

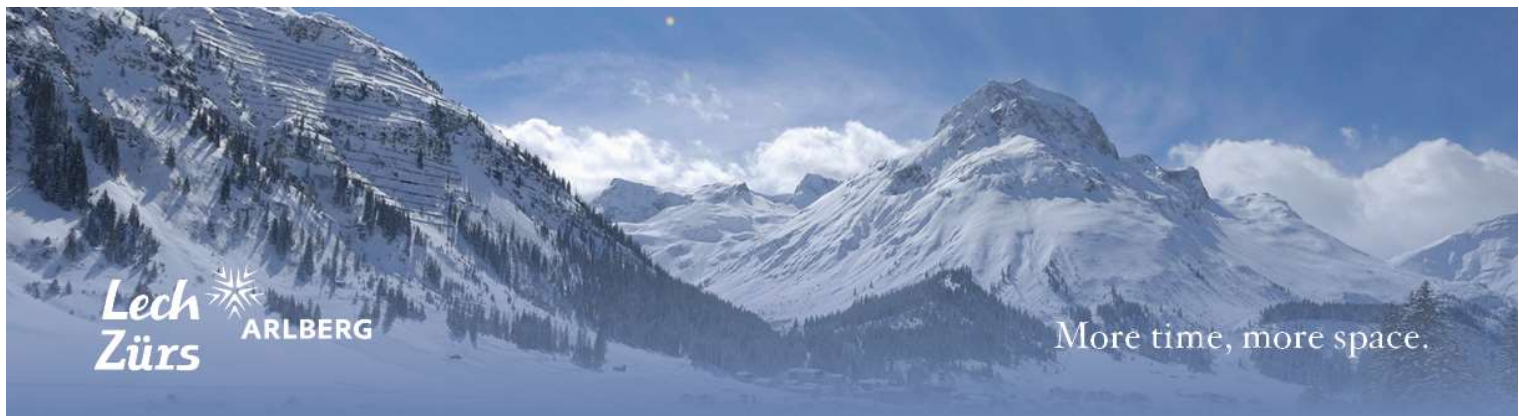


## Events 22.01.2022 - 28.01.2022

### Saturday, 22.01.2022

- 08:30**      **Sound Bath at Hotel Goldener Berg**  
A form of sound therapy that aims to place participants in a deep meditative state while being enveloped by ambient sounds. The goal of a sound bath represents the calming and relaxation of the body and mind through the creation of sounds, leading to a sense of oneness with the deepest parts of one's self.  
Group session € 23,-  
Daily from 08:30am to 09:30am and 5:00pm to 6:00pm  
Location: Hotel Goldener Berg  
Registration: +43 5583 22050
- 08:30**      **Yoga at Hotel Goldener Berg**  
Hatha yoga, vinyasa yoga or yin yoga with Larisa.  
Through Stretch Yoga, our yogini will show you how to improve your health, posture and flexibility, as well as relieve pain, increase blood flow and boost immunity.  
Daily from 08:30am to 09:30am and 5:00pm to 6:00pm  
Group-Session € 11,-  
  
Location: Hotel Goldener Berg  
  
Registration: +43 5583 22050
- 14:00**      **Höhenflug - Garages Pop-Up Gallery in Lech**  
As a garage pop-up, Galerie Sturm & Schober Vienna will show the artists atelierJAK (Germany), Wolfram Ullrich (Germany), Frank Badur (Germany), Stefan Zsaisits (Austria), Kevin Simon Mancera (Colombia), Mary A. Waters (Ireland), Mona Radziabari (Iran), Thomas Müller (Germany), Inge Dick (Austria), Beatriz Olano (Colombia) and other artists from the gallery program in the Kristiania Garage from December 17, 2021 to January 30, 2022.  
Personal guided tour by gallery owner Michael Sturm and gallery owner Gabriele Schober on request.  
From Tue-Sun 2pm-6pm, and by appointment +43 676 5551777  
Location: Hotel Kristiania garage
- 15:00**      **Exhibition Lechmuseum - "Fesch! Mode für den Schnee" - Fashion for the snow**  
Cultural history of ski fashion  
Admission: voluntary donation  
Opening hours: 3pm - 6pm, Dec-Apr  
Location: Lechmuseum Huber-Hus





