:30 p.m. – 9:00 p.m. **Dinner**	6:30 p.m. – 9:00 p.m. **Dinner**	6:30 p.m. – 9:00 p.m. **Dinner**	6:30 p.m. – 9:00 p.m. **Dinner**	6:30 p.m. - 9:00 p.m. **Dinner**	6:30 p.m. – 9:00 p.m. **Dinner**
				in the evening **Live music** at the Alpenlounge	in the evenening **Live music** at the Alpenlounge	

Declaration:

SPA-ROSA Activities:
* = Meeting point at SPA-ROSA reception registration one day prior (until 7:00 p.m.) usually free of charge

A-ROSA Ifen Hotel Activities:
*** =** Registration minimum one day prior at the front desk | usually free of charge

Kleinwalsertal Activities:
* = Registration minimum one day prior at the front desk, directly at Walserhaus or online | usually at an additional cost

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