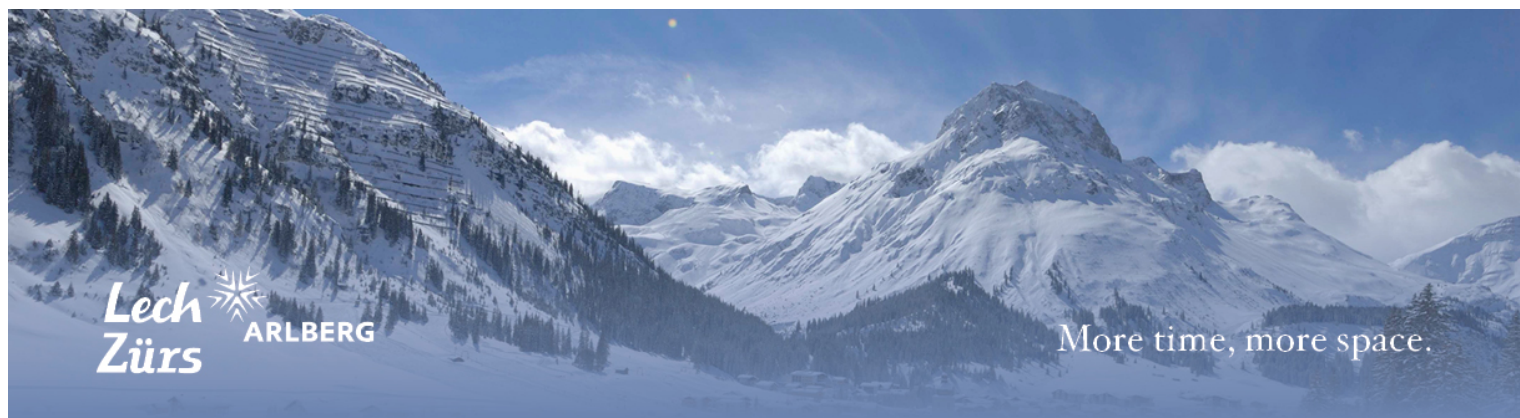




Events 21.11.2025 - 28.11.2025

Friday, 21.11.2025

Goslings dinner 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.

Registration until 8 pm on the evening before.

18,00 € per person

Where: Goldener Berg

11:00 - 12:00

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 pm 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

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

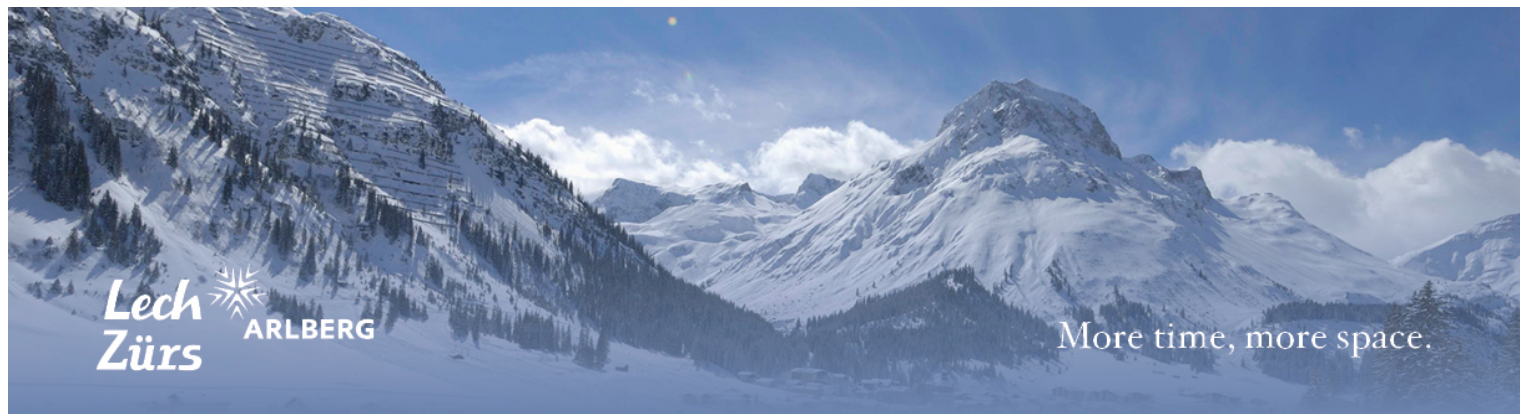
19:00

Austrian gourmet cuisine

Experience Austria at its most delicious: our typical Austrian menu combines traditional recipes with fine craftsmanship and the best regional ingredients. From aromatic soups to local meat and fish dishes to lovingly prepared desserts – every dish is prepared with care and a pinch of alpine authenticity. Awarded 3 toques by Gault&Millau. Alternatively, our alkaline menu and ketogenic menu are also available. This means you can always choose the cuisine that suits your personal taste and well-being.

