

Lech  
Zürs



More time, more space.

**Events 12.04.2024 - 18.04.2024**

**Friday, 12.04.2024**

### **Exhibition "Tom Vau - The Fragmentation of the Mountains"**

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In this project "The Fragmentation 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](mailto:info@thomasvau.com), +43 650 6436089

### **Tanzcafé Arlberg - Music festival**

The tenth edition of the popular music festival will take place across the entire Arlberg for the first time in 2024. As part of the tenth edition, which will take place on mountain stages from 31 March to 14 April, the areas covered are being generously expanded. The festival which was previously based in Lech Zürs, is now extending its reach to the entire Arlberg region just in time to mark the festival's anniversary. You can now also enjoy this stylish open-air spectacle in St. Christoph, St. Anton and Stuben. Five locations, one festival, umpteen stages and plenty of reasons to bring the ski season to a close on the Arlberg. After all, this is the music place to be!

### **Women's Progression Days Ski Touring Camp**

Together with freeride world champion Lorraine Huber and her team of female ski guides, you will spend three or four days discovering the best ski tours and runs at the Arlberg. This beloved camp focuses on improving your personal ski technique as well as your technique on the ascent, managing risks in avalanche terrain, and training with your avalanche emergency equipment.

**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@rhombert-physiso.at](mailto:info@rhombert-physiso.at)



## Events 12.04.2024 - 18.04.2024

### Friday, 12.04.2024

11:00

#### Opening Lechwelten & Dorfhüs

##### OPENING DAY

11:00 Meeting in front of the Lechwelten

- Musical accompaniment by the Trachtenkapelle Lech

- Official ribbon cutting

- Blessing by our dean Father Adrian Buchtzik

11:30 Speeches in the festival hall

12:15 Medley Kinderzauberflöte

12:30 Flying buffet in both buildings

##### PROGRAM

12:30-17:00 Film & photo documentation "Planning & construction progress" in the main hall

13:00-16:00 Discover the Lechwelten and the Dorfhüs

14:00-17:00 Music school program\* in the premises of the music school

14:00 Presentation "The little Lech writings 03" 15.00 Discovery tour for children

17:00 Official end of the festivities

##### \*MUSIC SCHOOL PROGRAMME

14.00 Elementary music education, recorder

14.30 Accordion/string instruments

15.00 Brass instruments

15.15 Percussion instruments

15.30 Woodwind instruments

15.45 Keyboard instruments

16.00 Singing and vocal ensembles

16.30 Rock & Pop

17.00 School orchestra

The performances and presentations take place in the rehearsal and and recital room of the music school.

