

Events 02.10.2026 - 09.10.2026

Friday, 02.10.2026

Dance class for children & ladies in the sport.park.lech

Hello! My name is Sabrina and I would like to show you my world of dance. From children's dance to jazz, ballet, and hip hop, we will have a lot of fun together, and I am sure the stages in Vorarlberg are waiting for you.

Price for 10 course units for kids € 66.50

Price for 10 course units for ladies € 133.00

More information: www.sport-park-lech.at

Family Advantage Day

Families with children up to 14 years old

-15% discount on food and drinks at the Seekopf mountain restaurant.

Into The Wild – From Forest to Table

INTO THE WILD is dedicated to the origin, the product, and what remains when one reduces things to their essentials. Fire, wilderness, landscape, and craftsmanship collide with international perspectives from the kitchen.

A festival as an intense engagement with nature, origin, and taste, archaic yet highly reflective.

Program & Reservation: www.rotewand.com

Where: Hotel Rote Wand

07:30 - 08:30

Yoga at Hotel Sonnenburg

Yoga with Saira Strobel from September 26 to October 3, 2026

Take a break and find your center again during a yoga session.

Wednesday to Sunday from 7:30 a.m. – 8:30 a.m.

Friday and Saturday from 5:00 p.m. – 6:00 p.m.

Registration at hotel@sonnenburg.at or directly at the Sonnenburg reception.

The participation fee per person is 15 €. Hotel guests pay 5 € per person. Yoga equipment will be provided.

08:00 - 10:30

Yoga & Brunch

Enjoy a wonderful breakfast on our sun terrace or in our scenic dining room after the yoga session.

8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

09:00 - 11:00

RÜFIKOPF SUMMIT BREAKFAST - Daily

daily from 9:00 a.m. to 11:00 a.m.

Breakfast offers including cable car ride:

- Mountain & valley ride with breakfast: EUR 46.80

- Uphill for hikers including breakfast: EUR 41.80

- With valid cable car ticket: EUR 26.80

Contact Rüfikopf Panoramarestaurant:

T +43 5583 2336 278

Operating hours Rüfikopfbahn:

8:30 a.m. – 5:30 p.m.

Events 02.10.2026 - 09.10.2026

Friday, 02.10.2026

- 09:45** **Lech Card - The geopath excursion**
The Geological Trail shows how the present mountain landscape developed from an ancient seabed. Along the way, stony witnesses tell of millions of years of Earth history.
Duration: approx. 3 hours
When: Friday
Meeting point: 9:45 a.m. in front of the Rüfikopf cable car valley station
Equipment: ankle-high mountain boots with profiled soles
Registration: until 5 p.m. the day before via Lech Zürs Tourism (info@lechzuers.com | +43 5583 2161) or online: <https://anmeldung.mylechcard.at/de/programm/>
- 10:15** **Summit Hike to the Formaletsch**
A varied mountain tour with impressive views of the Lechquellen mountain range and, with a bit of luck, chamois sightings.
Meeting point: Formarin Alpe, Zugertal
Duration: approx. 3 hours
Distance: 4.6 km round trip
Elevation gain: 424 m
Difficulty: medium
Participants: from 4 persons
Price: 60 €
Registration: until 12:00 p.m. the day before at www.annawandert.at
- 12:00 - 21:00** **A Culinary Delight This Fall—venison weeks**
Autumn Delights at Hotel Tannbergerhof:
During the game weeks, you can expect fine specialties revolving around local game and the culinary variety of autumn.
Start: 12 a.m. - 9 p.m.
- 13:00 - 16:00** **COFFEE & CAKE PANORAMA EXPERIENCE – RÜFIKOPF**
Mountain and valley ride with the Rüfikopf cable car including a cup of coffee and a piece of cake at the Rüfikopf Panoramic Restaurant
Price: € 36.90 per person (including mountain and valley ride)
Availability: daily
Operating times of the Rüfikopf cable car:
08:30 a.m.–5:30 p.m.
Contact Rüfikopf Panoramic Restaurant:
T +43 5583 2336-278
- 15:00 - 16:00** **Pilates**
The focus is on body awareness, control, and alignment – for more balance, lightness, and inner strength in everyday life.
The practice is suitable for all levels and helps to gently strengthen the body, relieve tension, and gain new energy.
3:00 p.m. - 4:00 p.m. at the Hotel Goldener Berg | Price: € 20,-

