



-felt welcome to the Hotel Goldener Berg!

Dear guests, dear friends,

To help you enjoy your holiday from the first moment on, we have created this folder containing everything you need to know about the Hotel Goldener Berg and Lech am Arlberg. We will also be happy to personally answer any other **questions** you may have.

WONDERFUL DAYS – EXPERIENCED BY YOU – HANDLED BY US

Experience the small comforts of life at the highest level:

Wholehearted hospitality awaits you in an uncomplicated yet stylish atmosphere at the Hotel Goldener Berg – where our guests feel well cared for during every phase of their holiday.

It is with good reason that the philosophy of Hotel Goldener Berg is “to be in close communion with nature”

What is the secret of our hotels' success? Quite simply, the Goldener Berg is a place of harmony where tradition meets innovation and luxury meets comfort – easily and informally! Within the warm atmosphere created by the Pfefferkorn family, old traditions are maintained and modern luxuries are pleasantly integrated. We are happy to meet our guests' requirements on a daily basis, with dedication and enthusiasm.



A handwritten signature in black ink that reads "Daniela Pfefferkorn".

Daniela Pfefferkorn, Director Markus Mathis with family
and the whole Goldener Berg team



Alpine Spa

Architecturally successful, the Alpin Spa of the Golden Mountain presents itself in the midst of an inimitable natural idyll. The open construction and the use of local natural materials create a harmonious transition to the surrounding landscape. Natural spring water flowing over granite. Vibrant larch wood that exudes a sense of security. In the Alpine Spa of the Golden Mountain in Vorarlberg, you will experience the elemental forces of nature. The healing effects of the local natural treasures are also used in the wide range of wellness treatments.

Our Alpine Spa is open for you daily from 08:00 to 20:00. You will find more information about the spa facilities and the treatments enclosed.

Our offer at a glance:

Swimming Pool Dive into the refreshingly clear water of the fresh spring pool.

Outdoor whirlpool The nature experience à la Arlberg with panoramic views of the surrounding mountains.

Tepidarium Hot stone whose warmth penetrates muscles and bones, thereby healing them.

Kneipp Hot-cold foot baths are the best for a stable circulation.

Brechtbad Biosauna 60° C for those for whom 90° C is too hot and who do not like the steam in the steam bath. Herbs enrich the air with essential oils - wonderfully relaxing and healthy.

Saunas In our spa you will find a 90°C sauna and a 60° C sauna, as well as a steam bath with 50° C and 100% humidity. For cooling down afterwards, cold water showers as well as the ice fountain are available.

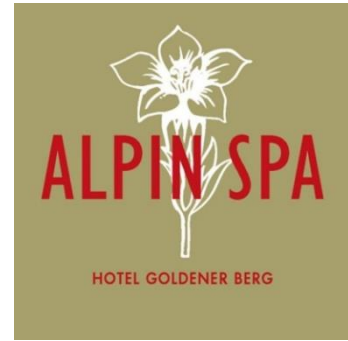
Rest rooms In the "eyrie of rest" you will be completely safe and in silence, while you can lie on the dondolo and gently fall asleep.

Fitness room For all those for whom the wonderful nature around the Golden Mountain still offers too few sports opportunities, there is equipment available in the fitness room for further training.

Treatment rooms Crystal bath, Haslauer floating bed and massage rooms allow you to have treatments of all kinds.

Alpin Spa	You can find the Alpin Spa via the reception down the stairs or comfortably with the elevator at the reception on level -1. Our team at the spa reception will welcome you and accompany and take care of your spa experience. For questions of any kind, please contact our Spa Team.
What should you bring	to your room bathrobes as well as a basket of towels.
What should you bring in	Please wear sports clothes and clean sports shoes After your workout, we ask you to clean the equipment you use with the disinfectant cleaner.
Where to get advice	Any of our spa staff can give you perfect advice. For your individual further questions and to make an appointment, please contact Spa Program? to the Spa staff at extension 70.
What clothing	For massages and body treatments, you will receive disposable panties for treatments. For yoga and the sports program, please wear light, comfortable clothing (e.g. leisure suit).
What happens if you arrive late for your appointment at the spa?	your appointment is not on time, your treatment time will be reduced. It must be the reserved. be able to keep it? The reserved time must be respected so that subsequent appointments are not no delays occur for subsequent appointments. Please inform our team at the the Spa Reception. Cancellation fees will be charged if you cancel your appointment too late or not at all. We ask for your understanding.
How to pay	We are happy to charge your spa treatment to your room bill. book your treatment? If you have a gift voucher, please bring it with you to your appointment bring it with you to your appointment and hand it in at the spa reception reception.
Spa Contraindications	In case of high blood pressure, heart disease, pregnancy or after a recent surgery, please inform our spa staff.
Children under 14?	Children of all ages are welcome in our pool area. Children under the age of 14 are not permitted to use the Sauna Area or the Fitness Area. Furthermore, we ask parents to take care of their children. Thank you!

Alpienne



From nature - for nature. 100% natural feel-good products.

Everything we need to stay healthy has been abundantly given to us by nature. The knowledge of the healing effects of selected plants and oils from the Alpine region for various ailments is based on centuries of experience as well as modern scientific findings.

Dr. Ewald Töth's Light Quantum Natural Products

The name Dr. med. Ewald Töth stands for holistic medicine and excellent natural products that work on the whole person! Because only when body, mind and soul act in perfect harmony, the human being is healthy. Dr. Töth's products are designed in such a way that they not only have a restorative effect on the body, but also give the body a lot of energy and at the same time valuable light nourishment for the soul.

