

Events 18.07.2025 - 24.07.2025**Friday, 18.07.2025****22nd International Walser Meeting**

The 22nd International Walser Meeting will take place from 18 - 20 July 2025 in Lech am Arlberg. Since 1962, the Walser people have been celebrating a large Walser meeting every three years. Thousands of Walser people from all over the world gather at a Walser village in their colourful traditional costumes. The meetings are highlights of the encounter. Music, singing and traditional costume groups as well as bands contribute to the joyful entertainment in the open air or on the festive evening. A joint ecumenical church service calls for devotion and reflection. The festival concludes with a large parade on Sunday.

The detailed programme and further details can be found on this page:
<https://www.lechzuers.com/de/events/walsertreffen>

07:45 - 08:45**Yoga at the Sonnenburg**

Hatha is relaxed, slower-paced style of yoga appropriate for all levels of practitioners, including novices. In addition, each asana in Hatha Yoga is often maintained for a more extended period, (3-5 breaths) allowing for a more in-depth examination of the posture and improved flexibility.

When: Wednesday to Sunday, from 7.45 to 8.45 a.m.

Registration: To participate in the desired yoga session, please register by emailing hotel@sonnenburg.at by 5:00 p.m. the day before.

Cost: 15,00 € per session for external participants. The amount can be paid directly at the Sonnenburg reception before the session.

Where: Hotel Sonnenburg

08:00 - 09:00**Morning Yoga followed by good morning meditation**

Yoga Morning session 8 am - 9.15 am

Price per person: € 18,-

Registration at: happy@goldenerberg.at

Where: Hotel Goldener Berg

08:20**Mountain breakfast**

Feasting at 2,000 metres above sea level and then doing 'a little something' for your calves?

Regional delicacies are served against a picturesque mountain backdrop. Afterwards, all hiking enthusiasts can set off into the marvellous natural surroundings. Alone or with our hiking guide, who knows the best secret routes.

When: Every Friday.

We meet on the sun terrace at 8.20 am and fortify ourselves with a cup of 'Oberlech herbal tea' from our herb kitchen. We set off for the small castle at 8.30 am.

Where: At the Kriegeralpe

Registration: Please register the day before. At reception or in the evening at the castle restaurant with our team.

Good to know: External guests or non-hikers are of course also welcome to have breakfast at the 'little castle'. The Kriegeralpe is just 10 minutes from the Petersbodenbahn cable car.

Reservation under: +43 664 44 22 697 | info@kriegeralpe.com

Events 18.07.2025 - 24.07.2025

Friday, 18.07.2025

- 08:30 Lech Card - Yoga on the mountain**
Mats can be rented from Lech Zürs Tourismus
In case of bad weather it will take place at the sport.park.lech
Duration: 2-3 Stunden
Registration: until 5 pm the day before under info@lechzuers.com or <https://www.mylechcard.at/en/registration/>
Tel.: +43 5583 2161
Price for non Lech Card owners: € 25 per person, the ticket can be bought at the tourist office
Meeting point: 8.30 am Dorfhüs
- 09:45 Lech Card - The geopath excursion**
Where today is alpine terrain, in prehistoric times mussels and primeval "octopuses" cavorted. What once rested under deep blue water rose to an imposing peak that towered over a massive expanse of ice. So the Geological Circuit invites you on a fantastic journey through time - along "stone witnesses" on the way through millions of years.
Duration: approx. 3 hours
Registration: the day before by 5 p.m. at info@lechzuers.com or <https://anmeldung.mylechcard.at/en/registration/>
Tel.: +43 5583 2161
Meeting place: Rüfiplatz Lech
- 09:45 Lech Card Childrens programme - Games day at swimming pool or climbing**
Children between 5 and 14 years
Registration: until 5 pm the day before under info@lechzuers.com or <https://www.mylechcard.at/en/registration/>
Tel.: +43 5583 2161
Meeting point: 9.45 am Office Arlberg Alpin, Filomena Lech
- 10:00 Lech Card - Waterworkshop for Families**
Meeting point: 10 am Rüfiplatz
Duration: approx. 4 hours
Registration: online or phone: +43 5583 2161-0
Please bring your Lech Card with you to the meeting point
- 10:30 Element Light - Soundbath & Chanten**
Let yourself be carried by healing sounds and experience the transformative power of the voice. Vibrating frequencies and chanting together harmonise body and mind - for deep relaxation and inner radiance.
Price: 18,00 € per person
Where: Hotel Goldener Berg
- 14:00 - 18:00 Small-caliber rifle**
For guests, employees and locals
Time: 2 pm - 6 pm
Location: Schützenheim Lech