Reservations are welcome at any time.

Where: Hotel Goldener Berg



Events 21.11.2025 - 28.11.2025

Saturday, 22.11.2025

Goslings dinner at the Tannbergerhof

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

07:30 - 10:30

Mountain breakfast

Start your morning in style – with a regional mountain breakfast that leaves nothing to be desired. Look forward to regional products from the surrounding area, freshly brewed coffee, crispy breakfast pastries and fresh egg dishes prepared to your liking – the perfect, enjoyable start to the weekend! Reservations must be made by 8 p.m. the evening before (Friday, 21 November).

€ 36.00 per person

10:00 - 11:15

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.

Registration until 8 pm on the evening before

Price: €18.00 per person

Where: Hotel Goldener Berg

15:00 - 16:00

Alpine bathing Mindfulness in winter – feeling nature

Experience the landscape at its quietest and most beautiful. Together, we will venture out into the natural surroundings of the hotel—to places where peace reigns and invites us to pause and reflect. In mindful silence, we walk along paths and across fields, feel the ground beneath our feet, breathe in the clear air, and leave everyday life behind us step by step. Every movement, every breath becomes a little meditation in nature – whether the paths are covered in snowflakes or the landscape is bathed in peaceful colors.

This gentle experience brings peace, presence, and connection – with yourself and the surrounding nature. No athletic demands, no rush – just you, nature, and the quiet power of the moment.

Registrations are possible until 12:00 noon on the same day.

18 € per person

Where: Hotel Goldener Berg

17:30 - 18:30

Evening Yin - Restorative Yoga

A soothing and regenerating yoga session that calms the body and mind. This practice invites you to connect with the element of fire – a symbol of inner warmth, transformation and renewal. Each posture is accompanied by inspiring quotes that ignite the fire of inspiration and purification and make the transformative power of this element tangible.