## Events 22.01.2022 - 28.01.2022

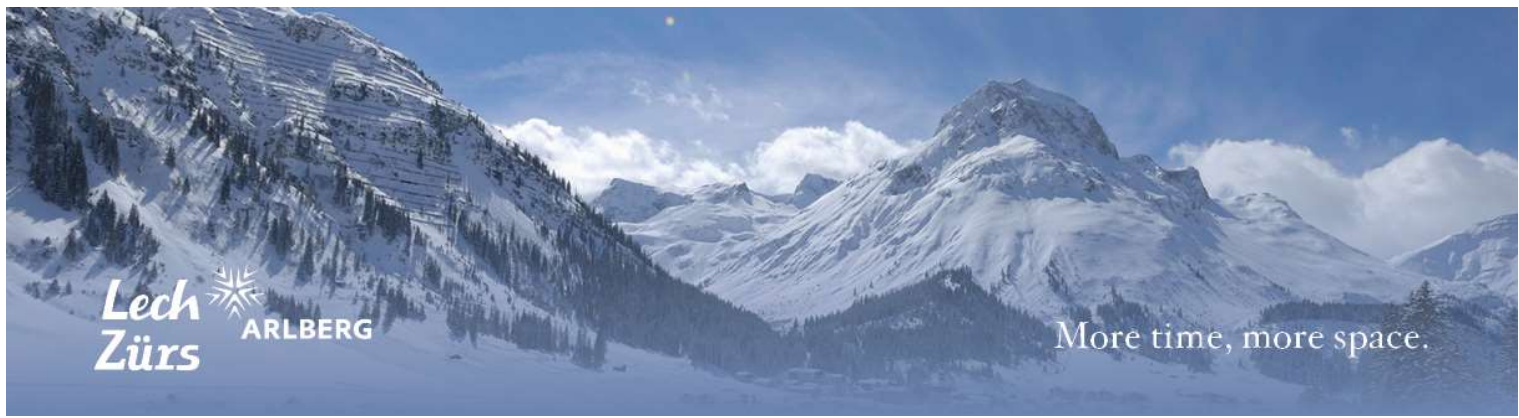
### Sunday, 23.01.2022

- 08:30**      **Sound Bath at Hotel Goldener Berg**  
A form of sound therapy that aims to place participants in a deep meditative state while being enveloped by ambient sounds. The goal of a sound bath represents the calming and relaxation of the body and mind through the creation of sounds, leading to a sense of oneness with the deepest parts of one's self.  
Group session € 23,-  
Daily from 08:30am to 09:30am and 5:00pm to 6:00pm  
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Personal guided tour by gallery owner Michael Sturm and gallery owner Gabriele Schober on request.  
From Tue-Sun 2pm-6pm, and by appointment +436765551777  
Location: Hotel Kristiania garage
- 15:00**      **Exhibition Lechmuseum - "Fesch! Mode für den Schnee" - Fashion for the snow**  
Cultural history of ski fashion  
Admission: voluntary donation  
Opening hours: 3pm - 6pm, Dec-Apr  
Location: Lechmuseum Huber-Hus

### Monday, 24.01.2022

- 08:30**      **Sound Bath at Hotel Goldener Berg**  
A form of sound therapy that aims to place participants in a deep meditative state while being enveloped by ambient sounds. The goal of a sound bath represents the calming and relaxation of the body and mind through the creation of sounds, leading to a sense of oneness with the deepest parts of one's self.  
Group session € 23,-  
Daily from 08:30am to 09:30am and 5:00pm to 6:00pm  
Location: Hotel Goldener Berg  
Registration: +43 5583 22050





