

WINTER 25-26

Flaine.com

  
flaine  
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HAUTE-SAVOIE



 Flash me

# Flainescape

Entertainments program

Flaine Tourist Office

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STELLAIR  
DRONE SHOW



From 28/02/26 to 7/03/26

## SATURDAY FEBRUARY 28



### Yoga au RockyPop

🕒 6pm Saturday, Tuesday 📍 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 With the band Groovinours  
📍 Hôtel RockyPop - Flaine Forum

💰 Free of charge.  
Pop Rock Concert.

☎ +33 (0)4 80 16 12 21

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

## SUNDAY MARCH 1



### 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, Tuesday, Monday, 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)



### 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!

☎ +33 (0)4 50 90 80 01



### Atelier yoga au Totem

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

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

Relax and take your time during the "Open Heart" yoga workshop guided by Adeline. Reservation highly recommended.

☎ +33 (0)4 30 05 03 40

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

## MONDAY MARCH 2



### 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 €

Soothing morning activity at sunrise accompanied by natural sounds. Light, balanced breakfast, followed by access to the spa.

More details available at the hotel reception.

☎ +33 (0)4 85 58 24 45



### Nature activities

🕒 1pm-4pm Friday, Tuesday, Monday, 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 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



©OT Flaine - Noémie Ladrix

### Flaine Forêt market

- 🕒 4pm-7pm Monday 📍 Flaine Forêt
  - € Free access.
- Small local market in the heart of Flaine Forêt, where producers and artisans offer fresh, local, and handcrafted products.*

+33 (0)4 50 90 82 75



©OT Flaine - Noémie Ladrix

### Making maple syrup lollipops

- 🕒 5pm 📍 Flaine Forum
  - € Free of charge. 👤 From 3 years old
- Take part in making delicious maple syrup lollipops and take home your own*

*homemade sweet creation!  
No advance booking required.*

+33 (0)4 50 90 80 01



©OT Flaine - Noémie Ladrix

### Photobooth

- 🕒 5pm 📍 Flaine Forum
  - € Free of charge.
- Visit the Flaine photobooth and leave with photos as memorable as your ski runs.  
No advance booking required.*

+33 (0)4 50 90 80 01



©OT Flaine - Noémie Ladrix

### Welcome drink

- 🕒 6pm 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

### Descentes de luge en nocturne

- 🕒 6pm-7pm Thursday, Monday 📍 Tapis du Michalet
  - € Free of charge. 👤 From 5 years old
- By day it's fun, by night it's even better: the luge goes nocturnal.*

+33 (0)4 50 90 80 01



©OT Flaine

### Totem yoga sessions

- 🕒 6.30pm-7.30pm Monday, Thursday
- 📍 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



©Eddy le Magicien

### Make way for magic at RockyPop

- 🕒 6.30pm-8.30pm 📍 Hôtel RockyPop - Flaine Forum

€ Free of charge.  
*Eddy the magician offers you his local*

*magic tricks  
It is not necessary to book in advance.*

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



©OT Flaine

### Concert at the Alhena hotel

- 🕒 6.30pm-8.30pm Monday With Ladylicious. New concert on 05/03/26 at the same times. 📍 MGM - Alhena Résidence et Spa

€ Free of charge.

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

+33 (0)4 85 58 24 45  
www.mgm-hotels-residences.com/residence-alhena-flaine

## TUESDAY MARCH 3



©OT Flaine

### snow biking introduction

- 🕒 10am 📍 Flaine Forum
- € Free of charge. 👤 From 3 to 8 years old

*Introduction to snow biking.  
You don't need to book in advance.*

+33 (0)4 50 90 80 01



### Nature activities

🕒 1pm-4pm Friday, Tuesday, Monday, 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



### 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 at the Centre*

d'Art de Flaine.

