

Events 05.09.2025 - 12.09.2025

Friday, 05.09.2025

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 - 09:15

Morning Slow Flow Yoga

A heart-opening sequence to welcome the light within you. Create space in your chest area, release tension in your shoulders and heart area, breathe more deeply, show vulnerability – and gently release emotional blockages. Breathing techniques focusing on the chest, including Kumbhaka (breath retention) Meditation: Guided heart meditation – for inner clarity, wisdom and connection to your highest self. Compassion for yourself and all living beings arises. When the weather is nice, the yoga class takes place outdoors.

Registration until 8 p.m. on the evening before

18,00€ per person

Where: 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

08:45

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: 8.45 am Dorfhüs

Events 05.09.2025 - 12.09.2025**Friday, 05.09.2025**

- 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 - 19:00 Dynafit Transalpine Run**
The legendary Trailrunning event across the alps. The 19th DYNAFIT Transalpine Run powered by Volkswagen R (TAR) will set off on a seven-day journey across the Alps, starting in Lech am Arlberg in Austria, travelling through Switzerland, and finishing in Prad am Stilfserjoch in South Tyrol. In total, there are 268 kilometers and 15,330 meters of altitude to be covered.
9:30 a.m. – 7:00 p.m. Registration for TAR & RUN2 in Lech am Arlberg (Sport Strolz)
10:00 a.m. – 7:00 p.m. Expo
- 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 - 11:30 Element Light - Soundbath & Chanten**
Let yourself be carried away by healing sounds and experience the transformative power of the voice. Vibrating frequencies and communal chanting bring body and mind into harmony – for deep relaxation and inner radiance. Afterwards, you will be guided through a meditation and bathe once again in the melodies of the singing bowls. Experience a deep connection with nature and with yourself.
Registration until 8 p.m. on the evening before
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 05.09.2025 - 12.09.2025

Friday, 05.09.2025

14:00 - 16:00

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

17:30 - 18:30

Evening Yin Yoga - Restorative Session

Deep relaxation with quotes for each asana that awaken your inner light, clarity and compassion.
Registration possible until 12:00 noon on the same day.
18,00€ per person
Where: 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

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

21:15

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 05.09.2025 - 12.09.2025**Saturday, 06.09.2025****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**Dynafit Transalpine Run**

The legendary Trailrunning event across the alps. The 19th DYNAFIT Transalpine Run powered by Volkswagen R (TAR) will set off on a seven-day journey across the Alps, starting in Lech am Arlberg in Austria, travelling through Switzerland, and finishing in Prad am Stilfserjoch in South Tyrol. In total, there are 268 kilometers and 15,330 meters of altitude to be covered.

Start: 8 am, Hotel Post Lech

08:00 - 09:15**Morning Hatha Flow Yoga**

Grounding practice that strengthens your connection to the earth. The focus is on stability and balance – physically, mentally and energetically. Asanas activate the root chakra and promote a feeling of security and inner strength. Breath control from the feet to the crown of the head brings centring.

Meditation:

Visualisation journey to the centre of the earth – experience support, nourishment and trust in the sustaining power of the earth. When the weather is nice, the yoga class takes place outdoors!

Registration until 8 p.m. on the evening before

Price: €18.00 per person

Where: Hotel Goldener Berg

09:00 - 10:00**YOGA & PILATES am Berg**

Experience a special yoga class on the idyllic yoga platform below the majestic Mohnenfluh – suitable for all levels.

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

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

15:00 - 18:00**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 05.09.2025 - 12.09.2025**Saturday, 06.09.2025****16:30 - 18:00****Alpine bathing Element Earth followed by yoga**

We connect with the element of earth through 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 arrive fully in the moment. Afterwards, we let the effects of this experience linger in a gentle yoga session – for inner peace and new grounding. Through deep relaxation with grounding postures and inspiring quotes that convey security, presence and reconnection with nature.

Registration possible until 12:00 noon on the same day.

€36,00 per person

Where: Goldener Berg

18:00 - 19:00**EVENING WEEKEND SPECIAL**

Yoga 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**Le Grand Table at LE CHALET**

Le Chalet in Oberlech is the stage for great experiences. This summer, we would like to invite you to share these experiences with us. We have come up with several themed evenings for this summer and will be kicking off the final round for this summer on 6 September with a Mediterranean evening.

Menu 98,- €

Menu incl. wine accompaniment 170,- €

We will be eating together at a table of 14. Space is therefore limited.

Please book early and arrive on time.

