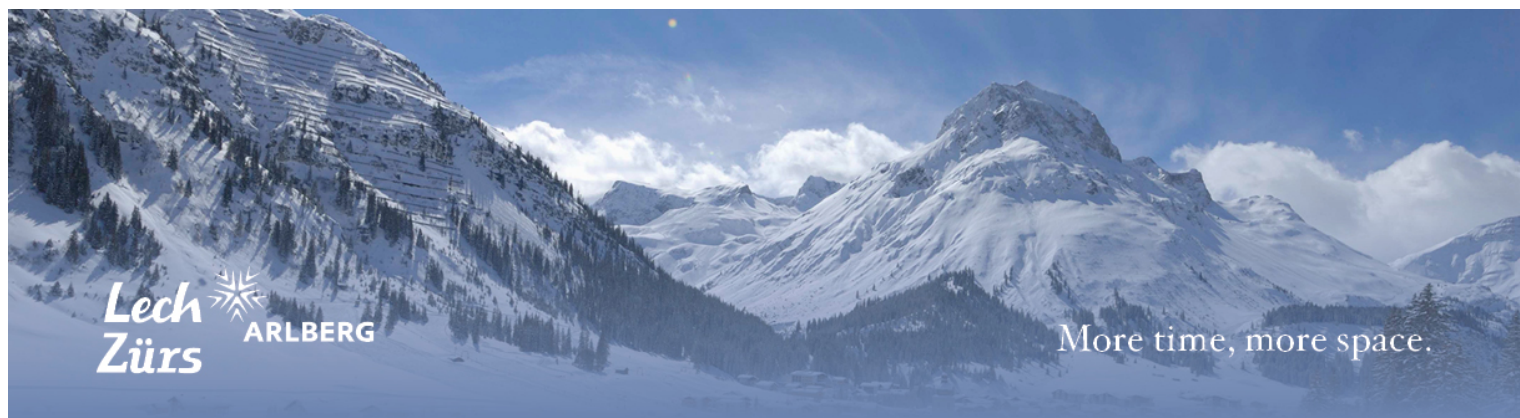




## Events 28.11.2025 - 05.12.2025

### 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

**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

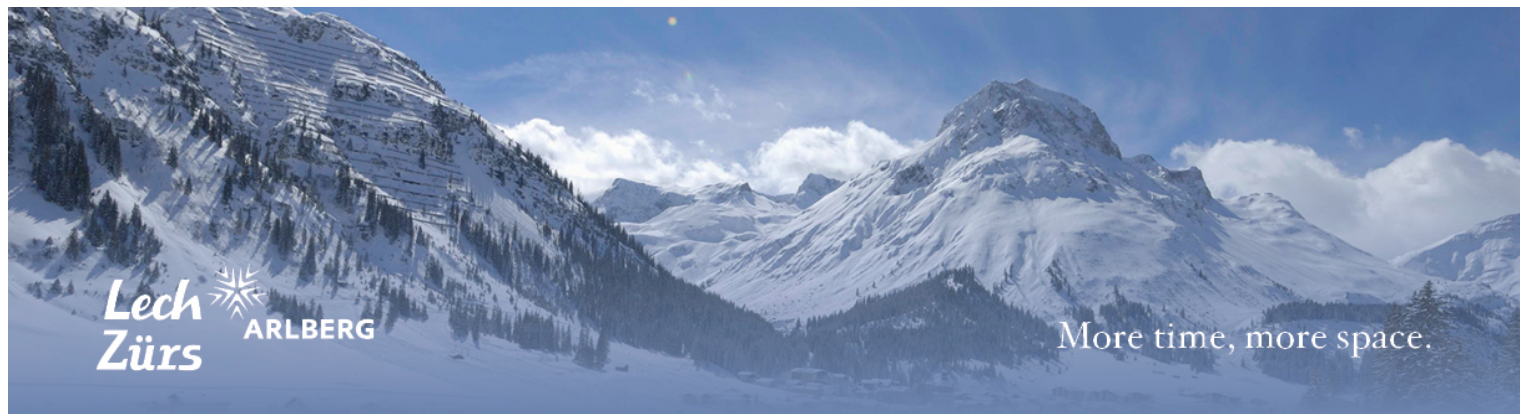
**19:00**

#### **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 28.11.2025 - 05.12.2025

### 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](http://www.laendleticket.com).

Ticket price: € 30 plus service charge.