Our food no longer provides us with enough minerals and bases - hyperacidity is the result. In the long run, the body cannot break down this acidity on its own. The high alkaline concentration of Dr. Töth's products restores your body's natural regulatory capacity. Deacidification and detoxification are the immediate result. In addition, Dr. Töth's Alkaline Light Quantum products have a supporting effect on your body's natural detoxification and cleansing processes.



Special fragrances with therapeutic effects: Experience the power of Young Living Essential Oils at the Alpine Spa. Young Living essential oils are pure natural products that enhance quality of life and well-being.



Elefanten Apotheke: Healing products from the Elefanten Manufaktur from the Allgäu: ointments, herbs & aroma products from our own production.

Arrival / Departure Your reserved room is available on the day of arrival from 16.00 o'clock. at your disposal.

We ask you to vacate your room by 12.00 noon on the day of departure. In the event of a later departure, please contact the reception so that we can accommodate and support your travel plans as much as possible and support your travel plans. Saturdays and Sundays are main departure days. Please note that you will have the opportunity to settle your entire hotel bill the night before, starting at 6 p.m., so that you can depart at your leisure in the morning.

Doctor / Pharmacy Although you don't want to think about getting sick while on vacation, if it does it happens, our general practitioners Dr. Beiser and Dr. Muxel will be at your side with help and advice. For appointments please contact the reception. For sports injuries we recommend Dr. Rhomberg. He will look after you in the sanatorium in Lech. Pharmacies are located in the medical practices in Lech. For urgent emergencies, please call the Euro emergency number 0-112 and ask the first aider at the reception.

Alternatives to the Skiing If you are not drawn to the ski slopes, Lech offers you every skiing quantity. cross-country skiing, tobogganing, curling, ice skating and snowshoe hikes. Special highlights are the feeding of the game or a romantic horse-drawn sleigh ride. Furthermore, various cleared winter hiking trails invite you to explore the wonderfully snow - covered mountain world. Further information and suggestions are available at the reception.

B

Babyphone So that you can spend an undisturbed evening in one of our restaurants. we will be happy to provide you with a baby monitor. Please contact the reception desk. You will find the sign for your child's undisturbed sleep behind the door.

Babysitter If you need a babysitter for your little darlings, please arrange it with the reception at least 12 hours in advance.

Bathrobes You will find your cozy "Goldener Berg" bathrobe in your room. Should you wish to take a bathrobe home as a souvenir, you can obtain one for EUR 130,-- at the reception.

Banks RAIFFEISENBANK
(Mon-Fri 08.30 to 12.00 and Mon-Fri 14.00 to 16.00)
VOLKSBANK
(Mon-Fri 08.30 to 12.00 and Mon-Fri 14.00 to 16.00 / closed Wed)
HYPO BANK
(Mon-Fri 08.30 a.m. to 1 p.m.)
Cash - please use the safe in your room! This is insured up to a sum valuable of € 3.000, -- insured. For cash and valuables outside the safe we

cannot accept any liability. Large sums of money or valuables can be deposited at the reception.

Credit Cards - we accept VISA, Euro-/Mastercard, as well as Maestro cards. For expenses (such as cab, flowers, etc.) we charge a service fee of 3%. We do not accept American Express.

Bergbahn Lech-Oberlech

The mountain railroad is the ideal connection between Lech and Oberlech. Enjoy the rides in the gondola and the view of Lech and the surrounding area. Ride operation is daily from 07:30 to 18:00. All the gondolas work until the 3rd of October.

Brotherhood St. Christoph am Arlberg.

In 1386, Heinrich, a foundling from Kempten, established the hospice of Countless travelers and hostel seekers, who had to make the arduous journey over the Arlberg, rescued themselves in the small hostel in St. Christoph from snowstorms and storms. Pope Boniface IX granted Henry the right to found the brotherhood of St. Christoph. Together with his brothers, the former swineherd Heinrich set out day after day in search of lost and powerless hungry travelers. Already in the first winter, the members of the Brotherhood of St. Christopher saved seven people from death in the snow. Making sacrifices, living Christian charity and giving hope to one's fellow man: today, the Brotherhood of St. Christopher counts more than 17,000 members who honor Henry's legacy and continue his work in the 21st century. The Brotherhood of St. Christopher is a charitable association whose membership list also includes numerous prominent names from society, politics and business. For example, crowned heads, who like all other members are inducted into the Brotherhood of St. Christopher by the Werner family in a ceremonial manner, are also among the members. The Brotherhood of St. Christopher supports children/families with children who are in need through no fault of their own. Just as once the travelers were saved from storms and death by Heinrich Findelkind on the Arlberg, the Brotherhood of St. Christoph today helps people who are afflicted by social "storms". "Noble be the man, helpful and good" - the Brotherhood of St. Christoph lives Christian charity. On the website of the Brotherhood of St. Christopher www.bruderschaft-st-christoph.org you will find more information and also the application form to become a member yourself.

Breakfast

Our rich breakfast buffet awaits you daily from 07.30 a.m. to 10.30 a.m. in our panorama restaurant. When the weather is nice, we serve breakfast on our sun terrace. There you can enjoy a wonderful view of the magnificent Lech Mountains already in the morning. We offer you an à la carte breakfast in our lounge all day long.



