

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 am - 10 pm)
(adults only after 8 pm)
- ~ Jacuzzi and Sauna (open 7 am- 11 pm)
- ~ Water activities: Paddle board (SUP), Kayak and Canoe
(available from 8 am - 8 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
- ~ Preferred tee times at Golf La Tempête
- ~ Défi-Évasion® riddle trail for the whole family - departure from the library near the reception
- ~ Board games are available at reception
- ~ Enomatic (\$). Card available at reception
- ~ High-speed Internet

In case of rain: activities will take place in the St. James Room

* Open water swimming:
Distance: 1,500 to 2,500 m per session, structured as interval training and supervised by coaches/lifeguards. Swimming buoy required, can be borrowed from reception.

** Maximum of 8 people for paddle yoga.

This schedule is subject to change.



ACTIVITY CALENDAR

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SEPTEMBER 2026

SATURDAY, SEPTEMBER 5	SUNDAY, SEPTEMBER 6	MONDAY, SEPTEMBER 7
8:45 am to 9:45 am Morning yoga with Mélanie Meet us at the left of the beach 10 am to 11 am Parent yoga with Mélanie Meet us at the left of the beach 1 pm to 3 pm Painting workshop with Claudine Meet us at the banquet terrace	8:45 am to 9:45 am Guided Meditation with Edith mEDITHe Meet us at the left of the beach 10 am to 12 pm DIY workshop with Claudine Meet us at the banquet terrace	8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach 10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach
FRIDAY, SEPTEMBER 11	SATURDAY, SEPTEMBER 12	SUNDAY, SEPTEMBER 13
8 am to 9 am Morning yoga with Élie Meet us at the left of the beach	8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach 10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach	8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach 10 am to 11 am Pilates with Véro Meet us at the left of the beach
FRIDAY, SEPTEMBER 18	SATURDAY, SEPTEMBER 19	SUNDAY, SEPTEMBER 20
8 am to 9 am Morning yoga with Élie Meet us at the left of the beach	8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach 10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach	8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach 10 am to 11 am Pilates with Véro Meet us at the left of the beach
FRIDAY, SEPTEMBER 25	SATURDAY, SEPTEMBER 26	SUNDAY, SEPTEMBER 27
8 am to 9 am Morning yoga with Élie Meet us at the left of the beach	8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach 10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach	8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach 10 am to 11 am Pilates with Véro Meet us at the left of the beach