15:00 - 18:00

#### Frosty Fridays at the Schneggarei

Frosty Fridays – Après-Ski Party - at the Schneggarei

From 3 pm to 6 pm

Where: Schneggarei

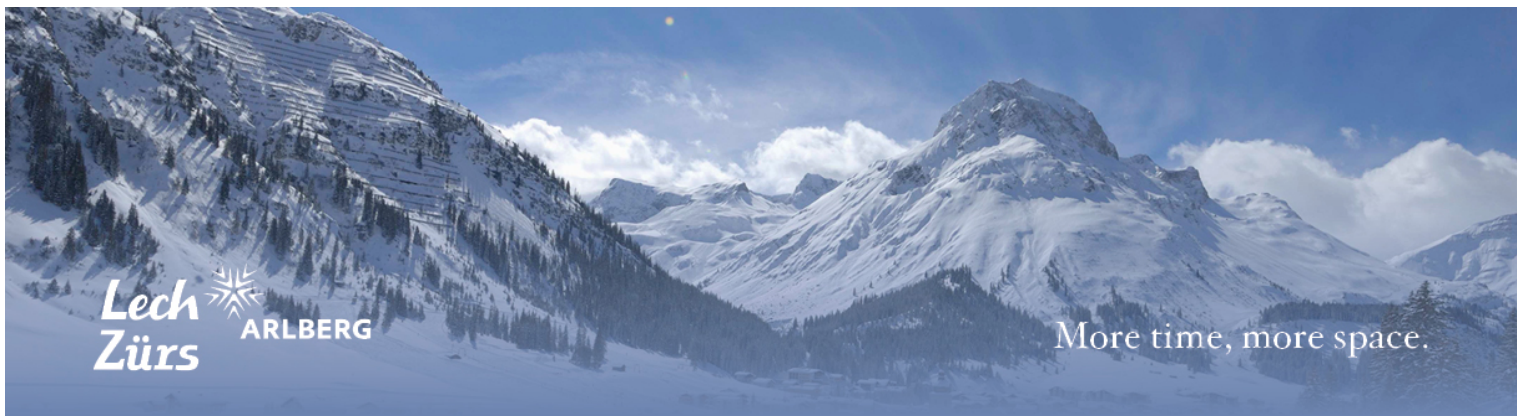
15:00

#### Tanzcafé Arlberg Music Festival: BLECHSALAT

Street dust shines on stage

Where: Galzig, St. Anton am Arlberg

Time: 3 pm



## Events 12.04.2024 - 18.04.2024

### Friday, 12.04.2024

- 16:30**                    **Tanzcafé Arlberg Music Festival: MEFISTO BRASS**  
The devil doesn't sleep – he dances  
Where: Hotel Tannbergerhof, Lech  
Time: 4.30 pm
- 21:00**                    **Harp concert**  
Martina Stock, neo-harpist, presents a new dimension between the classical elegance of the harp and pulsating electronic music in a unique interplay. The compositions on her second solo album "Tina Marti - electroacoustic harp" range from pieces with catchy melodies to rousing tracks.  
Where: Hotel Gasthof Post  
When: 9 pm
- 21:30**                    **Concert with Spinphony**  
The string quartet "Spinphony", consisting of four musicians from Colorado (USA), presents an incomparable and spectacular kind of music and breaks down the boundaries between classical, pop and rock music with their own and very individual interpretation. The spectrum ranges from Bach, Beethoven and Mozart to ACDC, Queen and Led Zeppelin.  
Where: Hotel Der Berghof, Lech  
When: 12 April 2024, 9.30 pm
- 22:30**                    **Tanzcafé Arlberg Music Festival: PROHASKA**  
It couldn't be more energetic  
Where: The Cottage, Lech  
Time: 10.30 pm

### Saturday, 13.04.2024

#### **Exhibition "Tom Vau - The Fragmentation of the Mountains"**

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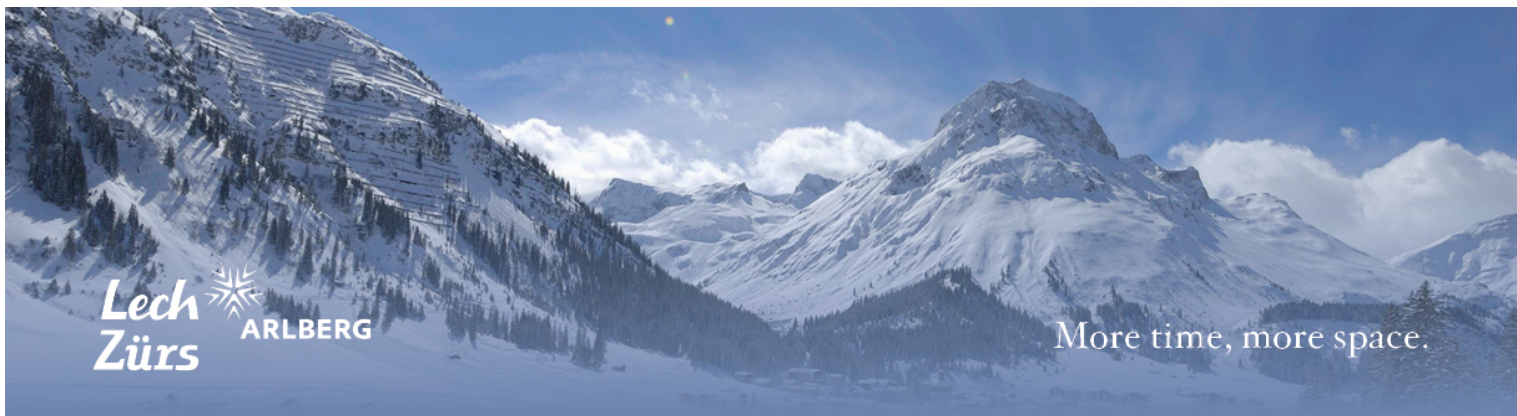
In this project "The Fragmentation of the Mountains", the Arlberg with all its alpine diversity and its roughness but also soft silhouettes are depicted as line drawings and painted fragments. Hence all elevations appear altered, in an artificial but formal language, creating new perspectives on the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

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Opening hours: daily

Where: Hotel madlochBlick

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Together with freeride world champion Lorraine Huber and her team of female ski guides, you will spend three or four days discovering the best ski tours and runs at the Arlberg. This beloved camp focuses on improving your personal ski technique as well as your technique on the ascent, managing risks in avalanche terrain, and training with your avalanche emergency equipment.

