

Events 11.10.2024 - 17.10.2024

Friday, 11.10.2024

Butcher's plate at the Tannbergerhof

Table reservation requested T.: +43 5583 2202
Where: Tannbergerhof, Lech

Deer weeks at the Tannbergerhof

Reservation requested under T.: +43 5583 2202
Where: Tannbergerhof

08:30 - 09:30

Yoga at Hotel Goldener Berg (Iyengar & Restorative)

Iyengar Yoga Morning session 8.30 am - 9.30 am
Sunday and Monday session: Vinyasa
Afternoon session 5.30 pm - 6.30 pm
Price per person: € 15,-
Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm
Registration at: happy@goldenerberg.at

09:30

Yoga and brunch

Enjoy a wonderful breakfast on our sun terrace after the yoga session. Combination package: Yoga and breakfast for 45,- per person
(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)
Where: Hotel Goldener Berg, Oberlech
Time: from 09:30 am
Registration: happy@goldenerberg.at

18:00

Happy Afterwork at the Tannbergerhof

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.
Daily from 6 pm - 8 pm
Where: Hotel Tannbergerhof

18:30

Rote Wand Masterclass

Fermentation Masterclass every Wednesday at 6.30 pm.
Immerse yourself in the world of fermentation: discover lacto- and lactic acid fermentation, kombucha and koji. Learn the secrets of these techniques. Menu of 4 large courses, accompanied by selected wines. Non-alcoholic beverage accompaniment is possible.

Surprise Masterclass every Friday at 6.30 pm. Expand your culinary knowledge with changing themes: Every Friday we surprise you with new content. Examples include the carving of game from our own hunt, followed by a menu focussing on game, or the world of sourdough, including knowledge and the production of bread and focaccia. Menu of 4 large courses, accompanied by carefully selected wines and non-alcoholic drinks.

Every Tuesday
Price: € 180 (masterclass & menu)
Start: 6.30 pm
Registration: gasthof@rotewand.com

Events 11.10.2024 - 17.10.2024

Friday, 11.10.2024

18:40

Skyspace-Lech guided tour

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

Price: € 15 per person

Tickets online or in the Lech Zürs Tourist office

Registration: required until 6 pm the day before

Location: Skyspace-Lech

Saturday, 12.10.2024

Butcher's plate at the Tannbergerhof

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech

08:30 - 09:30

Yoga at Hotel Goldener Berg (Hatha & Yin)

Hatha Yoga Morning session 8.30 am - 9.30 am

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: happy@goldenerberg.at

Price per person: € 15,-

09:30

Yoga and brunch

Enjoy a wonderful breakfast on our sun terrace after the yoga session. Combination package: Yoga and breakfast for 45,- per person

(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)

Where: Hotel Goldener Berg, Oberlech

Time: from 09:30 am

Registration: happy@goldenerberg.at

18:00

Happy Afterwork at the Tannbergerhof

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

Sunday, 13.10.2024

Butcher's plate at the Tannbergerhof

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech

Events 11.10.2024 - 17.10.2024

Sunday, 13.10.2024

08:30 - 09:30

Yoga at Hotel Goldener Berg (Hatha & Yin)

Hatha Yoga Morning session 8.30 am - 9.30 am

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: happy@goldenerberg.at

Price per person: € 15,-

09:30

Yoga and brunch

Enjoy a wonderful breakfast on our sun terrace after the yoga session. Combination package: Yoga and breakfast for 45,- per person

(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)

Where: Hotel Goldener Berg, Oberlech

Time: from 09:30 am

Registration: happy@goldenerberg.at

18:00

Happy Afterwork at the Tannbergerhof

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

Monday, 14.10.2024

Butcher's plate at the Tannbergerhof

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech

08:30 - 09:30

Yoga at Hotel Goldener Berg (Vinyasa & Yin)

Vinyasa and Yin Yoga Morning session 8.30 am - 9.30 am Tuesday - Saturday

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: happy@goldenerberg.at

09:30

Yoga and brunch

Enjoy a wonderful breakfast on our sun terrace after the yoga session. Combination package: Yoga and breakfast for 45,- per person

(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)

Where: Hotel Goldener Berg, Oberlech

Time: from 09:30 am

Registration: happy@goldenerberg.at

Events 11.10.2024 - 17.10.2024

Monday, 14.10.2024

15:00 - 16:00

Highest Vision Meditation with Anja Löhning

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?

