

## Events 01.10.2022 - 07.10.2022

### Saturday, 01.10.2022

- 08:30**      **Yoga at Hotel Goldener Berg**  
In good weather on the terrace at the Alter Goldener Berg Registration under: +43 5583 22050, until 7pm the day before  
Costs: 15,00 € per person
- Additional evening session from 17:30 - 18:30
- 08:30**      **Yoga mat meets hiking pole**  
Mountain sports à la hiking and skiing are naturally in our mountain genes. But yoga and fitness are also a dream at 1,660 metres above sea level. Especially in summer, under a blue sky and with fresh alpine air in your nose. And with pleasure with our yoga instructor, who will only take care of you.  
Registration required: +435583 2291, at the Burg reception or at [info@burghotel-lech.com](mailto:info@burghotel-lech.com)  
Price: 15,- per person  
Where: Burg Hotel, Oberlech  
Additional evening class from 5pm to 6:15pm
- 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  
Location: Lechmuseum Huber-Hus

### Sunday, 02.10.2022

- 08:30**      **Yoga at Hotel Goldener Berg**  
In good weather on the terrace at the Alter Goldener Berg Registration under: +43 5583 22050, until 7pm the day before  
Costs: 15,00 € per person
- Additional evening session from 17:30 - 18:30
- 10:30**      **Alpine bathing with our selfcare companions**  
Barefoot walking and meditation, easy hike through the gypsum holes with meditation or walk along the Arlenweg and Dragonfly Lake with special breathing techniques, or easy hike along the Flühenweg with a look into the countryside - let your thoughts wander.
- Finally - walk along our Path of the Senses.  
Daily changing programme  
Meeting point: Hotel Goldener Berg  
Duration: approx. 2-2.5 hours  
Registration until 19:00 the day before  
Costs: 20,00€ per person

## Events 01.10.2022 - 07.10.2022

### Sunday, 02.10.2022

- 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  
Location: Lechmuseum Huber-Hus

### Monday, 03.10.2022

- 08:30**                    **Yoga at Hotel Goldener Berg**  
In good weather on the terrace at the Alter Goldener Berg  
Registration under: +43 5583 22050, until 7pm the day before  
Costs: 15,00 € per person  
  
Additional evening session from 17:30 - 18:30
- 08:30**                    **Yoga mat meets hiking pole**  
Mountain sports à la hiking and skiing are naturally in our mountain genes. But yoga and fitness are also a dream at 1,660 metres above sea level. Especially in summer, under a blue sky and with fresh alpine air in your nose. And with pleasure with our yoga instructor, who will only take care of you.  
Registration required: +435583 2291, at the Burg reception or at [info@burghotel-lech.com](mailto:info@burghotel-lech.com)  
Price: 15,- per person  
Where: Burg Hotel, Oberlech  
Additional evening class from 5pm to 6:15pm

### Tuesday, 04.10.2022

- 08:30**                    **Yoga at Hotel Goldener Berg**  
In good weather on the terrace at the Alter Goldener Berg  
Registration under: +43 5583 22050, until 7pm the day before  
Costs: 15,00 € per person  
Additional evening hour from 17:30-18:30
- 08:30**                    **Yoga mat meets hiking pole**  
Mountain sports à la hiking and skiing are naturally in our mountain genes. But yoga and fitness are also a dream at 1,660 metres above sea level. Especially in summer, under a blue sky and with fresh alpine air in your nose. And with pleasure with our yoga instructor, who will only take care of you.  
Registration required: +435583 2291, at the Burg reception or at [info@burghotel-lech.com](mailto:info@burghotel-lech.com)  
Price: 15,- per person  
Where: Burg Hotel, Oberlech  
Additional evening class from 5pm to 6:15pm

## Events 01.10.2022 - 07.10.2022

### Tuesday, 04.10.2022

10:30

#### Alpine bathing with our selfcare companions

Barefoot walking and meditation, easy hike through the gypsum holes with meditation or walk along the Arlenweg and Dragonfly Lake with special breathing techniques, or easy hike along the Flühenweg with a look into the countryside - let your thoughts wander.

