

Press release: Hotel Goldener Berg Altitude Training/Athletes/Triathletes 2021:

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With topics such as Mountain Selfcare and the plant based alpine cuisine, the Goldener Berg in Oberlech has long stood for a conscious way of life.

Science has proven why just the location of the hotel has the potential to make you healthier.

A breath of fresh mountain air at lofty heights instead of the gym

Reaching your peak step by step. The fresh wind gives you pure oxygen, because you can only breathe it here, you feel like you can even smell it. Your pulse beats in the pace of your steady steps. Just stop for a minute and breathe deeply. Be amazed by the spectacular alpine panorama of the Arlberg, there has to be time for that always. No question: Hiking is good for the spirit. A fact not everybody knows: Regular training at altitude has a sustainable positive effect on physical health as well. Ideally, you start your day with morning meditation or yoga class at the Hotel Goldener Berg before you conquer the peaks.

“Up to the mountain!”

Many top athletes have long discovered altitude training. As two Austrian Moderate Altitude Studies show, you don't even have to get to the very highest peaks to feel the health benefits. Waking up in the Goldener Berg at 1700 metres in elevation is a great start. Because the special health effects of an "altitude holiday" can be felt even lower, from 1400 metres. And it gets even more intense when you break a little sweat. So: Book accompaniment by the hotel trainer, put on your hiking boots and get out into the mountains. Improves pulse, blood pressure and blood glucose values, and cranks up your metabolism. This could lead to fewer pounds on the scale and you getting a better night's sleep. Mountain sports are great for the psyche and ultimately the number of new blood platelets increases significantly, while thrombosis-related substances disappear.

Healthy Training - Even Indoors

So much for theory. For some that just isn't enough. If you want to train various parts of the body in a targeted manner, the Goldener Berg has even more to offer: Strengthening your muscles in individual weight training or on highly modern machines in the in-house gym. Freshly renovated and designed by the expert Dr. Tomek Mijalski personally. Of course, you have the support of experienced trainers. So that you will be perfectly prepared for the way to the peak with all the associated health effects...

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