

Friday, 15.03.2024

Exhibition "Tom Vau - The Fragmentation of the Mountains"

Exhibition "Tom Vau - The Fragmentation of the Mountains"

In this project "The Fragementation of the Mountains", the Arlberg with all its alpine diversity and its roughness but also soft silhouettes are depicted as line drawings and painted fragments. Hence all elevations appear altered, in an artificial but formal language, creating new perspectives on the respective landscape.

Exhibition dates: until the end of the winter season 23/24

Opening hours: daily Where: Hotel madlochBlick

Contact: info@thomasvau.com, +43 650 6436089

08:00 Morning activation

Loose movement of all joints and activation of the circulation as a morning routine and injury prophylaxis.

When: Tuesday and Friday 08:00 to 08:30

Prices:

Block for 10 units € 95

1 unit € 15

Open classes for quests, locals and employees

Location: Physio Lech in the sanatorium in Oberstubenbach

Please register under: +43 5583 229490 or info@rhomberg-physio.at

08:30 - 09:30 Yoga at BURG Hotel

Good Morning Yoga Price per person: € 25

Registration at: info@burghotel-lech.com or +43 5583 2291

Monday, Tuesday, Wednesday, Thursday, Friday & Saturday from 08:30 - 09:30 am

Location: BURG Hotel, Oberlech

09:00 - 10:00 Qi Gong at Hotel Kristberg

Relaxing Qi Gong at the Hotel Kristberg with Gabi Laritz

When: Friday from 09:00 -10:00 am

Cost: € 15 Euro per person

Registration at: office@hotel-kristberg.at

Where: Hotel Kristberg

14:00 Manufactory Lech

Original products made in Lech Opening hours: 2 pm - 5 pm Where: Raiffeisenbank Lech

14:30 BURG ice bar party with DJ

We know how to celebrate a roaring party - and our ice bar is the place to be in Oberlech.

Where: BURG Hotel Oberlech

When: 2.30 pm - 7 pm

Good to know: If you want to secure a lounge at our bar, you should book in advance.

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Reservation: info@burghotel-lech.com , +43 5583 2291



Friday, 15.03.2024

15:00 - 18:00 Exhibition Lechmuseum - BLITZBLANK! From cleaning - inside, outside, everywhere

An exhibition in two locations about cleaning as a cultural technique and about an extra-clean world!

Lech Museum and FMH Women's Museum Hittisau

02.12.2023 until 21.04.2024 Thursday - Sunday, 3 - 6 pm Admission: voluntary donation

Guided tours available by appointment: museum@gemeinde.lech.at or +43 5583 2213 240

Location: Lechmuseum Huber-Hus

15:00 - 18:00 Frosty Fridays at the Schneggarei

Frosty Fridays - Aprés-Ski Party - at the Schneggarei

From 3 pm to 6 pm Where: Schneggarei

16:00 Aprés Ski with live musice

PREVIEW, RESERVE, FLIP OUT - It's starting again. You can't miss it! Legendary après-ski party with Andy Joseph at Zürserl Ski Lounge.

Information: office@edelweiss-arlberg.at or +435583 2662

Time: from 4 pm

Where: Zürserl at Hotel Edleweiss, Zürs

16:30 - 17:30 Rotary Club at Hotel Post

Lecture by Simon Burtscher-Mathis

The Children's Village idea - the history and future of civic solidarity

Time: 4.30 pm Free admission

Where: Hotel Post, Lech

17:00 - 19:00 ART COCKTAIL AT KUNSTRAUM ZUG

ART COCKTAIL AT KUNSTRAUM ZUG on the occasion of the exhibition Aldo Bakker "SPECIFIC

OBJECTS"

When: Friday, 15.03.2024 | 5 pm

No admission/no advance registration/no limit

Where: KUNSTRAUM ZUG

17:00 Curling at the Monzabon ice rink

Curling at Jagdhaus Monzabon

Booking required under: +43 5583 2104

When: from 05:00pm-06:00pm and 06:00pm-07:00pm

Where: Jagdhaus Monzabon, Lech



Friday, 15.03.2024

Pop up Dinner with Mochi "Japan with regional ingredients" x Jürgen Trummer

Not only the Arlberg but also good food unites. And that's why we are delighted to welcome Tobi, Eddi and the Mochi Family together with Jürgen Trummer to the Rote Wand! An unforgettable evening awaits you in the Friends and Fools Lounge with the best Japanese food by Mochi and wine by Jürgen Trummer.