**12:00**

#### **Longboard Classic Stuben**

The Woodstock of Snowboarding. Pack your boards and spend a day with friends. It's you who will keep the passion for snowboarding high - on Saturday, April 13, 2024, in the snowboarding heaven of Stuben.

07:30 - 10:30 Registration in the event tent

12:00 Start Albonagrat (2408m)

More information at: <https://www.longboardclassic.com>

**14:00**

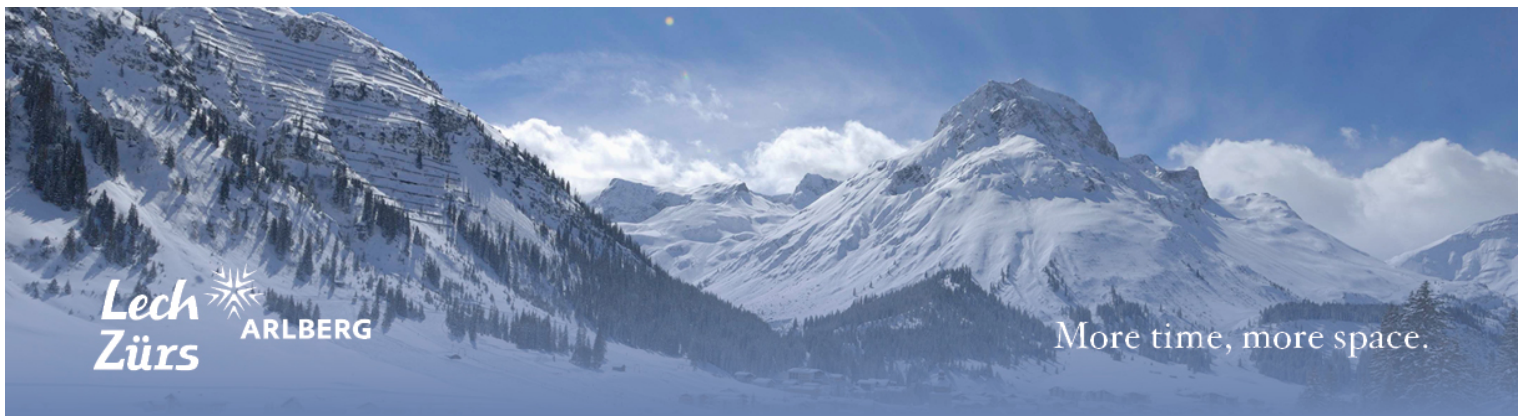
#### **Tanzcafé Arlberg Music Festival: PROHASKA**

It couldn't be more energetic

Where: Sennhütte, St. Anton am Arlberg

Time: 2 pm





## Events 12.04.2024 - 18.04.2024

### Saturday, 13.04.2024

- 14:00** **Tanzcafé Arlberg Music Festival: SHANTEL DJ SET**  
Bow down to the king of the Balkan dancefloor  
Where: Schlegelkopf Restaurant, Lech  
Time: 2 pm
- 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](mailto:museum@gemeinde.lech.at) or +43 5583 2213 240  
Location: Lechmuseum Huber-Hus
- 18:00** **Sister Resort Party**  
The traditional partnership festival celebrates the connection between Lech Zürs am Arlberg and its partner towns worldwide.  
Start: 6 pm  
Musical programme: "Spinphony" from Beaver Creek and "Katzasprung" from Lech  
Where: Lechwelten
- 20:30** **Tanzcafé Arlberg Music Festival: ELEKTRO GUZZI**  
Dance to the beat of techno clockwork  
Entry and warm-up: 8.30 pm  
Show: approx. 9.30 pm  
Where: Aparthotel Anton, St. Anton am Arlberg  
Time: 8.30 pm