Events 18.07.2025 - 24.07.2025

Friday, 18.07.2025

- 14:00** **Werklerei Lech**
Original products made in Lech
Opening hours:
Tuesdays from 2 pm to 4 pm
Thursdays from 8.30 am to 11.30 am and 2 pm - 4 pm
Fridays from 2 pm to 4 pm
Where: Raiffeisenbank Lech
- 15:00 - 18:00** **Exhibition Lechmuseum - Open the lens! Photography on the Arlberg**
Open the lens! Photography on the Arlberg
When: 3 pm - 6 pm
Admission: voluntary donation
Guided tours available by appointment: museum@gemeinde.lech.at or +43 5583 2213 240
Location: Lechmuseum Huber-Hus
- 15:30** **Vernissage „Facettenreich – am Arlberg“**

What: Birigit Felder presents her colorful works, When: 18.07.2025 at 3:00 PM, Where: Raiffeisenbank Lech, Admission free
- 15:30** **Zweite Heimat - Alpen im Klostertal**
When: Friday, July 18, 2025 at 15:30 Where: Raiffeisenbank Lech What: Book presentation "Zweite Heimat - Alpen im Klostertal" Admission free!
- 17:00** **International Walser Meeting - Welcome**
When: 5 -7 pm Welcome by the mayor & aperitif in the Lechwelten
Afterwards you can dine individually in the village restaurant
- 17:30 - 18:30** **Afternoon yoga**
Bring the day to a relaxing close with a soothing yoga session. This session will help you to reduce stress, stretch your body and recharge your batteries. Mindful movements and gentle flows will increase your well-being.
Whenever the weather permits, yoga takes place outdoors.
Price: 18,00 € per person
Where: Hotel Goldener Berg
- 18:00 - 19:00** **EVENING RELAX**
Evening yoga with a short, guided meditation for a relaxing evening.
Registration: info@burghotel-lech.com or +43 5583 2291
Cost: € 15.00 per unit for external participants
Where: Burg Hotel Lech am Arlberg

Events 18.07.2025 - 24.07.2025

Friday, 18.07.2025

- 18:00** **Fondue evening at the Rüfikopf Panorama restaurant**
Exclusive evening enjoyment at 2,350 metres
Every Friday there is a fondue evening on the Rüfikopf with cable car ride.
Price: €68 (without drinks)
Meeting point: 18:00 at the Rüfikopf cable car
Cable car rides throughout: from 18:00 to 21:30 (last ride)
Booking: Panoramarestaurant Rüfikopf until 15:00 (+43 5583 2336 278)
Book a table now at: <https://rufikopf.simply-olivia.restaurant/reservations>
- 18:00** **Rüfikopf adventure evening**
Exclusive ascent from 6 pm every half hour with the hour with the Rüfikopf cable car
Valley ride: every half an hour until 09.30 pm
Free for Lech Card holders
No registration required! Cancellation in case of strong wind, precipitation or danger of thunderstorms!
Location: Panoramic restaurant Rüfikopf
- 18:15 - 19:15** **Yoga at the Sonnenburg**
Yin yoga is very meditative in nature and taught in a calm and gentle way. Contrary to active and dynamic asana practices, yin is static, relaxing and hold each position for 3-5 minutes.
When: Wednesday to Saturday, from 6.15 to 7.15 pm.
Registration: To participate in the desired yoga session, please register by emailing hotel@sonnenburg.at by 5.00 p.m. the day before.
Cost: 15,00 € per session for external participants. The amount can be paid directly at the Sonnenburg reception before the session.
Where: Hotel Sonnenburg
- 21:00** **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
Tickets: online <https://shop.mtms.at/organizer/tvb-lechzuers-admin/tickets/skyspace-fuehrungen-sommer-2025>
Location: Skyspace-Lech
- 21:15** **Walk like an Egyptian**
We understand the art of entertainment - and know that good music is the key to any memorable party. That's why we play every Friday. Live, from different bands. And always under a different motto: from Italo classics and pop hits to pop songs, everything is represented here. So that everyone gets the chance to sing and dance along to their heart's content.
WHEN? Every Friday from 21:15 with live band
WHERE? Burg evening bar

Events 18.07.2025 - 24.07.2025**Saturday, 19.07.2025****22nd International Walser Meeting**

The 22nd International Walser Meeting will take place from 18 - 20 July 2025 in Lech am Arlberg. Since 1962, the Walser people have been celebrating a large Walser meeting every three years. Thousands of Walser people from all over the world gather at a Walser village in their colourful traditional costumes. The meetings are highlights of the encounter. Music, singing and traditional costume groups as well as bands contribute to the joyful entertainment in the open air or on the festive evening. A joint ecumenical church service calls for devotion and reflection. The festival concludes with a large parade on Sunday.

The detailed programme and further details can be found on this page:
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07:45 - 08:45**Yoga at the Sonnenburg**

Hatha is relaxed, slower-paced style of yoga appropriate for all levels of practitioners, including novices. In addition, each asana in Hatha Yoga is often maintained for a more extended period, (3-5 breaths) allowing for a more in-depth examination of the posture and improved flexibility.