Only with reservation under: 0664 6414187 or welcome@lechalet.at

Where: LE CHALET - Luxury Hideaway, Oberlech

Events 05.09.2025 - 12.09.2025

Saturday, 06.09.2025

21:30

Las Vegas à la Burg

Cocktail, dinner jacket, poker face: Our partners from Fox Club bring Las Vegas to our new lobby. In a James Bond-worthy atmosphere, three professional croupiers, two roulette tables and a blackjack table await all those who want to challenge their luck. For every drink ordered at the evening bar, there are chips to get you started.

WHEN?

June: 28.06.

July: 12.07. | 26.07.

September: 06.09. | 20.09.

October: 04.10.

WHERE? At the castle evening bar

GOOD TO KNOW All guests aged 16 and over are welcome to take part. We are not playing for cash, but for non-cash prizes and experiences: From a bottle of castle cuvée to two free nights at the castle.

Sunday, 07.09.2025

07:30 - 10:30

The scent of croissants and melting butter

We dare to say that our classic breakfast is already quite appealing - but if you plan your visit to us including Sunday, you can expect special morning happiness: because every other week there are additional changing delicacies. Fragrant croissants, juicy cinnamon buns and delicious surprises from the kitchen team. Our service team also serves special types of bread.

WHEN?

August: 10.08. | 24.08.

September: 07.09. | 21.09.

October: 05.10.

WHERE? In the Burg Restaurant or on our sun terrace in fine weather.

GOOD TO KNOW: We recommend that external guests book in advance. At the castle reception, by phone or by e-mail: info@burghotel-lech.com.

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

Events 05.09.2025 - 12.09.2025**Sunday, 07.09.2025****08:00 - 09:15****Morning yoga – start your day with clear focus!**

This morning yoga session helps you to collect your thoughts and consciously focus your attention on what is important. Stabilising postures, mindful movement and breathing exercises create inner peace and concentration – the ideal foundation for a focused and mindful start to the day.

When the weather is nice, the yoga class takes place outdoors.

Suitable for all levels! Followed by: a soothing morning meditation.

Registration until 8 p.m. on the evening before

18.00€ per person

Where: Goldener Berg

08:00 - 09:00**WAKE UP YOGA**

Energising morning practice 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

09:30 - 10:30**family yoga**

Enjoy a yoga class together with your children – an experience not to be missed! Learn relaxation techniques that are easy to replicate at home – for the whole family!

When the weather is nice, the yoga class takes place outdoors, otherwise in our yoga room in the spa area.

18€ per adult, children free of charge

Including breakfast 50€ per adult, 18€ per child

Registration until 8 p.m. on the evening before

Where: Goldener Berg

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

After 17:00, late registrations are only possible directly via Arlberg Alpin until 6:30 p.m. They will check whether there are still places and equipment available.

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 - 17:00**Family sunday**

Discover PHOTOGRAPHY at the Lech Museum- In our PHOTOLABOR you can make great photo collages, discover the oldest photographic printing process and much more! Familiarise yourself with seeing and take your own photos on a photo walk together. Find out more

Programme: 10 a.m. - 5 p.m. Workshops in the FOTOLABOR

Ongoing short guided tours through the exhibition "Open the aperture! Photography on the Arlberg" 11-12 a.m. PHOTO WALK (Please bring a working camera or mobile phone for taking photos.) Join in! The 'Destination Museum' campaign invites you!

10 - 11 am, 1 - 5 pm Continuous short guided tours through the exhibition "Blende auf! Photography on the Arlberg"

Events 05.09.2025 - 12.09.2025

Sunday, 07.09.2025

- 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
- 12:00** **Lunch every Sunday**
Every Sunday, we invite you to join us for lunch that brings back memories – and we mean that literally: hearty classics are served at the 'Rein' – just like at grandma's or mum's, where you share, try and go back for seconds. No frills – just honest, seasonal cuisine accompanied by a large bowl of salad, familiar conversations and lively family gossip. In keeping with the season, our dishes vary from Sunday to Sunday – sometimes hearty, sometimes light, but always cooked with love and served from the Rein. There is always a bowl of fresh salad to go with it – sometimes summery and colourful, sometimes autumnal and aromatic. Further information:
<https://www.goldenerberg.at/de/gourmethotel-arlberg/der-sonntag-am-goldenen-berg/>
Where: Goldener Berg
- 15:00 - 22:00** **Late Night Spa**
End your Sunday evening in style at our spa, enjoying the view of the beautiful mountains and swimming a few laps in our outdoor pool. Then relax in the Finnish or bio sauna for a while before finishing off with a nice cup of tea. Sunday couldn't get any better!
Registrations possible until 12:00 noon on the same day
€48,00 per person
20% discount for locals and employees.
Where: Hotel Goldener Berg
- 17:30 - 18:30** **Post-Hiking Recovery - Yoga in the evening**
In this regenerating evening class, we focus specifically on recovery after hiking. Through gentle stretching and mobilising movements, we release tension in the legs and back, relieve sore muscles and promote a feeling of balance and inner peace. Ideal for bringing body and mind back into balance after an active day in nature.
When the weather is nice, the yoga class takes place outdoors!
Registrations possible until 12:00 noon on the same day
€18.00 per person
Where: Goldener Berg
- 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