## Events 22.01.2022 - 28.01.2022

### Monday, 24.01.2022

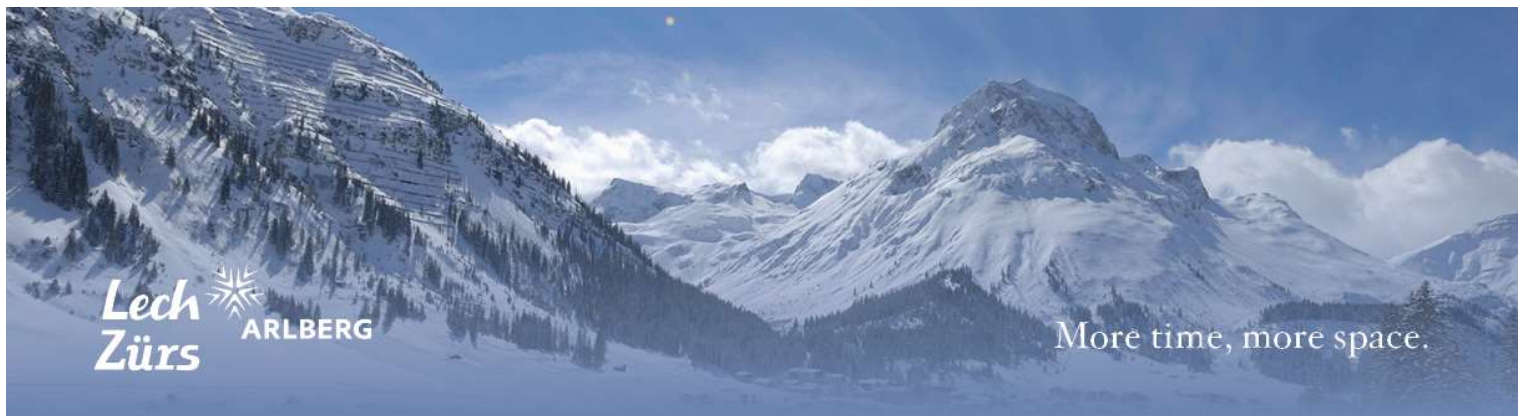
- 08:30**                    **Yoga at Hotel Goldener Berg**  
Hatha yoga, vinyasa yoga or yin yoga with Larisa.  
Through Stretch Yoga, our yogini will show you how to improve your health, posture and flexibility, as well as relieve pain, increase blood flow and boost immunity.  
Daily from 08:30am to 09:30am and 5:00pm to 6:00pm  
Group-Session € 11,-  
Location: Hotel Goldener Berg  
Registration: +43 5583 22050
- 15:00**                    **Public Library Lech**  
Opening hours Monday from 3pm-5pm  
Location: Library Lech at the sport.park.lech  
You can return books during opening hours at the service center, Lech tourist office and also in the sport.park.lech
- 15:00**                    **Pop up Store - Lech Manufaktur**  
Here you will find original products handmade in Lech.  
Location: House 196 in Lech, above the pizzeria Don Enzo  
Opening hours: 3pm-6pm

### Tuesday, 25.01.2022

- 08:30**                    **Sound Bath at Hotel Goldener Berg**  
A form of sound therapy that aims to place participants in a deep meditative state while being enveloped by ambient sounds. The goal of a sound bath represents the calming and relaxation of the body and mind through the creation of sounds, leading to a sense of oneness with the deepest parts of one's self.  
Group session € 23,-  
Daily from 08:30am to 09:30am and 5:00pm to 6:00pm  
Location: Hotel Goldener Berg  
Registration: +43 5583 22050
- 08:30**                    **Yoga at Hotel Goldener Berg**  
Hatha yoga, vinyasa yoga or yin yoga with Larisa.  
Through Stretch Yoga, our yogini will show you how to improve your health, posture and flexibility, as well as relieve pain, increase blood flow and boost immunity.  
Daily from 08:30am to 09:30am and 5:00pm to 6:00pm  
Group-Session € 11,-  
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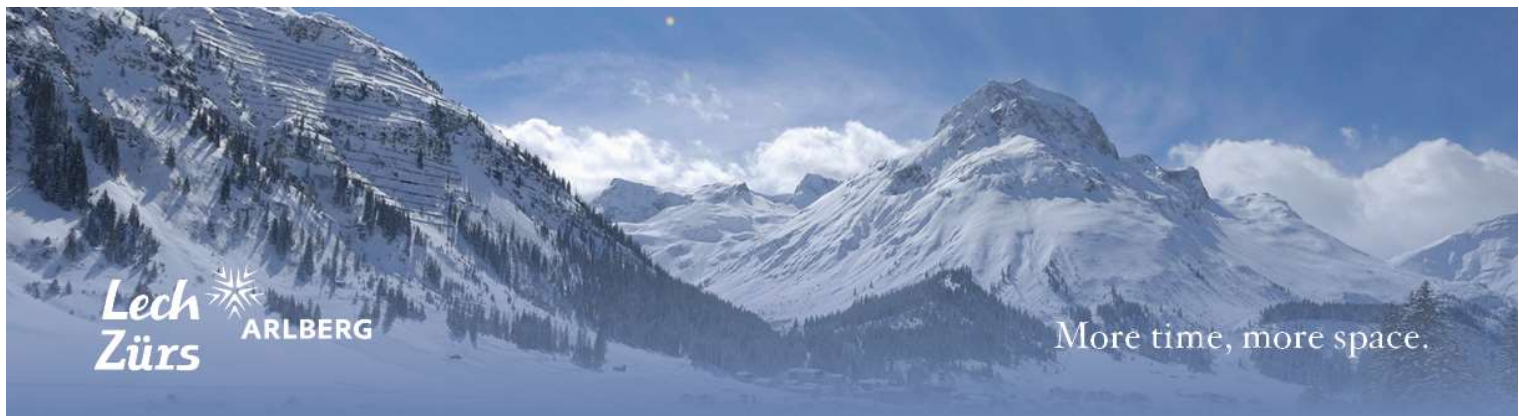