Events 02.10.2026 - 09.10.2026

Friday, 02.10.2026

- 16:00 - 20:00** **Tag der offenen Tür bei der Raiffeisenbank Lech**
Doors open for mountain friendship
4:00 p.m. Arrival · 4:30 p.m. Opening by the boards · 5:00 p.m. Children's reading · 6:30 p.m. Adult reading Tours, live music, children's program, food & drinks, exhibition, art project, expert lounge and much more.
More details: inside-lech.com
- 17:30 - 18:30** **Post Hiking Recovery Yoga**
Post Hiking Recovery Yoga is the perfect complement after an active day in the mountains – ideal for regenerating the body and replenishing energy.
5:30 p.m. - 6:30 p.m. at Hotel Goldener Berg | Price: € 20,-
- 18:00** **Happy Afterwork at the Tannbergerhof**
From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.
Daily from 6:00 p.m. - 8:00 p.m.
Where: Hotel Tannbergerhof
- 18:00 - 19:00** **Yoga sessions with Ines**
Flow for everyone! Grounding. Detoxifying. Freeing from tension. Stretching the spine with the cat. Strengthening leg and hip muscles with the bridge. The asanas – the body positions in yoga – harmonize with the breath. Everything seems to flow into each other and trigger resonance. With every breath and every movement. Relax more. Experience the flow in our yoga classes. 6 times a week in the yoga room of the Burg Hotel.
When: Tue, Wed, Thu, Sat, Sun: from 8:30 - 9:30 a.m. as well as Tue - Sun: 6:00 - 7:00 p.m.
- 18:59** **Skyspace Lech Guided Tour**
Experience the unique Skyspace-Lech by James Turrell at an altitude of 1,780 m. Especially at sunrise and sunset, the artwork reveals its impressive light magic.
During the 50-minute tour, you will learn everything you need to know about this extraordinary work of art by the American artist James Turrell.
Tour start: 6:59 p.m.
Departure from Dorfhus: 6:24 p.m.
Price:
€ 15.00 per person
€ 25.00 including shuttle
€ 10.00 including shuttle and Lech Card
Children up to 6 years and Lech Card holders free of charge
Tickets: skyspacelech.com or at the Lech tourist office
Registration: by no later than 5 p.m. the day before
Location: Skyspace-Lech
- 19:00** **Full Body Training in sport.park.lech**
Full-body workouts for strength, endurance, and flexibility.
- Individual sessions (price per course unit € 19)
- 5-session block (price for 5 course units € 76)
- 10-session block (price for 10 course units € 133)
For more information: www.sport-park-lech.at

Events 02.10.2026 - 09.10.2026

Saturday, 03.10.2026

Into The Wild – From Forest to Table

INTO THE WILD is dedicated to the origin, the product, and what remains when one reduces things to their essentials. Fire, wilderness, landscape, and craftsmanship collide with international perspectives from the kitchen.

A festival as an intense engagement with nature, origin, and taste, archaic yet highly reflective.

Program & Reservation: www.rotewand.com

Where: Hotel Rote Wand

07:30 - 08:30

Yoga at Hotel Sonnenburg

Yoga with Saira Strobel from September 26 to October 3, 2026

Take a break and find your center again during a yoga session.

Wednesday to Sunday from 7:30 a.m. – 8:30 a.m.

Friday and Saturday from 5:00 p.m. – 6:00 p.m.

Registration at hotel@sonnenburg.at or directly at the Sonnenburg reception.

The participation fee per person is 15 €. Hotel guests pay 5 € per person. Yoga equipment will be provided.

08:00 - 09:15

Slow Flow Yoga with Savasana

Slow Flow is a mindful, breath-guided movement practice – a gentle connection of the stability of Hatha Yoga and the flowing dynamics of Vinyasa.