When: Wednesday to Sunday, from 7.45 to 8.45 a.m.

Registration: To participate in the desired yoga session, please register by emailing hotel@sonnenburg.at by 5:00 p.m. the day before.

Cost: 15,00 € per session for external participants. The amount can be paid directly at the Sonnenburg reception before the session.

Where: Hotel Sonnenburg

08:00 - 09:00**Morning Yoga followed by good morning meditation**

Yoga Morning session 8 am - 9.15 am

Price per person: € 18,-

Registration at: happy@goldenerberg.at

Where: Hotel Goldener Berg

08:30 - 09:30**YOGA & PILATES am Berg**

Yoga & Pilates in nature with a focus on the pelvic floor

Registration: info@burghotel-lech.com or +43 5583 2291

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

10:00 - 12:00**International Walser Meeting - General Assembly**

General Assembly - International Association for Walsertum

When: 10 am-12

Where: Lechwelten

15:00**Exhibition Lechmuseum - Open the lens! Photography on the Arlberg**

When: Thursday - Sunday 3 pm - 6 pm

Admission: voluntary donation

Guided tours available by appointment: museum@gemeinde.lech.at or +43 5583 2213 240

Location: Huber-Hus

Events 18.07.2025 - 24.07.2025

Saturday, 19.07.2025

- 16:30** **Element Earth - Alpine bathing with Yoga**
We connect with the element of earth during mindful Alpine bathing - a conscious immersion in alpine nature with all our senses.
Surrounded by forests, meadows and fresh mountain air, we feel the power of the earth and come fully into the moment.
Afterwards, we let the effects of this experience sink in during a gentle yoga session - for inner peace and new grounding.
Price: 18,00 € per person
Where: Hotel Goldener Berg
- 18:00** **Balm Sunset BBQ**
Every Saturday evening - Enjoy the most beautiful sunsets and breathtaking panoramic views every Saturday evening in July and August.
Delicious meat specialities from the grill await you at the top
If you prefer meatless, you're sure to find what you're looking for on the menu
Train journey included for Lech Card holders
The last train leaves for the valley at 9.30 pm
Further information at: www.balmalp.at and at www.lech-bergbahnen.at
- 18:00 - 19:00** **EVENING WEEKEND SPECIAL**
Yoga, Breathing and Tapping E.F.T.
Registration: info@burghotel-lech.com or +43 5583 2291
Cost: € 15.00 per session for external participants
Where: Burg Hotel Lech am Arlberg
- 18:00 - 23:00** **International Walser Meeting - Opening of the marquee**
Opening of the marquee and dinner together
When: 6 pm-11 pm
Where: Marquee at the Schlosskopf car parking area
- 18:15 - 19:15** **Yoga at the Sonnenburg**
Yin yoga is very meditative in nature and taught in a calm and gentle way. Contrary to active and dynamic asana practices, yin is static, relaxing and hold each position for 3-5 minutes.
When: Wednesday to Saturday, from 6.15 to 7.15 pm.
Registration: To participate in the desired yoga session, please register by emailing hotel@sonnenburg.at by 5.00 p.m. the day before.
Cost: 15,00 € per session for external participants. The amount can be paid directly at the Sonnenburg reception before the session.
Where: Hotel Sonnenburg
- 18:30** **Weekly barbecue evening at the Hotel Krone**
Weekly barbecue evening at the Hotel Krone - every Saturday from 6.30 pm Warm summer evenings, fine barbecue flavours and a view of the mountains: Every Saturday from 6.30 pm we cordially invite you to a barbecue evening at the Hotel Krone. Enjoy freshly prepared specialities from the grill - from tender meat and fresh fish to fine vegetarian delicacies. Our kitchen team will spoil you with a varied selection of grilled dishes and sophisticated side dishes - accompanied by fine wines and cool drinks from our bar. Location: Sun terrace or round hall in the Romantik Hotel Krone

Events 18.07.2025 - 24.07.2025**Sunday, 20.07.2025****22nd International Walser Meeting**

The 22nd International Walser Meeting will take place from 18 - 20 July 2025 in Lech am Arlberg. Since 1962, the Walser people have been celebrating a large Walser meeting every three years. Thousands of Walser people from all over the world gather at a Walser village in their colourful traditional costumes. The meetings are highlights of the encounter. Music, singing and traditional costume groups as well as bands contribute to the joyful entertainment in the open air or on the festive evening. A joint ecumenical church service calls for devotion and reflection. The festival concludes with a large parade on Sunday.

The detailed programme and further details can be found on this page:
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07:45 - 08:45**Yoga at the Sonnenburg**

Hatha is relaxed, slower-paced style of yoga appropriate for all levels of practitioners, including novices. In addition, each asana in Hatha Yoga is often maintained for a more extended period, (3-5 breaths) allowing for a more in-depth examination of the posture and improved flexibility.