## Events 22.01.2022 - 28.01.2022

### Tuesday, 25.01.2022

- 14:00**      **Höhenflug - Garages Pop-Up Gallery in Lech**  
As a garage pop-up, Galerie Sturm & Schober Vienna will show the artists atelierJAK (Germany), Wolfram Ullrich (Germany), Frank Badur (Germany), Stefan Zsaisits (Austria), Kevin Simon Mancera (Colombia), Mary A. Waters (Ireland), Mona Radziabari (Iran), Thomas Müller (Germany), Inge Dick (Austria), Beatriz Olano (Colombia) and other artists from the gallery program in the Kristiania Garage from December 17, 2021 to January 30, 2022.  
Personal guided tour by gallery owner Michael Sturm and gallery owner Gabriele Schober on request.  
From Tue-Sun 2pm-6pm, and by appointment +43 676 5551777  
Location: Hotel Kristiania garage
- 15:30**      **Whisky-Tasting at the Schlegelkopf-Restaurant**  
Smoky taste sensations  
Accompanied by an expert, whisky lovers will have the opportunity to explore the world of whiskies. They will be pampered with culinary surprise throughout and will enjoy the amazing view over the Lech.  
Price: Three package options available ranging from € 30 to € 80 (lift ticket not included).  
Meeting point: 3:30pm in the Johnnie Walker Whisky Lounge in the Schlegelkopf Restaurant Bar  
Bookings: Schlegelkopf Restaurant bar before 12:00pm (+43 5583 30884)
- 16:00**      **Guided snowshoe hike**  
Every Tuesday and Thursday there is a guided torchlight snow shoe hike.  
So everybody can cross the night on snowshoes and listen to their guides with hot drinks of one or the other story.  
Information and registration: Skibex: +43 5583 2970-70 or Friedel Reischl +43 676 3346 489 until Monday or Wednesday 16:00 (min. 2 pax)  
Price: Adults € 43,- per person | Children & teenagers up to 18 years € 31,- per person  
Meeting point: 4pm @ Skibex Hotel Sursilva Lech  
Clothes: Winter clothes and winter shoes  
Group size: min. two participants  
Duration: 2.5 hours
- 16:55**      **Skyspace Lech Guided Tour (in English language)**  
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/de/erlebnisse-buchen/erlebnisse> or in the Lech Zürs Touristoffice.  
Registration: required until 6 pm the day before  
Location: Skyspace-Lech





Lech  
Züers ARLBERG

More time, more space.

## Events 22.01.2022 - 28.01.2022

### Tuesday, 25.01.2022

19:00

#### Pilate at sport.park.lech

Pilates is a perfect workout for total body relaxation.

It is a figure-shaping whole-body workout in which entire muscle chains are addressed rather than individual muscles in isolation.

