

YOUR WEEKLY ACTIVITIES

November 3 - 9, 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 11/03/2025	TUESDAY 11/04/2025	WEDNESDAY 11/05/2025	THURSDAY 11/06/2025	FRIDAY 11/07/2025	SATURDAY 11/08/2025	SUNDAY 11/09/2025
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 "Schwarzwassertal" with our hiking guide Marion Meeting point: Lobby		8.30 - 9 am Aqua Fit with Lenka* at SPA-ROSA indoor pool	7 am - 7 pm Juppa, Dreischpitz & Korallen An exhibition on the Walser traditional costume in the STERN passage 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
10 am - 3 pm Canyoning* Discover hidden waterfalls, crystal-clear pools, gorges,... Meeting point: Bergschule KWT price: € 108 / person (min. 4 persons)	10 am - 3 pm Day via ferrata course* Introduction into material knowledge and techniques at climbing garden; afterwards climb of Walser via ferrata to Kanzelwand summit. Meeting point: climbing garden near Ifen bottom station price: € 100 / person kids from 8 y: € 85 / kid (4-7 participants)			10 am - 3 pm Canyoning* Discover hidden waterfalls, crystal-clear pools, gorges,... Meeting point: Bergschule KWT price: € 108 / person (min. 4 persons)	10 am - 3 pm Canyoning* Discover hidden waterfalls, crystal-clear pools, gorges,... Meeting point: Bergschule KWT price: € 108 / person (min. 4 persons)	10 am - 3 pm Day via ferrata course* Introduction into material knowledge and techniques at climbing garden; afterwards climb of Walser via ferrata to Kanzelwand summit. Meeting point: climbing garden near Ifen bottom station price: € 100 / person kids from 8 y: € 85 / kid (4-7 participants)
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	3.30 - 4 pm Ice sauna infusion at Finnish sauna	3.30 - 4 pm Sauna infusion „Walsertal harmony“ at Finnish sauna	2 - 3.30 pm Guided tour Heini Klopfer ski jump, Oberstdorf* Meeting: Jump run-out	4 - 4.30 pm Sauna infusion „Whispering forest“ at Finnish sauna	3 - 3.30 pm Sauna infusion „Alpen glow“ at Finnish sauna	3.30 - 4 pm Ice sauna infusion at Finnish sauna
	5 pm Steam peeling at the steam bath	4.30 - 5 pm Sauna infusion „Strength of roots“ at Finnish sauna		4.30 pm Steam peeling at the steam bath	4 - 4.30pm Ice sauna infusion at Finnish sauna	4.30 - 5 pm Sauna infusion „Forest mist“ at Finnish sauna
	4.30 - 5 pm Sauna infusion „Power of the Alps“ at Finnish sauna		5 pm Steam peeling at the steam bath	5 - 5.30 pm Sauna infusion „Hayflower dream“ at Finnish sauna	4.30 pm Steam peeling at the steam bath	
				5 - 6 pm Yoga with Veronika* at SPA-ROSA gym	5 - 5.30 pm Sauna infusion „Evening breeze“ at Finnish sauna	
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	

Subject to change.