

WINTER 25-26

Flaine.com

flaine  
1600-2500  
HAUTE-SAVOIE



Flash me

# Flainescape

Entertainments program

Flaine Tourist Office

+33(0)4.50.90.80.01



STELLAIR  
DRONE SHOW



# SKIBAR

From 28/03/26 to 4/04/26



## SATURDAY MARCH 28



@La Pente à Jules

### DJ SET at La Pente à Jules

- 🕒 2.30pm-6.30pm Saturday
- 📍 Restaurant La Pente à Jules
- € Free entry. Charges apply for drinks.

Electro-House DJ Set  
No booking required.

☎ +33 (0)4 50 90 87 42



@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.

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)

## SUNDAY MARCH 29



@OTFlaine

### 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



@OTFlaine

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

## MONDAY MARCH 30



@Studio Bergand

### Morning inspiration

- 🕒 9am Monday Enjoy entertainment every day from Monday to Sunday starting at 9:00 a.m. 📍 MGM Résidence Alhéna, 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



@OTFlaine

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- € 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 - Nœmie Ladriz

### 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



@Sonith and Co

### Sonith and co at RockyPop Flaine

- 🕒 5.30pm 📍 Hôtel RockyPop Flaine
- € Free of charge.

Pop-rock concert with Sonith & Co at the RockyPop Flaine hotel! A great live atmosphere guaranteed!

☎ +33 (0)4 50 90 80 01



©OT Flaine - Hamid 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
- Booking through Le Totem Spa 📍 Hôtel Totem - Flaine Forum

€ Full price: 20 € par personne -

*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 Alhénéa hotel

- 🕒 6.30pm-8.30pm Monday Featuring Pierre DONORE (vocals and instrument) 📍 MGM - Alhénéa Résidence et Spa

€ Free of charge.

*Enjoy an evening concert by the fireplace at the Alhénéa 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](http://www.mgm-hotels-residences.com/residence-alhena-flaine)

## TUESDAY MARCH 31



©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](http://www.grand-massif.com)



©OT Flaine - C.Gerard

### 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/](http://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
- 📍 Flaine Forum

*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/](http://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](http://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

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



### Sonith and co at the Bauhaus restaurant

🕒 7pm 📍 Le Bauhaus

€ Free of charge.

Pop-rock concert with Sonith & Co at the BAUHAUS restaurant! A great live atmosphere guaranteed!

☎ +33 (0)4 50 90 80 01

## WEDNESDAY APRIL 1



### Wellness Workshop at Deep Nature Spa

🕒 10.30am Friday, Wednesday

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



### Sonith and co at the Bissac restaurant

🕒 12pm-2pm In the event of bad weather, the concert may be postponed. Information on the venue and date of postponement is

available from the Tourist Office. 📍 Le Bissac

€ Free of charge.

Pop-rock concert with Sonith & Co at the BISSAC restaurant! A great live atmosphere guaranteed!

☎ +33 (0)4 50 90 80 01



### Generous live at Bar Qui Mange

🕒 4pm 📍 Restaurant Bar qui Mange

€ Free of charge.

Generous is an acoustic soul/funk/pop trio that reinvents classics and modern hits with vibrant energy. Warm, groovy and uplifting, their live show brings all generations together. A generous, unmissable concert experience!

☎ +33 (0)4 50 90 80 01



### RockyPop Music

🕒 6.30pm-9pm With Philip Pop

📍 Hôtel RockyPop - Flaine Forum

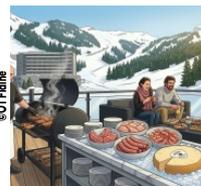
€ Free of charge.

Pop Rock Concert.

☎ +33 (0)4 80 16 12 21

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

## THURSDAY APRIL 2



### Barbecue party and DJ set at Le Totem

🕒 12pm Subject to favourable weather conditions. 📍 Hôtel Totem - Flaine Forum

€ Prices not available. Free entry,

drinks at your own expense.

BBQ season is here at Le Totem! To mark the occasion, enjoy a DJ set by Monsieur Marose featuring Disco, Funk and House tracks.

Booking is required for lunch.

☎ +33 (0)4 30 05 03 40

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



### Generous live at La Joyeuse

🕒 12pm 📍 Restaurant La Joyeuse

€ Free of charge.

Generous is a soul/funk/pop trio (vocals, bass, guitar) revisiting the greatest hits from the 80s to today in a "groovy acoustic" style. Energy, friendliness, and a varied repertoire to liven up all your events.

☎ +33 (0)4 50 90 80 01



@OTFlaine - Candice Genard

### 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!  
 No booking required.*

☎ +33 (0)4 50 90 80 01



@OTFlaine - Candice Genard

### After-Ski of L'Éloge

🕒 4pm-9pm Thursday, Tuesday  
 📍 Flaine Forum

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



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



@OTFlaine

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 Booking through Le Totem Spa 📍 Hôtel Totem - Flaine Forum

€ Full price: 20 € par personne -

*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)



@LightFieldStudios

### Aquagym Fitness

🕒 8pm Thursday 📍 Résidence Le Centaure - Flaine Forum  
 One price: 20 euros.

*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 APRIL 3



@Spa Deep Nature

### Wellness Workshop at Deep Nature Spa

🕒 10.30am Friday, Wednesday  
 📍 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](http://www.deepnature.fr/fr/spa-flaine-terrasses-helios)



@Generous

### Generous live at Le Désert Blanc

🕒 12pm 📍 Le Désert Blanc

€ Free entry but transport fee applies.

*Generous is a soul/funk/pop trio (vocals, bass, guitar) revisiting the greatest hits from the 80s to today in a "groovy acoustic" style. Energy, friendliness, and a varied repertoire to liven up all your events.*

☎ +33 (0)4 50 90 80 01



@OTFlaine

### Nature activities

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

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☎ +33 (0)4 50 90 40 00

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

## SATURDAY APRIL 4



@RockyPop

### Yoga au RockyPop

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

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*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

🕒 7.30pm-9pm With the band Miss good Bliss 📍 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)

# 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)  
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## SPA MONTAGNES DU MONDE®

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