

YOUR WEEKLY ACTIVITIES

May 11 - 17, 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 05/11/2026	TUESDAY 05/12/2026	WEDNESDAY 05/13/2026	THURSDAY 05/14/2026	FRIDAY 05/15/2026	SATURDAY 05/16/2026	SUNDAY 05/17/2026
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			8 - 9 am Yoga with Veronika* at SPA-ROSA Gym	
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: Walser Haus, Hirschegg Price: € 108 / person (4 - 7 participants)		9.30 am - 12.30 pm Light hiking tour „Schwarzwasserbach“* 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: Walser Haus, Hirschegg Price: € 108 / person (4 - 7 participants)	1.30 - 2.15 pm PRIMAVERA Workshop DIY Fragrance Stick* at SPA-ROSA Create your own aroma stick 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 am 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	