Events 05.09.2025 - 12.09.2025

Monday, 08.09.2025

08:00 - 09:15

Morning yoga – start your day with clear focus!

This morning yoga session helps you to collect your thoughts and consciously focus your attention on what is important. Stabilising postures, mindful movement and breathing exercises create inner peace and concentration – the ideal foundation for a focused and mindful start to the day. When the weather is nice, the yoga class takes place outdoors. Suitable for all levels!

Followed by: a soothing morning meditation.

Registration until 8 p.m. the evening before.

€18,00 per person.

Where: 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

09:45

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.

After 17:00, late registrations are only possible directly via Arlberg Alpin until 6:30 p.m. They will check whether there are still places and equipment available.

Meeting point: 9.45 am at the Arlberg Alpin office Filomena

11:30 - 12:00

Strong centre - Gentle & stable

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.

Registrations until 8 p.m. on the evening before

Price: 18.00 € per person

Where: Hotel Goldener Berg

17:00

Foraging Four Hands Dinner with Woodcuisine & Rote Wand

Woodcuisine combines nature, knowledge and enjoyment to create an experience that leaves a lasting impression. Together, we venture out into forests and meadows, gather wild ingredients and learn how our ancestors used them – and how you can integrate this knowledge into your everyday life today. Back at the Rote Wand, the collected ingredients are transformed over the fire ring. Jamie Unshelm and Woodcuisine conjure up a creative menu over an open fire. Here, craftsmanship and sensuality come together – cooking becomes an art, cuisine an experience. Enjoy the evening with matching wines and take home new perspectives on nature and food.

Time: 5 pm

Price: €180

incl. collection round, menü, wine

Registration: gasthof@rotewand.com

Events 05.09.2025 - 12.09.2025

Monday, 08.09.2025

17:30 - 18:30

Afternoon - Yin Yoga

End the day in a relaxed manner with a soothing Yin Yoga session. This session will help you reduce stress, stretch your body and recharge your batteries. Mindful movements and gentle flows will increase your sense of well-being.

Whenever the weather permits, yoga takes place outdoors.

Registration is possible until 12:00 noon on the same day.

Where: Goldener Berg

€18.00 per person

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

Tuesday, 09.09.2025

08:00 - 09:00

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

08:00 - 09:15

Morning Slow Flow Yoga

A mindful, slow flow that connects you with the element of water. Flowing movements in rhythm with your breath promote qualities such as grace, resilience and receptivity. The practice focuses on the hips, iliopsoas and sacral chakra. Breathing techniques such as Nadi Shodhana, Sitali and alternate nostril breathing cleanse and balance your system.

Meditation:

'Water rises' – a cleansing, refreshing meditation to clear the mind and let go of stressful thoughts.

Registrations until 8 p.m. on the evening before

18,00€ per person

Where: Goldener Berg

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

Events 05.09.2025 - 12.09.2025

Tuesday, 09.09.2025

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

After 17:00, late registrations are only possible directly via Arlberg Alpin until 6:30 p.m. They will check whether there are still places and equipment available.

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

10:30 - 12:00

Element Water Hike to Libellensee Lake – In harmony with the element of water

Together, we hike from Oberlech through green meadows, accompanied by the gentle sound of babbling brooks – always connected to the element of water. Nature invites us to leave everyday life behind and immerse ourselves in the tranquillity of the moment. Once we arrive at the tranquil Libellensee lake, we enjoy a refreshing Kneipp treatment in the clear mountain water – invigorating for body and mind. Afterwards, a guided meditation in the midst of nature accompanies us to consciously feel the power of water and find inner peace.

A soothing break for body, mind and soul.

Registration until 8 p.m. the evening before.

18,00€ per person.

Where: Goldener Berg

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?