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



### Snowman competition

🕒 4.30pm 📍 Flaine Forum

€ Free of charge. 👤 From 5 years old

*Take part in a snowman competition in 30 minutes! Our partner, Le Sherpa supermarket, will provide a free snack for*

*all participants. You don't need to book in advance for the competition.*

☎ +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



### Le presque digitateur 🎩

🕒 6pm 📍 Flaine Forêt - Auditorium

€ Free of charge. 👤 From 3 years old

*A burlesque and interactive magic show, combining humour, mentalism and audience participation.*

*No advance booking required.*

☎ +33 (0)4 50 90 80 01



### Yoga au RockyPop

🕒 6pm Saturday, Tuesday 📍 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



### Screening of the film "Un p'tit truc en plus" at the Auditorium

🕒 8.30pm 📍 Auditorium - Flaine Forêt

€ Free of charge.

*When the lights go down, the screen comes alive and the story begins... For the duration of a screening, let yourself be carried away by films for all ages: laughter, emotions, adventure and thrills await. No booking required.*

☎ +33 (0)4 50 90 80 01  
www.flaine.com

## WEDNESDAY MARCH 4



### La boum en cabine

🕒 10am-12.30pm 📍 Départ Téléphérique des Grandes Platières

€ Free of charge.

*To celebrate the start of the school holidays, the festive spirit is taking over the*

*Grandes Platières gondola (DMC) No reservation required.*

www.grand-massif.com



### Wellness Workshop at Deep Nature Spa

🕒 10.30am Wednesday, Friday

📍 Résidence Pierre et Vacances Les Terrasses d'Hélios

€ Free of charge. 👤 From 14 years old

*Personalized skincare workshop, skin analysis and expert advice Booking required*

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



### Candyfloss stand

🕒 5pm 📍 En face du restaurant le 1967

€ Prices not available.

*Candyfloss sale in aid of the parents' association*

☎ +33 (0)4 50 90 80 01

www.flaine.com



©OT Flaine - Candice Genard

### DJ Kodis

🕒 5.30pm 📍 Flaine Forum

€ Free of charge.

*On the decks to set the dancefloor alight and keep you dancing throughout the event!*

☎ +33 (0)4 50 90 80 01



©OT Flaine - Noémie Ladriz

### Lighted drone show

🕒 6.20pm Subject to weather conditions

📍 Flaine Forum

€ Free of charge.

*Enchantment: 200 drones in the sky above Flaine for a brand new show.*

*The show does not require advance booking.*

☎ +33 (0)4 50 90 80 01



©OT Flaine - Noémie Ladriz

### Torchlight descent

🕒 6.20pm 📍 Flaine Forum

€ Free of charge.

*Experience the magic of a torchlit descent, with the instructors shine on the slopes! The show does not require advance*

*booking.*

☎ +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.*

☎ +33 (0)4 80 16 12 21

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

## THURSDAY MARCH 5



©OT Flaine - Noémie Ladriz

### Introduction to balance bikes on snow at the Pierre Carrée pass

🕒 10am-12pm Thursday from 2:30 PM to 4:30 PM, subject to weather conditions.

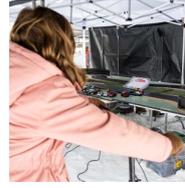
📍 Col de Pierre Carrée

€ Free of charge. 👤 From 3 to 8 years old

*Introduction to snow biking.*

*You don't need to book in advance.*

☎ +33 (0)4 50 90 80 01



©OT Flaine - Noémie Ladriz

### Pédalo Car

🕒 3.30pm 📍 Flaine Forum

€ Free of charge. 👤 From 5 years old  
*A race featuring radio-controlled cars that are propelled forward by pedalling! No advance booking required.*

☎ +33 (0)4 50 90 80 01



©OT Flaine - Candice Genard

### Initiation Laser rifle / Biathlon

🕒 4pm 📍 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! No booking required.*

☎ +33 (0)4 50 90 80 01



©OT Flaine - Noémie Ladriz

### Snow Skate Hockey

🕒 4pm 📍 Flaine Forum

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

*Come experience the thrill of hockey... on snow! Slide, score, and laugh: challenge your friends in Snow Skate Hockey.*

☎ +33 (0)4 50 90 80 01



©Le Totem

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



©AlloCiné

### Screening of the film "Les As de la Jungle" at the Auditorium

🕒 5.30pm 📍 Auditorium - Flaine Forêt

€ Free of charge. Prices available from the Tourist Office or at the cinema entrance.