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

€ 18.00 per person

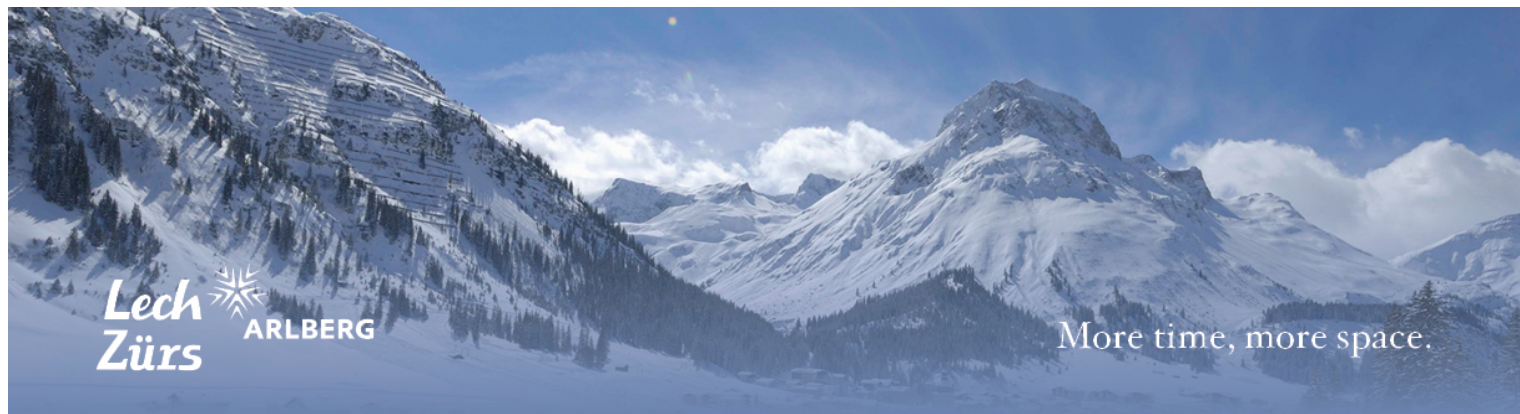
18:00

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



Events 21.11.2025 - 28.11.2025

Saturday, 22.11.2025

19:00

Vegan gourmet cuisine

Our vegan menu celebrates the diversity of plant-based cuisine – colourful, creative and full of natural flavours. Fresh vegetables from the region, aromatic herbs, high-quality oils, grains and legumes are combined to create sophisticated dishes that perfectly combine lightness and enjoyment. Each component is carefully prepared to bring out its original flavour. Awarded 3 toques by Gault&Millau. Of course, our typical Austrian menu, alkaline menu and ketogenic menu are also available at any time. This allows you to enjoy maximum variety.

Reservations are welcome at any time.

Time: 7 pm – 8.30 pm

Where: Hotel Goldener Berg

Sunday, 23.11.2025

Goslings dinner at the Tannbergerhof

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

07:30 - 10:30

Mountain breakfast

Start your morning in style – with a regional mountain breakfast that leaves nothing to be desired. Look forward to regional products from the surrounding area, freshly brewed coffee, crispy breakfast pastries and fresh egg dishes prepared to your liking – the perfect, enjoyable start to the weekend! Reservations must be made by 8 p.m. the evening before (Friday, 21 November).

€ 36.00 per person

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. Suitable for all levels!

Followed by: a soothing morning meditation.

Registration until 8 pm the evening before.

€ 18,00 per person.

Where: Goldener Berg

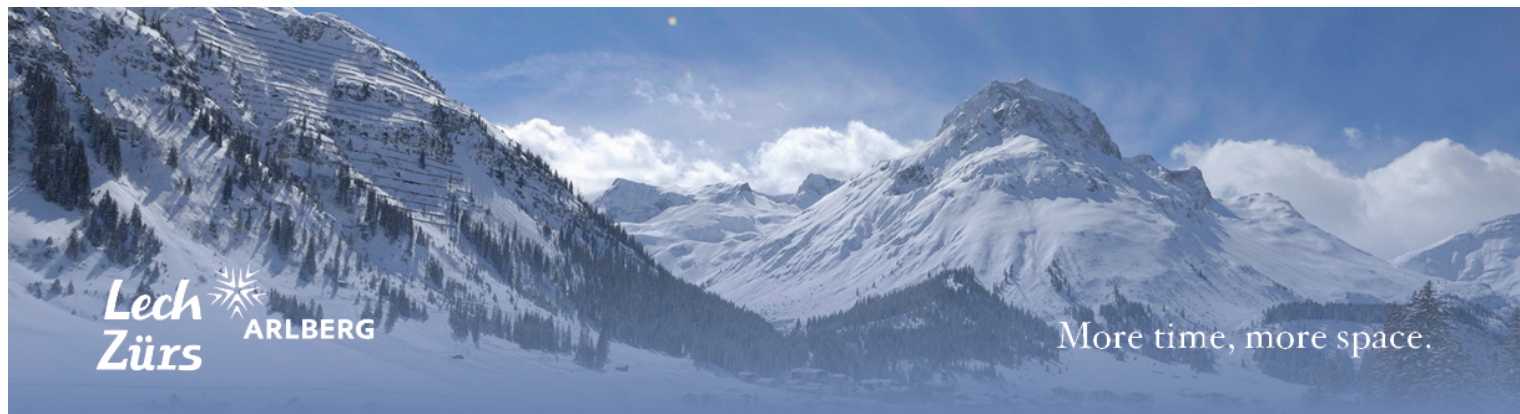
12:00

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



Events 21.11.2025 - 28.11.2025

Sunday, 23.11.2025

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.

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, 24.11.2025

Goslings dinner 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.