Mochi, founded by Eddi, Nicole, Tobi & Sandra, combines traditional Japanese cuisine with European and international influences. Sushi and sashimi, tapas, karaage (fried food), yakitori (grilled skewers) and robata (grilled dishes) are served in the middle of the table to share, just like at a friend's house.

Price: € 180 incl. aperitif, menu & wine accompaniment

Time: 6.30 pm

18:30

Book now: gasthof@rotewand.com

Saturday, 16.03.2024

Exhibition "Tom Vau - The Fragmentation of the Mountains"

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In this project "The Fragementation of the Mountains", the Arlberg with all its alpine diversity and its roughness but also soft silhouettes are depicted as line drawings and painted fragments. Hence all elevations appear altered, in an artificial but formal language, creating new perspectives on the respective landscape.

Exhibition dates: until the end of the winter season 23/24

Opening hours: daily Where: Hotel madlochBlick

Contact: info@thomasvau.com, +43 650 6436089

Sake Bömble and Happy Asian Gut feeling

Mochi goes on tour in the west

From the Rote Wand - Friends & Fool Lounge on (15 & 18 March) to the Yurte in Lech (16 & 17 March), where you can enjoy smashed burgers, mochi fried chicken and much more. As a nightcap, there will be a special Sake Bömble

08:30 - 09:30 Yoga at BURG Hotel

Good Morning Yoga Price per person: € 25

Registration at: info@burghotel-lech.com or +43 5583 2291

Monday, Tuesday, Wednesday, Thursday, Friday & Saturday from 08:30 - 09:30 am

Location: BURG Hotel, Oberlech

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Guided tours available by appointment: museum@gemeinde.lech.at or +43 5583 2213 240

Location: Lechmuseum Huber-Hus



Saturday, 16.03.2024

18:30 - 19:30 Relax Yoga & Sound

Price per person: € 25

When: Tuesday, Thursday & Saturday from 6.30 pm - 7.30 pm Registration: info@burghotel-lech.com or +43 5583 2291

Where: BURG Hotel, Oberlech

22:00 Jungle fever at the Zürserl

Every Saturday from 22:00 to 01:00 there is Jungle fever in the new Zürserl with changing DJ's.

Where: Zürserl

Sunday, 17.03.2024

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Football Congress Summit Talks

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Day and multi-day tickets can be booked at: https://fussballkongress.com/gipfelgespraeche-tickets/ Program: https://fussballkongress.com/gipfelgespraeche-programm/

Meisterstrasse in Residence

MEISTERSTRASSE IN RESIDENCE CRAFTS POP-UP LECH ZÜRS BUILDING BRIDGES between Austria and the world's best crafts

When: March 17 - March 31, 2024

Time: from 4 pm

Sake Bömble and Happy Asian Gut feeling

Mochi goes on tour in the west

From the Rote Wand - Friends & Fool Lounge on (15 & 18 March) to the Yurte in Lech (16 & 17 March), where you can enjoy smashed burgers, mochi fried chicken and much more. As a nightcap, there will be a special Sake Bömble



Sunday, 17.03.2024

12:00 The Rud-Alpe invites you to a morning pint!

The Rud-Alpe invites you to a morning pint! On Sunday, 17 March 2024, from 12:00 noon, we warmly welcome the brass band "BlechMal8" to an atmospheric morning pint at our rustic Rud-Alpe. Secure your place and reserve a table at https://rud-alpe.simply-olivia.restaurant/reservations/ger/wellcome

For further information about the event, please contact us on +43 5583 41825. Find out more about the band on their Facebook page: https://www.facebook.com/blechmalacht/

We look forward to a sociable and fun afternoon with you here at the Rud-Alpe!

14:30 BURG ice bar party with DJ

We know how to throw a great party - and our ice bar is the place to be in Oberlech.

Where: BURG Hotel Oberlech

When: 2.30 pm - 7 pm

Good to know: If you want to secure a lounge at our bar, you should book in advance.

Reservation: info@burghotel-lech.com, +43 5583 2291

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Guided tours available by appointment: museum@gemeinde.lech.at or +43 5583 2213 240

Location: Lechmuseum Huber-Hus

15:00 KUNSTRAUM ZUG

Katia and Gerold Schneider have established a new exhibition space in the Zug part of Lech. In this year the exhibition features a collection of pouring vessels, displayed at the Kunstmuseum in The

Hague in 2022, alongside larger objects in wood.