8:00 a.m. - 9:15 a.m. at Hotel Goldener Berg | Price: € 25,-

08:00 - 10:30

Yoga & Brunch

Enjoy a wonderful breakfast on our sun terrace or in our scenic dining room after the yoga session.

8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

08:30 - 09:30

Yoga sessions with Ines

Flow for everyone! Grounding. Detoxifying. Freeing from tension. Stretching the spine with the cat. Strengthening leg and hip muscles with the bridge. The asanas – the body positions in yoga – harmonize with the breath. Everything seems to flow into each other and trigger resonance. With every breath and every movement. Relax more. Experience the flow in our yoga classes. 6 times a week in the yoga room of the Burg Hotel.

When: Tue, Wed, Thu, Sat, Sun: from 8:30 - 9:30 a.m. as well as Tue - Sun: 6:00 - 7:00 p.m.

18:00 - 19:00

Yoga sessions with Ines

Flow for everyone! Grounding. Detoxifying. Freeing from tension. Stretching the spine with the cat. Strengthening leg and hip muscles with the bridge. The asanas – the body positions in yoga – harmonize with the breath. Everything seems to flow into each other and trigger resonance. With every breath and every movement. Relax more. Experience the flow in our yoga classes. 6 times a week in the yoga room of the Burg Hotel.

When: Tue, Wed, Thu, Sat, Sun: from 8:30 - 9:30 a.m. as well as Tue - Sun: 6:00 - 7:00 p.m.

Events 02.10.2026 - 09.10.2026

Saturday, 03.10.2026

- 09:00 - 11:00** **RÜFIKOPF SUMMIT BREAKFAST - Daily**
 daily from 9:00 a.m. to 11:00 a.m.
 Breakfast offers including cable car ride:
 - Mountain & valley ride with breakfast: EUR 46.80
 - Uphill for hikers including breakfast: EUR 41.80
 - With valid cable car ticket: EUR 26.80
 Contact Rüfikopf Panoramarestaurant:
 T +43 5583 2336 278
 Operating hours Rüfikopfbahn:
 8:30 a.m. – 5:30 p.m.
- 09:45** **Lech Card Childrens programme - Archery or canyoning**
 For children aged 5 to 14 years: an active week in nature with two exciting program items to choose from each day
 Meeting point: 9:45 a.m. Office Arlberg Alpin, Filomena Lech
 Registration: until 5:00 p.m. the day before through Lech Zürs Tourismus (info@lechzuers.com | +43 5583 2161) or online: <https://anmeldung.mylechcard.at/de/programm/>
 Late registrations after 5:00 p.m. are only possible directly through Arlberg Alpin until 6:30 p.m.
 (Availability of places and equipment will be checked)
- 12:00 - 21:00** **A Culinary Delight This Fall—venison weeks**
 Autumn Delights at Hotel Tannbergerhof:
 During the game weeks, you can expect fine specialties revolving around local game and the culinary variety of autumn.
 Start: 12 a.m. - 9 p.m.
- 12:00 - 14:00** **BBQ Day at the Seekopf Mountain Restaurant**
 Every Saturday, weather permitting, the grill is set up on the terrace - steaks, sausages, and vegetables fresh from the grill, prepared directly upon order.
- 13:00 - 16:00** **COFFEE & CAKE PANORAMA EXPERIENCE – RÜFIKOPF**
 Mountain and valley ride with the Rüfikopf cable car
 including a cup of coffee and a piece of cake at the Rüfikopf Panoramic Restaurant
 Price: € 36.90 per person (including mountain and valley ride)
 Availability: daily
 Operating times of the Rüfikopf cable car:
 08:30 a.m.–5:30 p.m.
 Contact Rüfikopf Panoramic Restaurant:
 T +43 5583 2336-278
- 15:00** **CHICKEN FRY @ G'SPUSI**
 An uncomplicated, sociable evening with crispy Backhendl and Nashville Hot Honey Fried Chicken – lively, cozy, and perfect for a fun night with friends at G'spusi.
 When: September 26, 3. & 10. October
 Where: G*spusi

