

WINTER 25-26

Flaine.com

  
1600-2500  
HAUTE-SAVOIE





# Flainescape

**Entertainments program**

**Flaine Tourist Office**

**+33(0)4.50.90.80.01**



STELLAIR  
DRONE SHOW



From 17/01/26 to 24/01/26



## SATURDAY JANUARY 17



### Yoga au RockyPop

🕒 6pm Tuesday, Saturday. 📍 Hôtel RockyPop - Flaine Forum

💰 Full price: 20 € par séance - Preferential rate: euros55 for 5 classes, euros100 for 10 classes

At RockyPop Flaine, it's time to unwind with our yoga sessions led by Maude Stolz, every Tuesday and Saturday.

Book at the hotel reception or by sending an email.

☎ +33 (0)4 80 16 12 21

[www.rockypop.com/flaine](http://www.rockypop.com/flaine)



### RockyPop Music

🕒 6.30pm-9pm With the band Marco & Mister Fab. 📍 Hôtel RockyPop - Flaine Forum

💰 Free of charge.

Pop Rock Concert.

The concert does not require advance booking.

☎ +33 (0)4 80 16 12 21

[www.rockypop.com/flaine](http://www.rockypop.com/flaine)



### Flash tattoo at the RockyPop Hotel

🕒 4pm 📍 Hôtel RockyPop - Flaine Forum

💰 Free access.

Want to leave Flaine with something other than a mountain sunburn?

The RockyPop Hotel is breaking out the needle (in style) and inviting you to its Flash Tattoo workshop!

The workshop is accessible without prior booking.

☎ +33 (0)4 80 16 12 21

[www.rockypop.com/flaine](http://www.rockypop.com/flaine)



### Wellness Workshop at Deep Nature Spa

🕒 4.30pm Sunday, 11am Wednesday.



💰 Free of charge. 👤 From 14 years old

READY TO SHINE ?

Booking required

☎ +33 (0)4 50 55 94 73

[www.deepnature.fr/fr/spa-flaine-terrasses-helios](http://www.deepnature.fr/fr/spa-flaine-terrasses-helios)



### Mass

🕒 6.30pm Sunday. 📍 Résidence MGM l'Alhena

💰 Free of charge.

Mass at the MGM L'Alhena residence with Father Alexandre.

☎ +33 (0)4 50 90 82 75 - +33 (0)4 58 10 03 08



### Yoga les yeux bandés

🕒 6.30pm-8pm 📍 Hôtel Totem - Flaine Forum

💰 Full price: 30 € - Further details are available from the hotel reception.

Relax during a blindfolded yoga session guided by Adeline, combining serenity and well-being.

Reservation recommended

☎ +33 (0)4 30 05 03 40

[www.totem-flaine.com](http://www.totem-flaine.com)

## SUNDAY JANUARY 18



### Live jukebox at La Joyeuse

🕒 12pm-4pm Sunday. 📍 Restaurant La Joyeuse - Flaine Front de neige

💰 Free access. Consumption and meals payable on site.

Live jukebox DJ set, skiing, sunshine

and spit-roasted pork.

☎ +33 (0)4 57 44 45 85 - +33 (0)6 79 85 42 45



### Nature activities

🕒 1pm-4pm Monday, Tuesday, Friday, Sunday. 📍 Au départ du télésiège Désert Blanc

💰 Free access.

Come and satisfy your curiosity about the wildlife that surrounds us in the mountains, and if you're lucky you'll be able to spot some animals!

☎ +33 (0)4 50 90 40 00

[www.grand-massif.com](http://www.grand-massif.com)

## MONDAY JANUARY 19



©Studio Bergoand

### Morning inspiration

🕒 9am Monday. Enjoy entertainment every day from Monday to Sunday starting at 9:00 a.m. 📍 MGM Résidence Alhena, Flaine Front de neige

€ One price: 55 € - More information available at the reception of the MGM Athéna Residence & Spa  
*A gentle wake-up call: An inspiring way to start the day with serenity*

More details available at the hotel reception. Package includes the hotel's buffet breakfast, access to the spa (swimming pool, jacuzzi, steam room, etc.) and a selection of Pure Altitude products to try.

☎ +33 (0)4 85 58 24 45



©OT Flaine

### Nature activities

🕒 1pm-4pm Monday, Tuesday, Friday, Sunday. 📍 Au départ du télésiège Désert Blanc

€ Free access.

*Come and satisfy your curiosity about the wildlife that surrounds us in the mountains, and if you're lucky you'll be able to spot some animals!*

☎ +33 (0)4 50 90 40 00  
[www.grand-massif.com](http://www.grand-massif.com)



©OT Flaine

### Handling the fire hose

🕒 4pm Monday. 📍 Marché de Flaine - Flaine Forêt

€ Free of charge.