It uniquely combines strength with flexibility.

Muscles are stretched, the body center and the whole body silhouette are tightened.

Participation is possible both as single classes (price per class € 15,--) and by means of a block of 5 classes (price for 5 classes € 55,--) or a block of 10 classes (price for 10 classes € 95,--).

Place: sport.park.lech

From: 7:00pm

### Wednesday, 26.01.2022

08:30

#### Sound Bath at Hotel Goldener Berg

A form of sound therapy that aims to place participants in a deep meditative state while being enveloped by ambient sounds. The goal of a sound bath represents the calming and relaxation of the body and mind through the creation of sounds, leading to a sense of oneness with the deepest parts of one's self.

Group session € 23,-

Daily from 08:30am to 09:30am and 5:00pm to 6:00pm

Location: Hotel Goldener Berg

Registration: +43 5583 22050

08:30

#### Yoga at Hotel Goldener Berg

Hatha yoga, vinyasa yoga or yin yoga with Larisa.

Through Stretch Yoga, our yogini will show you how to improve your health, posture and flexibility, as well as relieve pain, increase blood flow and boost immunity.

Daily from 08:30am to 09:30am and 5:00pm to 6:00pm

Group-Session € 11,-

Location: Hotel Goldener Berg

Registration: +43 5583 22050

10:00

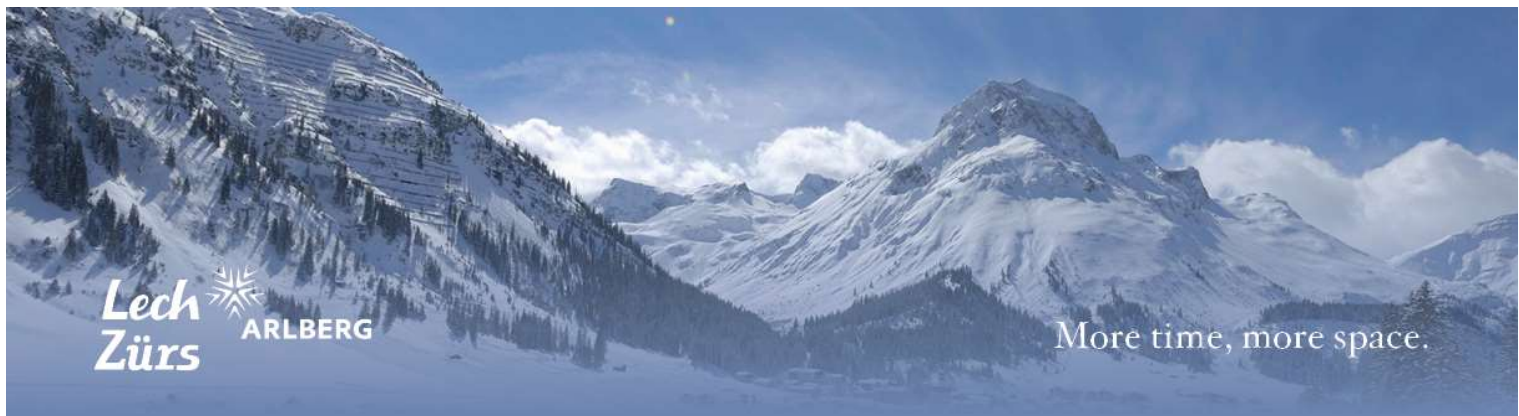
#### Public Library Lech

Opening hours Wednesday from 10am-12pm and 3pm-5pm

Location: Library Lech at the sport.park.lech

You can return books during opening hours at the service center, Lech tourist office and also in the sport.park.lech