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

Events 05.09.2025 - 12.09.2025

Tuesday, 09.09.2025

- 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
- 16:00 - 17:00** **The colourful cocktail fun for children**
Let your children become little cocktail masters! In our children's cocktail course, Goran shows them how to prepare fruity mixed drinks – guaranteed alcohol-free and full of fresh flavours.
Price: €25.00 per child
A refreshing experience that is sure to bring lots of joy!
Registration until 8 p.m. the evening before
Where: Goldener Berg
- 17:30 - 18:30** **Evening Yin Yoga - Restorative Session**
A deeply relaxing practice that brings the Taoist principle of Wu Wei ('non-doing') to life. Each posture is accompanied by an inspiring quote – flow symbolically like a river, learn to let go, develop trust and surrender to the natural changes of life.
Registration possible until 12:00 noon on the same day
18,00€ per person
Where: 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

Wednesday, 10.09.2025

- 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

Events 05.09.2025 - 12.09.2025

Wednesday, 10.09.2025

08:00 - 09:15

Morning Hatha Flow

An airy, conscious breathing flow that connects you with the element of air. The focus is on prana – the life energy that flows through the breath. Asanas promote body awareness, lightness and openness through the hands and feet. The practice strengthens awareness of giving and receiving in harmony with nature.

Meditation:

A guided journey beyond the physical body – towards expansiveness, lightness and inner space. Return with a sense of new possibilities and visionary openness.

Registrations until 8 p.m. the evening before.

Price: €18.00 per person

Where: Hotel Goldener Berg

08:00 - 09:00

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

09:30

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.

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 Spüller 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 Spüllersee 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

12:00 - 13:00

Element Air - Pranayama

Pranayama ('prana' = life energy, 'yama' = control) Breathing is our most direct connection to life and also the bridge between body and mind. Conscious breathing has the power to relax the nervous system, calm the mind and bring the entire system into harmony. Surrounded by the magic of the forest, we discover breathing techniques that awaken our life energy (prana), our presence and mental clarity. By paying attention to the unconscious process of inhaling and exhaling – of giving and receiving – we connect with nature and with ourselves.

Registration until 8 p.m. the evening before

Where: Goldener Berg

€18,00 per person

Events 05.09.2025 - 12.09.2025

Wednesday, 10.09.2025

14:00 - 16:00

Cooking class with chef Theo

Here you have the opportunity to prepare a dish from the current daily menu together with our chef Theo – alternating between starters and main courses, depending on the day, from our vegan, ketogenic or alkaline menu. During the course, Theo provides exciting insights into his creative cooking process and explains the high-quality products we work with every day. An exclusive look behind the scenes – personal, inspiring and in a small group.

Where: Hotel Goldener Berg

Number of participants: 2 to 4 people (first come, first served)

Advance registration by 8 p.m. the evening before

Participation fee: €60.00 per person

14:00 - 18:00

Small-caliber rifle

For guests, employees and locals

Time: 2 pm - 6 pm

Location: Schützenheim Lech

16:00 - 17:00

Meditation with Ms Pfefferkorn

This gentle, vibrating meditation from the OSHO tradition helps to harmonize body and mind. Humming sounds and flowing hand movements create deep relaxation and inner balance. Ideal for letting go and recharging your batteries.

Where: Goldener Berg

Registration possible until 12:00 noon on the same day

Price: €18,00

17:30 - 18:30

Evening Yin & Restorative Session - dedicated to the element of air

In this gentle evening practice, we immerse ourselves in the qualities of the element of air – lightness, expansiveness and clarity. Through mindful stretching, calm postures and conscious breathing, we open up space in our bodies and minds. Accompanied by inspiring quotes that invite us to let go and dream, we connect with our inner sense of freedom and stillness. An invitation to gently end the day, let your breath flow – and simply be.

Registration possible until 12:00 noon on the same day.

€18.00 per person

Where: 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

Events 05.09.2025 - 12.09.2025

Wednesday, 10.09.2025

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?

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

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

Thursday, 11.09.2025

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 - 09:15

Morning yoga followed by good morning meditation

A powerful, energising session that ignites the fire element within you. Dynamic movements combined with held asanas activate Agni – the digestive fire in the solar plexus. The focus is on the abdomen, core and lateral stretches to strengthen the inner will. Breathing techniques that emphasise exhalation bring energy and have a detoxifying effect.

Followed by: a soothing morning meditation.

A fire meditation for transformation: everything that holds you back is handed over to the inner fire – and transformed into new clarity and visions.