Events 02.10.2026 - 09.10.2026

Saturday, 03.10.2026

- 15:00 - 16:00** **Meditation & Breathing exercises**
 This gentle, swinging meditation from the OSHO tradition helps to harmonize body and mind. Through humming sounds and flowing hand movements, deep relaxation and inner balance are achieved. Ideal for letting go and recharging.
 4:00 p.m. - 5:00 p.m. at Hotel Goldener Berg | Price: € 20,-
- 17:00 - 18:30** **Element Earth – Barefoot Alpine Experience**
 Barefoot alpine bathing is ideal for anyone looking to recharge, let go of stress, and experience nature in a particularly primal way.
 5:00 p.m. - 6:30 p.m. at Hotel Goldener Berg | Price € 25,-
- 17:00 - 00:00** **Strolz Oktoberfest**
 The Strolz Oktoberfest is entering the next round - It will be an evening full of live music, refreshing drinks, delicious food, and of course, a lot of fun.
 Opening hours: 5:00 p.m. - 11:00 p.m.
 Where: Strolz Sports & Fashion House
- 18:00** **Happy Afterwork at the Tannbergerhof**
 From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.
 Daily from 6:00 p.m. - 8:00 p.m.
 Where: Hotel Tannbergerhof
- 19:00** **Mobility Training sport.park.lech**
 Mobility training improves your mobility and joint health.
 - Individual sessions (price per course unit € 19)
 - 5-session block (price for 5 course units € 76)
 - 10-session block (price for 10 course units € 133)
 More information: www.sport-park-lech.at

Sunday, 04.10.2026

- Into The Wild – From Forest to Table**
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 Program & Reservation: www.rotewand.com
 Where: Hotel Rote Wand
- 08:00 - 09:00** **Aqua Yoga - Aqua Fit Class**
 Experience the special combination of movement, water, and lightness in our unique pool setting.
 8:00 a.m. - 9:00 a.m. at Hotel Goldener Berg | Price: € 20,-
- 08:00 - 10:30** **Yoga & Brunch**
 Enjoy a wonderful breakfast on our sun terrace or in our scenic dining room after the yoga session.
 8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

Events 02.10.2026 - 09.10.2026

Sunday, 04.10.2026

08:30 - 09:30

Yoga sessions with Ines

Flow for everyone! Grounding. Detoxifying. Freeing from tension. Stretching the spine with the cat. Strengthening leg and hip muscles with the bridge. The asanas – the body positions in yoga – harmonize with the breath. Everything seems to flow into each other and trigger resonance. With every breath and every movement. Relax more. Experience the flow in our yoga classes. 6 times a week in the yoga room of the Burg Hotel.

When: Tue, Wed, Thu, Sat, Sun: from 8:30 - 9:30 a.m. as well as Tue - Sun: 6:00 - 7:00 p.m.

18:00 - 19:00

Yoga sessions with Ines

Flow for everyone! Grounding. Detoxifying. Freeing from tension. Stretching the spine with the cat. Strengthening leg and hip muscles with the bridge. The asanas – the body positions in yoga – harmonize with the breath. Everything seems to flow into each other and trigger resonance. With every breath and every movement. Relax more. Experience the flow in our yoga classes. 6 times a week in the yoga room of the Burg Hotel.

When: Tue, Wed, Thu, Sat, Sun: from 8:30 - 9:30 a.m. as well as Tue - Sun: 6:00 - 7:00 p.m.

09:00 - 11:00

RÜFIKOPF SUMMIT BREAKFAST - Daily

daily from 9:00 a.m. to 11:00 a.m.

Breakfast offers including cable car ride:

- Mountain & valley ride with breakfast: EUR 46.80
- Uphill for hikers including breakfast: EUR 41.80
- With valid cable car ticket: EUR 26.80

Contact Rüfikopf Panoramarestaurant:

T +43 5583 2336 278

Operating hours Rüfikopfbahn:

8:30 a.m. – 5:30 p.m.

10:00

Lech Card - Familienprogramm Klettern

Reaching new heights together at Rüfikopf: Climbing, securing, and rappelling are explained playfully – an experience for the whole family.

When: Monday, 9:45 a.m.

