

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, JANUARY 10

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

SATURDAY, JANUARY 11

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

SUNDAY, JANUARY 12

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

FRIDAY, JANUARY 17

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

SATURDAY, JANUARY 18

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, JANUARY 19

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

FRIDAY, JANUARY 24

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

SATURDAY, JANUARY 25

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

SUNDAY, JANUARY 26

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

FRIDAY, JANUARY 31

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

SATURDAY, FEBRUARY 1

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 2

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

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