Details: www.almhof.at/en/kunstraumzug

Opening hours: Thursday, Friday, Sunday from 3pm - 6pm or by appointment

Location: Zug

17:00 5 o'clock Champagne in the Edelweiss Bar

Every Sunday there is a 5 o'clock Champagne in the Edelweiss Bar in Zürs - Piano by Christof

Waibel.

Where: Edelweiss Bar, Zürs

Beginning: 5 pm





Monday, 18.03.2024

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Day and multi-day tickets can be booked at: https://fussballkongress.com/gipfelgespraeche-tickets/Program: https://fussballkongress.com/gipfelgespraeche-programm/

Meisterstrasse in Residence

MEISTERSTRASSE IN RESIDENCE CRAFTS POP-UP LECH ZÜRS BUILDING BRIDGES between Austria and the world's best crafts

When: March 17 - March 31, 2024

Time: from 4 pm

08:30 - 09:30 Yoga at BURG Hotel

Good Morning Yoga Price per person: € 25

Registration at: info@burghotel-lech.com or +43 5583 2291

Monday, Tuesday, Wednesday, Thursday, Friday & Saturday from 08:30 - 09:30 am

Location: BURG Hotel, Oberlech

08:30 - 09:30 Yoga at Hotel Goldener Berg

From 08.30 - 09.30 am Price per person: € 25

Registration at: happy@goldenerberg.at



Monday, 18.03.2024

12:00 Meditation at Goldener Berg

A guided meditation is a wonderful way to relax, calm the mind and find inner peace. In 30 minutes, we will take a journey together towards inner peace and mindfulness.

We will concentrate on our breathing, our thoughts and our bodies.

Depending on the focus of the meditation, various breathing techniques, visualisations and exercises will be used.

All you need is comfortable clothing and your meditation cushion.

Start: 12:00

Price: € 25,- per person

Registration: happy@goldenerberg.at

14:00 Manufactory Lech

Original products made in Lech Opening hours: 02:00pm-05:00pm Where: Raiffeisenbank Lech

15:00 Anja Löhning Highest Vision

On holiday, your "Highest Vision" is created out of joy and lightness. It therefore also carries these signs

signs.

Wouldn't it be wonderful to immerse yourself in your ideal life and take some of it home with you

from your holiday? Participation fee 30,--€

Where: Hotel Goldener Berg, Oberlech

Start: 3 pm or 5 pm depending on weather and interest

Registration: happy@goldenerberg.at

15:30 DJ at Thurnher's Alpenhof

If the weather is fine, our event will take place outdoors; if the weather is bad, you can have fun in the bar.

Enjoy the relaxed atmosphere with DJ music at Thurnhers Alpenhof.
We look forward to spending unforgettable Monday afternoons with you!

Where: Thurnher's Alpenhof, Zürs

When: from 03:30 pm

16:00 Alpakawanderung

Alpaca trekking with Adriana on Monday and Thursday!

Together with Adriana from the Adlerhof, alpaca treks are organised every Monday and Thursday.

Start: 16:00 (in bad weather the hike does not take place)

Duration: approx. 50 - 60 minutes

Max. 8 people -Registration under: 0664 1480698 by Whatsapp or telephone, or by e-mail:

adlerhof.lech@gmx.at

More information about trekking, reservations and the Adlerhof can be found at: www.adlerhof-

lech.at

Meeting point: Adlerhof in Lech





Monday, 18.03.2024

16:00 - 17:00 Relaxyoga im Kristberg

Yoga at Hotel Kristberg with Christiane Zimmermann

Every Monday Relaxyoga from 4 pm - 5 pm

Every Wednesday ski yoga from 8.30 am - 9.30 am

Costs: € 15 Euro per person

Registration: office@hotel-kristberg.at

Where: Hotel Kristberg

17:00 Curling at the Monzabon ice rink

Curling at Jagdhaus Monzabon

Booking required under: +43 5583 2104

When: from 05:00pm-06:00pm and 06:00pm-07:00pm

Where: Jagdhaus Monzabon, Lech

18:30 Gastro event with Mochi "Japan with regional ingredients" x Jürgen Trummer

Because most people who work in the catering industry are busy on Friday, there will be an additional date for them on Monday, 18 March 2024. Not only the Arlberg, but also good food connects people. And that's why we're delighted to welcome Tobi, Eddi and the Mochi Family together with Jürgen Trummer to the Rote Wand! An unforgettable evening awaits you in the Friends and Fools Lounge with the best Japanese food by Mochi and wine by Jürgen Trummer.

