



Golden Hill

*Country
Chalets
& Suites*



PRESENTS

Longevity Experience

Where luxury meets vitality – Your exclusive retreat for body and mind

[INQUIRE NOW](#)

[LONGEVITY @ GOLDEN HILL](#)

Premium Wellness Meets Top Expertise

Golden Hill Chalets



First-class chalets in the Austrian South Styria region with exclusive wellness offerings and breathtaking natural scenery for the highest standards.

Alexander Höfler



- Personal Coach for Managers, Companies and Hotels
- Expertise in Fitness, Nutrition and Longevity
- Molecular Biologist in Training
- Mister Austria 2023
- 2x Top 10 Triathlon European Championship (Valencia)

- Alexander Höfler's Longevity Coaching services are bookable separately and not included in the chalet price.

COACHING OFFER

High Performance & Longevity Coaching by Alexander Höfler

Our tailored coaching offer by Alexander Höfler lays the foundation for your personal transformation.

For individual goals and flexible requirements, optimized options are available to you:

1

Excellence Entry

- One individual coaching session (60 min.)
- One impulse talk (45 min.) on longevity topics
- Goal Setting 2026
- 1x Follow-up Online Coaching Session (45 min.)
- Investment: **1.200 €**

2

Optimization & Performance

- Two personalized coaching sessions (60 min. each)
- One in-depth talk (45 min.) on peak performance
- Goal Setting 2026
- 1x Follow-up Online Coaching Session (45 min.)
- Investment: **1.800 €**

3

Holistic Transformation

- Three comprehensive coaching sessions (60 min. each)
- Two exclusive masterclass talks (45 min. each)
- Goal Setting 2026
- 1x Follow-up Online Coaching Session (45 min.)
- Investment: **2.500 €**

5-DAY RETREAT

Your Premium **Package**



Exclusive Accommodation

5 nights in Chalet Goldfuchs or Silberfuchs (Tuesday–Sunday)

INVESTMENT

2.300€

per person

(Accommodation & Wellness)

+ Longevity Coaching

(bookable separately - see coaching offers)

Other chalets available for an additional fee



Vital Nutrition

Daily energy breakfast, homemade smoothie and 3-course vital dinner – alkaline, high-protein, low-calorie



Wellness & Activity

Guided hike, Pro Youth Lifting Mask, lavender foam bath and recipe book as a gift

Note: Alexander Höfler's Longevity Coaching services are bookable additionally and not included in the retreat price.

Your Transformation Begins Here

Experience in just a few days the perfect symbiosis of relaxation, wellness, fitness and longevity amidst pristine natural landscapes.

INQUIRE NOW

TO GOLDEN HILL

LONGEVITY @ GOLDEN HILL

Golden Hill Country Chalets & Suites · South Styria, Austria

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