Price 40 € per person

Minimum 2 participants

When: Monday

Time 3 pm

Where: Yoga room, Hotel Goldener Berg

By pre-booking by Sunday evening at the latest.

Individual coaching session (60 - 90 minutes): € 150,-

Registration: happy@goldenerberg.at

18:00

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Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

18:30

Masterclass & Dine with epifood

That's Alex & Feli from epifood. In addition to their epifood Instagram channel, where they provide us daily with recipes that are not only delicious but also happen to be healthy, there is their podcast 'Epifood - Gesundheit & Genuss' (Epifood - Health & Indulgence), where they collect facts and background knowledge with expert know-how, and their Taste Experience, where they organise unforgettable events together with brands.

Price: € 180

incl. masterclass, menu, wine & water

Where: Hotel Rote Wand

Tuesday, 15.10.2024

Butcher's plate at the Tannbergerhof

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech

08:30 - 09:30

Yoga at Hotel Goldener Berg (Iyengar & Restorative)

Iyengar Yoga Morning session 8.30 am - 9.30 am

Sunday and Monday session: Vinyasa

Afternoon session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm

Registration at: happy@goldenerberg.at

Events 11.10.2024 - 17.10.2024

Tuesday, 15.10.2024

- 09:30** **Yoga and brunch**
Enjoy a wonderful breakfast on our sun terrace after the yoga session. Combination package: Yoga and breakfast for 45,- per person
(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)
Where: Hotel Goldener Berg, Oberlech
Time: from 09:30 am
Registration: happy@goldenerberg.at
- 16:00** **Rote Wand Cookery Class**
Embark on a culinary journey of discovery: From the fish pond through the vegetable gardens and raised beds, where fresh ingredients are collected for the menu. Prepare a 3-course menu yourself with Jamie Unshelm, accompanied by wines or non-alcoholic drinks.
Price per person: € 170
Start: 4 pm
Registration at: gasthof@rotewand.com
Where: Gasthof Hotel Rote Wand, Zug
- 18:00** **Happy Afterwork at the Tannbergerhof**
From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.
Daily from 6 pm - 8 pm
Where: Hotel Tannbergerhof

Wednesday, 16.10.2024

- Butcher's plate at the Tannbergerhof**
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Where: Tannbergerhof, Lech
- 08:30 - 09:30** **Yoga at Hotel Goldener Berg (Vinyasa & Yin)**
Vinyasa and Yin Yoga Morning session 8.30 am - 9.30 am Tuesday - Saturday
Afternoon session 5.30 pm - 6.30 pm
Price per person: € 15,-
Registration for the morning session until 8 pm on the day of the lecture and for the afternoon session until 3 pm
Registration at: happy@goldenerberg.at
- 09:30** **Yoga and brunch**
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Time: from 09:30 am
Registration: happy@goldenerberg.at
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Wednesday, 16.10.2024

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Every Tuesday

Price: € 180 (masterclass & menu)

Start: 6.30 pm

Registration: gasthof@rotewand.com

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Sunday and Monday session: Vinyasa

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09:30

Yoga and brunch

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(Yoga mat and cushions are available free of charge at the Goldener Berg or will be provided)

Where: Hotel Goldener Berg, Oberlech

Time: from 09:30 am

Registration: happy@goldenerberg.at

10:30

Emotional Balance

Emotional Balance - The head technique for more inner peace

Time: 10.30 am - 12.00 pm

Price: 25,- € per participant

Registration: happy@goldenerberg.at



**Lech
Zürs**  **ARLBERG**

More time, more space.

Events 11.10.2024 - 17.10.2024

Thursday, 17.10.2024

- 18:00** **Happy Afterwork at the Tannbergerhof**
From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.
Daily from 6 pm - 8 pm
Where: Hotel Tannbergerhof
- 18:30** **Rote Wand Wine and Dine**
On Thursdays Jamie prepares a 6-course menu, accompanied by matching wines from our team.
Menu consisting of 6 large courses. Non-alcoholic beverage accompaniment is possible.
Price: € 180 incl. menu & wine pairing
Registration: gasthof@rotewand.com
Start: 6.30 pm