### Sunday, 14.04.2024

#### Exhibition "Tom Vau - The Fragmentation of the Mountains"

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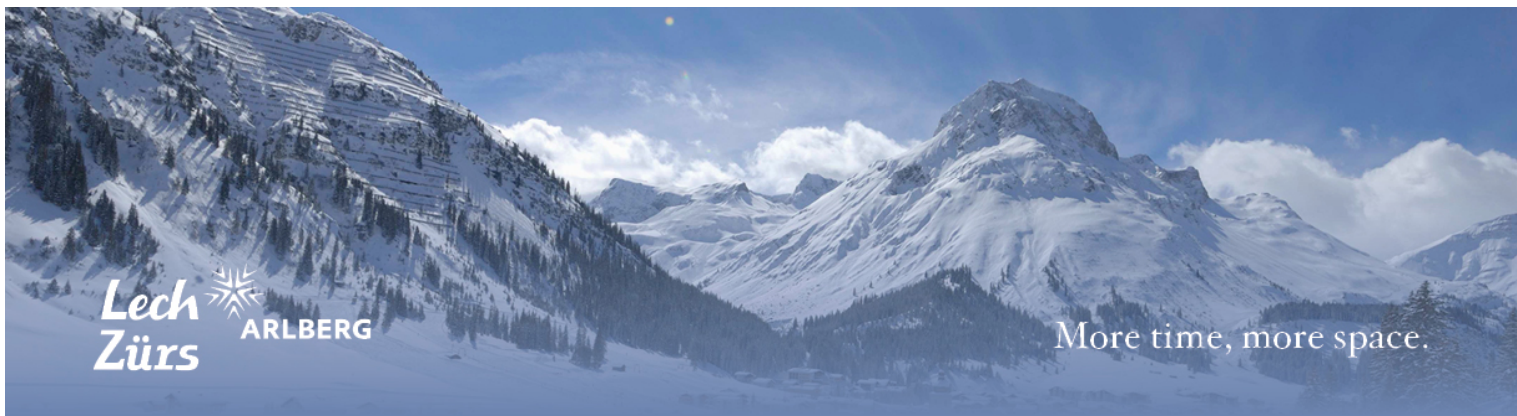
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13:00

#### **Tanzcafé Arlberg Music Festival: SHANTEL & The Bucovina Club Soundsystem**

SHANTEL & The Bucovina Club Soundsystem - Bow down to the king of the Balkan dancefloor  
Where: Rendl, St. Anton am Arlberg  
Time: 1 pm

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](mailto:museum@gemeinde.lech.at) or +43 5583 2213 240  
Location: Lechmuseum Huber-Hus

### Monday, 15.04.2024

#### **Exhibition "Tom Vau - The Fragmentation of the Mountains"**

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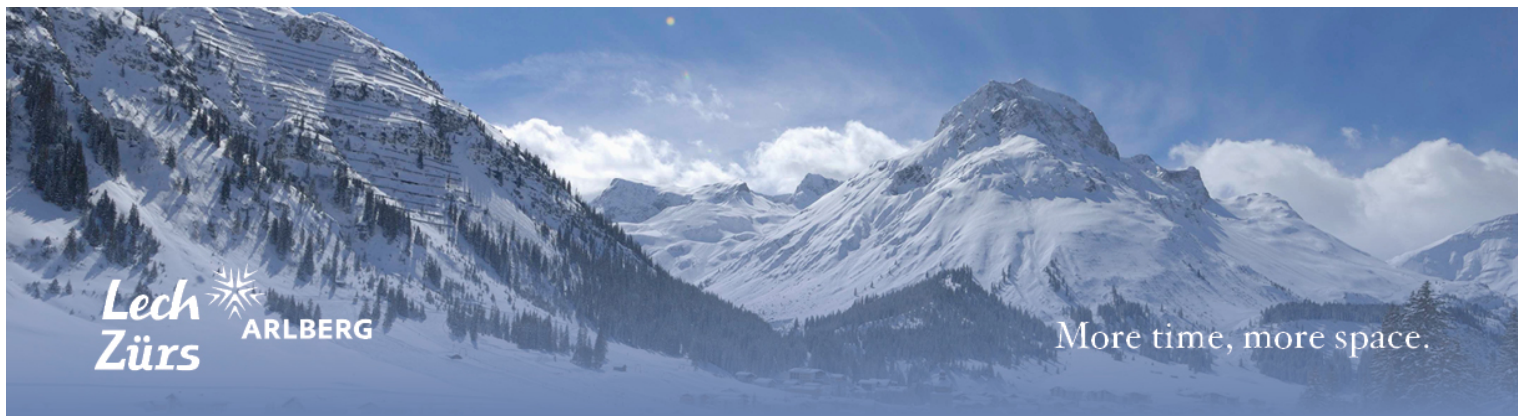
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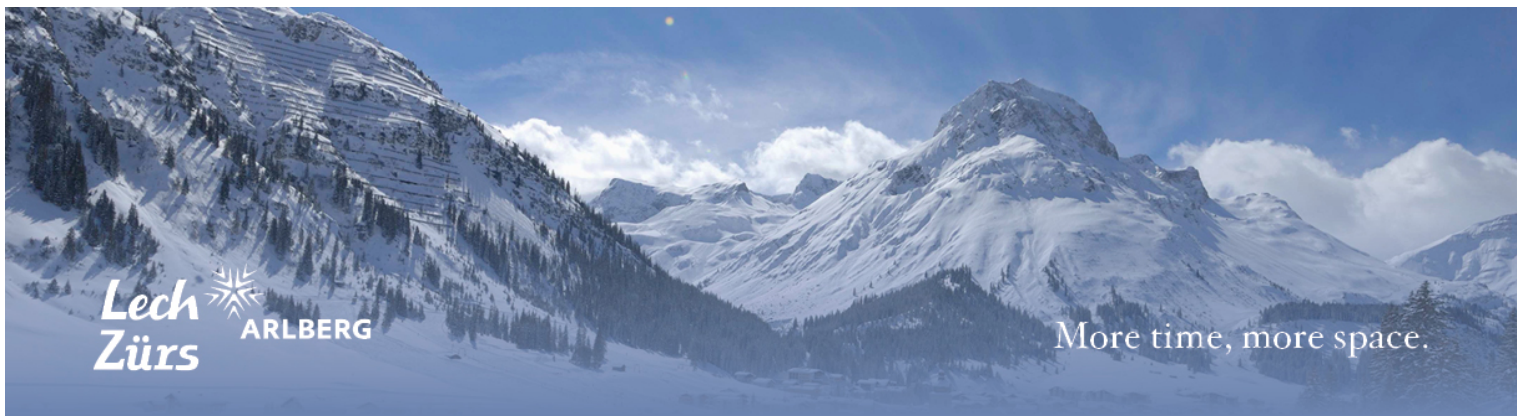