Doors open at 7.30 pm

### Saturday, 29.11.2025

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**

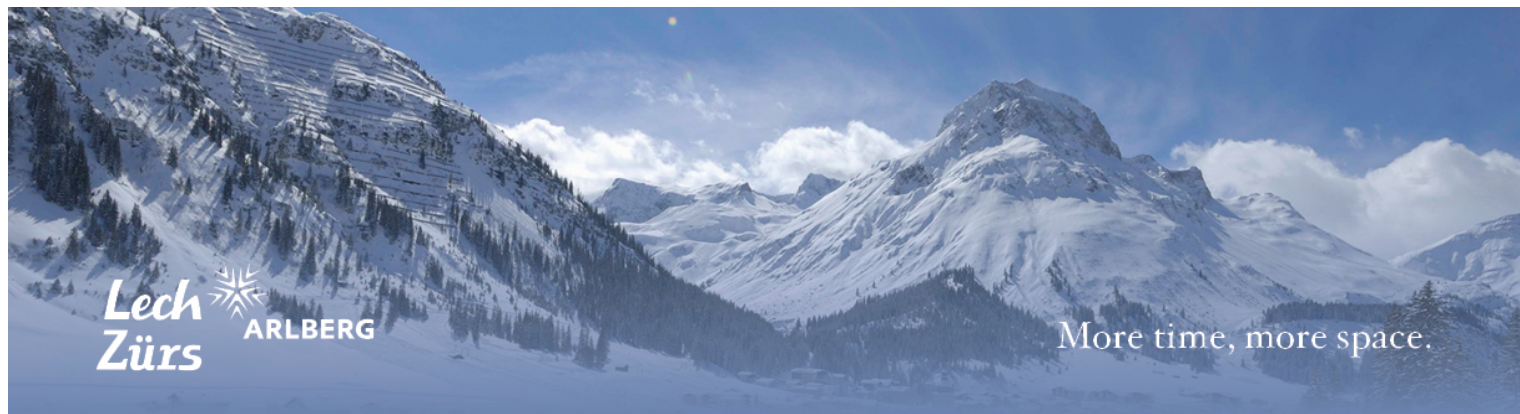
Experience the landscape at its quietest and most beautiful. Together, we will venture out into the natural surroundings of the hotel—to places where peace reigns and invites us to pause and reflect. In mindful silence, we walk along paths and across fields, feel the ground beneath our feet, breathe 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



## Events 28.11.2025 - 05.12.2025

### Saturday, 29.11.2025

**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

**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, 30.11.2025

**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!**

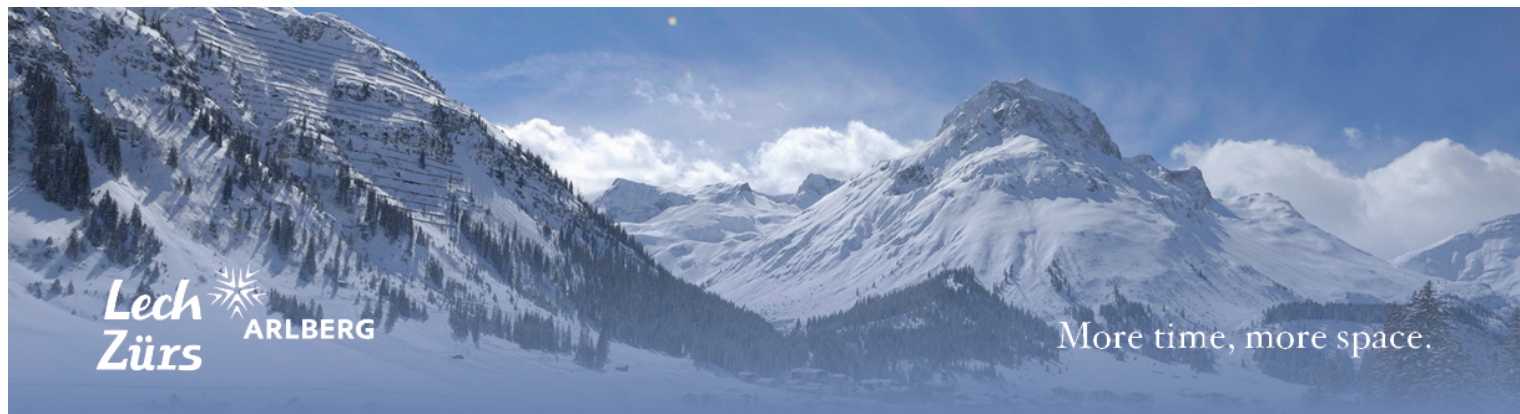
This morning yoga session helps you to collect your thoughts and consciously focus your attention on what is important. Stabilising postures, mindful movement and breathing exercises create inner peace and concentration – the ideal foundation for a focused and mindful start to the day. Suitable for all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