Exclusively for catering professionals & locals

Price: € 125 incl. aperitif, menu & wine accompaniment

Time: 6.30 pm

Book now: gasthof@rotewand.com

19:00 Functional Training

A core element of functional training is the improvement of core stability and coordination as a foundation for injury-free strength training.

Registration at: +43 5583 229490 oder info@rhomberg-physio.at

Prices: Block for 10 units € 95

for 1 unit € 15

Location: Physio Lech in the Dr. Rhomberg Sanatorium, Oberstubenbach

19:00 Mountain Flow: Monday Evening Yoga

Let's explore the harmony of asanas, breath guidance, visualization, embodied awareness, and meditation together. Take a break from the hectic routine and join us for Monday Evening Yoga at madlochBlick. You'll be guided through a gentle yet energizing yoga flow that will help you release stress and rediscover your inner balance. Whether you're an experienced yogi or trying yoga for the first time, our classes are suitable for all levels. We look forward to welcoming you to our Monday Evening Yoga in the mountains.

When: Monday, 7pm Where: Hotel madlochBlick

Drop-In: € 20 Block of 10: € 175



Monday, 18.03.2024

20:30 Moon ritual

The Moonlight Ritual: A Journey to Inner Balance Welcome to an inspiring 60-minute moon ritual that will take you on a transformative journey of self-reflection and inner balance. This ritual combines breathing meditation, journaling and a short yoga practice to deepen your connection to the moon and your inner self.

Price: € 25,- per person

Registration until 07.00 pm the day before at +43 5583 2205

Location: Hotel Goldener Berg, Oberlech

Tuesday, 19.03.2024

Exhibition "Tom Vau - The Fragmentation of the Mountains"

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In this project "The Fragementation of the Mountains", the Arlberg with all its alpine diversity and its roughness but also soft silhouettes are depicted as line drawings and painted fragments. Hence all elevations appear altered, in an artificial but formal language, creating new perspectives on the respective landscape.

Exhibition dates: until the end of the winter season 23/24

Opening hours: daily Where: Hotel madlochBlick

Contact: info@thomasvau.com, +43 650 6436089

Football Congress Summit Talks

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Day and multi-day tickets can be booked at: https://fussballkongress.com/gipfelgespraeche-tickets/Program: https://fussballkongress.com/gipfelgespraeche-programm/

Meisterstrasse in Residence

MEISTERSTRASSE IN RESIDENCE CRAFTS POP-UP LECH ZÜRS BUILDING BRIDGES between Austria and the world's best crafts When: March 17 - March 31, 2024

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Time: from 4 pm





Tuesday, 19.03.2024

08:00 Morning activation

Loose movement of all joints and activation of the circulation as a morning routine and injury

prophylaxis.

When: Tuesday and Friday 08:00 to 08:30

Prices:

Block for 10 units € 95

1 unit € 15

Open classes for guests, locals and employees

Location: Physio Lech in the sanatorium in Oberstubenbach

Please register under: +43 5583 229490 or info@rhomberg-physio.at

08:30 - 09:30 Yoga at BURG Hotel

Good Morning Yoga Price per person: € 25

Registration at: info@burghotel-lech.com or +43 5583 2291

Monday, Tuesday, Wednesday, Thursday, Friday & Saturday from 08:30 - 09:30 am

Location: BURG Hotel, Oberlech

14:00 Manufactory Lech

Original products made in Lech Opening hours: 2 pm - 5 pm Where: Raiffeisenbank Lech

15:30 Whisky tasting

Whisky lovers can explore the world of fine vintages in the Schlegelkopf restaurant at the Johnnie Walker Whisky Lounge in the presence of an expert. Furthermore, you'll enjoy the brillian view over

Lech.

