

Your weekly activities.

October 19 - 25, 2026

Monday 10/19/2026	Tuesday 10/20/2026	Wednesday 10/21/2026	Thursday 10/22/2026	Friday 10/23/2026	Saturday 10/24/2026	Sunday 10/25/2026
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) 	all day long QR code Scavenger hunt "The Old Village" Interactive smartphone scavenger hunt from Mittelberg to Baad. What you need: a smartphone, the free "Actionbound" app, free Wi-Fi (Walserhaus square) and the "start QR code" available from Kleinwalsertal Tourismus at the Walserhaus, Hirschegg. 	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 around Osterberg* with our hiking guide Marion. Meeting point: Lobby 	9:30 a.m. – 3:30 p.m. Advanced E-Bike Tour* Cross-border circular tour with a professional bike guide along some of the most scenic routes through the Walser mountains and the Allgäu region. Meeting point: Sport Kessler, Riezern Price: € 45 per person (bike not included) E-bikes can be rented in advance. Please reserve early. 	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 "Fragrance Stick"* at SPA-ROSA. Create your own fragrance stick 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 	from 6:30 p.m. Sascha & Friends. Autumn Edition. An exquisite culinary walk-around in a relaxed alpine atmosphere.	
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	Eight exclusive Chefs present finest food.	6:30 p.m. – 9:00 p.m. Dinner
				in the evening Live music at the Alpenlounge 	Accompanied by fine wines, cool drinks and live music performances. 	

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