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

Registration until 8 pm on the evening before

18.00 € per person

Where: Goldener Berg

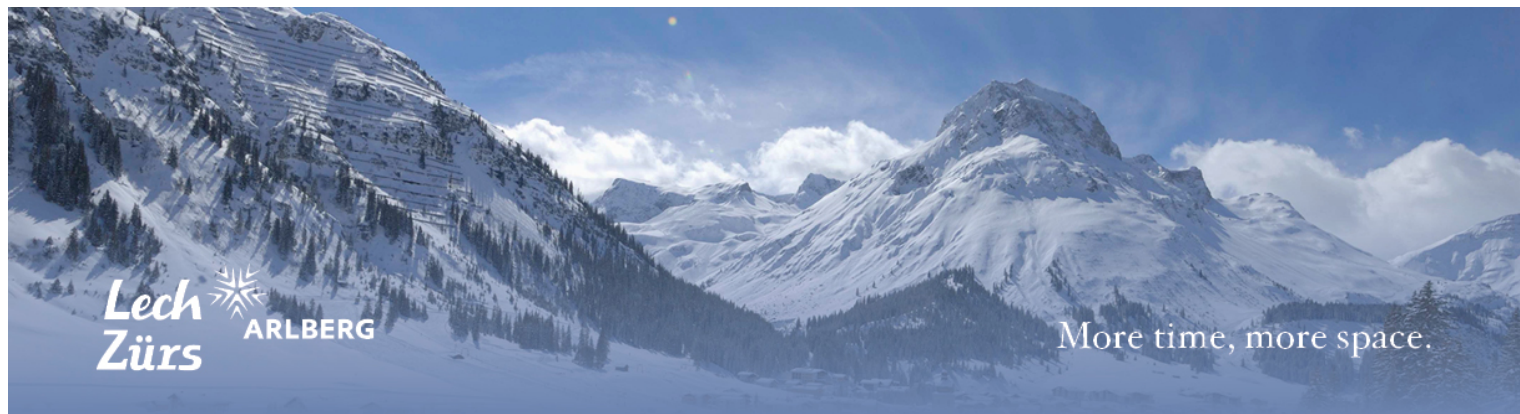
11:00 - 12:00

Winter hike – Mindful through winter

A soothing and invigorating experience in winter nature. This mindful hike invites you to consciously experience the silence and clarity of winter and feel the power of the elements. Accompanying impulses and inspiring thoughts open your eyes to the beauty of the moment and allow inner peace and connectedness to arise – step by step, through the glittering snow.

Registration possible until 8 p.m. the evening before.

€18.00 per person



Events 21.11.2025 - 28.11.2025

Monday, 24.11.2025

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.

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

19:00

Vegan gourmet cuisine

Our vegan menu celebrates the diversity of plant-based cuisine – colourful, creative and full of natural flavours. Fresh vegetables from the region, aromatic herbs, high-quality oils, grains and legumes are combined to create sophisticated dishes that perfectly combine lightness and enjoyment. Each component is carefully prepared to bring out its original flavour. Awarded 3 toques by Gault&Millau. Of course, our typical Austrian menu, alkaline menu and ketogenic menu are also available at any time. This allows you to enjoy maximum variety.

Reservations are welcome at any time.

Time: 7 pm – 8.30 pm

Where: Hotel Goldener Berg

Tuesday, 25.11.2025

Goslings dinner at the Tannbergerhof

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

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.

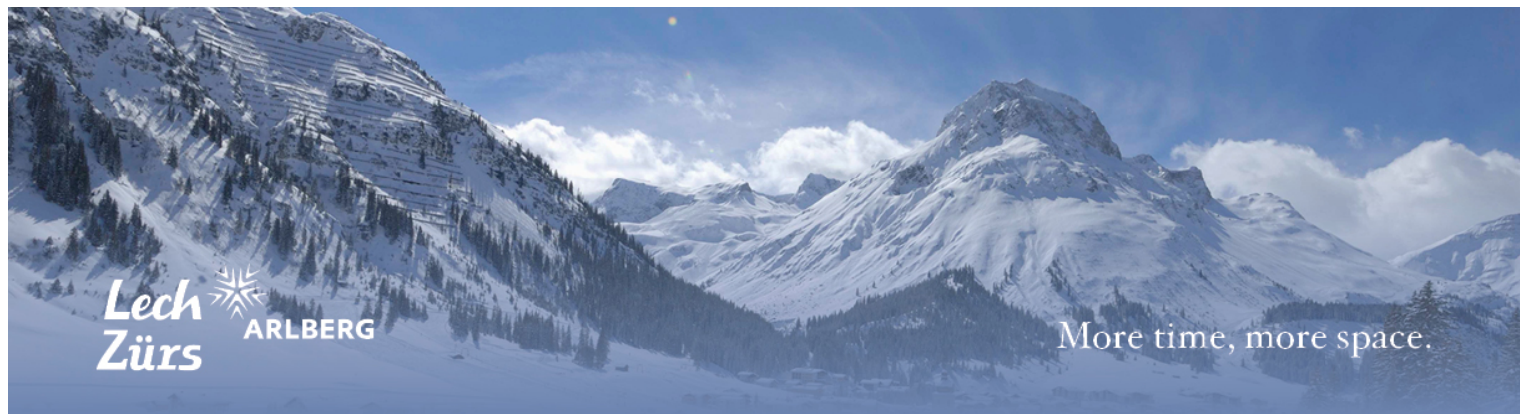
Meditation:

'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



Events 21.11.2025 - 28.11.2025

Tuesday, 25.11.2025

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

17:30 - 18:30

Abendliche Yin - Restorative Einheit

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€ per person

Where: Hotel 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

19:00

Ketogenic gourmet menu

Discover our ketogenic cuisine – consciously reduced, nutrient-rich and perfectly tailored to a very low-carbohydrate diet. The focus is on high-quality fats, fresh vegetables, selected fish and meat variations, and fine, creative alternatives to classic side dishes. Gentle preparation, clear flavours and natural ingredients ensure a tasty menu that provides energy, keeps you feeling full for longer and supports your metabolism – without compromising on enjoyment. In addition, our typical Austrian menu and our alkaline menu are of course also available. This allows you to enjoy exactly the culinary direction that suits your evening – traditional, alkaline light or ketogenic. Awarded 3 toques by Gault&Millau.

Reservations are welcome at any time.

7 pm to 8.30 pm

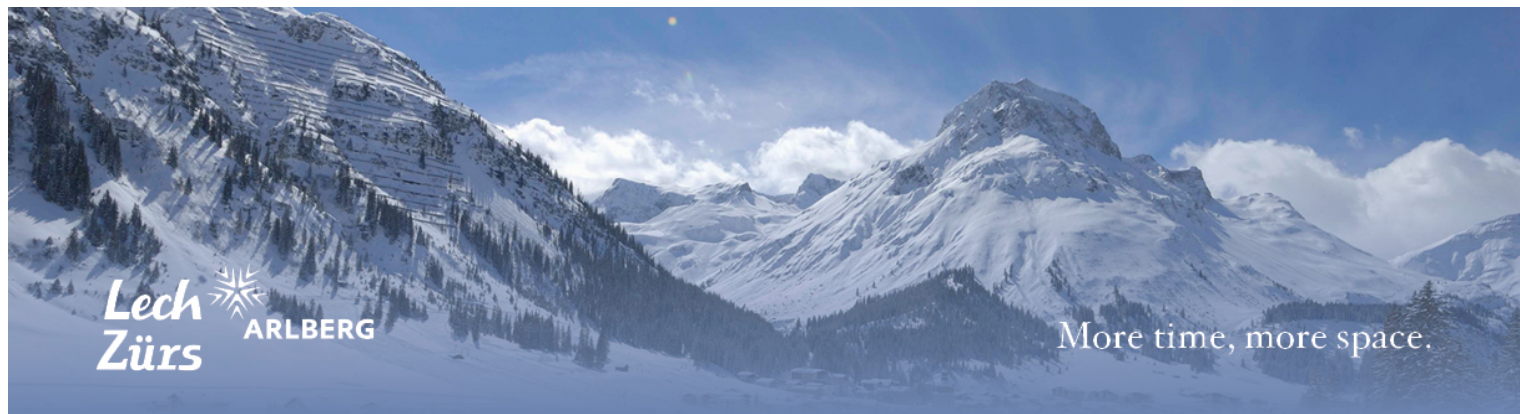
Hotel Goldener Berg

Wednesday, 26.11.2025

Goslings dinner at the Tannbergerhof

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof



Events 21.11.2025 - 28.11.2025

Wednesday, 26.11.2025

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.

Registration until 8 p.m. the evening before.

