

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 and sauna (open 7 am- 11 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Foosball Table
- ~ 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

This schedule is subject to change.

ACTIVITY CALENDAR

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OCTOBER 2026

FRIDAY, OCTOBER 2	SATURDAY, OCTOBER 3	SUNDAY, OCTOBER 4		
8 am to 9 am Morning yoga with Élie Meet us in Nautique Room	9 am to 10 am Yoga with Élie Meet us in Nautique Room	9 am to 10 am Yoga with Véro Meet us in Nautique Room		
FRIDAY, OCTOBER 9	SATURDAY, OCTOBER 10	SUNDAY, OCTOBER 11	MONDAY, OCTOBER 12	
8 am to 9 am Morning yoga with Élie Meet us in Nautique Room	9 am to 10 am Yoga with Mélanie Meet us in Nautique Room 1 pm to 3 pm Halloween crafts with Claudine Meet us in Nautique Room	9 am to 10 am Pilates with Véro Meet us in Nautique Room 10:15 am to 11:15 am Yoga with Véro Meet us in Nautique Room 1 pm to 3 pm Pumpkin painting with Claudine Meet us in Nautique Room	8:30 am to 9:15 am Meditation with Edith mEDITHe Meet us in Nautique Room	
FRIDAY, OCTOBER 16	SATURDAY, OCTOBER 17	SUNDAY, OCTOBER 18		
8 am to 9 am Morning yoga with Mélanie Meet us in Nautique Room	9:30 am to 10:30 am Yoga with Mélanie Meet us in Nautique Room	9 am to 10 am Yoga with Sabrina Meet us in Nautique Room	TOUR DU LAC BEAUPORT Running between the lake and the mountains tourdulacbeauport.com Registration	
FRIDAY, OCTOBER 23	SATURDAY, OCTOBER 24	SUNDAY, OCTOBER 25		
8 am to 9 am Morning yoga with Élie Meet us at the gym	9 am to 10 am Yoga with Élie Meet us at the gym	9 am to 9:45 am Meditation with Edith mEDITHe Meet us at the gym		
FRIDAY, OCTOBER 30	SATURDAY, OCTOBER 31	SUNDAY, NOVEMBER 1		
8 am to 9 am Morning yoga with Élie Meet us at the gym	SURPRISES AWAIT AT RECEPTION! 9 am to 10 am Yoga with Élie Meet us in St. James 1 pm to 3 pm Pumpkin painting Meet us in St. James Room	9 am to 10 am Yoga with Sabrina Meet us in St. James Room 1 pm to 3 pm Pumpkin painting Meet us in St. James Room		