

Events 03.10.2025 - 10.10.2025

Friday, 03.10.2025

Deer weeks at the Tannbergerhof

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

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

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

Events 03.10.2025 - 10.10.2025

Friday, 03.10.2025

18:00

Happy Afterwork at the Tannbergerhof

From 29 September to 30 November there are tempting afterwork specials at the Tannbergerhof.
Daily from 6 pm - 8 pm
Where: Hotel Tannbergerhof

Saturday, 04.10.2025

Deer weeks at the Tannbergerhof

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

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

11:00

100 years of the Lech Cattle Breeders' Association

Invitation to the 100th anniversary of the Lech Cattle Breeders' Association.

The farmers look forward to welcoming many visitors.

11 am. Arrival of the animals

11.30 am. Farm presentations with refreshments provided by the Lech farmers' wives

Where: Schlosskopf car park, Lech

Please note: this event will only take place in good weather!

The farming profession is an honourable one; it sustains the town and the country. It is a pioneer of its time and will remain so for eternity.

16:00 - 23:00

Strolz Oktoberfest

The Strolz Oktoberfest is entering its next round - it will be an evening full of live music, refreshing drinks, delicious food and, of course, lots of fun.

On 4 October, the doors to our Sporthaus Strolz will once again open under the motto "Oktoberfest" where we will spend an unforgettable time together.

Opening hours: 4 pm - 11 pm

Location: Strolz Sport & Modehaus

Events 03.10.2025 - 10.10.2025**Saturday, 04.10.2025****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**Happy Afterwork at the Tannbergerhof**

From 29 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

Sunday, 05.10.2025**Deer weeks at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

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.

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

Events 03.10.2025 - 10.10.2025

Sunday, 05.10.2025

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

09:30

Harvest Fair at the Neue Kirche Lech

On Sunday, 5 October 2025, at 9:30 a.m., there will be a harvest festival mass with a blessing of cowbells.

Where: Neue Kirche Lech

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

Events 03.10.2025 - 10.10.2025

Sunday, 05.10.2025

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

Happy Afterwork at the Tannbergerhof

From 29 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

Monday, 06.10.2025

Deer weeks at the Tannbergerhof

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

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

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

Events 03.10.2025 - 10.10.2025

Monday, 06.10.2025

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

Happy Afterwork at the Tannbergerhof

From 29 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

Tuesday, 07.10.2025

Deer weeks at the Tannbergerhof

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

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

08:30 - 12:30

Cyber Security Awareness - Protection for Companies and People

Cybercrime knows no boundaries—neither geographical nor between professional and private environments. Especially in the hotel industry, where sensitive data and digital processes play a central role, a sound understanding of IT security is essential. Raiffeisenbank Lech shows you how to effectively protect yourself and your company from digital threats

Registration: by Friday, October 3, 2025, tel: 05583 2626-260, or info@lechbank.com

Admission is free.

Where: Raiffeisenbank Lech

Events 03.10.2025 - 10.10.2025

Tuesday, 07.10.2025

10:30 - 12:00

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.

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

Happy Afterwork at the Tannbergerhof

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Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

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, 08.10.2025

Deer weeks at the Tannbergerhof

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

Events 03.10.2025 - 10.10.2025**Wednesday, 08.10.2025****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

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

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

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

Events 03.10.2025 - 10.10.2025

Wednesday, 08.10.2025

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

18:00

Happy Afterwork at the Tannbergerhof

From 29 September to 30 November there are tempting afterwork specials at the Tannbergerhof. Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

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?

October: 01.10. | 08.10.

Where? Burg Restaurant

Thursday, 09.10.2025

Butcher's plate at the Tannbergerhof

Table reservation requested T.: +43 5583 2202

Where: Tannbergerhof, Lech

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 03.10.2025 - 10.10.2025

Thursday, 09.10.2025

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

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!
Price: 18,00 € per person
Where: Hotel Goldener Berg

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

18:00

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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 - 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 03.10.2025 - 10.10.2025

Friday, 10.10.2025

Butcher's plate at the Tannbergerhof

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Where: Tannbergerhof, Lech

08:00 - 09:15

Morning Slow Flow Yoga

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Registration until 8 p.m. on the evening before

18,00€ per person

Where: Goldener Berg

08:20

Mountain breakfast

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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.

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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

10:30 - 11:30

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Registration until 8 p.m. on the evening before

Price: 18,00 € per person

Where: Hotel Goldener Berg

17:30 - 18:30

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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



Events 03.10.2025 - 10.10.2025

Friday, 10.10.2025

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

18:00

Happy Afterwork at the Tannbergerhof

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Daily from 6 pm - 8 pm
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