When: Wednesday to Sunday, from 7.45 to 8.45 a.m.

Registration: To participate in the desired yoga session, please register by emailing hotel@sonnenburg.at by 5:00 p.m. the day before.

Cost: 15,00 € per session for external participants. The amount can be paid directly at the Sonnenburg reception before the session.

Where: Hotel Sonnenburg

08:00**Strong back - clear head with Laura**

Our physiotherapist Laura will take you on a journey along your back - from your neck down to your hips. Together you will strengthen the deep muscles, improve the mobility of the spine and finish the session with soothing stretching exercises.

A few familiar yoga poses are incorporated, but this is not a classic yoga flow. The focus is on functional movements, conscious body awareness and practical exercises that can be easily integrated into everyday life.

Price: 18,00 € per person

Where: Hotel Goldener Berg

08:30 - 09:30**WAKE UP YOGA**

Energising morning practice with breathing and yoga

Registration: info@burghotel-lech.com or +43 5583 2291

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

09:00**Church Service of the Walser Meeting**

Church service for the Walser Meeting

When: 9 am

Where: Pfarrkirche Lech

Events 18.07.2025 - 24.07.2025

Sunday, 20.07.2025

- 09:45** **Lech Card - Family Programme Canyoning**
Registration: until 5 pm the day before under info@lechzuers.com or +43 55832161
Meeting point: 9.45 am at the Arlberg Alpin office Filomena
To bring along: Swimming trunks, towel and a second pair of sneakers which can get wet for the canyon
Age: from 8 years
Swimming skills required
- 10:00** **Balm Brunch**
Every Sunday in July & August Brunch awaits you on the large sun terrace with panoramic views of the surrounding mountains and the Zug Valley. Enjoy relaxed breakfast classics, regional products and hot dishes.
Every Sunday from 10 am - 1 pm
Price including hot drink and juice: € 22.00
- 10:00** **Invitation to a morning pint with live music**
A Sunday full of enjoyment, music and socialising
We cordially invite you to spend an atmospheric morning with us:
At the traditional morning pint with live music, you can expect savoury delicacies, cool beer and the rousing sounds of Gegi Gabriel, who will provide the best entertainment with his charm, voice and Styrian harmonica.
Date: 20.07.2025
Start: from 10 am
Location: Terrace of the Romantik Hotel Die Krone von Lech
- 10:30 - 13:30** **Jam and music**
At our brunch, changing live bands play Austrian songs. And we serve the finest savoury delicacies such as sausage and cheese. And of course: jam and delicious sweets are also available.
WHEN?
July: 06.07. | 20.07.
August: 03.08. | 17.08. | 31.08.
September: 14.09. | 28.09.
October: 12.10.
WHERE? In the Burg Restaurant or on our sun terrace in fine weather.
GOOD TO KNOW: We recommend booking in advance. At the castle reception, by phone or by e-mail: info@burghotel-lech.com .
- 11:00** **Official parade of the Walser Meeting**
Official parade of the Walsertreffen
When: 11 am
Where: Lech centre, start at the Filomena
This is followed by lunch in the marquee.
- 11:00** **Smoked fish**
On Sundays and as long as the pre-smoked stock lasts, there are freshest char and trout from the Zürsersee lake.
Where: Seekopfrestraurant
When: 11 am - 3 pm

Events 18.07.2025 - 24.07.2025

Sunday, 20.07.2025

15:00 - 18:00

Exhibition Lechmuseum - Open the lens! Photography on the Arlberg

Open the lens! Photography on the Arlberg

When: 3 pm - 6 pm

Admission: voluntary donation

Guided tours available by appointment: museum@gemeinde.lech.at or +43 5583 2213 240

Location: Lechmuseum Huber-Hus

18:00 - 19:00

GENTLE EVENING PRACTICE

Gentle yoga and breathing to calm the nervous system and prepare for the evening.

Registration: info@burghotel-lech.com or +43 5583 2291

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

Monday, 21.07.2025

08:00

Strong centre - Gentle & stable with Laura

A strong centre creates balance - in the body and in life. In this mindful session with Laura, the focus is on gently strengthening the centre of the body. Elements from Pilates are combined with conscious breathing and stabilising exercises to create a beneficial workout for the abdomen, back and pelvic floor. Core training is not a classic fitness session - rather an invitation to gently activate the deep muscles, improve posture and strengthen inner stability. Ideal for anyone who wants to bring more strength and stability into their everyday life with ease and mindfulness.

Price: 18.00 € per person

Where: Hotel Goldener Berg

09:30

Lech Card - E-Bike "Improve your skills"

Please take your own e-bike with you, otherwise these can also be rented from our sport shops.