## Events 12.04.2024 - 18.04.2024

### Monday, 15.04.2024

- 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](mailto:happy@goldenerberg.at)
- 14:00 - 16:00**           **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. 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](mailto:happy@goldenerberg.at)
- 16:00**                    **Alpaca Trekking**  
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](mailto:adlerhof.lech@gmx.at)  
More information about trekking, reservations and the Adlerhof can be found at: [www.adlerhof-lech.at](http://www.adlerhof-lech.at)  
Meeting point: Adlerhof in Lech
- 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](mailto:info@rhomberg-physio.at)  
Prices: Block for 10 units € 95  
for 1 unit € 15  
Location: Physio Lech in the Dr. Rhomberg Sanatorium, Oberstubenbach



## Events 12.04.2024 - 18.04.2024

### Tuesday, 16.04.2024

#### Exhibition "Tom Vau - The Fragmentation of the Mountains"

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Where: Hotel madlochBlick

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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

14:00 - 16:00

#### Manufactory Lech

Original products made in Lech

Opening hours: 2 pm - 5 pm

Where: Raiffeisenbank Lech

20:11

#### 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.

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

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

Location: Skyspace-Lech

### Wednesday, 17.04.2024

#### Exhibition "Tom Vau - The Fragmentation of the Mountains"

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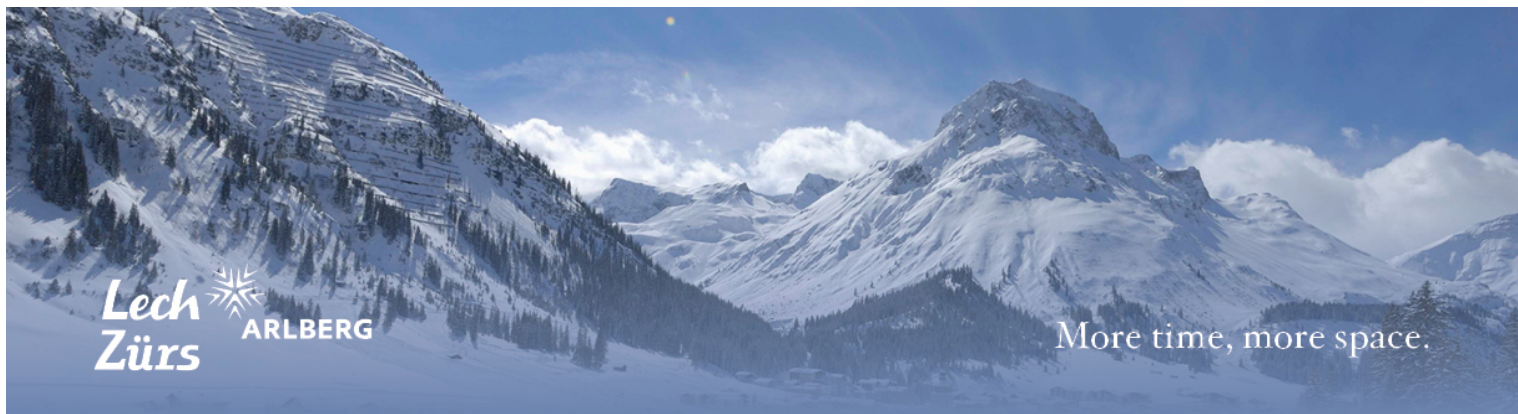
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### Wednesday, 17.04.2024

