

WINTER 25-26

Flaine.com



Flash me

Flainescope

Entertainments program

Flaine Tourist Office

+33(0)4.50.90.80.01



STELLAIR
DRONE SHOW





My first time

From 24/01/26 to 31/01/26

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

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

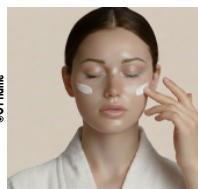
RockyPop Music

- ⌚ 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

SUNDAY JANUARY 25



Wellness Workshop at Deep Nature Spa

- 📍 Flaine Les Gérats
- € 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



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 Friday, Sunday, Tuesday, Monday 📍 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



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

MONDAY JANUARY 26



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



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📞 +33 (0)4 50 90 40 00
www.grand-massif.com



Handling the fire hose

- ⌚ 4pm Monday The activity is subject to the availability of the firefighters.
- 📍 Marché de Flaine - Flaine Forêt
- € Free of charge.

Become a firefighter for a moment

📞 +33 (0)4 50 90 80 01
www.flaine.com



Flaine Forêt market

- ⌚ 4pm-7pm Monday 📍 Flaine Forêt
- € Free access.
- Flaine Forêt market
- 📞 +33 (0)4 50 90 82 75



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



Totem yoga sessions

- ⌚ 6.30pm-7.30pm Thursday, Monday
- 📍 Hôtel Totem - Flaine Forum
- € Full price: 20 € par personne -- 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



Concert at the Alhena residence

- ⌚ 6.30pm-8.30pm Monday With Digby solo 📍 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

TUESDAY JANUARY 27



Nature activities

- ⌚ 1pm-4pm Friday, Sunday, Tuesday, Monday 📍 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



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 4173
www.centredartdeflaine.com/



After-Ski of L'Eloge

- ⌚ 4pm-9pm Tuesday, Thursday
- 📍 SARL Les Chalets

After-ski Happy Hour from 4 PM to 9 PM at the cosy chalet of L'Eloge, 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/



Introduction to quad biking on ice

- ⌚ 4.30pm-7pm Children's sessions (7 to 13 years) from 4.30 to 5p.m. Adult

sessions from 5pm to 7pm. 📍 Circuit de quad sur glace - Flaine Front de neige

€ Free of charge. 👤 From 7 years old

Experience your first time : Try your hand at quad driving on ice. 15 minutes of thrills on a unique circuit!

Reservations can be made on site at the Flaine Tourist Office starting Saturday, January 24. Limited availability.

📞 +33 (0)4 50 90 80 01



Introduction to ice driving

⌚ 7pm 📍 Ecole de Conduite et Pilotage sur Glace de Flaine

€ Free of charge. 👤 From 16 years old

Experience your first time : Ride alongside an expert driver and experience the intensity of a lap around the Flaine ice circuit!

Reservations can be made on site at the Flaine Tourist Office starting Saturday, January 24. Limited availability.

📞 +33 (0)4 50 90 80 01



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

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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WEDNESDAY JANUARY 28



Wellness Workshop at Deep Nature Spa

📍 Flaine Les Gérats

€ Free of charge. 👤 From 14 years old

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Booking required*

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



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 29



Snowshoeing and a snack in an igloo

⌚ 2pm 📍 Col de Pierre Carrée

€ Free of charge. 👤 From 6 years old

Experience your first time: enjoy a snack in an igloo after a snowshoeing adventure in the heart of the wilderness!

Reservations can be made on site at the Flaine Tourist Office starting Saturday, January 24. Limited availability.

📞 +33 (0)4 50 90 80 01



After-Ski of L'Éloge

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📍 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.

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www.restaurantlemichet-flaine.com/



Initiation au Moonbike

⌚ 4.30pm-6.30pm 📍 Flaine Forum - Devant le magasin Black Side

€ Free of charge. 👤 From 16 years old

Experience it for the first time: discover MoonBikes, the 100% electric, silent and ultra-light snowbike, designed to explore winter in complete freedom.

Reservations can be made on site at the Flaine Tourist Office starting Saturday, January 24. Limited availability.

📞 +33 (0)4 50 90 80 01



Totem happy hour

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- 📍 Hôtel Totem - Flaine Forum
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www.totem-flaine.com



Aquagym Fitness

- ⌚ 8pm Thursday📍 Résidence Le Centaure - Flaine Forum
- ⌚ One price: 20 €

Aquagym fitness at Le Centaure in Flaine is a dynamic session open to all, ideal for toning up, improving your cardio and gently working out in a heated pool.

Booking required.

📞 +33 (0)7 63 32 22 52

FRIDAY JANUARY 30



Nature activities

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

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📞 +33 (0)4 50 90 40 00
www.grand-massif.com



Initiation Laser rifle / Biathlon

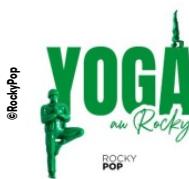
- ⌚ 4pm Postponed to the Eric and Sylvie Boissonnas Auditorium in case of inclement weather.📍 Flaine Forum
- ⌚ Free of charge. All the necessary equipment is loaned free of charge.

⌚ 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 31



Yoga au RockyPop

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www.rockypop.com/flaine



RockyPop Music

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- ⌚ Free of charge.

Pop Rock Concert.

The concert does not require advance booking.

📞 +33 (0)4 80 16 12 21
www.rockypop.com/flaine

ENJOY A GREAT Rockytime



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

ROCKY POP

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

PLUS JAMAIS CA !!!



NEVER AGAIN !!!

Laissez vos skis au pied des pistes !!

So Easy !

Patrick's Ski Locker
patskilockers@gmail.com

Flaine Forêt
Résidence "Le Panoramic"



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esf ÉCOLE DU SKI FRANÇAIS



Envie de partir à l'aventure ou tout simplement besoin d'un coup de pouce, l'ESF de Flaine est là pour vous !

Just for you or need a little help, ESF Flaine ski instructor are here for you !



ESF FLAINE

mail: info@esf-flaine.fr
Tél: +33 (0)4 50 90 81 00



esf ÉCOLE DU SKI FRANÇAIS

SPA MONTAGNES DU MONDE®

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Flaine Front de neige — +33 (0)4 85 58 24 45

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pour tout soin de 50min



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Fromage et charcuterie à la coupe

Prêt d'appareils à raclette et à fondue

SHERPA FLAINE
Le Forum / 04 50 90 86 09

www.sherpa.net sherpa.supermarche sherpa_supermarche

Pour votre santé, mangez au moins 5 fruits et légumes par jour | www.mangerbouger.fr