Church Service

In the Roman Catholic parish church in Lech, Holy Mass is celebrated every Sunday at 09.30 and every Saturday and Wednesday at 7.00 pm the Holy Mass is read. The reception will be happy to inform you about other Service times.

culinary heritage

Plant based alpine cuisine

Love goes through the stomach - as we know: You are what you eat! True to our motto: "Everything can and nothing must", we prepare plant-based cuisine with a focus on regional products from farmers we trust. Likewise, the herbs used are from the region and the fruits and vegetables are partly pickled by ourselves. Also with meat and fish we pay attention to species-appropriate husbandry and obtain these products as best as possible from the region, at most from the Alpen Bogen. We process absolutely every part of the animals.

In the foreground is the human being and everything that is good for him. Composed with the expertise of nutritionists for modern nutrition, you will experience dishes and menus cooked with love and inspired by the Mediterranean.

Creative, emphasizing the own taste, genuine Alps-Adriatic cuisine that emphasizes the holistic selfcare and bohemian lifestyle and is brought to the highest culinary level - these are the words of our chef Oliver Fleisch.

But grandmother's cuisine is also important to us - indeed a part of our history. Thus, we love to reinterpret old recipes with modern products and also serve it in a way that is digestible for everyone.

The ingredients for your indulgence menu come from these regional farmers:

The ingredients for your pampering menu in winter come from these regional farmers:

Organic free-range eggs:	Martinshof, Risar
Handmade spelt pasta:	Martinshof, Risar
Dairy products	Vorarlberg Milch & Tirol Milch
Mountain cheese	Sennerei Alpe Batzen, Schröcken
Fruit & vegetables	Fruchtexpress & Bauer Josef Norz
Mushrooms, vinegars & oils:	Pilz Lenz, Lauterach
Freshwater fish	Güffel, Meiningen
Saltwater fish	Gourmet Express
Cereals, nuts & muesli:	Getreide Gurtscher, Sieghartskirchen
Goat products	Sennerei Metzler, Egg
Meat	Handl Tirol und Á la carte, Haiming

The ingredients for your indulgent summer menu come from these regional farmers

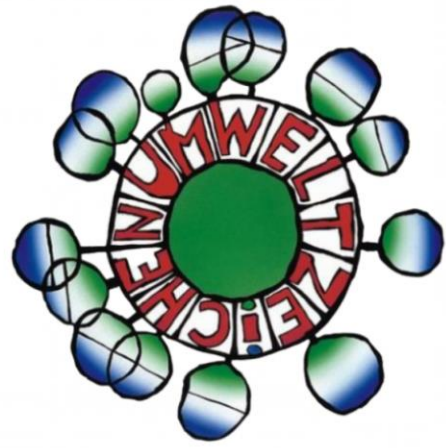
Organic free-range eggs:	Sennhof, Rankweil
Handmade spelt pasta:	Sennhof, Rankweil
Dairy products	Vorarlberg Milch, Feldkirch & Tirol Milch, Innsbruck
Mountain cheese	Sennerei Alpe Batzen, Schröcken
Fruit & vegetables	Fruchtexpress
Mushrooms, vinegars & oils	Pilz Lenz, Lauterach
Freshwater and Saltwater fish:	Güffel, Meiningen
Trout, salmon trout, Arctic char:	Fischteich Zug, Andreas Mittermaier
Cereals, nuts & muesli	Getreide Gurtscher, Sieghartskirchen
Meat:	von heimischen Bauern deren Namen bei den Speisen angeführt sind. A la carte, Haiming, und Handl Tyrol, Pians
Goat products:	Sennerei Metzler, Egg

D

Dogs Your four-legged friends are welcome to accompany you on vacation. Please understand that, for hygienic reasons, it is not possible to bring your possible to take yours to the Alpin Spa. Dogs are welcome in the Club Restaurant and in the Alter Goldener Berg (unfortunately not in the Johannesstübli, Dirndlstüberl, Panorama Restaurant). If your dog is alone in the room, please hang the appropriate sign, which can be found on the inside of the door.

Divine service In the Roman Catholic parish church of Lech, Holy Mass is celebrated every Sunday at 09.30 o'clock and every Saturday and Wednesday at 19.00 o'clock is read. The reception will be happy to inform you about other service times.

E



ECO Certification - The environment!

Our great Mother Earth has always been close to my heart. I have a great love for her. It has always hurt me to see how disrespectfully she and her creatures are treated. That is why I have dedicated my whole life to protecting her. I do what I can in my field.

On the way to obtaining the ECO seal, we now have to adhere to many additional regulations - we have all learnt a lot from this process and we are only at the beginning.

What we are already doing:

The entire house has been thermally refurbished

We buy as much as possible from organic farmers, farmers from the region, at most from the Alpine arc

We do not waste any food

We use organic products wherever possible: in the bathrooms, in the washing-up liquid, in the spa, in the food, etc.

We try to avoid plastic - no portion packs, etc.

We try to minimise the use of bath slippers, there is so much waste

We separate the rubbish

We have solar energy since 2002 to heat the water in the spa

We have heat recovery

We have regulated heaters

We don't have air conditioning

We want to remove the radiant heaters on the terrace (a must criterion for the Eco Seal)

We have many motion detectors throughout the house

We have time clocks for many lights

We only use glass bottles, no cans, no plastic

And much more. We do what we can. And we ask you to really support us with all your heart! Together, in this small place alone, we can do a lot to ensure that we look after the future of generations to come! Thank you for your support!

Our employees are constantly being trained and sensitised in this regard.

All guests travelling by public transport receive a free yoga lesson. Please show a ticket/train ticket at reception

F

Flowers If you would like to give flowers to your loved ones on festive occasions, the reception will be happy to help you with your order.

