

YOUR WEEKLY ACTIVITIES

June 8 - 14, 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 06/08/2026	TUESDAY 06/09/2026	WEDNESDAY 06/10/2026	THURSDAY 06/11/2026	FRIDAY 06/12/2026	SATURDAY 06/13/2026	SUNDAY 06/14/2026
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
	all day long QR code Scavenger hunt "The Old Village" Interactive smartphone scavenger hunt from Mittelberg to Baad. What you need: a smartphone, the free "Actionbound" app, free Wi-Fi in the Kleinwalsertal (Walsertal square) and the "start QR code" available from Kleinwalsertal Tourismus at the Walsertalhaus in Hirschegg.	8 - 9 am Yoga with Veronika* at SPA-ROSA gym		9.00 am - 12.30 pm Walser Weekly Market Fresh-special – from the region. Next to Walsertalhaus, Hirschegg	8 - 9 am Yoga with Veronika* at SPA-ROSA gym	10 am - 3 pm Full-Day Via Ferrata Course for Beginners* Introduction to equipment, footwork, and safety techniques in the climbing garden. In the afternoon, participants will complete the Walser Klettersteig via ferrata on the Kanzelwand. Meeting point: Climbing garden, 500 m before the Ifen valley station, on the right-hand side. Price: €100 / person (4-7 participants)
10 am - 4 pm Canyoning* Discover hidden waterfalls, crystal-clear pools, gorges, and other incredible natural spectacles along the course of the water. Meeting point: Walsertalhaus, Hirschegg Price: € 108 / person (4 - 7 participants)		9.30 am - 12.30 pm Guided, light Hiking Tour along Breitach river* with our hiking guide Marion . Meeting point: Hotel Lobby	1 - 3 pm Exclusive Meditation Retreat with Andrea* at SPA-ROSA gym An intensive, individually guided experience, bringing body, mind, and soul into harmony. Price: € 49 / person (min. 2 participants)	10 am - 4 pm Canyoning* Discover hidden waterfalls, crystal-clear pools, gorges, and other incredible natural spectacles along the course of the water. Meeting point: Walsertalhaus, Hirschegg Price: € 108 / person (4 - 7 participants)	1.30 - 2.15 pm PRIMAVERA DIY Workshop "Fragrance Spray"* at SPA-ROSA. Create your own aroma spray with the essential oils and essences from Primavera. Price: € 10 / person	
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 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	4.30 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
	5.15 - 6.15 pm Sound meditation with Andrea* 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
				in the evening Live music at the Alpenlounge	in the evening Live music at the Alpenlounge	