Followed by: a soothing morning meditation.

Registration until 8 pm the evening before.

€ 18,00 per person.

Where: Goldener Berg



## Events 28.11.2025 - 05.12.2025

### Sunday, 30.11.2025

**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

**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, 01.12.2025

**16:00**

#### **Advent calendar**

The tradition of 'Advent windows' is returning to our community this year.

On 1 December, the Advent window will be at the Kleiner Stall in Stubenbach, H. Bernhard bus stop.

Refreshments will be provided.

Time: 4:00 p.m. to 6:00 p.m.

### Tuesday, 02.12.2025

**16:00**

#### **Advent calendar**

On 2 December, the Advent window will be at the Hotel Gasthof Post.

Refreshments will be provided.

Time: 4:00 p.m. to 6:00 p.m.

**16:56**

#### **125-Minuten Nacht-Skilauf**

Night skiing

125 years of Raiffeisenbank Lech and 125 years of Ski-Club Arlberg – double the reason to celebrate! That's why we cordially invite everyone to 125 minutes of night skiing on Tuesday, 2 December 2025, from 4:56 p.m. to 7:01 p.m. at the Flexenarena in Zürs. A great atmosphere is guaranteed – with music, good cheer, warm drinks and light refreshments waiting for you in the 'Ausschank Gondel' in the finish area. Parking: directly at the Trittkopf car park. No ski pass required!

### Wednesday, 03.12.2025

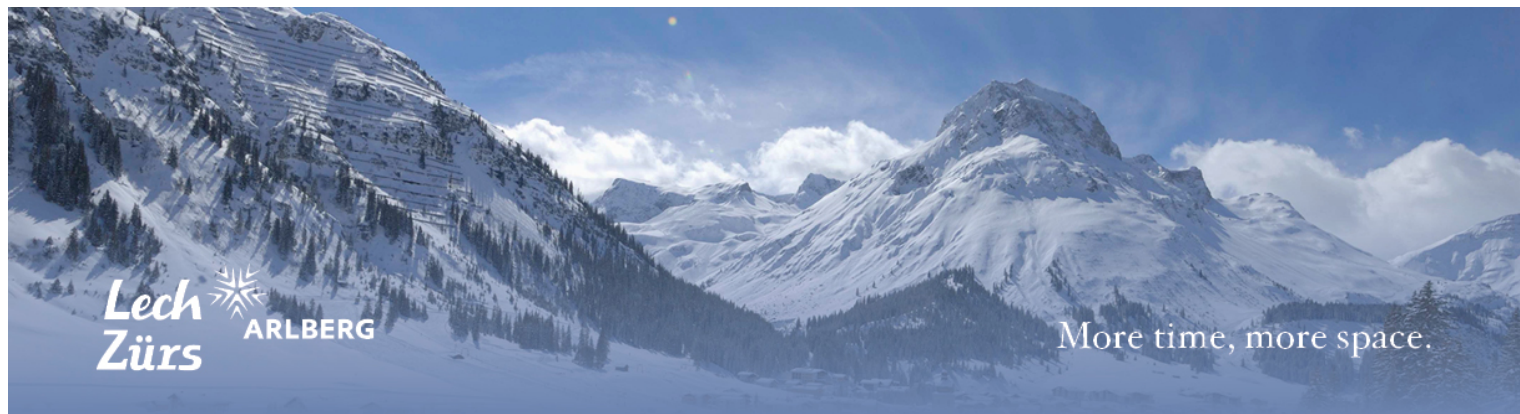
**16:00**

#### **Advent calendar**

On 3 December, the Advent window will be at the Burg Hotel.