Age: from 8 years

Meeting point: Arlberg Alpin, Kaufhaus Filomena, Lech

What to bring: sturdy footwear

Registration: online, by email, or phone; Late registrations after 5:00 p.m. directly through Arlberg Alpin (depending on availability)

12:00 - 21:00

A Culinary Delight This Fall—venison weeks

Autumn Delights at Hotel Tannbergerhof:

During the game weeks, you can expect fine specialties revolving around local game and the culinary variety of autumn.

Start: 12 a.m. - 9 p.m.

12:00

sundays - family lunch

Enjoy Sundays together – time for the whole family!

Make your Sunday a special experience and spend valuable time with your loved ones over a delicious joint lunch.

Starting at 12:00 p.m. at Hotel Goldener Berg

Events 02.10.2026 - 09.10.2026

Sunday, 04.10.2026

13:00 - 16:00

COFFEE & CAKE PANORAMA EXPERIENCE – RÜFIKOPF

Mountain and valley ride with the Rüfikopf cable car including a cup of coffee and a piece of cake at the Rüfikopf Panoramic Restaurant
Price: € 36.90 per person (including mountain and valley ride)

Availability: daily

Operating times of the Rüfikopf cable car:

08:30 a.m.–5:30 p.m.

Contact Rüfikopf Panoramic Restaurant:

T +43 5583 2336-278

15:00 - 22:00

Late Night Spa

Experience an evening full of relaxation, tranquility, and enjoyment – and let the day harmoniously come to a close in an atmosphere of warmth, water, and mountain panorama.

3:00 p.m. - 10:00 p.m. at Hotel Goldener Berg | Pre-registration at +43 5583 22050

17:30 - 18:30

Yin Yoga & Yoga Nidra

Suitable for everyone, yoga nidra is a gentle yet profound practice for emotional and mental well-being.

7:30 p.m. - 8:30 p.m. at Hotel Goldener Berg | Price: € 20,-

18:00

Happy Afterwork at the Tannbergerhof

From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.

Daily from 6:00 p.m. - 8:00 p.m.

Where: Hotel Tannbergerhof

Monday, 05.10.2026

Into The Wild – From Forest to Table

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Program & Reservation: www.rotewand.com

Where: Hotel Rote Wand

08:00 - 09:15

Slow Flow Yoga with Savasana

Slow Flow is a mindful, breath-guided movement practice – a gentle connection of the stability of Hatha Yoga and the flowing dynamics of Vinyasa.

8:00 a.m. - 9:15 a.m. at Hotel Goldener Berg | Price: € 25,-

08:00 - 10:30

Yoga & Brunch

Enjoy a wonderful breakfast on our sun terrace or in our scenic dining room after the yoga session.

8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

Events 02.10.2026 - 09.10.2026

Monday, 05.10.2026

- 09:30 Lech Card - E-Bike "Improve your skills"**
 with Max Walch
 Meeting point: 9:30 a.m. Dorfhof
 When: every Monday
 Duration: approximately 3 hours
 Participants: min. 3 people max. 9 people
 Registration: by 5 p.m. the day before via Lech Zürs Tourism (info@lechzuers.com | +43 5583 2161) or online: <https://anmeldung.mylechcard.at/de/programm/>
 Please bring your Lech Card and your own E-bike; E-bikes can alternatively be rented in sports shops.
- 09:30 Lech Card - Herbs hiking tour**
 With herbal educator
 Duration: approx. 3 hours
 Meeting point: 9:30 a.m. Village House
 Equipment: ankle-high mountain shoes with profile soles
 Also takes place in bad weather in the herbal workshop.
 Registration: by 5 p.m. on the previous day through Lech Zürs Tourism (info@lechzuers.com | +43 5583 2161) or online: <https://anmeldung.mylechcard.at/de/programm/>
- 10:30 - 11:30 Element Light – Sound Bath & Chanting**
 Allow yourself to be carried away by healing sounds and experience the transformative power of the voice. Vibrating frequencies and collective mantra chanting bring body and mind into harmony – for deep relaxation and inner radiance. Finally, you will be guided through a meditation and bathe once again in the melodies of the singing bowls.
 Experience the deep connection with nature and with yourself.
 10:30 a.m. - 11:30 a.m. at Hotel Goldener Berg | Price: € 20,-
- 12:00 - 21:00 A Culinary Delight This Fall—venison weeks**
 Autumn Delights at Hotel Tannbergerhof:
 During the game weeks, you can expect fine specialties revolving around local game and the culinary variety of autumn.
 Start: 12 a.m. - 9 p.m.
- 17:30 - 18:30 Yin Yoga**
 Yin Yoga in the evening is a quiet, meditative practice that gently lets the day wind down and leads both body and mind into deep relaxation. In long, passive stretches, the deeper tissue layers such as fascia, ligaments, and joints are mindfully addressed.
 5:30 p.m. - 6:30 p.m. at Hotel Goldener Berg | Price € 20,-
- 18:00 Happy Afterwork at the Tannbergerhof**
 From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.
 Daily from 6:00 p.m. - 8:00 p.m.
 Where: Hotel Tannbergerhof