- 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 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@rhombberg-physio.at
- 21:30 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, 18.04.2024

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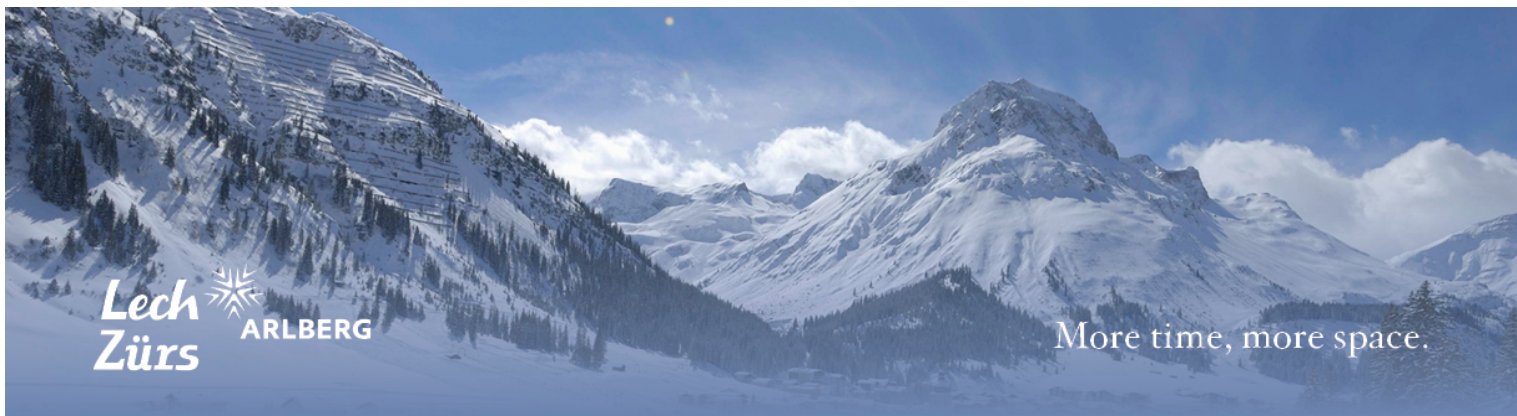
Opening hours: daily

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- 07:45 Skiroute Zürser Täli**  
You'll have the slopes all to yourself, and the majestic mountains rise up to the left and right as you ski down from Muggengrat in the direction of Zürser Täli. Making gentle turns and listening to exciting anecdotes and information from your guide – that's truly a one-of-a-kind experience.  
Please note: Regarding a limited number of people it's necessary to register in advance.  
Registration the day prior until 16:30 at Ski Züers-AG (+43 5583 2283)  
Meeting point: Seekopfbahn valley station; 07:45 h  
Price: €40 incl. breakfast at Seekopf mountain restaurant (only in combination with a valid ski pass)





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#### **Manufactory Lech**

Original products made in Lech  
Opening hours: 2 pm - 5 pm  
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**16:00**

#### **Alpaca Trekking**

Alpaca trekking with Adriana on Monday and Thursday!  
Together with Adriana from the Adlerhof, alpaca treks are organised every Monday and Thursday.  
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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](http://www.adlerhof-lech.at)  
Meeting point: Adlerhof in Lech

**20:14**

#### **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.  
Price: € 15,- per person, shuttle taxi € 10,-  
Tickets: <https://www.lechzuers.com/en/culture-and-lifestyle/experiences/experiences>  
Location: Skyspace-Lech