*Become a firefighter for a moment*

☎ +33 (0)4 50 90 80 01

[www.flaine.com](http://www.flaine.com)



©OT Flaine

### Flaine Forêt market

🕒 4pm-7pm Monday. 📍 Flaine Forêt

€ Free access.

*Flaine Forêt market*

☎ +33 (0)4 50 90 82 75



©OT Flaine - Noémie Ladrin

### Welcome drink

🕒 5.30pm Monday. 📍 Flaine Forum

€ Free of charge.

*The resort welcomes you with a warm atmosphere and delicious hot drinks. Come and collect all the essential*

*information for your stay while enjoying a complimentary mulled wine or apple juice offered by our partner, the Sherpa supermarket.*

☎ +33 (0)4 50 90 80 01



©OT Flaine

### Totem yoga sessions

🕒 6.30pm-7.30pm Monday, Thursday.

📍 Hôtel Totem - Flaine Forum

Further details are available from the hotel reception.

*Relax during a yoga session guided by*

*Adeline, combining serenity and well-being.*

☎ +33 (0)4 30 05 03 40

[www.totem-flaine.com](http://www.totem-flaine.com)



©OT Flaine

### Concert at the Alhena residence

🕒 6.30pm-8.30pm Monday. Duo Ella

(Aude H) 📍 MGM - Alhena Résidence et Spa

€ Free of charge.

*Enjoy an evening concert by the fireplace at the Alhena residence. Make yourself comfortable in the spacious lounge with a fireplace and let yourself be carried away by a warm musical atmosphere.*

*The concert does not require advance booking.*

☎ +33 (0)4 85 58 24 45

[www.mgm-hotels-residences.com/residence-alhena-flaine](http://www.mgm-hotels-residences.com/residence-alhena-flaine)

## TUESDAY JANUARY 20



©OT Flaine

### Nature activities

🕒 1pm-4pm Monday, Tuesday, Friday, Sunday. 📍 Au départ du télésiège Désert Blanc

€ Free access.

*Come and satisfy your curiosity about the wildlife that surrounds us in the mountains, and if you're lucky you'll be able to spot some animals!*

☎ +33 (0)4 50 90 40 00

[www.grand-massif.com](http://www.grand-massif.com)



@OTFlaine - C.Génard

### Guided tour of Flaine's heritage

🕒 2pm-3.50pm Tuesday. 📍 Flaine Forum

€ Free of charge. 👤 From 15 years old

*The Art center gives you the chance to discover the heritage of this listed resort. Bookings must be made before 11.30am on Tuesday at the Centre d'Art de Flaine.*

☎ +33 (0)4 50 90 41 73  
www.centredartdeflaine.com/



@OTFlaine - Canalis Génard

### Bumperball initiation

🕒 4pm 📍 Flaine Forum

€ Free of charge. All the necessary equipment is loaned free of charge.

👤 From 7 years old

*A giant bubble in which, secured by a harness, you walk, run, roll and collide with your opponents. You don't need to book in advance.*

☎ +33 (0)4 50 90 80 01



@OTFlaine - Canalis Génard

### After-Ski of L'Éloge

🕒 4pm-9pm Tuesday, Thursday.

📍 SARL Les Chalets

*After-ski Happy Hour from 4 PM to 9 PM at the cosy chalet of L'Éloge, rustic setting at the foot of the slopes. Music, drinks and good vibes to extend your ski day in a warm and festive atmosphere.*

☎ +33 (0)4 50 90 85 91  
www.restaurantlemichet-flaine.com/



@LeTotem

### Totem happy hour

🕒 5pm-7pm Tuesday, Thursday.

📍 Hôtel Totem - Flaine Forum

€ Prices not available. 50% off draught beers, cocktails and more...

*Happy hour at the Totem hotel Friendly Bar. Access to the Totem hotel bar is free. No prior reservation is necessary.*

☎ +33 (0)4 30 05 03 40  
www.totem-flaine.com



@RockyPop

### Yoga au RockyPop

🕒 6pm Tuesday, Saturday. 📍 Hôtel RockyPop - Flaine Forum

€ Full price: 20 € par séance - Preferential rate: euros55 for 5 classes, euros100 for 10 classes

*At RockyPop Flaine, it's time to unwind with our yoga sessions led by Maude Stolz, every Tuesday and Saturday.*

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www.rockypop.com/flaine

### WEDNESDAY JANUARY 21



@OTFlaine

### Wellness Workshop at Deep Nature Spa

🕒 4.30pm Sunday. 11am Wednesday.