## Events 22.01.2022 - 28.01.2022

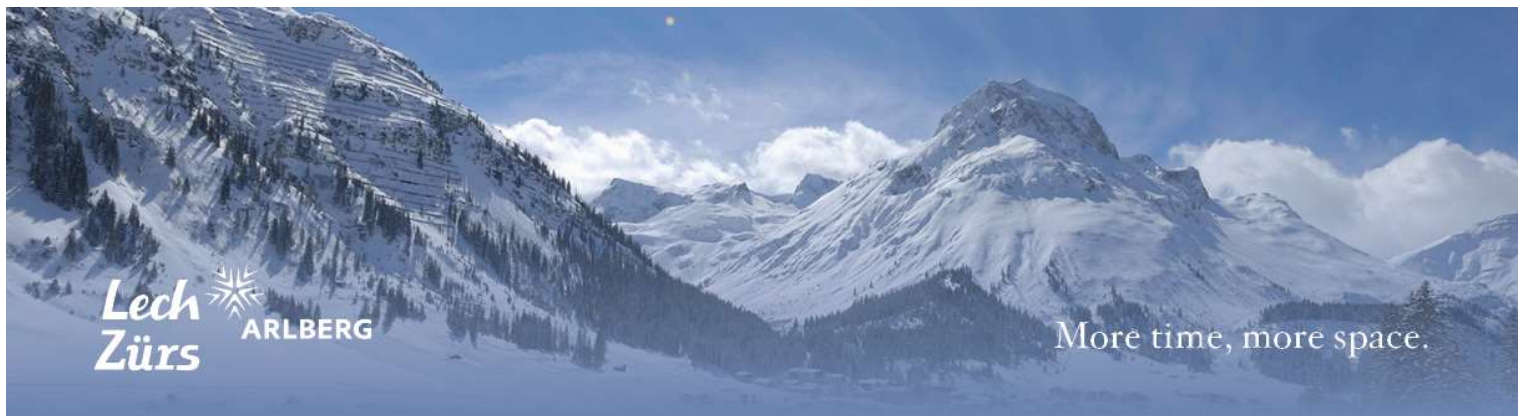
### Wednesday, 26.01.2022

- 14:00**                    **Höhenflug - Garages Pop-Up Gallery in Lech**  
As a garage pop-up, Galerie Sturm & Schober Vienna will show the artists atelierJAK (Germany), Wolfram Ullrich (Germany), Frank Badur (Germany), Stefan Zsaisits (Austria), Kevin Simon Mancera (Colombia), Mary A. Waters (Ireland), Mona Radziabari (Iran), Thomas Müller (Germany), Inge Dick (Austria), Beatriz Olano (Colombia) and other artists from the gallery program in the Kristiania Garage from December 17, 2021 to January 30, 2022.  
Personal guided tour by gallery owner Michael Sturm and gallery owner Gabriele Schober on request.  
From Tue-Sun 2pm-6pm, and by appointment +436765551777  
Location: Hotel Kristiania garage
- 15:00**                    **Bücherei Lech**  
Opening hours Monday and Friday from 3pm-5pm  
Location: Library Lech at the sport.park.lech  
You can return books during opening hours at the service center, Lech tourist office and also in the sport.park.lech
- 19:00**                    **Yoga at sport.park.lech**  
Yoga with David Chavez  
Classes are dynamic and challenging, yet grounded and accessible to all levels of experience. The sequences are based on Ashtanga Vinyasa with some influences from Iyengar Yoga.  
  
We will also learn some FRC (Functional Range Conditioning) principles and some basic Pranayama (Yogic Breathing) techniques.  
Participation is possible both as single classes (price per class € 15,--) and by means of a block of 5 classes (price for 5 classes € 55,--) or a block of 10 classes (price for 10 classes € 95,--).  
Place: sport.park.lech  
From: 7:00pm