Fire alarm Probably our fire monitoring system will notice a serious fire. Nevertheless, we ask you to notify the reception desk as soon as you notice any signs of a fire hazard. In the event of a fire hazard, please follow the instructions of the of the escape plan and do not forget your room key when leaving your room. In the interest of safety, we ask that you do not smoke in the room and do not smoking and not to use candles in the room.

G



Golf Golf enjoyment at the highest level. With the 9-hole golf course, Lech Zürs am Arlberg has added another premium offer for discerning active holidaymakers to its summer leisure programme since 2016. Set against an imposing mountain backdrop at 1,500 metres above sea level, one of the special challenges on Austria's highest golf course is to play over the Lech River, which rises not far from here, several times.

Hole 1 Is there a better place to start than from a hill with a view of the Rote Wand? This par 4 is 191/248 metres long and the ideal start.

Hole 2 After the first drive, this par 5 nestles against the slope on the right. On the left, the fairway is protected by an old branch of the Lech River. The green lies on a small plateau at the outlet of the Zugertobel. Length 425/468 metres.

Hole 3 Anyone looking for a challenge will love this hole. After a drive of 210/239 metres, you play a dogleg to the right with 100 metres over the Lech river to the green of this par 4.

Hole 4 From a small hill, you again cross the stream. The par 4 4th hole brings the Lech river into play over its entire length of 275/292 metres.

Hole 5 This hole is played as a par 3 with 106/122 metres. There is a pond to the left of the green. On the right, the Lech river is the lateral water.

- Hole 6** For this tee shot you cross the Lech river over a modern steel bridge. The tee shot for this 261/284 metre par 4 lies in a forest clearing. The first shot should be straight and then play onto the green.
- Hole 7** Our signature hole is played as a par 3 with a length of 122/140 metres from the Stierloch. Once the Stierloch stream has been overcome, the ball lands on an idyllic green close to the Lech river.
- Hole 8** We play up the Lech again. Shortly before the finish, this short 74/79 metre par 3 is laid out in an arlen aisle.
- Hole 9** After a leisurely walk past the beautifully landscaped Zug fish pond, you reach the last tee, which is a 101/122 metre par 3 over a pond.

H

- Hairdresser** We are happy to reserve an appointment for you in the hairdressing salon at the Burg Vital Hotel in Oberlech. For appointments please contact the reception.
- Humidifier** "Swiss stone pine" humidifier The scent of Swiss stone pine has an activating effect on the parasympathetic nervous system, the calming counterpart to the often stress-induced overactive sympathetic nervous system. The "zirb" humidifier therefore promotes your well-being as well as your sleep quality and can thus noticeably reduce the need for sleep. We are happy to provide you with the "zirb" humidifier for € 10 per stay.
- Hiking** In winter and summer, a number of hiking trails in and around around Lech invite you to explore the marvellous mountain world of the Alps. Hiking maps for summer and winter and hiking tips are available at reception. Many guided hikes are included with the LechCard.
- Wake-up service** We are happy to wake you up in the morning. Just let reception know let us know.
- Weather panorama** We inform you daily about the current weather situation in our morning post and on the notice board at reception

I

- Internet** You have the possibility in the whole hotel area to log in via our wireless LAN.

L

LechCard With the attractive holiday card you have access to the entire summer offer of Lech Zürs is available to you. Enjoy the view of our mountains on a ride on the open summer cable cars or visit the popular excursion destinations Spullersee and Formarinsee in the Zugertal. For younger guests, the children's adventure programme at the top of the list. Discover the diversity of the Lech mountain summer individually - the Lech Card is your perfect companion.

The Lech Card is the ideal ticket for your summer holiday in Lech Zürs am Arlberg. You can purchase a Lech Card for stays of two nights or more for as little as two nights:

Price of the Lech Card

2 days: EUR 33,--

7 days: EUR 65,--

All activities, benefits and other services included with the LechCard can be found under the QR code

Light Light As soon as you switch on the main switch right next to the entrance door all the lights and sockets are switched on. You can switch all lights and switch on or off all lights and appliances as well as the TV in the individual rooms.

Laundry service You will receive your laundry washed and ironed within 24 hours. Please fill in the laundry list which is in the wardrobe together with your laundry bag. The ironing and laundry service is available daily! Please note that items of clothing that need to be dry-cleaned can only be accepted and returned on Mondays and Thursdays.

M

Massages & pampering For massages & beauty appointments please contact our Spa Team by calling 70 or our reception desk at 61.

Minibar In your room you will find mineral water, BIO fruit juices and snacks that are depending on consumption will be charged to your room bill.

Morning Post Our hotel newspaper with weather report, daily recommendation of the kitchen and leisure program in and around Lech, you will find it hot off the press on your daily breakfast table.

N

Night bus The night bus "James" takes you between 20.00 and 03.00 from and to Oberlech, Lech, Zürs and Zug.
If you need a cab at night, call +43 (0) 5583 2501.
You can get more information at the reception.

Newsletter You can do this on our website www.goldenerberg.at or give order please at the reception. We will be happy to send you our special offers.

O

Online-Offline Courage to be offline! We live in a time where we are constantly reachable. Doesn't this us from time to time? Shouldn't we be allowed to completely tune out on vacation? tune out? If someone is on the Way of St. James, it is, among other things, a brilliant excuse not to be available. We think we should all be allowed to do that on vacation! At the moment, of course, we still offer you to be online everywhere. But you might want to try being offline for a while. Enjoy the time with your loved ones, in the beautiful nature, without the constant thought - there could be someone trying to reach me. Just one try: leave your cell phone out when you're on the slopes and eating - it will all prove so much more relaxing. Being online for one hour a day should really be enough - maybe soon for the whole vacation! We'd love to hear your thoughts on this!