Refreshments will be provided.

Time: 4:00 p.m. to 6:00 p.m.



## Events 28.11.2025 - 05.12.2025

### Wednesday, 03.12.2025

**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

### Thursday, 04.12.2025

#### **Arlberg Weinberg**

Arlberg Weinberg: From 4 to 15 December 2025, the international wine elite will once again come together at the top-class symposium and gourmet event series. Suitable for trade visitors and wine lovers.

Registration is required.

Where: Lech and Zürs am Arlberg

**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

**16:00**

#### **Advent calendar**

On 4 December, the Advent window will be at Stubenbach, Kleiner Stall, H. Bernhard bus stop.

Refreshments will be provided.

Time: 4:00 p.m. to 6:00 p.m.

**19:00**

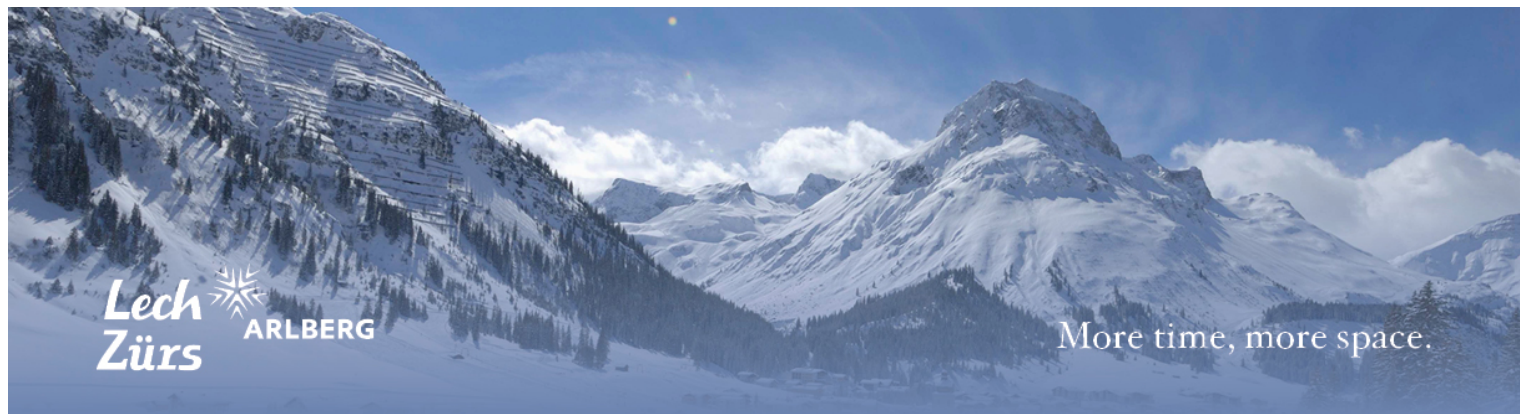
#### **Alkaline gourmet evening**

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 28.11.2025 - 05.12.2025

### Friday, 05.12.2025

#### **Arlberg Weinberg**

Arlberg Weinberg: From 4 to 15 December 2025, the international wine elite will once again come together at the top-class symposium and gourmet event series. Suitable for trade visitors and wine lovers.

Registration is required.

Where: Lech and Zürs am Arlberg

#### **Winter RE:WIND Lech Zürs**

Back to snow. Back to sound. Winter is back – and Lech Zürs is celebrating the start of the season with a very special festival moment! From December 5 to 7, 2025, the destination will be transformed into a stage for beats, mountains, and the best atmosphere: Winter RE:WIND Lech Zürs is the new DJ festival weekend to kick off the winter season.