€ Free of charge. 👤 From 14 years old

*READY TO SHINE ?*

*Booking required*

☎ +33 (0)4 50 55 94 73  
www.deepnature.fr/fr/spa-flaine-terrasses-helios



@OTFlaine - Canalis Génard

### Outdoor laser game introduction

🕒 4pm 📍 Flaine Forum

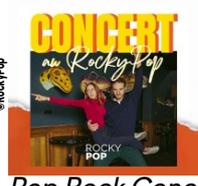
€ Free of charge. All the necessary equipment is loaned free of charge.

👤 From 7 years old

*Battle it out in the open air at Flaine Forum in an epic laser game: 2 teams, 10 minutes of action!*

*You don't need to book in advance for the laser game.*

☎ +33 (0)4 50 90 80 01



@RockyPop

### RockyPop Music

🕒 6.30pm-9pm With the band Pop Mods. 📍 Hôtel RockyPop - Flaine Forum

€ Free of charge.

*Pop Rock Concert.*

*The concert does not require advance booking.*

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www.rockypop.com/flaine

## THURSDAY JANUARY 22



### Blind test

- 🕒 4pm 📍 Flaine Forum
- € Free of charge. 👤 From 10 years old

*After ski Blind Test : qui sera le roi des playlists*

*Reservations required at the Tourist Office.*

☎ +33 (0)4 50 90 80 01



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- 📍 SARL Les Chalets

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[www.restaurantlemichet-flaine.com/](http://www.restaurantlemichet-flaine.com/)



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[www.totem-flaine.com](http://www.totem-flaine.com)



### Totem yoga sessions

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- 📍 Hôtel Totem - Flaine Forum
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☎ +33 (0)4 30 05 03 40

[www.totem-flaine.com](http://www.totem-flaine.com)

## FRIDAY JANUARY 23



### Nature activities

- 🕒 1pm-4pm Monday, Tuesday, Friday, Sunday. 📍 Au départ du télésiège Désert Blanc
- € Free access.

*Come and satisfy your curiosity about the wildlife that surrounds us in the mountains, and if you're lucky you'll be able to spot some animals!*

☎ +33 (0)4 50 90 40 00

[www.grand-massif.com](http://www.grand-massif.com)



### Initiation Laser rifle / Biathlon

- 🕒 4pm Postponed to the Eric and Sylvie Boissonnas Auditorium in case of inclement weather. 📍 Flaine Forum
- € Free of charge. All the necessary equipment is loaned free of charge.

👤 From 8 years old

*Target shooting is no longer just for champions - it's accessible to everyone, and it's safe!*

*You don't need to book in advance to take part in the biathlon.*

☎ +33 (0)4 50 90 80 01

## SATURDAY JANUARY 24



### Yoga au RockyPop

- 🕒 6pm Tuesday, Saturday. 📍 Hôtel RockyPop - Flaine Forum
- € Full price: 20 € par séance - Preferential rate: euros55 for 5 classes, euros100 for 10 classes

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[www.rockypop.com/flaine](http://www.rockypop.com/flaine)



### RockyPop Music

- 🕒 6.30pm-9pm With the band Groovinours (pop-rock). 📍 Hôtel RockyPop - Flaine Forum
- € Free of charge.

*Pop Rock Concert.*

*The concert does not require advance booking.*

☎ +33 (0)4 80 16 12 21

[www.rockypop.com/flaine](http://www.rockypop.com/flaine)

# ENJOY A GREAT Rockytime



**JOUE**  
comme un enfant



**CHANTE**  
comme une star



**CHILL**  
comme ton boss



**MANGE**  
comme une reine

**CHAMBRES & APPARTEMENTS  
SPA NUXE - BAR - 3 RESTAURANTS  
JEUX - SALLE DE KARAOKÉ**

## ROCKY POP

Bâtiment Aujon - Flaine Forum | [rockypop.com](http://rockypop.com)  
+33 (0)4 80 16 12 21 | [flaine@rockypop.com](mailto:flaine@rockypop.com)  
ROCKYPOP, C'EST AUSSI À CHAMONIX - MARSEILLE & GRENOBLE

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tout simplement besoin d'un coup de pouce,  
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Just for you or need a little  
help, ESF Flaine ski  
instructor are here for you !

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Résidence "Le Panoramic"

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Flaine Forêt  
Résidence "Le Panoramic"



Leave yours skis at the bottom of the slopes !!

## SPA MONTAGNES DU MONDE®

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pour tout soin de 50min



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cuits sur place

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Pour votre santé, mangez au moins 5 fruits et légumes par jour | [www.mangerbouger.fr](http://www.mangerbouger.fr)