€18,00 per person

Where: Goldener Berg

11:00 - 12:00

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

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

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

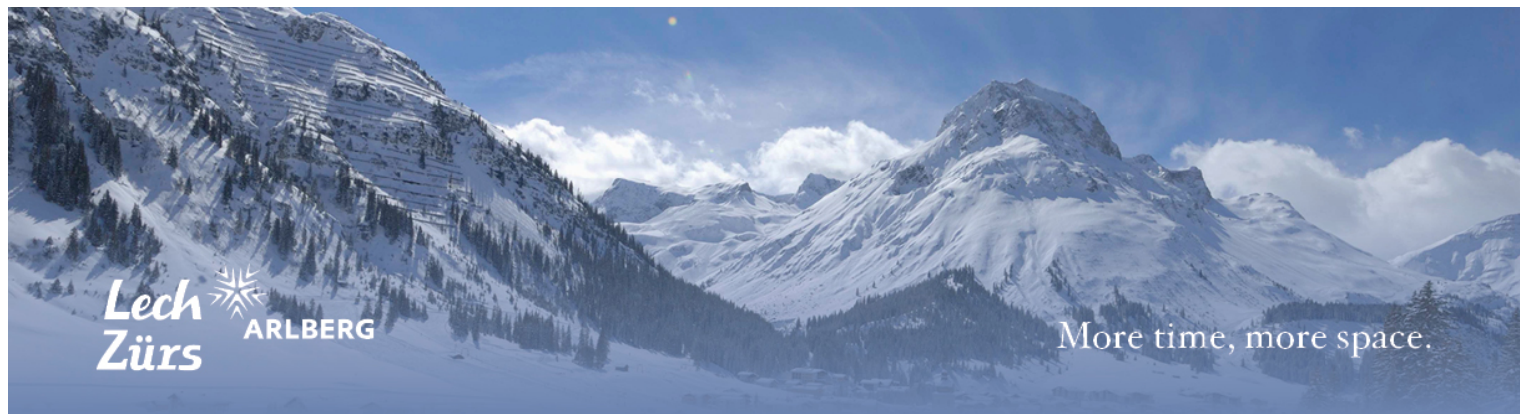
19:00

Austrian gourmet cuisine

Experience Austria at its most delicious: our typical Austrian menu combines traditional recipes with fine craftsmanship and the best regional ingredients. From aromatic soups to local meat and fish dishes to lovingly prepared desserts – every dish is prepared with care and a pinch of alpine authenticity. Awarded 3 toques by Gault&Millau. Alternatively, our alkaline menu and ketogenic menu are also available. This means you can always choose the cuisine that suits your personal taste and well-being.

Reservations are welcome at any time.

Where: Hotel Goldener Berg



Events 21.11.2025 - 28.11.2025

Thursday, 27.11.2025

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

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. Suitable for all levels!

Price: 18,00 € per person

Where: Hotel 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

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

19:00

Alkaline gourmet evening

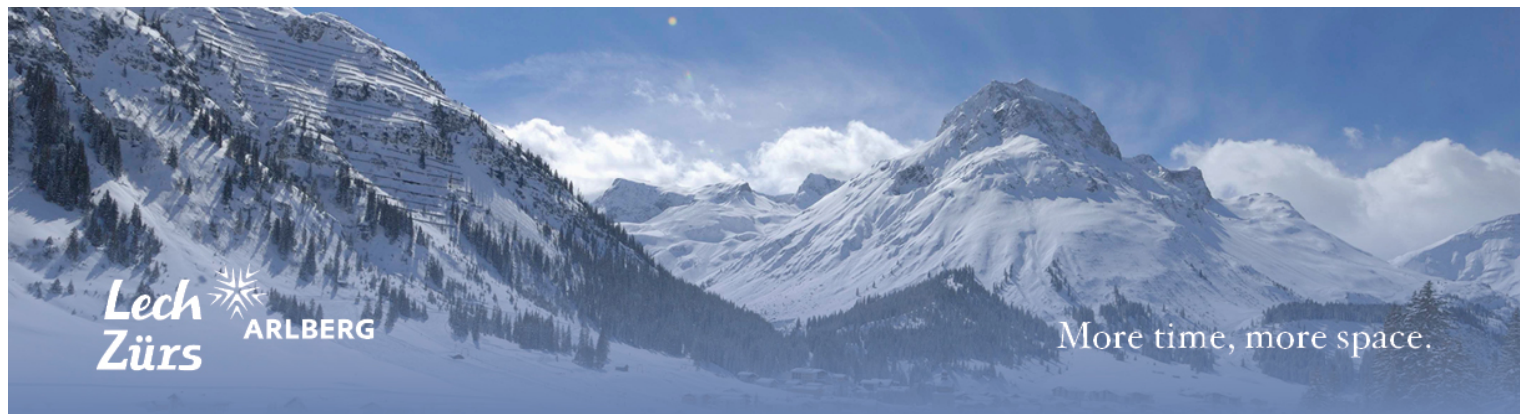
Immerse yourself in the world of alkaline nutrition – light, natural and beneficial for the entire body.