Duration: about 2 hours

Registration: until 5 pm the day before under info@lechzuers.com or

<https://www.mylechcard.at/en/registration/>

Tel.: +43 5583 2161

Meeting point: 9.30 am, Dorfhus

09:30

Lech Card - Herbs hiking tour

With herbal educator Veronika Walch

Duration: 3 hours

Registration: until 5 pm the day before under info@lechzuers.com or

<https://www.mylechcard.at/en/registration/>

Tel.: +43 5583 2161

Meeting point: 9.30 am Rüfiplatz

Bad weather:

We also offer a herbal experience in bad weather! The alternative programme takes place in the Lech herbal workshop. Together we make herbal products such as herbal salt or balm.

09:45

Lech Card - Family Program Climbing

Registration: until 5 pm the day before under info@lechzuers.com or +43 5583 2161

Participation is only possible with prior registration.

Meeting point: 9.45 am at the Arlberg Alpin office Filomena

Events 18.07.2025 - 24.07.2025

Monday, 21.07.2025

- 09:45** **Lech Card Childrens programme - Games day at swimming pool or Gipsis Rätselweg**
Children between 5 and 14 years
Registration: until 5 pm the day before under info@lechzuers.com or <https://www.mylechcard.at/en/registration/>
Tel.: +43 5583 2161
Meeting point: 9.45 am Office Arlberg Alpin, Filomena Lech
- 14:00 - 18:00** **Small-caliber rifle**
For guests, employees and locals
Time: 2 pm - 6 pm
Location: Schützenheim Lech
- 18:00** **Mussel Monday - Enjoy Monday**
Start the week with pleasure: every Monday (from 6.00 pm) we serve fresh mussels in 'Pfefferkörndl'.
A fine glass of wine rounds off the evening perfectly...
Including glass of wine €27.90
- 18:30** **Wine and Dine with Karl Haidle**
On this evening, Moritz Heidle will delight us with a selection of his exciting wines, while Jamie Unshelm will conjure up an exclusive menu that perfectly complements the flavours of the wines.
Price: €180 per person, incl. menu & wine pairing
Time: 6.30 pm
Booking: gasthof@rotewand.com

Tuesday, 22.07.2025

- 08:00 - 09:00** **Morning Yoga followed by good morning meditation**
Yoga Morning session 8 am - 9.15 am
Price per person: €18,-
Registration at: happy@goldenerberg.at
Where: Hotel Goldener Berg
- 08:30 - 09:30** **DETOX MORNING FLOW**
Katonah Yoga with a focus on twists
Registration: info@burghotel-lech.com or +43 5583 2291
Cost: €15.00 per session for external participants
Where: Burg Hotel Lech am Arlberg

Events 18.07.2025 - 24.07.2025

Tuesday, 22.07.2025

- 08:45** **Lech Card - Pilates with Uli Alber**
Pilates exercises to increase coordination, stamina and concentration with Uli Alber
Mats can be rented from Lech Zürs Tourismus
In case of bad weather it will take place at the sport.park.lech
Duration: 2-3 Stunden
Registration: until 5 pm the day before under info@lechzuers.com or <https://www.mylechcard.at/en/registration/>
Tel.: +43 5583 2161
Price for non Lech Card owners: € 25 per person, the ticket can be bought at the tourist office
Meeting point: 8.45 am Dorfhus
- 09:30** **Lech Card - E-Bike "Practice your skills"**
Please take your own E-Bike with you, otherwise these can also be rented from our sport shops.
Duration: about 4 hours
Registration: until 5 pm the day before under info@lechzuers.com or <https://www.mylechcard.at/en/registration/>
Tel.: +43 5583 2161
Meeting point: Dorfhus
- 09:45** **Lech Card - Family Programme Canyoning**
Registration: until 5 pm the day before under info@lechzuers.com or +43 55832161
Meeting point: 9.45 am at the Arlberg Alpin office Filomena
To bring along: Swimming trunks, towel and a second pair of sneakers which can get wet for the canyon
Age: from 8 years
Swimming skills required
- 09:45** **Lech Card Childrens programme - Archery or canyoning**
Children between 5 and 14 years
Registration: until 5 pm the day before under info@lechzuers.com or <https://www.mylechcard.at/en/registration/> Tel.:+43 5583 2161
Meeting point: 9.45 am at the office Arlberg Alpin, Filomena Lech
- 10:30** **Element of water - mindful hike with Kneipp therapy and meditation**
Price: € 18,00 per person
Registration: please register by 8 pm the day before
Where: Hotel Goldener Berg
- 11:00** **Balm Make your Pizza - every Tuesday**
Every Tuesday at the Balmalp, everything revolves around pizza.
In addition to the classics on the menu, the hut pizza and magherita, you can have your own pizza made on this day. There are no limits to your imagination here.
Contact Balmalp: T +43 5583 3312
Zuggerbergbahn operating hours: 9 am - 5 pm