### Thursday, 27.01.2022

- 08:30**                    **Sound Bath at Hotel Goldener Berg**  
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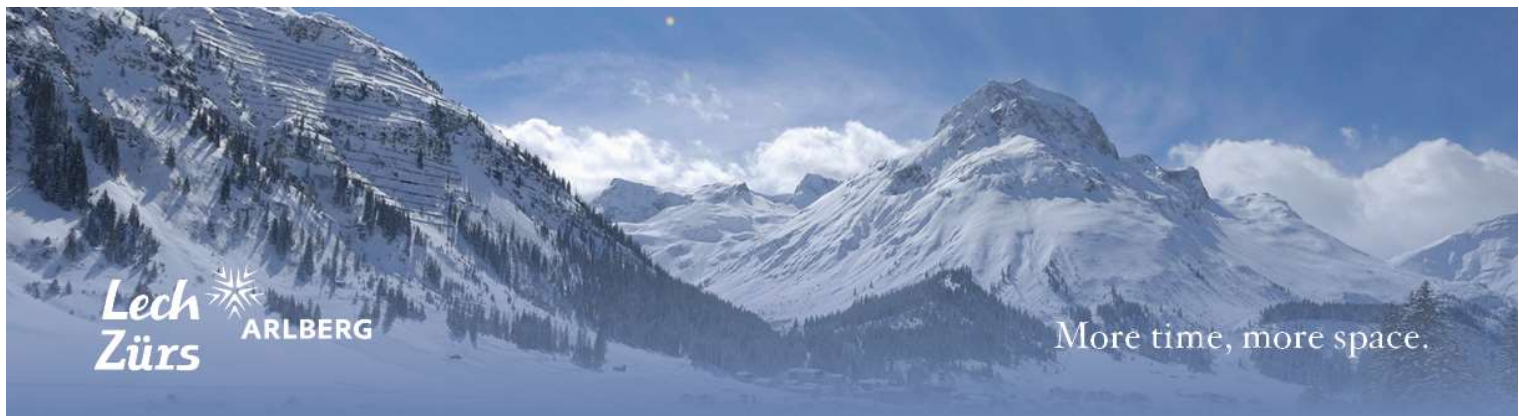




**Events 22.01.2022 - 28.01.2022**

**Thursday, 27.01.2022**

- 08:30**                    **Yoga at Hotel Goldener Berg**  
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From Tue-Sun 2pm-6pm, and by appointment +436765551777  
Location: Hotel Kristiania garage
- 14:45**                    **Wintertainment Visiting Europe's highest highland cattle farm**  
A visit to the Schottenhof is special entertainment for the whole family. The highlight of the visit is the feeding of the Scottish highland cattle, during which the shaggy farm dwellers present themselves at close range.  
Meeting point: 14:45 at the Schlosskopfbahn valley station  
Price: adults: € 10,- children (up to 14 years) free of charge (no valid ski pass required)  
Registration and booking: Ticket office Schlosskopfbahn (+43 5583 2332)
- 15:00**                    **Exhibition Lechmuseum - "Fesch! Mode für den Schnee" - Fashion for the snow**  
Cultural history of ski fashion  
Admission: voluntary donation  
Opening hours: 3pm - 6pm, Dec-Apr  
Location: Lechmuseum Huber-Hus
- 15:00**                    **Pop up Store - Lech Manufaktur**  
Here you will find original products handmade in Lech.  
Location: House 196 in Lech, above the pizzeria Don Enzo  
Opening hours: 3pm-6pm



## Events 22.01.2022 - 28.01.2022

### Thursday, 27.01.2022

16:00

#### Guided snowshoe hike

Every Tuesday and Thursday there is a guided torchlight snow shoe hike.

So everybody can cross the night on snowshoes and listen to their guides with hot drinks of one or the other story.

Information and registration: Skibex: +43 5583 2970-70 or Friedel Reischl +43 676 3346 489 until Monday or Wednesday 16:00 (min. 2 pax)

Price: Adults € 43,- per person | Children & teenagers up to 18 years € 31,- per person

Meeting point: 4pm @ Skibex Hotel Sursilva Lech

Clothes: Winter clothes and winter shoes

Group size: min. two participants

Duration: 2.5 hours

### Friday, 28.01.2022

08:30

#### Sound Bath at Hotel Goldener Berg

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Group session € 23,-

Daily from 08:30am to 09:30am and 5:00pm to 6:00pm

Location: Hotel Goldener Berg

Registration: +43 5583 22050

08:30

#### Yoga at Hotel Goldener Berg

Hatha yoga, vinyasa yoga or yin yoga with Larisa.