Meeting point: Schlegelkopf Restaurant-Bar, Tuesday at 15:30 h

Price: Three package options available ranging from € 30 to € 80 (not including funicular pass)

Booking: Schlegelkopf Restaurant-Bar before 12 pm +43 (0) 5583 30884

18:00 Frauenpower vom Arlberg

The two young women from Arlberg, Nina Gigele and Carina Strolz, share a passion for skiing. This has resulted in two different ideas that they have realised. Nina Gigele has published the travel guide "Inside the Arlberg". Carina Strolz has founded her own fashion label and produces handmade made-to-measure ski fashion. On Tuesday, 19 March 2024 at 18:00 at Raiffeisenbank Lech, the two

will give insights into their work. Admission is free!

Where: Raiffeisenbank Lech

Time: 6 pm



Tuesday, 19.03.2024

18:30 Dinner Masterclass Fermentation

This winter there will once again be a weekly fermentation masterclass with Jamie Unshelm, head of the Rote Wand Culinary Labs. He will introduce you to topics such as koji (shoyu/soy sauces, miso, vegetarian charcuterie), lactofermentation (kimchi, sauerkraut, etc.) and kombucha/vinegar (using wild herbs collected in the summer). Tips on zero waste & utilization of the entire product in the kitchen included. Jamie will then conjure up a multi-course menu to match the theme!

Every Tuesday

Price: € 120 (masterclass & menu), € 49 wine accompaniment

Start: 6.30 pm

Registration: gasthof@rotewand.com

18:30 - 19:30 Relax Yoga & Sound

Price per person: € 25

When: Tuesday, Thursday & Saturday from 6.30 pm - 7.30 pm Registration: info@burghotel-lech.com or +43 5583 2291

Where: BURG Hotel, Oberlech

18:30 Skyspace-Lech tour

During the 50-minute guided tour, including a light show, you will learn everything about this special

work of art by James Turell

Price: € 15,- per person, shuttle taxi € 10,-

Tickets: https://www.lechzuers.com/en/culture-and-lifestyle/experiences/experiences

Location: Skyspace-Lech

Wednesday, 20.03.2024

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Wednesday, 20.03.2024

Meisterstrasse in Residence

MEISTERSTRASSE IN RESIDENCE CRAFTS POP-UP LECH ZÜRS

BUILDING BRIDGES between Austria and the world's best crafts

When: March 17 - March 31, 2024

Time: from 4 pm

08:30 - 09:30 Skiyoga im Kristberg

Yoga at Hotel Kristberg with Christiane Zimmermann

Every Monday Relaxyoga from 4 pm - 5 pm

Every Wednesday ski yoga from 8.30 am - 9.30 am

Costs: € 15 Euro per person

Registration: office@hotel-kristberg.at

Where: Hotel Kristberg

08:30 - 09:30 Yoga at BURG Hotel

Good Morning Yoga Price per person: € 25

Registration at: info@burghotel-lech.com or +43 5583 2291

Monday, Tuesday, Wednesday, Thursday, Friday & Saturday from 08:30 - 09:30 am

Location: BURG Hotel, Oberlech

08:30 - 09:30 Yoga at Hotel Goldener Berg

From 08.30 - 09.30 am Price per person: € 25

Registration at: happy@goldenerberg.at

12:00 - 17:00 DJ Sundowner at the sun terrace of Hotel Arlberg

Together with DJ Chris Kent and the Mont Collectif, the Hotel Arlberg organizes a DJ event on the sun terrace every Wednesday in February and March.

From 12 p.m. to 5 p.m., cool beats accompany guests on what is probably the most beautiful terrace in the village.

Every Wednesday in February & March – only with good weather

When: From 12 p.m. to 5 p.m

Location: Sun terrace of Hotel Arlberg, Lech External guests are warmly welcome.

14:30 BURG ice bar party with DJ

We know how to throw a great party - and our ice bar is the place to be in Oberlech.

Where: BURG Hotel Oberlech

When: 2.30 pm - 7 pm

Good to know: If you want to secure a lounge at our bar, you should book in advance.

Reservation: info@burghotel-lech.com, +43 5583 2291



Wednesday, 20.03.2024

16:00 Live Music at Arlberghaus Hotel

Live music with Wolfgang Frank every Wednesday!

Where: in the Karls, Arlberghaus Zürs

When: from 04:00pm

17:30 Nervus Vagus Training

With amazingly simple, practical exercises - and without physical exertion - your nervous system can be switched from stress, fight or flight to relaxation and regeneration. This can improve blood pressure, digestion, sleep quality, vision and perceived calmness. This sometimes happens within just a few minutes. The vagus nerve, which makes this possible, is therefore often referred to today

as the "self-healing nerve". You can find out how this works here.