Finally - walk along our Path of the Senses.

Daily changing programme

Meeting point: Hotel Goldener Berg

Duration: approx. 2-2.5 hours

Registration until 19:00 the day before

Costs: 20,00€ per person

### Wednesday, 05.10.2022

08:30

#### Yoga at Hotel Goldener Berg

In good weather on the terrace at the Alter Goldener Berg Registration under: +43 5583 22050, until 7pm the day before

Costs: 15,00 € per person

Additional evening session from 17:30 - 18:30

08:30

#### Yoga mat meets hiking pole

Mountain sports à la hiking and skiing are naturally in our mountain genes. But yoga and fitness are also a dream at 1,660 metres above sea level. Especially in summer, under a blue sky and with fresh alpine air in your nose. And with pleasure with our yoga instructor, who will only take care of you.

Registration required: +435583 2291, at the Burg reception or at [info@burghotel-lech.com](mailto:info@burghotel-lech.com)

Price: 15,- per person

Where: Burg Hotel, Oberlech

Additional evening class from 5pm to 6pm and 06:15 pm to 07:15pm

### Thursday, 06.10.2022

08:30

#### Yoga at Hotel Goldener Berg

In good weather on the terrace at the Alter Goldener Berg

Registration under: +43 5583 22050, until 7pm the day before

Costs: 15,00 € per person

Additional evening hour from 05:30-06:30pm

## Events 01.10.2022 - 07.10.2022

### Thursday, 06.10.2022

08:30

#### Yoga mat meets hiking pole

Mountain sports à la hiking and skiing are naturally in our mountain genes. But yoga and fitness are also a dream at 1,660 metres above sea level. Especially in summer, under a blue sky and with fresh alpine air in your nose. And with pleasure with our yoga instructor, who will only take care of you.

Registration required: +435583 2291, at the Burg reception or at [info@burghotel-lech.com](mailto:info@burghotel-lech.com)

Price: 15,- per person

Where: Burg Hotel, Oberlech

Additional evening class from 5pm to 6pm and 06pm to 07pm

### Friday, 07.10.2022

08:30

#### Yoga at Hotel Goldener Berg

In good weather on the terrace at the Alter Goldener Berg  
Registration under: +43 5583 22050, until 7pm the day before

Costs: 15,00 € per person

Additional evening session from 17:30 - 18:30

08:30

#### Yoga mat meets hiking pole

Mountain sports à la hiking and skiing are naturally in our mountain genes. But yoga and fitness are also a dream at 1,660 metres above sea level. Especially in summer, under a blue sky and with fresh alpine air in your nose. And with pleasure with our yoga instructor, who will only take care of you.

Registration required: +435583 2291, at the Burg reception or at [info@burghotel-lech.com](mailto:info@burghotel-lech.com)

Price: 15,- per person

Where: Burg Hotel, Oberlech

Additional evening class from 5pm to 06:30pm

10:30 - 11:30

#### Alpine bathing with our selfcare companions

Barefoot walking and meditation, easy hike through the gypsum holes with meditation or walk along the Arlenweg and Dragonfly Lake with special breathing techniques, or easy hike along the Flühenweg with a look into the countryside - let your thoughts wander.

Finally - walk along our Path of the Senses.

Daily changing programme

Meeting point: Hotel Goldener Berg

Duration: approx. 2-2.5 hours

Registration until 19:00 the day before

Costs: 25,00€ per person

19:00

#### Barbecue evening at Hotel Goldener Berg on the panorama terrace

Every week different dishes on the grill

Price: varies depending on the dish

Registration: [happy@goldenerberg.at](mailto:happy@goldenerberg.at) or +435583 22050

Where: Hotel Goldener Berg, Oberlech

In case of bad weather in the restaurant



**Lech  
Zürs** ARLBERG

More time, more space.

**Events 01.10.2022 - 07.10.2022**

**Friday, 07.10.2022**

**20:43**

**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 Turrell

From 6 years on

Price: € 15,- per person, shuttle taxi € 10,-, with the Lech Card it is for free

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

Location: Skyspace-Lech

