

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
- ~ Jacuzzi (open 7 am-11 pm)
- ~ Fatbikes – available at reception on a first come, first served basis
- ~ 3 km natural ice rink
- ~ Snowshoes, snow scooters, hockey sticks and pucks available at the cabin near the lake on a first come, first served basis
- ~ Cross-country skiing center, fatbike and snowshoe trails 4 km from the hotel! ** sentiersdumoulin.com
- ~ Le Relais alpine ski center 1 km from the hotel** – skirelais.com
- ~ Pool table
- ~ High-speed Internet
- ~ Enomatic (\$)

Activities description

Reservation required please book before 9 pm the day before on our LoungeUp app.

** Ask at the hotel reception.

This calendar is subject to change.

FRIDAY, FEBRUARY 7

8 am to 9 am
Yoga with Élie
Meet us at the gym

SATURDAY, FEBRUARY 8

8:30 am to 9:15 am
HIIT with Élie
Meet us at the gym

9:30 am to 10:30 am
Yoga with Élie
Meet us at the gym

SUNDAY, FEBRUARY 9

9:30 am to 10:30 am
Yoga with Véronique
Meet us at the gym

FRIDAY, FEBRUARY 14

8 am to 9 am
Yoga with Élie
Meet us at the gym

SATURDAY, FEBRUARY 15

8:30 am to 9:15 am
HIIT with Élie
Meet us at the gym

9:30 am to 10:30 am
Yoga with Élie
Meet us at the gym

SUNDAY, FEBRUARY 16

9:30 am to 10:30 am
Yoga with Véronique
Meet us at the gym

FRIDAY, FEBRUARY 21

8 am to 9 am
Yoga with Élie
Meet us at the gym

SATURDAY, FEBRUARY 22

9:30 am to 10:30 am
Introduction to meditation
with Édith MÉDITH
Meet us at Nautique

SUNDAY, FEBRUARY 23

9:30 am to 10:30 am
Introduction to meditation
with Édith MÉDITH
Meet us at Nautique

FRIDAY, FEBRUARY 28

8 am to 9 am
Yoga with Élie
Meet us at the gym

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