

WINTER 25-26

Flaine.com


1600-2500
HAUTE-SAVOIE



 Flash me

Flainescape

Entertainments program

Flaine Tourist Office

+33(0)4.50.90.80.01



STELLAIR
DRONE SHOW



Classical music

From 7/03/26 to 14/03/26



Musique à Flaine

SATURDAY MARCH 7



Broadcast of the 2026 Six Nations Championship at RockyPop Flaine

🕒 3.10pm Second match at 5:40 p.m.

📍 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



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



RockyPop Music

🕒 7.30pm-9pm With the band Flycase duo

📍 Hôtel RockyPop - Flaine Forum

€ Free of charge.
Pop Rock Concert.

☎ +33 (0)4 80 16 12 21

www.rockypop.com/flaine

SUNDAY MARCH 8



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 Sunday, Monday, Friday, Tuesday 📍 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

MONDAY MARCH 9



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 Sunday, Monday, Friday, Tuesday 📍 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



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 - Normi Ladrin

Welcome drink at Flaine

🕒 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

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



©OT Flaine

Concert at the Alhéna hotel

🕒 6.30pm-8.30pm Monday With Evening project 📍 MGM - Alhéna Résidence et Spa

€ Free of charge.

Enjoy an evening concert by the fireplace at the Alhéna 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



©OT Flaine-Candice Genard

Classical music concert

🕒 8pm 📍 Flaine Forêt - Auditorium

€ Free of charge.

Immerse yourself in an exceptional musical universe with the Quatuor Våren.

For over 12 years, the resort of Flaine has been working with the Musique à Flaine academy during the winter to showcase its best talents.

The show does not require advance booking.

☎ +33 (0)4 50 90 80 01

TUESDAY MARCH 10



©OT Flaine

Nature activities

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



©OT Flaine - C Genard

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/



©OT Flaine - Candice Genard

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



©OT Flaine-Candice Genard

After-Ski of L'Éloge

🕒 4pm-9pm Thursday, Tuesday 📍 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/



©Le Totem

Totem happy hour

🕒 5pm-7pm Thursday, Tuesday 📍 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 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

WEDNESDAY MARCH 11



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



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



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



Classical music concert

- 🕒 8pm 📍 Flaine Forêt - Auditorium
- 💰 Free of charge.

Immerse yourself in an exceptional musical universe with the Quatuor Våren.

For over 12 years, the resort of Flaine has been working with the Musique à Flaine academy during the winter to showcase its best talents.

The show does not require advance booking.

☎ +33 (0)4 50 90 80 01

THURSDAY MARCH 12



Music quiz

- 🕒 4pm 📍 Flaine Forum
- 💰 Free of charge. 👤 From 10 years old
- 🎵 After ski music quiz: who will be the king of playlists?
- 📅 Reservations required at the Tourist Office.

☎ +33 (0)4 50 90 80 01



After-Ski of L'Éloge

- 🕒 4pm-9pm Thursday, Tuesday 📍 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/



Totem happy hour

- 🕒 5pm-7pm Thursday, Tuesday 📍 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



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



Classical music concert

- 🕒 8pm 📍 Flaine Forêt - Auditorium
- 💰 Free of charge.

Immerse yourself in an exceptional musical universe with the Quatuor Våren.

For over 12 years, the resort of Flaine has been working with the Musique à Flaine academy during the winter to showcase its best talents.

The show does not require advance booking.

☎ +33 (0)4 50 90 80 01



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 13



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 Sunday, Monday, Friday, Tuesday
- 📍 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



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



RockyPop Music

- 🕒 6.30pm-9pm With the band Marco Pena and Mister Fab
 - 📍 Hôtel RockyPop - Flaine Forum
 - 🆓 Free of charge.
- Pop Rock Concert.*

☎ +33 (0)4 80 16 12 21

www.rockypop.com/flaine

SATURDAY MARCH 14



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

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

PLUS JAMAIS CA !!!



Plus Pratique !

Patrick's Ski Locker
patskilockers@gmail.com

Flaine Forêt
Résidence "Le Panoramic"

NEVER AGAIN !!!

Laissez vos skis au pied des pistes !!

So Easy !

Patrick's Ski Locker
patskilockers@gmail.com

Flaine Forêt
Résidence "Le Panoramic"



Leave yours skis at the bottom of the slopes !!

Nature Motoneige

Une aventure accessible à tous !
An adventure for all !

Tous les soirs
à partir de 17h



+33 (0)6 12 21 40 60 - www.deltaevasion.com



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®

HÔTEL 4* & RÉSIDENCE 5* ALHÉNA
Flaine Front de neige — +33 (0)4 85 58 24 45

1h d'accès spa offert
pour tout soin de 50min



© Studio Bergoend



mon super marché
sherpa

Produits régionaux

Pain - Viennoiseries
cuits sur place

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](https://www.facebook.com/sherpa.supermarche) [sherpa_supermarche](https://www.instagram.com/sherpa_supermarche)

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