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Press release: Hotel Goldener Berg Late Autumn 2022:

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Let yourself go. Feel the pure energy. Find your inner centre again. Autumn at the Goldener Berg is characterized by sustainable health.

Everything is Golden: Mountain Selfcare in Lech am Arlberg

Autumn. For many, it's the most beautiful time of the year. While the valley is shrouded in mist, the golden sunbeams lend their full warming effect to the mountain. Now is the ideal time to do something good for yourself. For example, at the Hotel Goldener Berg. We have a true expert for this here: For more than 25 years, hotelier Daniela Pfefferkorn has been focusing on living consciously. Movement has always inspired her – growing up in the health resort Lech am Arlberg, and already as a child, she learned the benefits of healthy eating from her mother. As a young adult, she discovered mindfulness, leading a conscious life and finally energy work. Years of compiled knowledge that she now shares with guests, friends and visitors to the Goldener Berg.

Mindful and healthy – everyone has their own way

Taking a deep breath of the fresh mountain air, the comforting asanas in the wonderful silence, the mindful hiking through the colourful alpine meadows. That's "Bathing in the Alpine setting" at the Goldener Berg. It releases endless endorphins, brings your spirit back to ground and reinforces the immune system. And on top of it all, such a day in the fresh autumn air spreads this unique feeling of gratefulness. Naturally, this type of movement and consciousness form the first two pillars of the Mountain Selfcare programme. But if you want to present yourself visibly radiant on the outside, you have to dedicate attention to your internal self, too. This happens in two ways at the Goldener Berg: The chef de cuisine creates healthy culinary delights, whether alkaline-based, ketogenic, vegan, vegetarian or the classics, in his repertoire of "plant based alpine cuisine". If you want to take it a step further, you can undergo alkaline fasting on the Golden Energy Mountain.



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The unison of body and spirit is taken care of by our wonderful therapists, energy trainers, coaches, yogis and self-care advisers. However you define the "good life": Be it a yoga and mediation session with a view of the mountains followed by a vegan dinner, or an excursion into the mountains with an e-bike, sturdy hiking boots or your golf bag, to then return to the Alpine Spa to recharge your batteries. On the Golden Energy Mountain, everyone will find their inner center again, in their very own way, reliably supported.

Until 2. 12. 2022, up to 2 children up to the age of 11 years stay free in their parents' room from a booking of three nights (including breakfast and all of the golden included services), dinner is billed separately.

From a booking of 3 nights, the dog can also stay for free in the Goldener Berg.

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