

YOUR WEEKLY ACTIVITIES

December 8 - 14, 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 12/08/2025	TUESDAY 12/09/2025	WEDNESDAY 12/10/2025	THURSDAY 12/11/2025	FRIDAY 12/12/2025	SATURDAY 12/13/2025	SUNDAY 12/14/2025
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	1.30 - 4 pm Snowshoe Tour Melköde* Meeting point: Ifen bottom station Price: € 54 / person (from 4 participants)	8 - 9 am Yoga with Veronika* at SPA-ROSA gym	8 - 9 am Yoga with Veronika* at SPA-ROSA gym			
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 point: Jump run-out			2 - 3.30 pm Guided tour Heini Klopfer ski jump, Oberstdorf* Meeting point: Jump run-out	2 - 8 pm World's largest "Feuerzangenbowle" Conviviality and a touch of nostalgia at ice rink, Riezlern	3 - 6.30 pm Exclusive Mini Retreat with Andrea* Two sessions at 90 min. Yoga & Breathing. Meditation & Mindfulness. at SPA-ROSA gym Price: € 95 per person	2 - 8 pm World's largest "Feuerzangenbowle" Conviviality and a touch of nostalgia at ice rink, Riezlern
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 Ice sauna infusion at Finnish sauna	3 - 3.30 pm Sauna infusion „Citrus Mountain Magic“ at Finnish sauna	3 - 4.30 pm Ice sauna infusion at Finnish sauna
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 - 4.30 pm Ice sauna infusion at Finnish sauna	3.30 pm Steam peeling at the steam bath
				5 - 5.30 pm Sauna infusion „Winter Forest“ at Finnish sauna	4.30 pm Steam peeling at the steam bath	4 - 5 pm Sauna infusion "Peaceful Advent" at Finnish sauna
	5.15 - 6.15 pm Sound meditation with Andrea* at SPA-ROSA gym			5 - 6 pm Yoga with Veronika* at SPA-ROSA gym	5 - 5.30 pm Sauna infusion „Winter Harmony“ at Finnish sauna	5 - 6 pm Concert "Reflective, peaceful Advent" at parish church Riezlern
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	