

# YOUR WEEKLY ACTIVITIES

November 11 -17, 2024



## 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<br>11/11/2024                                                                                                                                   | TUESDAY<br>11/12/2024                                                                                                                                  | WEDNESDAY<br>11/13/2024                                                                                                                                                  | THURSDAY<br>11/14/2024                                                                                                                                 | FRIDAY<br>11/15/2024                                                                                                                                   | SATURDAY<br>11/16/2024                                                                                                                                 | SUNDAY<br>11/17/2024                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>7.30 - 11 am</b><br>IFEN Breakfast                                                                                                                  | <b>7.30 - 11 am</b><br>IFEN Breakfast                                                                                                                  | <b>7.30 - 11 am</b><br>IFEN Breakfast                                                                                                                                    | <b>7.30 - 11 am</b><br>IFEN Breakfast                                                                                                                  | <b>7.30 - 11 am</b><br>IFEN Breakfast                                                                                                                  | <b>7.30 - 11 am</b><br>IFEN Breakfast                                                                                                                  | <b>7.30 - 11 am</b><br>IFEN Breakfast                                                                                                                  |
| <b>7 am - 7 pm</b><br>Juppa, Dreischpitz<br>& Korallen<br>An exhibition on the<br>Walser traditional<br>costume in the<br>STERN passage<br>in Riezlern | <b>7 am - 7 pm</b><br>Juppa, Dreischpitz<br>& Korallen<br>An exhibition on the<br>Walser traditional<br>costume in the<br>STERN passage<br>in Riezlern | <b>7 am - 7 pm</b><br>Juppa, Dreischpitz<br>& Korallen<br>An exhibition on the<br>Walser traditional<br>costume in the<br>STERN passage<br>in Riezlern                   | <b>7 am - 7 pm</b><br>Juppa, Dreischpitz<br>& Korallen<br>An exhibition on the<br>Walser traditional<br>costume in the<br>STERN passage<br>in Riezlern | <b>7 am - 7 pm</b><br>Juppa, Dreischpitz<br>& Korallen<br>An exhibition on the<br>Walser traditional<br>costume in the<br>STERN passage<br>in Riezlern | <b>7 am - 7 pm</b><br>Juppa, Dreischpitz<br>& Korallen<br>An exhibition on the<br>Walser traditional<br>costume in the<br>STERN passage<br>in Riezlern | <b>7 am - 7 pm</b><br>Juppa, Dreischpitz<br>& Korallen<br>An exhibition on the<br>Walser traditional<br>costume in the<br>STERN passage<br>in Riezlern |
| <b>10 am - 2.30 pm</b><br>Horse-drawn<br>carriage ride*<br>from Ferienhof<br>Hammerer in<br>Hirschegg-Au<br>price: € 25 / pers.                        | <b>10 am - 2.30 pm</b><br>Horse-drawn<br>carriage ride*<br>from Ferienhof<br>Hammerer in<br>Hirschegg-Au<br>price: € 25 / pers.                        | <b>11 am - 2.30 pm</b><br>Special mode<br>Fellhornbahn<br>to station<br>Schlappoldsee<br>(Bergbahn unlimited<br>not valid, only in<br>appropriate weather<br>conditions) |                                                                                                                                                        | <b>8 - 9 am</b><br>Yoga with Veronika*<br>at SPA-ROSA gym                                                                                              | <b>9 am - 3 pm</b><br>Special mode<br>Breitachklamm<br>Explore the deepest<br>rocky gorge in Europe.<br>(only in appropriate<br>weather conditions)    | <b>9 am - 3 pm</b><br>Special mode<br>Breitachklamm<br>Explore the deepest<br>rocky gorge in Europe.<br>(only in appropriate<br>weather conditions)    |
| <b>2 - 4 pm</b><br>Snack / Jause                                                                                                                       | <b>2 - 4 pm</b><br>Snack / Jause                                                                                                                       | <b>2 - 4 pm</b><br>Snack / Jause                                                                                                                                         | <b>2 - 4 pm</b><br>Snack / Jause                                                                                                                       | <b>2 - 4 pm</b><br>Snack / Jause                                                                                                                       | <b>2 - 4 pm</b><br>Snack / Jause                                                                                                                       | <b>2 - 4 pm</b><br>Snack / Jause                                                                                                                       |
|                                                                                                                                                        |                                                                                                                                                        |                                                                                                                                                                          |                                                                                                                                                        |                                                                                                                                                        | <b>5 - 6 pm</b><br>Yoga with Alexander*<br>at SPA-ROSA gym                                                                                             |                                                                                                                                                        |
|                                                                                                                                                        |                                                                                                                                                        |                                                                                                                                                                          |                                                                                                                                                        |                                                                                                                                                        | <b>5.30 - 6 pm</b><br>Sauna infusion<br>"Winter freshness"<br>at the Finnish sauna                                                                     |                                                                                                                                                        |
|                                                                                                                                                        | <b>5 pm</b><br>Steam peeling<br>at the steam bath                                                                                                      |                                                                                                                                                                          |                                                                                                                                                        | <b>6.30 pm</b><br>Steam peeling<br>at the steam bath                                                                                                   | <b>6 pm</b><br>Steam peeling<br>at the steam bath                                                                                                      |                                                                                                                                                        |
|                                                                                                                                                        |                                                                                                                                                        |                                                                                                                                                                          |                                                                                                                                                        |                                                                                                                                                        | <b>6.30 - 7 pm</b><br>Sauna infusion<br>"Relax"<br>at the Finnish sauna                                                                                |                                                                                                                                                        |
| <b>6.30 - 9 pm</b><br>Dinner                                                                                                                           | <b>6.30 - 9 pm</b><br>Dinner                                                                                                                           | <b>6.30 - 9 pm</b><br>Dinner                                                                                                                                             | <b>6.30 - 9 pm</b><br>Dinner                                                                                                                           | <b>6.30 - 9 pm</b><br>Dinner                                                                                                                           | <b>6.30 - 9 pm</b><br>Dinner                                                                                                                           | <b>6.30 - 9 pm</b><br>Dinner                                                                                                                           |
|                                                                                                                                                        |                                                                                                                                                        |                                                                                                                                                                          |                                                                                                                                                        | <b>in the evening</b><br>Live music<br>at the Alpenlounge                                                                                              | <b>in the evening</b><br>Live music<br>at the Alpenlounge                                                                                              |                                                                                                                                                        |