

YOUR WEEKLY ACTIVITIES

March 9 - 15, 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 03/09/2026	TUESDAY 03/10/2026	WEDNESDAY 03/11/2026	THURSDAY 03/12/2026	FRIDAY 03/13/2026	SATURDAY 03/14/2026	SUNDAY 03/15/2026
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
		8 - 9 am Yoga with Veronika* at SPA-ROSA gym	9.35 am - 2.45 pm Panoramic Snowshoe Tour Gottesacker* Meeting point: Snowcompany Store, Ifen bottom station Price: € 80 / person excl. ski pass (min. 4 participants)	all-day Valley of Sound The music festival that makes the mountains tremble. Experience live acts from a variety of genres on multiple stages and at different locations, in the valley and on the mountain.	all-day Valley of Sound The music festival that makes the mountains tremble. Experience live acts from a variety of genres on multiple stages and at different locations, in the valley and on the mountain.	all-day Valley of Sound The music festival that makes the mountains tremble. Experience live acts from a variety of genres on multiple stages and at different locations, in the valley and on the mountain.
		9.30 am - 12.30 pm Snowshoe Hike with Marion * Meeting point: Lobby				
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
	1.30 - 4 pm Snowshoe Tour Melköde* Meeting point: Ifen bottom station Price: € 54 / person		2 - 3.30 pm Guided tour Heini Klopfer ski jump, Oberstdorf* Meeting point: Jump run-out	4 - 4.30 pm Ice sauna infusion at Finnish sauna	4 - 4.30 pm Ice sauna infusion at Finnish sauna	
4 - 4.30 pm Ice sauna infusion at Finnish sauna	4 - 4.30 pm Sauna infusion „INSUI Special“ at Finnish sauna		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)			
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 - 5.30 pm Ice sauna infusion at Finnish sauna	5 - 5.30 pm Ice sauna infusion at Finnish sauna		4 - 4.30 pm Ice sauna infusion at Finnish sauna	5 - 5.30 pm Sauna infusion „Glacier Breeze“ at Finnish sauna	5 - 5.30 pm Sauna infusion „IFEN Special“ at Finnish sauna	
	5.15 - 6.15 pm Sound meditation with Andrea* at SPA-ROSA gym		4.30 pm Steam peeling at the steam bath	5 - 6 pm Yoga with Veronika* 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
		7 - 9 pm Night Skiing at Kesslerlift Riezlern price: € 19 / adult € 12 / child		in the evening Live music at the Alpenlounge	in the evening Live music at the Alpenlounge	