Registration until 8 p.m. the evening before

€18.00 per person

Where: Goldener Berg

Events 05.09.2025 - 12.09.2025

Thursday, 11.09.2025

08:00 - 09:00

YOGA & PILATES

Energizing morning practice
Registration: info@burghotel-lech.com or +43 5583 2291
Cost: € 15.00 per session for external participants
Where: Burg Hotel Lech am Arlberg

08:30 - 10:30

Werkklerei 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

10:30 - 12:00

Alpine bathing at the Goldener Berg

Experience nature with all your senses. We start on the meditation platform and breathe in the nature around us. Then we walk the path of the senses: feeling, focusing, touching. A mindful hike takes us to Libellensee lake and back to the hotel. We connect with nature, the great mother, and everything we perceive as alive on our way. Back to our own nature, arriving completely at ourselves. Led by Daniela Pfefferkorn.
Registration until 8 p.m. the evening before.
€18,00 per person.
Where: Goldener Berg

11:00 - 17:00

Tannberg Market

Delicious local products and craftsmanship
Location: Rüfplatz square Lech

17:00 - 20:00

Fire | Sound | Sundowner

Thursday crackles – cuisine meets sound & culture Every Thursday from 4 p.m., regional producers present their fresh ingredients, which our chefs use to conjure up small dishes. Musical accompaniment is provided. At the same time, we invite all chefs in the region to an open chefs' round table – to exchange ideas, taste and network in a relaxed atmosphere.
At 6:30 p.m., the fire ceremony follows: a ritual for letting go and starting anew, in which 'burdens of the past' are symbolically burned.
Admission is free – just come by, enjoy and celebrate summer.
Where: Goldener Berg

17:30 - 18:30

Afternoon yoga

A gentle practice with inspiring quotes that focus on the cleansing, transformative potential of fire – for inner cleansing, new alignment and renewal. When the weather is nice, the yoga class takes place outdoors! Suitable for all levels!
Registration possible until 12:00 noon on the same day.
€18.00 per person
Where: Goldener Berg

Events 05.09.2025 - 12.09.2025

Thursday, 11.09.2025

18:00 - 19:00

GENTLE EVENING FLOWRegistration: info@burghotel-lech.com or +43 5583 2291

Cost: € 15.00 per session for external participants

Where: Burg Hotel Lech am Arlberg

18:30 - 21:00

Between fondue fork and barbecue cutlery

At the Burg there is no need to choose when it comes to what to indulge in next. Because two of our famous culinary classics alternate weekly: barbecue and fondue. The latter can be enjoyed on the sun terrace or at Helga's Fondue Stüberl. And of course we not only serve the cheese fondue but also a brothy alternative with meat.

Fondue evening -

When?

August: 28.08.

September: 11.09. | 25.09.

October: 09.10.

Where? Burg Hotel, the fondue will be served in the Fondue Stüberl. If the weather permits it, it can also be enjoyed on the sun terrace.

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

18:30 - 19:00

Meet & Greet on the Goldener Berg Terrace

Let's end the day together on the terrace with a magnificent view of the mountains, with the crackling of the campfire in the background. Our Meet & Greet is a warm invitation to get together in nature: to arrive, chat, laugh and simply spend time together.

A moment to pause and talk.

Registration is possible until 12:00 noon on the same day.

Where: Goldener Berg

Events 05.09.2025 - 12.09.2025**Friday, 12.09.2025****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 - 09:15**Morning Slow Flow Yoga**

A heart-opening sequence to welcome the light within you. Create space in your chest area, release tension in your shoulders and heart area, breathe more deeply, show vulnerability – and gently release emotional blockages. Breathing techniques focusing on the chest, including Kumbhaka (breath retention) Meditation: Guided heart meditation – for inner clarity, wisdom and connection to your highest self. Compassion for yourself and all living beings arises. When the weather is nice, the yoga class takes place outdoors.

Registration until 8 p.m. on the evening before

18,00€ per person

Where: 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

08:45**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: 8.45 am Dorfhüs

Events 05.09.2025 - 12.09.2025

Friday, 12.09.2025

10:30 - 11:30

Element Light - Soundbath & Chanten

Let yourself be carried away by healing sounds and experience the transformative power of the voice. Vibrating frequencies and communal chanting bring body and mind into harmony – for deep relaxation and inner radiance. Afterwards, you will be guided through a meditation and bathe once again in the melodies of the singing bowls. Experience a deep connection with nature and with yourself.

Registration until 8 p.m. on the evening before

Price: 18,00 € per person

Where: Hotel Goldener Berg

17:30 - 18:30

Evening Yin Yoga - Restorative Session

Deep relaxation with quotes for each asana that awaken your inner light, clarity and compassion.

Registration possible until 12:00 noon on the same day.

18,00€ per person

Where: Goldener Berg

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