Events 02.10.2026 - 09.10.2026

Tuesday, 06.10.2026

- 08:00 - 09:15** **Power Yoga & Savasana**
Cardio Yoga is the perfect combination of flowing movement, conscious breathing, and gentle strengthening – ideal for anyone looking to harmonize body and mind while also improving their endurance.
8:00 a.m. to 9:15 a.m. at Hotel Goldener Berg | Price: € 25,-
- 08:00 - 10:30** **Yoga & Brunch**
Enjoy a wonderful breakfast on our sun terrace or in our scenic dining room after the yoga session.
8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg
- 08:45** **Lech Card - Pilates with Uli Alber**
Pilates exercises to enhance coordination, endurance, and concentration with Uli Alber.
- Mats can be borrowed from Lech Zürs Tourism.
- In case of bad weather, it will take place indoors.
Duration: 2-3 hours.
Meeting point: 8:45 a.m., Dorfhüs.
Registration: until 5 p.m. the day before via Lech Zürs Tourism (info@lechzuers.com | +43 5583 2161) or online: <https://anmeldung.mylechcard.at/de/programm/>
Price for non-Lech Card owners: € 25,- per person, available at Lech Zürs Tourism.
- 09:30** **Lech Card - E-Bike "Practice your skills"**
With Max Walch
Meeting point: 9:30 a.m. Dorfhüs
Duration: approx. 3 hours
Participants: min. 3 people max. 9 people
Registration: until 5 p.m. the day before through Lech Zürs Tourism (info@lechzuers.com | +43 5583 2161) or online: <https://anmeldung.mylechcard.at/de/programm/>
Please bring Lech Card and your own e-bike; e-bikes can alternatively be rented in the sports shops.
- 12:00 - 21:00** **A Culinary Delight This Fall—venison weeks**
Autumn Delights at Hotel Tannbergerhof:
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Start: 12 a.m. - 9 p.m.
- 17:30 - 18:30** **Yin Yoga**
Yin Yoga in the evening is a quiet, meditative practice that gently lets the day wind down and leads both body and mind into deep relaxation. In long, passive stretches, the deeper tissue layers such as fascia, ligaments, and joints are mindfully addressed.
5:30 p.m. - 6:30 p.m. at Hotel Goldener Berg | Price € 20,-
- 18:00** **Happy Afterwork at the Tannbergerhof**
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Daily from 6:00 p.m. - 8:00 p.m.
Where: Hotel Tannbergerhof

Events 02.10.2026 - 09.10.2026

Tuesday, 06.10.2026

18:30 - 19:30

Fire Ceremony Around the Fire Pit

Let's wind down the day together on the terrace with a magnificent view of the mountain world and the crackling of the campfire in the background.

Our meet & greet is a warm invitation to gather in nature: to arrive, exchange, laugh, and simply spend time together.

A moment to pause, talk.

6:30 p.m. - 7:30 p.m. at Hotel Goldener Berg

18:30

Rote Wand Cookery Class

Embark on a culinary discovery journey.