Events 18.07.2025 - 24.07.2025

Tuesday, 22.07.2025

- 11:00** **Hearty with heart**
 Cheese dumplings according to our family recipe.
 Nothing but flour, eggs and salt, say some. A dish that tastes like home and love, say others. For the latter, we offer our spaetzle - or, as we call it here, "Käsknöpfle" - every Tuesday.
 When? July: 01.07. | 08.07. | 15.07. | 22.07. | 29.07.
 August: 05.08. | 12.08. | 19.08. | 26.08.
 September: 02.09. | 09.09. | 16.09. | 23.09. | 30.09.
 Where? In the mountain hut ambience of our "little Burg", where hearty food tastes best: on the Kriegeralpe.
- 14:00** **Werklerei Lech**
 Original products made in Lech
 Opening hours:
 Tuesdays from 2 pm to 4 pm
 Thursdays from 8.30 am to 11.30 am and 2 pm - 4 pm
 Fridays from 2 pm to 4 pm
 Where: Raiffeisenbank Lech
- 16:00** **Rote Wand Cookery Class Cookbook**
 In our Rote Wand Cookery Classes, Jamie Unshelm gives an inspiring introduction to the new Rote Wand Culinary Lab cookery book. Together we cook one or two dishes from it and then enjoy a small menu in a convivial atmosphere.
 Price per person: € 150
 incl. cookery class, menu and wine or drinks accompaniment*
 *We only offer wine/beverage accompaniment (with or without alcohol) with our set menus. There is no a la carte drinks menu.
 Time: Tuesday 4 pm
 Registration at: gasthof@rotewand.com
 Where: Gasthof Hotel Rote Wand, Zug
- 17:30 - 18:30** **Afternoon yoga**
 Bring the day to a relaxing close with a soothing yoga session. This session will help you to reduce stress, stretch your body and recharge your batteries. Mindful movements and gentle flows will increase your well-being.
 Whenever the weather permits, yoga takes place outdoors.
 Price: 18,00 € per person
 Where: Hotel Goldener Berg
- 18:00 - 19:00** **MOVE, BREATHE, REST**
 Yoga, breathing exercises and a short guided meditation.
 Registration: info@burghotel-lech.com or +43 5583 2291
 Cost: € 15.00 per session for external participants
 Where: Burg Hotel Lech am Arlberg

Events 18.07.2025 - 24.07.2025**Wednesday, 23.07.2025****07:45 - 08:45****Yoga at the Sonnenburg**

Hatha is relaxed, slower-paced style of yoga appropriate for all levels of practitioners, including novices. In addition, each asana in Hatha Yoga is often maintained for a more extended period, (3-5 breaths) allowing for a more in-depth examination of the posture and improved flexibility.

When: Wednesday to Sunday, from 7.45 to 8.45 a.m.

Registration: To participate in the desired yoga session, please register by emailing hotel@sonnenburg.at by 5:00 p.m. the day before.

Cost: 15,00 € per session for external participants. The amount can be paid directly at the Sonnenburg reception before the session.

Where: Hotel Sonnenburg

08:00 - 09:00**Morning Yoga followed by good morning meditation**

Yoga Morning session 8 am - 9.15 am

Price per person: € 18,-

Registration at: happy@goldenerberg.at

Where: Hotel Goldener Berg

08:30 - 09:30**WAKE UP FLOW**

Vinyasa yoga to start the day.

Registration: info@burghotel-lech.com or +43 5583 2291

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

09:45**Lech Card Kids programme- Climbing or Gipsis Rätselweg**

Children between 5 and 14 years

Registration: until 5 pm the day before under info@lechzuers.com or

<https://www.mylechcard.at/en/registration/>

Tel.: +43 5583 2161

Meeting point: 9.45 am office Arlberg Alpin, Filomena Lech

10:00**Lech Card: Zugertal hike**

We take the bus to Älpele. This is where the most beautiful section of the Lechweg begins. The hike follows the Lech and Spuller Bach streams to the Dalaaser Staffel. Here you have the opportunity to enjoy a delicious snack on the rustic alpine pasture. After another short ascent, we reach the Spullersee lake and enjoy the breathtaking mountain panorama.

When: Wednesday

Meeting point: 10 am at the Rüfiplatz

Registration: online at mylechcard.at at the tourism office or phone: +43 5583 2161-0

11:00**Lech Card - Shinrin Yoku in Lech**

Shinrin Yoku in Lech with Carolin Feigenspan

Registration: until 5 pm the day before under info@lechzuers.com or

<https://www.mylechcard.at/en/registration/>

Tel.: +43 55832161

Price for non Lech Card owners: € 50,- per person, the tickets can be bought at the tourist office

Meeting point: Rüfiplatz square Lech

Events 18.07.2025 - 24.07.2025

Wednesday, 23.07.2025

14:00 - 18:00

Small-caliber rifle

For guests, employees and locals

Time: 2 pm - 6 pm

Location: Schützenheim Lech

17:30 - 18:30

Afternoon yoga

Bring the day to a relaxing close with a soothing yoga session. This session will help you to reduce stress, stretch your body and recharge your batteries. Mindful movements and gentle flows will increase your well-being.