P

Mail & Postcards Please drop off your mail and vacation cards, postage prepaid, at the front desk. We will gladly forward them. Postcards and stamps can be purchased at reception.

Post Office opening hours Mon-Thu 08.00 to 12.00 / 14.00 to 17.00
Fri 08.00 h till 12.00 h

R

Restaurants in Winter **DINE AROUND** - the culinary triumvirate in the Hauben-Olymp (Highest pleasure, wonderfully varied.

In four restaurants in the house, our guests are cooked with passion and attention to detail. Daily changing menus invite you to the table. At the reception you can see the respective evening menus of the restaurants. Please make your restaurant reservation the evening before.

Start your evening with appetizers and salads from the buffet before you compose your own menu from our daily recommendations.

As a guest in the Club & Panorama Restaurant you have the possibility to choose between three menu main courses with five to six delicious courses each, prepared with care and passion by the kitchen crew. You can truly taste the love for regional products. In the Club & Panorama Restaurant you can enjoy your evening menu with a daily changing culinary theme from 7:00 pm to 9:00 pm.

Create your own 4-course menu from our Dirndlstüberl menu. Classics of Austrian cuisine and alternating Grand Pièces at the highest level (by advance order).

In the Dirndlstüberl the Austrian cuisine shows itself with all its wonderful facets. From the flat lowlands of Burgenland to the vineyards of the sunny Wachau to the alpine landscapes of Tyrol and Vorarlberg: Austria's farmers produce delicious products that carry the characters of the different climatic zones and altitudes. And in the Golden Mountain these are served consciously and mindfully. We are aware of the uniqueness and beauty of our homeland and love to share this also processed in taste in our enjoyable dishes.

Enjoy the finest 4-course gourmet menus in our 3 toques award-winning Johannestübli, changing weekly. New also vegetarian and vegan menus.

As a memento, the "Stübli" was named after Mr. Johann Pfefferkorn. Mr. Johann Pfefferkorn bought the Golden Mountain for his son. Soft fabrics lean against the noble walls, one takes a seat in a particularly atmospheric ambience. The warm light falls on the charmingly set tables and bathes the parlor in a cozy glow. The Johannistübli has already been awarded three toques. The Gault Millau (we received our toque the first time back in 1992), à la carte and Falstaff left their mark.

The gourmet restaurant Johannesstübli is open daily from 19.00 to 22.30 for you. You can choose the evening menu from 19.00 to 21.00.

Feel the traditions and coziness in the parlors with a classic cheese fondue or meat fondue.

The original Walser farmhouse "Alter Goldener Berg" from 1430 has been lovingly renovated and decorated. Not only the friend of the home-style cooking - also every fondue and wine lover will be spoiled in the rustic "Alter Goldenen Berg". Our Walser restaurant is open daily from 11.30 a.m. to 01.00 a.m. for you. In the evenings we offer Austrian gustostückerl and fondue specialties with the finest service until 21.30. For meat fondues there is an extra charge of EUR 20.- per person. Enjoy a documented wine tasting in our tasting wine cellar before your perfect evening.

**Please make your restaurant reservation 12:00 noon.
Tables are changed daily.**

Panoramic Restaurant BREAKFAST & Club

Our rich breakfast buffet above the roofs of Lech, with organic teas, a juice bar, antipasti, various egg dishes and freshly prepared mueslis awaits you from 07:30 to 10:30 in our panorama restaurant and club. All ingredients come from local farmers.

**Sun terrace/mountain grill LUNCH
Slow Soul Food & Soul Fast Food**

The finest specialties, a fine wine and the warming rays of the sun - above the rooftops of Lech you dine like "God in France". In the Golden Mountain you are closer to the culinary starry sky than anywhere else. On the sun terrace, the experience of nature and culinary highlights merge into a magical moment.

Our lounge terrace "Berggrill" and the new, cool Soul Fast Food - HighTable - corner, turns beautiful days into unforgettable days. A large grill provides the culinary leitmotif: On it, delicacies from all over the world are refined highly aromatic. Our audience is relaxed, casual and international, the cuisine is straightforward and on Hauben level.

Restaurants in Sommer $\frac{3}{4}$ **Verwöhpension Sommer** - das kulinarische Dreigestirn im Hauben-Olymp Highest pleasure, wonderfully varied.

Panoramarestaurant Breakfast

Unser reichhaltiges Frühstücksbuffet über den Dächern von Lech, mit Bio-Tees, einer Saftbar, Antipasti, verschiedenen Eiergerichten und frisch **zubereiteten** Müslis erwartet Sie von 07.30 Uhr bis 10.30 Uhr in unserem Panoramarestaurant. Alle Zutaten stammen von heimischen Biobauern. Bei schönem Wetter servieren wir Ihnen das Frühstück auf unserer Sonnenterrasse.

Dirndl- and Johannesüberl ¾ Halfboard

As part of our half board, we will spoil you in our parlours with a varied 5-course menu of your choice from our natural Alpine cuisine or a selection from our Dirndlüberl menu (3-course menu of your choice)

In the afternoon, additionally in summer from 3.00 pm to 5.00 pm our vital snack for in between (light soup and cake) - when booking with ¾ gourmet board

You can view the evening menus of the restaurants at reception. Please make your restaurant reservation by 2.00 pm. Our restaurant is open from 7.00 pm to 9.30 pm.