Prepare a 3-course menu yourself, accompanied by wines or non-alcoholic beverages.

Price: 150€ per person including Cookery Class, menu, and wine or beverage accompaniment*

Where: Gasthof Hotel Rote Wand, Zug

Registration at: gasthof@rotewand.com

Wednesday, 07.10.2026

08:00 - 09:15

Slow Flow Yoga with Savasana

Slow Flow is a mindful, breath-guided movement practice – a gentle connection of the stability of Hatha Yoga and the flowing dynamics of Vinyasa.

8:00 a.m. - 9:15 a.m. at Hotel Goldener Berg | Price: € 25,-

08:00 - 10:30

Yoga & Brunch

Enjoy a wonderful breakfast on our sun terrace or in our panoramic dining room after the yoga session.

8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

10:00

Lech Card: Zugertal hike

We will take the bus to Älpele, where the most beautiful section of the Lechweg begins and leads along the Lech and Spuller Bach to Dalaaser Staffel. After a cozy snack at the Alpe, we will reach Spullersee and enjoy the impressive mountain panorama.

When: Wednesday

Meeting point: 10:00 a.m. Dorfhof

Registration: the day before until 5:00 p.m. through Lech Zürs Tourism (info@lechzuers.com | +43 5583 2161) or online: <https://anmeldung.mylechcard.at/de/programm/>

10:30 - 12:00

The Element of Water – Alpine Bathing with Water Meditation

Gemeinsam wandern wir von Oberlech durch grüne Wiesen, begleitet vom sanften Klang plätschernder Bäche – stets verbunden mit dem Element Wasser. Die Natur lädt uns ein, den Alltag hinter uns zu lassen und in die Ruhe des Augenblicks einzutauchen. Im Anschluss begleitet uns eine geführte Meditation inmitten der Natur, um die Kraft des Wassers bewusst zu spüren und innere Ruhe zu finden.

10:30 - 12:00 Uhr im Hotel Goldener Berg | € 25,-

Events 02.10.2026 - 09.10.2026

Wednesday, 07.10.2026

12:00 - 21:00

A Culinary Delight This Fall—venison weeks

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Start: 12 a.m. - 9 p.m.

17:30 - 18:30

Yin Yoga

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5:30 p.m. - 6:30 p.m. at Hotel Goldener Berg | Price € 20,-

18:00

Happy Afterwork at the Tannbergerhof

From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.

Daily from 6:00 p.m. - 8:00 p.m.

Where: Hotel Tannbergerhof

18:30

Rote Wand Masterclass

Immerse yourself in the world of fermentation: Discover lactic acid fermentation, kombucha, and koji. Learn the secrets of these techniques.

Menu of 4 generous courses, accompanied by selected wines.

An alcohol-free drink pairing is possible.

When: Every Wednesday

Price: € 180 including masterclass, menu, and wine or drink pairing

Start: 6:30 p.m.

Registration: gasthof@rotewand.com

Thursday, 08.10.2026

08:00 - 09:15

Slow Flow Yoga with Savasana

Slow Flow is a mindful, breath-guided movement practice – a gentle connection of the stability of Hatha Yoga and the flowing dynamics of Vinyasa.

8:00 a.m. - 9:15 a.m. at Hotel Goldener Berg | Price: € 25,-

08:00 - 10:30

Yoga & Brunch

Enjoy a wonderful breakfast on our sun terrace or in our scenic dining room after the yoga session.

8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

10:00

Lech Card - Gipslöcher Tour

Join us for a guided hike through the unique nature reserve Gipslöcher in Oberlech, a unique and protected natural gem.

Meeting point: Thursday, 10:00 a.m. Dorfhus

Duration: approx. 2.5 hours

Difficulty level: easy to moderate, suitable for families with hiking-enthusiastic children

What to bring: sturdy footwear, weather-proof clothing, water bottle

Registration: until 5:00 p.m. the day before through Lech Zürs Tourismus (info@lechzuers.com | +43 5583 2161) or online <https://anmeldung.mylechcard.at/de/programm/>

Events 02.10.2026 - 09.10.2026

Thursday, 08.10.2026

10:30 - 12:00

Element of Air – Alpine Bathing, Pranamaya

Feel the connection of nature, breath, and silence – and discover how beneficial genuine mindfulness can be amidst the mountains.