Whenever the weather permits, yoga takes place outdoors.

Price: 18,00 € per person

Where: Hotel Goldener Berg

18:00 - 19:00

EVENING UNWIND

Gentle Flow and Tapping E.F.T.

Registration: info@burghotel-lech.com or +43 5583 2291

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

18:15 - 19:15

Yoga at the Sonnenburg

Yin yoga is very meditative in nature and taught in a calm and gentle way. Contrary to active and dynamic asana practices, yin is static, relaxing and hold each position for 3-5 minutes.

When: Wednesday to Saturday, from 6.15 to 7.15 pm.

Registration: To participate in the desired yoga session, please register by emailing hotel@sonnenburg.at by 5.00 p.m. the day before.

Cost: 15,00 € per session for external participants. The amount can be paid directly at the Sonnenburg reception before the session.

Where: Hotel Sonnenburg

18:30 - 21:00

A cultural treat

Your tasty journey starts off with favorite appetizers from all around the world.

What better way to create a menu than to use the fact that our chefs come from all around the world.

Every week our team of chefs present typical dishes of their home countries as well as their own favorite culinary gems at the appetizer buffet. That way, cultural exchange and culinary delights go hand in hand.

When? July: 02.07. | 09.07. | 16.07. | 23.07. | 30.07.

August: 06.08. | 13.08. | 20.08. | 27.08.

September: 03.09. | 10.09. | 17.09. | 24.09.

October: 01.10. | 08.10.

Where? Burg Restaurant

Events 18.07.2025 - 24.07.2025

Wednesday, 23.07.2025

18:30

Rote Wand Masterclass

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

Every Wednesday

Price: € 180 per person, incl. masterclass, menu and wine or beverage accompaniment*

*We only offer wine/beverage accompaniment (with or without alcohol) with our set menus. There is no a la carte drinks menu.

Start: 6.30 pm

Registration: gasthof@rotewand.com

18:45

Element Fire - Fire ceremony

The element of fire stands for transformation, power and passion. In this special fire ceremony, you have the opportunity to let go of the old and make room for the new. Fire symbolises change and renewal - a ritual that helps you to burn away inner blockages and nourish your visions with new energy.

Price: 30,00 € per person

Where: Hotel Goldener Berg

Thursday, 24.07.2025

07:45 - 08:45

Yoga at the Sonnenburg

Hatha is relaxed, slower-paced style of yoga appropriate for all levels of practitioners, including novices. In addition, each asana in Hatha Yoga is often maintained for a more extended period, (3-5 breaths) allowing for a more in-depth examination of the posture and improved flexibility.

When: Wednesday to Sunday, from 7.45 to 8.45 a.m.

Registration: To participate in the desired yoga session, please register by emailing hotel@sonnenburg.at by 5:00 p.m. the day before.

Cost: 15,00 € per session for external participants. The amount can be paid directly at the Sonnenburg reception before the session.

Where: Hotel Sonnenburg

08:00 - 09:00

Morning Yoga followed by good morning meditation

Yoga Morning session 8 am - 9.15 am

Price per person: € 18,-

Registration at: happy@goldenerberg.at

Where: Hotel Goldener Berg

08:30 - 09:30

AWAKEN & ALIGN

Energizing morning practice and breathing.

