



COMMUNICATION . PR . ONLINE . MARKETING

Presstext: Hotel Goldener Berg Environmental Seal EU Ecolabel Late Autumn 2023 4=3 package

Characters: 2.613 (German) / Free copy / Photos for download at www.comma.info

Let yourself go. Feel the pure energy. Find your inner centre again. Recently awarded the Austrian Environmental Seal (Österreichisches Umweltzeichen), in the autumn at the Goldener Berg everything revolves about sustainability – in all aspects, from those regarding us human beings to the protection of our environment.

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 located at 1700 metres above sea level. Because we have a true expert for this here: For more than 25 years, hotelier Daniela Pfefferkorn has been focussing 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. In line with her mindful and conscious approach, the company being awarded with the Austrian Environmental Seal and the EU Ecolabel is a logical consequence. "We are very proud of this award and are constantly working on continuous further development in the important areas of eco-friendliness and sustainability. Doing everything I can so that the generations that follow can experience this beauty and bounty that has been a goal of mine since I was a child. We have all learned a great deal in the entire process that we successfully completed to finally receive the seal, but there's always much more to do!" beams Daniela Pfefferkorn.

Mindful and healthy – everyone has their own way



COMMUNICATION . PR . ONLINE . MARKETING

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. 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 yoga and mediation session with a view of the mountains and then a vegan dinner or an excursion into the mountains, with an e-bike, solid 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 path and is reliably returned to their own centre.

"Me Treat" Premium 4 = 3 on the Arlberg

Until December 1, 2023 the Goldener Berg offers its guests a special deal: During a stay from Sunday to Thursday, the fourth night is free. And there are wonderful services included as "icing on the cake", such as a private yoga session. Additional information can be found at: <https://www.goldenerberg.at/de/pauschalen-angebot-lech-arlberg/packages/me-treat-premium-4-naechte-1/>.

Hotel Contact:

Hotel Goldener Berg

Oberlech 117

A-6764 Lech am Arlberg

Tel. +43 (0) 5583/22050

happy@goldenerberg.at | www.goldenerberg.at



COMMUNICATION . PR . ONLINE . MARKETING

Press Contact:

Comma GmbH

Nicole Rathgeb-Höll

Liechtensteinklammstraße 50b, A-5600 St.Johann im Pongau

Tel.: +43 (0) 6412 20805 | Mobil: +43 (0) 664 142 05 55

office@comma.info | www.comma.info