10:30 a.m. - 12:00 p.m. at the Hotel Goldener Berg | Price: € 25,-

12:00

A Culinary Delight This Fall - Slaughter Party

Hearty enjoyment at Tannbergerhof:

Our butchery event is entirely focused on traditional specialties and strong, hearty flavors.

Enjoy autumnal conviviality in a cozy atmosphere in the heart of Lech.

Start: 12 - 9 p.m.

17:30 - 18:30

Yin Yoga

Yin Yoga in the evening is a quiet, meditative practice that gently lets the day wind down and leads both body and mind into deep relaxation. In long, passive stretches, the deeper tissue layers such as fascia, ligaments, and joints are mindfully addressed.

5:30 p.m. - 6:30 p.m. at Hotel Goldener Berg | Price € 20,-

18:00

Happy Afterwork at the Tannbergerhof

From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.

Daily from 6:00 p.m. - 8:00 p.m.

Where: Hotel Tannbergerhof

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: <https://bookings.zenchef.com/results?rid=365771&pid=1001&lang=en>

Where: Gasthof Hotel Rote Wand, Zug

Friday, 09.10.2026

08:00 - 10:30

Yoga & Brunch

Enjoy a wonderful breakfast on our sun terrace or in our scenic dining room after the yoga session.

8:00 a.m. - 10:30 a.m. at Hotel Goldener Berg

Events 02.10.2026 - 09.10.2026

Friday, 09.10.2026

- 10:15 Summit Hike to the Formaletsch**
A varied mountain tour with impressive views of the Lechquellen mountain range and, with a bit of luck, chamois sightings.
Meeting point: Formarin Alpe, Zugertal
Duration: approx. 3 hours
Distance: 4.6 km round trip
Elevation gain: 424 m
Difficulty: medium
Participants: from 4 persons
Price: 60 €
Registration: until 12:00 p.m. the day before at www.annawandert.at
- 12:00 A Culinary Delight This Fall - Slaughter Party**
Hearty enjoyment at Tannbergerhof:
Our butchery event is entirely focused on traditional specialties and strong, hearty flavors.
Enjoy autumnal conviviality in a cozy atmosphere in the heart of Lech.
Start: 12 - 9 p.m.
- 15:00 - 16:00 Pilates**
The focus is on body awareness, control, and alignment – for more balance, lightness, and inner strength in everyday life.
The practice is suitable for all levels and helps to gently strengthen the body, relieve tension, and gain new energy.
3:00 p.m. - 4:00 p.m. at the Hotel Goldener Berg | Price: € 20,-
- 17:30 - 18:30 Post Hiking Recovery Yoga**
Post Hiking Recovery Yoga is the perfect complement after an active day in the mountains – ideal for regenerating the body and replenishing energy.
5:30 p.m. - 6:30 p.m. at Hotel Goldener Berg | Price: € 20,-
- 18:00 Happy Afterwork at the Tannbergerhof**
From September 28 to November 29, there are enticing after-work offers at Tannbergerhof.
Daily from 6:00 p.m. - 8:00 p.m.
Where: Hotel Tannbergerhof

Events 02.10.2026 - 09.10.2026

Friday, 09.10.2026

18:45

Skyspace-Lech Tour

Experience the unique Skyspace-Lech by James Turrell at an altitude of 1,780 m. Especially at sunrise and sunset, the artwork reveals its impressive light magic.

During the 50-minute guided tour, you will learn everything important about this extraordinary work of art by the American artist James Turrell.

Price: € 15,- per person

Start of the tour: 6:45 p.m.

Departure from Dorfhus: 6:10 p.m.

Price:

€ 15.00 per person

€ 25.00 including shuttle

€ 10.00 including shuttle and Lech Card

Children up to 6 years and Lech Card holders free of charge

Tickets: skyspacelech.com or at the Lech tourism office

Registration: by 5 p.m. the day before at the latest

Location: Skyspace-Lech