Our alkaline menu focuses on foods that harmonise the acid-base balance: fresh vegetables, aromatic herbs, nuts and selected, gently prepared ingredients, giving you an immediate boost of energy. Awarded 3 toques by Gault&Millau. Of course, our typical Austrian menu and ketogenic menus are also available at any time. This allows you to enjoy maximum variety – conscious, light or

traditionally hearty, just as you like it. Reservations are welcome at any time.

7 pm to 8.30 pm

Hotel Goldener Berg



Events 21.11.2025 - 28.11.2025

Friday, 28.11.2025

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.

Registration until 8 pm on the evening before.

18,00 € per person

Where: Goldener Berg

11:00 - 12:00

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 pm 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

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Happy Afterwork at the Tannbergerhof

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Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

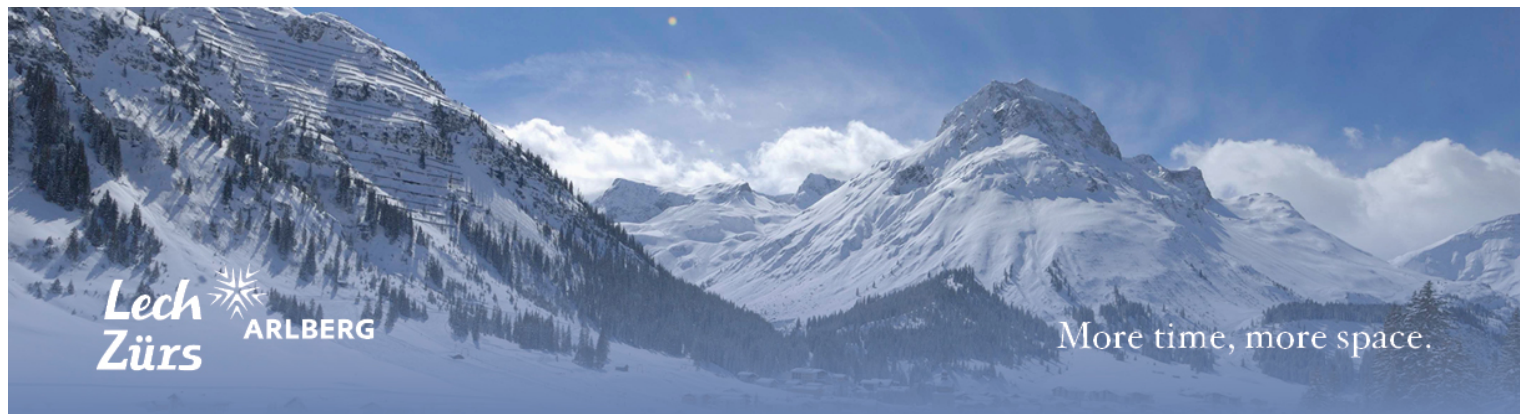
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Austrian gourmet cuisine

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Reservations are welcome at any time.

Where: Hotel Goldener Berg



Events 21.11.2025 - 28.11.2025

Friday, 28.11.2025

20:00

Cabaret with Maria Neuschmid & Stefan Vögel

Cabaret with Maria Neuschmid & Stefan Vögel

8 pm at Lechwelten

Twenty-seven years after building their house, five years after paying off all their debts, two years after the last child moved out and a life spent together as a couple, fate deals Günther and Irene Batlogg a cruel blow: their daughter Laura wants to return to her hometown of Frastanz with her American husband and children. Her goal: Günther's house, which is to be converted into a three-generation home. Can the landlord defend himself against the hostile takeover? Especially since he soon has an opponent within his own four walls who is very taken with this idea.

Advance tickets are available at Raiffeisenbank Lech and at www.laendleticket.com.

Ticket price: € 30 plus service charge.

Doors open at 7.30 pm