*When the lights go down, the screen comes alive and the story begins... For the duration of a screening, let yourself be carried away by films for all ages: laughter, emotions, adventure and thrills await.*

*No booking required.*

☎ +33 (0)4 50 90 80 01

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



### Descentes de luge en nocturne

- 🕒 6pm-7pm Thursday, Monday 📍 Tapis du Michalet
  - € Free of charge. 🧑 From 5 years old
- By day it's fun, by night it's even better: the luge goes nocturnal.*

☎ +33 (0)4 50 90 80 01



### Totem yoga sessions

- 🕒 6.30pm-7.30pm Monday, Thursday
- 📍 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



### 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 MARCH 6



### Introduction to laser rifle shooting/biathlon at Col de Pierre Carrée

- 🕒 10am-12pm Friday from 2:30 PM to 4:30 PM, subject to weather conditions.
- 📍 Col de Pierre Carrée

€ 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!*

*No booking required.*

☎ +33 (0)4 50 90 80 01



### Wellness Workshop at Deep Nature Spa

- 🕒 10.30am Wednesday, Friday
- 📍 Résidence Pierre et Vacances Les Terrasses d'Hélios
- € Free of charge. 🧑 From 14 years old

*Personalized skincare workshop, skin analysis and expert advice*

*Booking required*

☎ +33 (0)4 50 55 94 73

www.deepnature.fr/fr/spa-flaine-terrasses-helios



### Nature activities

- 🕒 1pm-4pm Friday, Tuesday, Monday, 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



### Music quiz

- 🕒 4pm 📍 Flaine Forum
  - € Free of charge. 🧑 From 10 years old
- After ski music quizz : who will be the king of playlists ?*
- Reservations required at the Tourist Office.*

☎ +33 (0)4 50 90 80 01



### The choir "L'Accroche Coeur" in concert

- 🕒 8pm 📍 Flaine Forêt - Auditorium
  - € Free of charge. 🧑 From 3 years old
- Straight from Arâches-la-Frasse, the choir "L'Accroche Cœur" invites you to enjoy a*

*warm and vibrant musical evening at the Eric and Sylvie Boissonnas Auditorium.*

*No advance booking required.*

☎ +33 (0)4 50 90 80 01



### Broadcast of the 2026 Six Nations Championship at RockyPop Flaine

- 🕒 9pm The two matches on Saturday 07/03 will also be broadcast. 📍 Hôtel RockyPop - Flaine Forum

€ Free access. Consumption on site subject to charge.

*After skiing, It's rugby time: all the week's matches are broadcast live at Rocky Pop Flaine!*

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

## SATURDAY MARCH 7



### Yoga au RockyPop

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

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

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☎ +33 (0)4 80 16 12 21

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



### RockyPop Music

🕒 7.30pm-9pm With the band Flycase duo 📍 Hôtel RockyPop - Flaine Forum

💶 Free of charge.  
*Pop Rock Concert.*

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

# ENJOY A GREAT Rockytime



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comme un enfant



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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)  
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ROCKYPOP, C'EST AUSSI À CHAMONIX - MARSEILLE & GRENOBLE

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**Plus Pratique !**

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[patskilockers@gmail.com](mailto:patskilockers@gmail.com)

Flaine Forêt  
Résidence "Le Panoramic"

**NEVER AGAIN !!!**

Laissez vos skis au pied des pistes !!

**So Easy !**

**Patrick's Ski Locker**  
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Flaine Forêt  
Résidence "Le Panoramic"



Leave yours skis at the bottom of the slopes !!

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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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