Registration: info@burghotel-lech.com or +43 5583 2291

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

Events 18.07.2025 - 24.07.2025

Thursday, 24.07.2025

- 08:30 Werklerei Lech**
Original products made in Lech
Opening hours:
Tuesdays from 2 pm to 4 pm
Thursdays from 8.30 am to 11.30 am and 2 pm - 4 pm
Fridays from 2 pm to 4 pm
Where: Raiffeisenbank Lech
- 09:00 Lech Card - Lech spring water hike**
Hike along springs, waterfalls & moors with Caolin Feigenspan
Duration: 4 hours
Registration: until 5 pm the day before under info@lechzuers.com or <https://www.mylechcard.at/en/registration/>
Tel.: +43 5583 2161
Price for non Lech Card owners: € 25 per person, tickets can be bought at the tourist office
Meeting point: 9 am Rüfiplatz square Lech
- 09:45 Lech Card Childrens programme - Archery or canyoning**
Children between 5 and 14 years
Registration: until 5 pm the day before under info@lechzuers.com or <https://www.mylechcard.at/en/registration/> Tel.: +43 5583 2161
Meeting point: 9.45 am at the office Arlberg Alpin, Filomena Lech
- 10:00 Lech Card - Gipselöcher Tour**
Join us on a guided hike through the unique Gipselöcher nature reserve in Oberlech, a true natural gem nestled in the heart of Oberlech.
Meeting Point: Dorfhus, 10:00 a.m.
Duration: approx. 2.5 hours
Difficulty Level: easy to moderate, suitable for families with nature-loving children
What to Bring: sturdy footwear, weather-appropriate clothing, water bottle
Registration: online or with Lech Zürs
- 10:30 Lech Card - swim training**
The newly designed Waldschwimmbad is ideal for a varied swim training.
The children move from the sports pool to the fitness pool to the water slide and do exciting exercises.
Swimming skills required! If you have any questions, our swim guide Dirk is available: +49 151 5246 3353 or dirk@agentur-nanni.de
Duration: approx. 3 hours
Registration: by 5 pm the day before at info@lechzuers.com, <https://anmeldung.mylechcard.at/?htacc=programm&lang=de> or +43 5583 2161
Meeting place: Forest swimming pool
Time: 10.30 am

Events 18.07.2025 - 24.07.2025

Thursday, 24.07.2025

- 11:00** **Air elements alpine bathing**
Price: € 18,00 per person
Registration: please register by 8 pm the day before
Where: Hotel Goldener Berg
- 11:00 - 17:00** **Tannberg Market**
Delicious local products and craftsmanship
Location: Rüfiplatz square Lech
- 11:30** **Pre lunch drink with LIVE-music on the Rüfikopf**
Culinary delights include Austrian specialities on the large sun terrace of the Rüfikopf panorama restaurant.
Takes place in July and August in all weathers!
Time: from 11.30 am
Location: Panoramarestaurant Rüfikopf
- 17:30 - 18:30** **Afternoon yoga**
Bring the day to a relaxing close with a soothing yoga session. This session will help you to reduce stress, stretch your body and recharge your batteries. Mindful movements and gentle flows will increase your well-being.
Whenever the weather permits, yoga takes place outdoors.
Price: 18,00 € per person
Where: Hotel Goldener Berg
- 18:00** **Dry Aged Steakabend**
Steaks hung and matured under ideal conditions. Fully aromatic in flavour, firm to the bite and particularly tender on the tongue, T-bone - porterhouse - fillet steak & co are prepared for you.
Time: from 6 pm
Information and reservation under +43 5583 41825 or office@rud-alpe.at www.rud-alpe.at
Where: Rud-Alpe
- 18:00** **Fire & Flame in the Pfefferkörndl**
FIRE & FLAME in the 'Pfefferkörndl'
A sweet highlight on the Arlberg. For all those who want to round off the evening with a special treat: Crêpe Suzette every Thursday from 6 pm on our terrace.
Crêpe € 12,00
- 18:00 - 19:00** **GENTLE EVENING FLOW**
Registration: info@burghotel-lech.com or +43 5583 2291
Cost: € 15.00 per session for external participants
Where: Burg Hotel Lech am Arlberg

Events 18.07.2025 - 24.07.2025

Thursday, 24.07.2025

18:15 - 19:15

Yoga at the Sonnenburg

Yin yoga is very meditative in nature and taught in a calm and gentle way. Contrary to active and dynamic asana practices, yin is static, relaxing and hold each position for 3-5 minutes.

When: Wednesday to Saturday, from 6.15 to 7.15 pm.

Registration: To participate in the desired yoga session, please register by emailing hotel@sonnenburg.at by 5.00 p.m. the day before.

Cost: 15,00 € per session for external participants. The amount can be paid directly at the Sonnenburg reception before the session.

Where: Hotel Sonnenburg

18:30 - 21:00

Between fondue fork and barbecue cutlery

Tender ribs and racy cheese in tandem.

When it comes to feasting, nobody has to struggle with either-or decisions. That's because two of our famous culinary sociability classics alternate every week: BBQ and fondue. The latter is served either on the sun terrace or in Helga's fondue parlour. By the way: In addition to the cheese version, we are also happy to serve broth with meat. If the weather is nice, you can also enjoy it on the sun terrace.

Where: Burg Hotel Oberlech

Time: 6.30 pm

Registration at: info@burghotel-lech.com

18:30

Friends and Fools Dinner Club

Every Thursday, Jamie Unshelm, head of the Rote Wand Culinary Lab, creates an exciting 6-course menu together with his team. Accompanied by perfectly matched wines and our homemade drinks, the evening becomes a culinary experience.

Every Thursday, 6.30 pm

Price: € 180 per person incl. menu and wine or beverage accompaniment*

* We only offer a wine/beverage accompaniment (with or without alcohol) with our set menus. There is no a la carte drinks menu.

Registration at: gasthof@rotewand.com

Where: Gasthof Hotel Rote Wand, Zug