

PRESS RELEASE

5 REASONS TO TRAVEL TO LECH ZÜRS AM ARLBERG IN AUTUMN

When hazy clouds drift across the sky, forests shimmer in sophisticated shades from dark green to golden yellow, temperatures are pleasant and the far-reaching views are better than at any other time of year, autumn is here. This special season in Lech Zürs is shaped by enjoying sporting experiences, slowing down and culinary delights. Five reasons why travelling to the Arlberg is particularly worthwhile in autumn.

1. Discover the mountain world on foot

Autumn – a particularly beautiful time of year thanks to its colourfulness and pleasant temperatures – is the ideal time to visit the Arlberg to enjoy repeated excursions and exercise outdoors before the natural world goes into hibernation. Lech Zürs is one of the most varied and extensive hiking areas in the Alpine region. **350 kilometres of hiking trails** are waiting to be discovered; some shorter and others longer, some easier and others more demanding.

The Lechweg trail is a particular highlight for pleasure hikers. It starts at the Formarinsee lake in Lech, a charming body of water at **1,793 meters**, and stretches **125 kilometres** to Lech falls near Füssen in the Allgäu region. Along the trail, which is considered moderate and does not require alpine experience, you will pass one of the largest ibex colonies in Europe as well as a waterfall that magically dries up every year before flowing anew. You can also cross Austria's longest pedestrian suspension bridge – it is **200 meters** long and leads over the wildly romantic Höhenbachschlucht gorge near Holzgau – before ultimately reaching magnificent Bavarian royal castles. The Lechweg trail, which meets the highest quality requirements as a “**Leading Quality Trail-Best of Europe**”, can be walked in three different ways: the leisurely approach splits the trail into eight stages and the classic approach has seven stages, while the sporty approach has just six stages. The route is always the same, but the number of kilometres travelled per day makes the difference. The **15 trail segments** should be well planned.

2. Bike & Hike in Lech tinged with autumn colours

Athletes and those who love exercise would be wise to combine hiking and biking in Lech in autumn. One part of the trail is covered by bike, the rest on foot. As an example, the tour from Lech to the Rogglskopf (2,284 meters) via the Freiburger Hütte hut is just perfect to “**bike & hike**”. Another option is the route that leads from Lech over the Formarinalpe and around the Formaletsch (2,292 meters). On the way, you will pass the **Steinernes Meer karst plateau**, which is known for its **fossils that are up to 200 million years old**. The tour also offers delicious refreshment stops and magnificent views.

3. On two wheels through forests and meadows to take on an action-packed bike trail

For those who only want to explore the autumn-coloured landscape by bike, the **25-kilometer, moderately difficult “Spullersee-Runde”** is recommended, where you can cycle around the lake of the same name. Ambitious mountain bikers get their money’s worth at the mountain station in Oberlech. The Burgwald trail there is Vorarlberg’s first official freeride and enduro trail. Here, wooden curves, north shore elements, drops and technical challenges seriously tempt adventurous bikers. Biking and e-biking through the Zugertal valley – a captivating location with bold colours and small mountain lakes – is also beautiful.

4. Free your thoughts: yoga on the mountain

Nature shows us the way by letting go of many things and being quieter than in the months before – autumn is a time to slow down, and in Lech too. “**Yoga on the mountain**” is the perfect way to actively embrace this. Twice a week, mats are unrolled in the early morning dew to face the mountains, below the majestic Mohnenfluh mountain. All those who like to practice yoga alone will also find idyllic places in Lech Zürs: in the vastness of the landscape, in the meadows that still smell wonderful from the last time they were cut, in shady forests and beside the mountain lakes that reflect rich autumn colours so delightfully that you’ll never actually want to leave.

5. Lech is a real gourmet delight

Since autumn is always a time for enjoyment too, culinary delights must not be forgotten – and they are truly divine in Lech (1,444 meters). When considered internationally, the village stands out with the highest density of Gault&Millau toques: **54 in total, shared between 22 Gault&Millau award-winning restaurants**. There, ambitious top chefs conjure up dishes with a great deal of creativity to make every palate sing. The Falstaff Gourmet Club – considered the largest gourmet community in Europe – named Lech as a “World Gourmet Village”, which is not only a delight to the leading chefs who work here, but also a mandate to stay on the ball. Yet another superlative adorns the Lech gourmet sky: the “**Rote Wand Chef’s Table**” was named as the **best restaurant in Vorarlberg** by the Gault-

Millau Guide in 2022. As **Austria's best restaurant**, the culinary hotspot can be found on the rating platform "Opinionated About Dining (OAD)" and is currently ranked **33rd in the "TOP 100 restaurants in Europe"**.

Further information about Lech Zürs: www.lechzuers.com/en

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