Sun terrace The finest specialities, a fine wine and the warming rays of the sun - above the rooftops of Lech you can dine like "God in France". At the Goldener Berg, you are closer to the culinary starry sky than anywhere else. On the sun terrace, the experience of nature and culinary highlights merge into a magical moment.

Hotel bar The bar is open for you every day from 2.00 pm. Our bar team is looking forward to spoiling you with creative cocktails and drinks!

Room service You are welcome to order food and drinks to your room from our service team to your room. For the small room service (drinks) we charge a surcharge of EUR 5,- and for the large room service (food & drinks), EUR 10,--.For your order you can reach our reception at extension 41.

Room key Please take your room key with you when you go out in the evening or leave it at reception.



Sleep Sleeping The mattresses in the Golden Mountain are mostly made of biological materials and all free of metal. In many rooms we have slatted frames made of Swiss pine - this lowers blood pressure and thus enables greater well-being and a peaceful sleep!

Hefel Wellness Zirbe - offers the following advantages:
Sleep like a log with the Swiss stone pine - queen of the Alps!

- Through restful sleep, your heart has about one hour less "heart work" (about 3500 heartbeats) per day. This has been found out by scientists of the research company Joanneum Research (Institute for non-invasive diagnostics, Weiz).

- Scientifically proven is also the fact that with Zirbenholz you do not feel weather sensitivity and the cycle remains stable and - the wood has a strong biocide and antibacterial effect.- With Swiss stone pine wood shows a significantly better quality of sleep due to the reduced heart rate. The sleep is deeper and the vegetative recovery of the body is much better.

The Hefel Zirben program is available as a blanket, pillow and underblanket for the duration of your stay for EUR 20.

The Active Energy Regeneration System

A new dimension of life-affirming biophysics according to the observations, research and findings of the inventor of Eurovital technology Ingeborg von Reden.

"Everything that lives lives in light, everything that exists radiates light. All things receive their life from light". This wise insight comes from none other than Paracelsus. His thoughts find their continuation in the modern physics of the 20th century. One of the most important discoveries at the beginning of this century was that all living organisms radiate light, and that the quality of light has something to do with the health of the cell. Thus, healthy cells emit a higher quality light than diseased cells. The light quanta are the origin of all matter and thus the origin of life. The study of light processes in the body is called the doctrine of light quanta or biophotons. Information can be transmitted by means of light quanta reviving systems. In every cell of the body is the entire blueprint for the whole human being. When a cell is thrown into chaos (discharge) by disharmony, it loses photons.

Sleep is vital for the regeneration of body and mind. We spend about a third of our lives asleep, so it is the ideal place for the regeneration of the body.

In the Active Energy Regeneration System a sleep system has now been developed with the help of Eurovital technology that uses the energy bodies to improve self-regulation and stimulate the body's own forces during sleep.

1. the underbed, in which three light quantum disks are incorporated Causes harmonization and regeneration of the person during sleep via subtle stimulation of the thymus, heart and breathing, i.e. the immune system is strengthened.

- Provides for the deactivation of the bed place from geopathogenic loads such as water veins, earth rays, magnetic grid load, reuzungsfelder.
- Mild drainage and decongestion of kidney, bladder, intestine and veins (water balance). This is done very gently in a subtle way via light quanta - photons, which can transmit certain harmonizing information to living systems (humans, animals and plants) (quantum physics). Fine-materially the effect is testable and measurable and becomes stronger and measurably perceptible with the time.

2. the pillow, in which two light quantum discs are incorporated - causes regeneration of the head area and harmonization of the mind and life force. Fine-material information transfer of harmonizing minus-pole and plus-pole forces. The human being is bipolar like a battery. Problems are worked out through the subconscious.

3. the bed cover, in which a light energy disk is worked in - causes that loads by electrical smog are no longer taken up by the fine-

material body. Whereby E-smog measurable with devices is still present, but in the subtle body, living system, is not absorbed.

Your advantages:

- Sleep disturbances are eliminated
- back problems are reduced
- you feel more vital and rested
- positive influence on numerous diseases etc.

The Hefel Active Energy program is available as a blanket, pillow and underblanket for € 20,- for the duration of your stay.

Tachyon Sleep Mats

Tachyon energy is the cosmic primordial energy from which the universe emerges. This cosmic energy has been described in all spiritual traditions and was rediscovered in the 20th century by pioneers of holistic physics. It exists in a formless state called zero-point energy or free energy, as well as in the formed field or particle called Tachyon.

The term Tachyon was introduced in 1966 by Gerald Feinberg for the particles of cosmic energy. The word tachyon is derived from the Greek expression for "high speed" and refers to the fact that tachyons move at faster than light speed.

Tachyons contain within them all forms of energy that serve to reintegrate man into the order of the universe. The use of Tachyon Energy represents a quantum leap into a way of life that brings about health and harmony for the individual as well as for the whole Earth.

Experience the Ultimate - Tachyon Mats!

Imagine stretching out, relaxing and meditating in a life-enriching Tachyon field. Tachyon Energy accelerates the body's natural healing powers and speeds up the detoxification process. Now you can experience the rejuvenating process while sleeping on the tachyonized mat. The Tachyon Mat is made with tachionized aero - fibers, enclosed by high quality cotton. This mat, with the Tachyon belt, is obviously one of the highest quality and most powerful Tachyon products in the world.

The Tachyon mats are available for € 20, - for the duration of your stay.

Summer activities

The Arlberg is not only a dream in winter, but also in summer great charms. During your summer holiday here in the mountains, you can explore Lech's diverse hiking network, go mountain biking, climbing, play tennis, golf, fishing, swimming, running... .