Programm: <https://www.lechzuers.com/en/culture-and-lifestyle/events/winter-re-wind-lech-zuers>

**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

**14:00 - 19:00**

#### **Ice rink at Rüfiplatz**

From 5 December to 11 January, the ice rink is transformed into a sparkling meeting place for young and old, families, friends and ice skating fans. Every day from 2 pm to 7 pm, visitors can glide across the ice, enjoy the fresh winter air and have a wonderful time together. Skate hire is available directly at Intersport – so nothing stands in the way of spontaneous skating fun! Admission costs € 10 including skate hire or € 5 for those who bring their own skates. Whether you're looking for active fun or a leisurely outing – fun for young and old is guaranteed here!

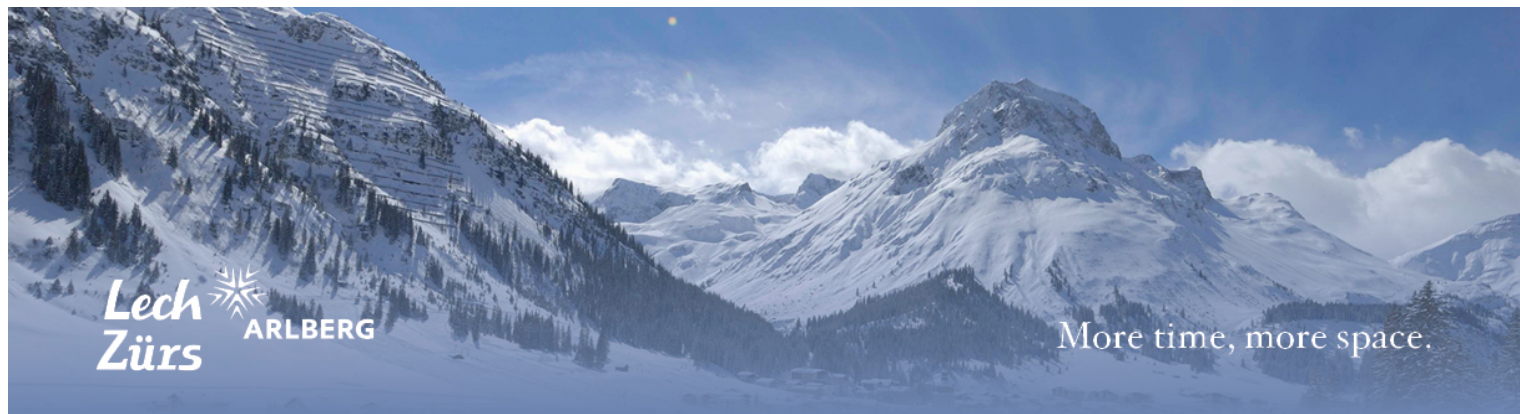
**14:30 - 19:00**

#### **Ice bar party with DJ**

Après Ski Party with DJ Rouven

Start: 2:30 p.m.

Where: Burg Hotel Oberlech



## Events 28.11.2025 - 05.12.2025

### Friday, 05.12.2025

- 15:00 Schneggarei**  
3 pm – 6 pm | Après-ski | (Only in case of bad weather) | House music with DJ INNX | House classics non-stop  
10 pm – 1 am | House Music w/ DJ INNX | House Classics non-stop
- 16:00 Advent window**  
On 5 December, the Advent window will take place at the Hotel Gotthard.  
Refreshments will be provided.  
Time: 4:00 p.m. - 6:00 p.m.
- 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
- 19:00 Dinner Club at the Arlberg Club House**  
Celebrate the opening of the ski season with us at the Arlberg Club House Restaurant. Excellent food paired with cool DJ beats from resident artist DJ Eric will ensure a great atmosphere and an unforgettable evening.  
From 7 pm  
Where: Arlberg Club House
- 22:00 KRAMPUSPARTY at the Tannberg Pub**  
Want to experience a legendary night? Then come to the Krampus party at the Tannberg Pub! Free entry, fancy Guinness drinks and a great atmosphere guaranteed.  
From 10 pm
- 22:00 The flash from Kitz K.Club**  
Be there when Blitz aus Kitz kicks off the party at K.Club from 10 p.m.! An energetic DJ set of the highest calibre – perfect for anyone who wants to dance, party and simply not go home. Musically, you can expect an explosive mix of club hits, driving beats and a rousing atmosphere – K.Club will become a dance floor in a class of its own.  
Don't miss it: Blitz aus Kitz will be going full throttle right from the start.