Where: Hotel madlochBlick

Start: 17:30 - 18:20

Registration: hotel@madlochblick.at

19:00 Strech & Relax

Stretch & Relax

In this session we aim to stretch and relax the body and improve flexibility.

When: Wednesday 19:00 to 19:45

Prices: Block for 10 units € 95, 1 session € 15 Open classes for guests, locals and employees

Location: Physio Lech in the sanatorium in Oberstubenbach

Please register under: +43 5583 229490 or info@rhomberg-physio.at

21:30 Dance evening

21:30

Only in the Berghof. Only in winter. "Baby, you can swing"

This is the motto of the weekly dance evening at The Berghof Bar. Always on Wednesdays, starting at 9:30 p.m. we swing to live music from the "Swing Trio", for the sake of the good old days. Put everyday life on the back burner. Dance your head off. Celebrate the good sides of life.

Where: Der Berghof, Lech No registration required!

Live Music at the Cottage

Every Wednesday from 9.30pm you can dance to live music in the cottage.

Come by, the team of the Cottage is looking forward to seeing you!

Open daily from 6pm to 3am!



Thursday, 21.03.2024

Exhibition "Tom Vau - The Fragmentation of the Mountains"

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When: March 17 - March 31, 2024

Time: from 4 pm

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Good Morning Yoga Price per person: € 25

Registration at: info@burghotel-lech.com or +43 5583 2291

Monday, Tuesday, Wednesday, Thursday, Friday & Saturday from 08:30 - 09:30 am

Location: BURG Hotel, Oberlech

09:00 Sarah Erb - Selbstbewusst sein Glow Up

Where: Hotel Goldener Berg, Oberlech

Time: 09:00 - 10:30 am

Registration: happy@goldenerberg.at

11:30 Alpenbaden

The combination of yoga and a walk in the incredibly inspiring mountain landscape ensures peace,

tranquillity, relaxation and happiness.

Price: € 25,- per person

Registration until 07.00 pm the day before at 043 5583 2205

Location: Hotel Goldener berg, Oberlech

13:00 Hotel Goldener Berg, Hotel terrace

When the weather is fine, DJ Bler will accompany us with his soul music throughout the afternoon. Enjoy slow soul food to great soul music on the sun terrace of the Goldener Berg. Please book your table in advance. We look forward to grooving with you through the spring days. Time for heart energy, good food, wonderful wines, great music and experiencing the marvellous nature that

surrounds us. A holiday for heart and soul! Where: Hotel Goldener Berg, Oberlech

When: 1 pm - 5 pm



Thursday, 21.03.2024

14:45 Schottenhof visit

How about a visit to Europe's highest highland cattle farm? Schottenhof offers entertainment for the whole family. One of the highlights is the feeding of the Scottish highland cattle. That's when the shaggy four-legged creatures show off their adorable offspring. Meeting point: Schlosskopfbahn valley station, every Thursday at 14:45 h1Price: Adults EUR 10.00 | for children up to 14 years free of charge (no valid ski pass required) Registration: at Schlosskophbahn ticket office, please call +43 (0) 5583 2332 152

15:00 - 18:00 Exhibition Lechmuseum - BLITZBLANK! From cleaning - inside, outside, everywhere

An exhibition in two locations about cleaning as a cultural technique and about an extra-clean world! Lech Museum and FMH Women's Museum Hittisau

02.12.2023 until 21.04.2024 Thursday - Sunday, 3 - 6 pm (24.12. and 31.12.2023 closed) Admission: voluntary donation

Guided tours available by appointment: museum@gemeinde.lech.at or +43 5583 2213 240

Location: Lechmuseum Huber-Hus

15:00 - 17:00 Wool meetup at Walkerbach

Whether beginner, advanced or professional, our wool get-together is open to ALL who share the joy and passion of needlework. Exchange experiences, get inspired and spend a creative time together! Bring your own knitting or crochet projects or discover small projects on site if you lack inspiration. Wool and knitting/crocheting utensils as well as various instructions will be available for you.