So there are countless ways to spend a wonderful day on holiday to your heart's content. Our reception team will be happy to provide you with further information and suggestions at any time.

Smokers

All our rooms are smoke free! We ask you to enjoy your smoke on the balcony of your room. For this purpose you will find an ashtray in your room. Furthermore, our sun terrace is available for your smoking pleasure.

Souvenirs

Small gifts and books for home can be found at our reception or in the showcase in front of our Alpine Spa.

Ski Club Arlberg The Ski Club Arlberg is a large club in alpine skiing with now 6,500 members and thus one of the largest ski clubs in Europe. In the course of its long history, Ski Club Arlberg has set many impulses for alpine skiing. For example, Ski Club Arlberg was a co-founder of the Tyrolean Ski Association, the German Ski Association and the Austrian Ski Association. Through Rudolf Gomperz, Ski-Club Arlberg played a major role in shaping the rules and regulations of the then Central European Ski Association.

With the founding of the Arlberg Kandahar Race in 1928 with an independent, first-time combination classification, the so-called Arlberg-Kandahar Combination became the measure of all things in Alpine skiing, until the founding of the Alpine World Cup. The Arlberg-Kandahar races were considered the unofficial world championship in alpine skiing. Due to the racing successes of the SCA racers, the SCA gained great prestige and tradition within the sports world.

Today the Ski-Club Arlberg, as a large club with the integration of the Arlberg villages Zürs, Lech, Stuben, St. Christoph and St. Anton and as the only cross-border club (Tyrol, Vorarlberg), is a flagship for Tyrol, Vorarlberg and Austria. With intensive member recruitment and support of the members, the Ski-Club Arlberg strives to maintain and expand this position in the international skiing scene. In addition, Ski-Club Arlberg strives to set an example for other clubs by organizing administrative structures.

In order to become a member of the Ski-Club Arlberg there are some requirements. The person in question should already have been a guest at the Arlberg. If someone wants to become a member of the SCA, he/she should find two guarantors - who are members of the SCA - or one guarantor who must be a member of the board of the Ski-Club Arlberg - who will then make the proposal to the SCA to accept the person in question.

Ski pass Easy and without queuing - you will receive your ski pass directly at the reception. Please order your ski tickets the evening before.

Ski school The ski school in Oberlech is only 150 m away from the hotel, directly at the valley station of the Petersboden lift. Private ski instructors can be booked, subject to availability, through reception. Cancellations of booked private instructors must be made by 5:00 pm the evening before, otherwise the full amount will be charged.

Ski kindergarten Children from 2 years old can attend the kindergarten from Sunday to Friday from 09.00 to 16.00. From 3 ½ years the children try the ski course. If the full-day ski course becomes too strenuous or if it is very cold outside, the ski instructor will return to the kindergarten with the children for the rest of the day.

Ski rental In Lech, the sports store Intersport Arlberg lend all the necessary sports equipment. The sports stores deliver the equipment to our hotel. In Oberlech the Burg Hotel rents all sports equipment. Of course we will pick up the rented equipment there for you and store it in our ski cellar.

**Summer in
Hotel Goldener Berg?**

Wonder what secrets are hidden under the snow
Hotel Goldener Berg is not only a ski paradise. Summer has its special charm. We are open for you from the end of June until April. With our new holistic-selfcare program, summer becomes a very special experience! Detoxing, yoga weeks, golf, hiking, mountain biking, e-biking, climbing, wild water rafting, family trails, the Lechweg - summer at Goldener Berg offers even more than winter!

Sun You live with us at about 1,700 m and the sun shines intensely. Please be sure to wear sunglasses and a head covering, especially in the spring months of March and April! Sunscreen is available at the reception or in the spa. Above all, protect your children.



Tobacco You can get cigarettes at the reception.

Meetings We offer in the Old Golden Mountain, in the Johannesstübli or on our sun terrace a stylish and ideal setting for company, birthday and Christmas parties, weddings, christenings or just cozy evenings with family and friends.

Cab The cab company in Lech "Der Lecher" can be reached around the clock at +43 (0) 5583 25 01.

Telephone For local and long-distance calls, the charges are automatically added to your bill. The price per pulse is € 0.50. The pulse length varies depending on the call destination. For external calls, please dial "0" first, e.g. 0 2501.

Important phone number

GOLDENER BERG (INTERN)

Rezeption	41 / 61
Hotel-Restaurant	41 /61
Hotel-Bar	41 / 61
Zimmerservice	41 / 61
Spa Rezeption	70

NOTRUF

Feuerwehr	122
Polizei	133
Rettung	144
Hausarzt Dr. Muxel	3300
Hausarzt Dr. Beiser	2032

Sport / Transfer

Taxi „Der Lecher“	2501
Sport Strolz, Lech	2361
Sport Park Lech	41850

RESTAURANTS & HÜTTEN

Restaurant Krone	2551
Restaurant Pfefferkorn	25250
Restaurant Klösterle	055833190
Kriegeralpe	06644422697
Stuttgarter Hütte	06767580250
Rudalpe	418250
Ravensburger Hütte	06645005526
Freiburger Hütte	06641745042
Trittalpe in Zürs	055832831
Hospiz Alm	054463625
Verfallstube am Galzig	054462352510

Y

Yoga Our yoga classes can also be booked on site by prior arrangement and subject to availability. All guests travelling by public transport receive one hour free of charge. Please enquire at the reception desk.

U

Umbrellas Actually it never rains in Lech, at most it snows liquid. At the reception you will find an umbrella, charm you do and a melon can be found in the kitchen in case of need.

