Your weekly activities.

November 2 - 8, 2026

Monday 11/02/2026	Tuesday 11/03/2026	Wednesday 11/04/2026	Thursday 11/05/2026	Friday 11/06/2026	Saturday 11/07/2026	Sunday 11/08/2026
7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**	7:30 – 11:00 a.m. **IFEN Breakfast**
10:00 – 4:00 p.m. **Canyoning*** Discover hidden waterfalls, crystal-clear pools, gorges, and other incredible natural spectacles along the course of the water. **Meeting point:** Walserhaus, Hirschegg **Price:** € 108 / person (4 - 7 participants)	10:00 a.m. – 3:00 p.m. **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)	8:00 – 9:00 a.m. **Yoga with Veronika*** at SPA-ROSA gym 9:30 a.m. – 12:30 p.m. **Guided, light Hiking Tour along Breitach*** with our hiking guide Marion. **Meeting point:** Lobby	10:00 a.m. – 3:00 p.m. **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)	9:00 a.m. – 12:30 p.m. **Walser Weekly Market** Fresh – special – from the region. Next to Walserhaus, Hirschegg 10:00 a.m. – 4:00 p.m. **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)	8:00 – 9:00 a.m. **Yoga with Veronika*** at SPA-ROSA gym 10:00 a.m. – 4:00 p.m. **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)	10:00 a.m. – 3:00 p.m. **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)
2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**	2:00 – 4:00 p.m. **Snack / Jause**
2:00 – 3:30 p.m. **Guided tour Heini Klopfer ski jump, Oberstdorf*** **Meeting point:** Jump run-out			2:00 – 3:30 p.m. **Guided tour Heini Klopfer ski jump, Oberstdorf*** **Meeting point:** Jump run-out		1:30 – 2:15 p.m. **PRIMAVERA DIY Workshop "Body Oil"*** at SPA-ROSA. Create your own body oil with the essential oils and essences from Primavera. **Price:** € 15 / person	
4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath	4:30 p.m. **Steam peeling** at the steam bath
	5:15 – 6:15 p.m. **Sound meditation with Andrea*** at SPA-ROSA gym		5:00 – 6:00 p.m. **Yin Yoga with Maxi*** at SPA-ROSA gym	5:00 – 6:00 p.m. **Yoga with Veronika*** at SPA-ROSA gym		
6:30 p.m. – 9:00 p.m. **Dinner**	6:30 p.m. – 9:00 p.m. **Dinner**	6:30 p.m. – 9:00 p.m. **Dinner**	6:30 p.m. – 9:00 p.m. **Dinner**	6:30 p.m. – 9:00 p.m. **Dinner**	6:30 p.m. - 9:00 p.m. **Dinner**	6:30 p.m. – 9:00 p.m. **Dinner**
				in the evening **Live music** at the Alpenlounge	in the evenening **Live music** at the Alpenlounge	

Declaration:

SPA-ROSA Activities:
* = Meeting point at SPA-ROSA reception registration one day prior (until 7:00 p.m.) usually free of charge

A-ROSA Ifen Hotel Activities:
*** =** Registration minimum one day prior at the front desk | usually free of charge

Kleinwalsertal Activities:
* = Registration minimum one day prior at the front desk, directly at Walserhaus or online | usually at an additional cost

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