When:

Every Thursday from 3 pm to 5 pm

Where:

Hotel-Pension Walkerbach , Oberstubenbach 28, 6764 Lech, www.walkerbach.at , Tel: +43 5583 25190

16:00 Alpaca hike

Alpaca trekking with Adriana on Monday and Thursday!

Together with Adriana from the Adlerhof, alpaca treks are organised every Monday and Thursday.

Start: 16:00 (in bad weather the hike does not take place)

Duration: approx. 50 - 60 minutes

Max. 8 people -Registration under: 0664 1480698 by Whatsapp or telephone, or by e-mail:

adlerhof.lech@gmx.at

More information about trekking, reservations and the Adlerhof can be found at: www.adlerhof-

lech.at

Meeting point: Adlerhof in Lech

17:00 Curling at the Monzabon ice rink

Curling at Jagdhaus Monzabon

Booking required under: +43 5583 2104

When: from 05:00pm-06:00pm and 06:00pm-07:00pm

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Where: Jagdhaus Monzabon, Lech



Thursday, 21.03.2024

17:00 Thirsty Thursdays

Apreski every Thursday from 5 pm in the Alpenhotel Valluga

Cosy atmosphere, open fire and lively music. With the Arlbergguitars & then DJ Audiomed

Time: from 5 pm

Where: Alpenhotel Valluga, Zürs

17:15 Restorative Yoga

Perfect after skiing to loosen up muscles. Restorative yoga is a gentle practice aimed at reducing stress and relaxing the body. This type of yoga also promotes circulation and breath awareness, potentially aiding in pain relief. It's a wonderful way to recover from a demanding day or prepare for a restful night. Whether you're an experienced yogi or a newcomer, restorative yoga can help you discover the healing power within your body.

Where: Hotel madlochBlick When: Thursday 17:15 - 18:15

Drop-In: € 20 Block of 10: € 175

18:30 - 19:30 Relax Yoga & Sound

Price per person: € 25

When: Tuesday, Thursday & Saturday from 6.30 pm - 7.30 pm Registration: info@burghotel-lech.com or +43 5583 2291

Where: BURG Hotel, Oberlech

18:30 Wine & Dine

This winter there will once again be a weekly Wine and Dine event in the Friends and Fools Lounge, which normally takes place on Thursdays. Jamie Unshelm, head of the Rote Wand Culinary Lab, will show you what is possible with alpine products and flavors. There will also be matching wines & drinks from Dominic Lackner, wine director of the Rote Wand.

Every Thursday

Price: € 180 incl. aperitif, menu & wine pairing

Registration: gasthof@rotewand.com

Start: 06.30 pm

18:35 Skyspace-Lech Guided Tour

During the 50-minute guided sunset-tour, you will learn everything about this extraordinary work of art by the US artist James Turrell.

Price: € 15 per person

Tickets: https://www.lechzuers.com/en/culture-and-lifestyle/experiences/experiences

Registration: required until 6 pm the day before

Location: Skyspace-Lech



Thursday, 21.03.2024

18:45 Feel the Elements: Donnerstag Abend Yoga

Self-discovery through yoga and chanting, exploring your innermost being, and the world of the elements.

The combination of yoga and mantra can assist you in delving even deeper into your inner world and connecting with the world around you. Exploring the elements such as earth, water, fire, and air can strengthen your relationship with nature and provide a deeper understanding of life.

Take time for yourself and explore the world of yoga and mantra. It's a journey that can lead you to a better understanding of yourself.

Where: Hotel madlochBlick When: Thursday, 18:45 - 20:00

Drop-In: € 20 Block of 10: € 175

19:30 Live Music at BURG Hotel

Appetite for gourmet cuisine with background music? Whether it's a rustic treat in the BURG Schenke or a gourmet menu in the Lechtaler Stube - every Thursday there's live music for our guests in various areas of the BURG Hotel. Today, "Die zwei Sternataler" will be playing for you.

Where: BURG Hotel Oberlech When: 7.30 pm - 10 pm

Reservation: info@burghotel-lech.com or +43 5583 2291

21:00 Live Music at Hotel Arlberg

Live music at the Hotel Arlberg

Every Thursday the "Jazz Triangle" plays in the hotel bar of the Hotel Arlberg.

The Jazz Triangle is a young trio consisting of piano/vocals, drums and bass. With a mix of pop, jazz, funk and soul.

External guests are warmly welcome.

From 9 p.m. to midnight.