TV Programme

Nr.	Name	Nr.	Name	Nr.	Name	Nr.	Name
1	ORF 1 HD	41	SRF 2 HD	81	BFM Business	121	ORF 2B
2	ORF 2 V HD	42	SIXX	82	France 24	122	ORF 2K
	Servus TV HD						
3	Österreich	43	TELE 5	83	2M Monde	123	ORF 2N
4	PULS 4 Austria	44	TLC	84	Canal 24 Horas TVE	124	ORF 2O
5	ATV HD	45	tagesschau HD	85	International	125	ORF 2S
6	ATV2	46	Einsfestival HD	86	TV 4	126	ORF 2St
7	Das Erste HD	47	EinsPlus HD	87	HRT-TV1	127	ORF 2W
8	ZDF HD	48	zdf neo HD	88	SLO-TV1	128	ORF 2T
9	Bayrisches FS HD	49	zdf.kultur HD	89	SLO-TV2	129	ORF 2V
10	SWR Fernsehen HD	50	ZDFinfo HD	90	Grand Serb	130	ORF 2V HD
11	SAT.1 Austria	51	WDR HD	91	Svet Plus	131	ORF 2T HD
12	SAT.1 Gold	52	NDR HD	92	RTS SAT	132	Fox TV
13	RTL Austria	53	MDR HD	93	OBN SAT Rebell	133	Tirol TV
14	RTL2 Austria	54	hr HD	94	Tschech.	134	LT1-OOE
15	RTLNITRO Austria	55	rbb HD	95	SHOW TURK	135	BTV
16	ProSieben Austria	56	Phoenix HD	96	EURO D	136	*
17	ProSieben MAXX	57	R9 Oesterreich HD	97	EuroSTAR	137	*
18	Kabel 1 Austria	58	ANIXE HD Comedy	98	atv avrupa	138	*
19	VOX Austria	59	Central/VIVA A	99	TRT Turk	139	*
20	Lech-Zuers TV HD	60	DELUXE MUSIC	100	Pano Stuben	140	*
21	SKI-TV HD	61	gotv	101	Info Stuben		
22	LändleTV	62	Hitradio OE3	102	Panorama HD		
23	ORF SPORT+HD	63	Blomberg Europe TV	103	St.Anton-TV HD		
24	Eurosport	64	CNN Int.	104	Valluga HD		
25	SPORT1	65	CNBC Europe	105	Fashion TV		
26	DMAX A	66	DW	106	1TVRUS Europe		
27	Welt der Wunder	67	BBC 1 London	107	RTR		
28	KIKA HD	68	BBC 2 England	108	Rossiya 24		
29	SUPER RTL A	69	BBC World	109	Russia Today		
30	RiC	70	Al Jazeera English	110	TVRUS		
31	Disney Channel	71	ITV London	111	RTPi		
32	NICKELODEON AT	72	ITV4+1	112	K-TV		
33	ORF 3 HD	73	BVN-Holland	113	GOD Channel		
34	3sat HD	74	Rai 1	114	Sonnenklar TV		
35	arte HD	75	Rai 2	115	Channel21		
36	N24 Austria	76	Rai News	116	Spar Handy TV		
37	n-tv Austria	77	RSI LA 2 HD	117	HSE24 EXTRA		
38	EuroNews	78	TV5MONDE EUROPE	118	perl tv shop		
39	SRF info HD	79	BFM TV	119	MediaShop		
40	SRF 1 HD	80	ARTE HD France	120	ORF 1		

Radio Programme

Nr.	Name	Nr.	Name	Nr.	Name
200	OE 1	231	SWR 2	262	SR 2 KulturRadio
202	OE 1 DD	232	SWR 3	263	SR 3 Saarlandwelle Antenne
201	OE 2 T	233	SWR 4 BW	264	Brandenburg
203	OE 2V	234	WDR 2	265	Radio Berlin 88,8
204	OE 2 W	235	WDR 3	266	NDR Info Spezial
205	OE2 N	236	WDR 4	267	hr 1
206	OE 2S	237	WDR 5	268	hr 2
207	OE2 O	238	1 LIVE	269	hr 3
208	OE2 St	239	1 diGGi	270	hr 4
209	OE 2 K	240	KIRAKA	271	hr-info
210	OE2 B	241	SWR Info	272	Bayern 1
211	OE 3	242	WDR Event	273	Bayern 2
212	FM 4	243	WDR Funkhause EU	274	Bayern 3
213	Radio U1 Tirol	244	DASDING	275	BR Heimat
214	Radio Maria	245	SWR 4 RP	276	Bayern plus
215	Radio Swiss Classica	246	MDR 1 Sachsen	277	BR-Klassik
216	SRF 1	247	MDR S-Anhalt	278	B 5 plus
217	SRF 2 Kultur	248	MDR Thüringen	279	B 5 aktuell
218	SRF 3	249	MDR Klassik	280	Puls
219	Radio Swiss Pop	250	MDR Aktuell	281	You FM
220	Radio Swiss Jazz	251	MDR Sputnik		
221	Radio Swiss Classic	252	MDR Jump		
222	Rete Uno	253	MDR Kultur		
223	Rete Due	254	NDR Info		
224	Rete Tre	255	NDR Kultur		
225	Radio rumantsch	256	NDR 1 Radio MV		
226	SRF Virus	257	NDR 2		
227	SRF Musikwelle	258	Nordwestradio		
228	SRF 4 News	259	N-Joy		
229	SWR 1 BW	260	Bremen 1		
230	SWR 1 RP	261	SR 1 Europawelle		