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Daily from 08:30am to 09:30am and 5:00pm to 6:00pm

Group-Session € 11,-

Location: Hotel Goldener Berg

Registration: +43 5583 22050

14:00

#### Höhenflug - Garages Pop-Up Gallery in Lech

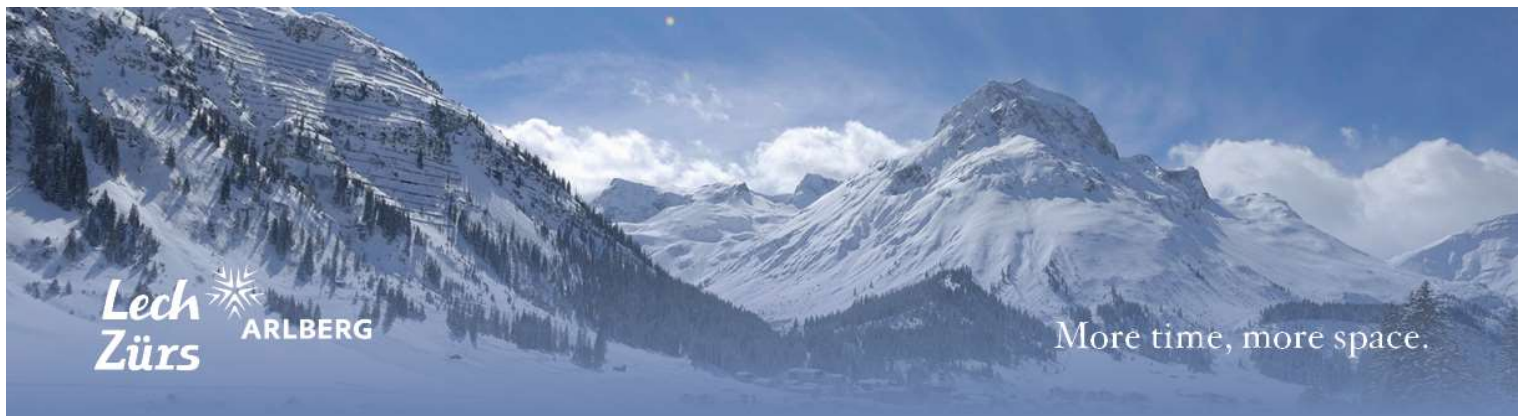
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Personal guided tour by gallery owner Michael Sturm and gallery owner Gabriele Schober on request.

From Tue-Sun 2pm-6pm, and by appointment +43 676 5551777

Location: Hotel Kristiania garage





## Events 22.01.2022 - 28.01.2022

### Friday, 28.01.2022

- 15:00**      **Exhibition Lechmuseum - "Fesch! Mode für den Schnee" - Fashion for the snow**  
Cultural history of ski fashion  
Admission: voluntary donation  
Opening hours: 3pm - 6pm, Dec-Apr  
Location: Lechmuseum Huber-Hus
- 15:00**      **Feine Weine im FUX Pop-Up Concept Store**  
The FUX wine agency is considered in Austria as the specialist for winegrower champagne and wines from Burgundy.  
With its portfolio, it represents more than 60 wineries from France.  
A new pop-up concept store has been set up for the winter season.  
Here, every wine lover will find his favorite wine or a much sought-after collector's item.  
Especially for Arlberg Weinberg, Peter Strolz has selected eight wines from the Burgundy and Champagner assortment, which are available for tasting in the pop-up store from 3 - 11 December daily (except Mondays) from 15:00 to 19:00.  
You can be sure that they will be very fine bottles.  
No registration necessary!  
Price per person € 50  
Location: Fux Concept Store
- 15:00**      **Public Library Lech**  
Opening hours Friday from 3pm-5pm  
Location: Library Lech at the sport.park.lech  
You can return books during opening hours at the service center, Lech tourist office and also in the sport.park.lech
- 17:00**      **Skyspace Lech Guided Tour (in German language)**  
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
- 19:00**      **Arlberg Weinberg - Young Wachau**  
They represent a new generation of the time-honoured Wachau:  
Elisabeth and Erich Pichler-Krutzler, Herwig and Julia Jamek, Erich Machherndl and Karin Machherndl-Sladky, Georg Högl and Georg Frischengruber.  
In a vinological journey, they show their wines from different Wachau village appellations and explain their thoughts and approaches - which sometimes differ from those of the older winemakers.  
Together with a guest chef, Post chef David Wagger will create suitable appetisers to accompany the young Wachauers.  
Price per person € 90  
Location: Hotel Post Lech  
  
Registration: [admin@postlech.co](mailto:admin@postlech.co)

