

ACTIVITY CALENDAR

Summer 2021

MONDAY

9:00 - 10:00
Yoga*
 with Élie
 Meeting at the beach

10:15 - 11h15
Paddle yoga
 with Élie
 Meeting at the beach

13:00 - 14:00
Painting workshop
 Meeting at the beach

14:30 - 15:30
Painting workshop
 Meeting at the beach

TUESDAY

9:00 - 10:00
Yoga*
 with Andréanne
 Meeting at the beach

10:15 - 11:15
Paddle yoga
 with Andréanne
 Meeting at the beach

13:00 - 14:00
Painting workshop
 Meeting at the beach

14:30 - 15:30
Painting workshop
 Meeting at the beach

WEDNESDAY

9:00 - 10:00
Yoga*
 with Andréanne
 Meeting at the beach

10:15 - 11:15
Paddle yoga
 with Andréanne
 Meeting at the beach

13:30 - 15:00
Forest bathing**
 with Sylvie, naturalist
 Meeting at the reception

THURSDAY

9:00 - 10:00
Yoga*
 with Andréanne
 Meeting at the beach

10:15 - 11:15
Paddle yoga
 with Andréanne
 Meeting at the beach

13:30 - 15:00
Forest bathing**
 with Sylvie, naturalist
 Meeting at the reception

FRIDAY

9:00 - 10:00
Yoga*
 with Élie
 Meeting at the beach

9:30 - 10:30
Painting workshop
 Meeting at the beach

10:15 - 11:15
Paddle yoga
 with Élie
 Meeting at the beach

11:00 - 12:00
Painting workshop
 Meeting at the beach

13:30 - 15:00
Forest bathing**
 with Sylvie, naturalist
 Meeting at the reception

SATURDAY

9:00 - 10:00
Yoga*
 with Karine
 Meeting at the beach

10:15 - 11:15
Dragon boat
 Meeting on the dock

13:30 - 15:00
Forest bathing**
 with Sylvie, naturalist
 Meeting at the reception

SUNDAY

9:00 - 10:00
Yoga*
 with Élie
 Meeting on the dock

10:15 - 11:15
Paddle yoga
 with Élie
 Meeting at the beach

WELLNESS EXPERIENCE GUIDE

Entourage sur-le-Lac offers many activities and a complete experience focused on well-being and the art of living. Throughout your stay, you will be able to benefit from the amenities and activities that are made possible thanks to the common stay costs. Make the most of our great playground!

- ~ Sports activities supervised by a coach
- ~ Multifunctional training room
- ~ Outdoor fire pits
- ~ Outdoor pool (open 8 A.M. - 8 P.M.) and Jacuzzi (open 8 A.M. - 11 P.M.)
- ~ Water activities such as Paddle Board, Kayak and Pedalo (available from 8 A.M. - 8 P.M.)
- ~ Mountain bike
- ~ High speed internet
- ~ Sanitary equipment, masks and Pural
- ~ Access to the Pressreader application
- ~ Privileged departure at Golf La Tempête

Activities description.

- * Reservation required before 9 p.m. the day before.
- ** Forest bathing: Prepare yourself to walk 5km in the forest.
- *** In case of rain, some lessons may have to be canceled, inform you at reception.

POSSIBILITY OF BORROWING FOR FREE:

Bicycles, kayaks, paddle board, volleyball, beach games. Come see us at the cabin near the lake!

This calendar is subject to change.

SLEEP WELL.MOVE WELL.
EAT WELL. DRINK WELL.