

### THURSDAY SEPTEMBER 19

#### Afternoon games

🕒 2pm-5pm 📍 Association d'Animation du Beaufortain - Le Confluent - Beaufort

🆓 Free of charge.

*Come discover new board games with Fred, or simply play belote, tarot, dominoes, scrabble. Open to all.*

☎ +33 (0)4 79 38 33 90

### FRIDAY SEPTEMBER 20

#### Ultra Spirit d'Haëne Family

🕒 📍 - Arêches

*Ultra Spirit offers a unique, intimate format, in which 40 teams of 3 runners will meet on a technical, engaging course packed with surprising challenges. Program in progress. [www.ultra-spirit-dhaene-family.com](http://www.ultra-spirit-dhaene-family.com)*

### SATURDAY SEPTEMBER 21

#### Flash day tatoo

🕒 10am-9pm 📍 La Maison Doron - Place de l'Eglise - Beaufort

👤 From 18 years old

*Discover the Day Flash Day Tattoo with Alpaca.tattoo and Peau de Chagrin tattoo ! Tattoo artists in action, original performances, a unique artistic experience not to be missed.*

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#### Vinyasa workshop Spinal Waves

🕒 5pm-7pm 📍 130 rue Sur Frachette - Arêches

🆓 One price: 30€ 👤 From 18 years old

*The coded language of the spine between expansion and extension discover the universe and the potentialities of your back. Work mobility, flexibility and strengthening your back. All levels.*

☎ +33 (0)6 85 92 64 80  
[www.maud-yoga.fr](http://www.maud-yoga.fr)

### SUNDAY SEPTEMBER 22

#### Open House at the Dairy Cooperative 🇹

🕒 9am-12pm & 2pm-6pm 📍 The Dairy cooperative of Beaufortain

🆓 Free of charge. 👤 From 7 years old

*On the occasion of the European Heritage Days, discover Beaufort (Prince of Swiss cheeses) in its various stage of ripening. Film screening : the Beaufort as a legacy.*

☎ +33 (0)4 79 38 33 62

### WEDNESDAY SEPTEMBER 25

#### Beaufort Market

🕒 8am-12pm 📍 Covered market hall - Beaufort

🆓 Free of charge

*You will find more than 20 traders on your market to fill your basket: Fruits, vegetables, meat, charcuterie, poultry, fish...as well as ready to wear, jewelry, bazaar, souvenirs.*

### THURSDAY SEPTEMBER 26

#### Afternoon games

🕒 2pm-5pm 📍 Association d'Animation du Beaufortain - Le Confluent - Beaufort

🆓 Free of charge.

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# WHAT'S ON THIS WEEK ?

From 5/09/24 to 30/09/24

### THURSDAY SEPTEMBER 5

#### At Mauricette coffee concept workshop

🕒 10am-11.30am Thursday, Friday

📍 Place Frison Roche - Beaufort

🆓 Adult: 7€ - Child (6-14 years old) : 5€ - Free for children under 5 years old.

*Come and visit the workshop and discover the specificity of donkey breeding (not there !), the steps of manufacture by cold saponification, the formulation of solid shampoos, and test your sense of smell by guessing the perfumed notes created.*

☎ +33 (0)6 78 86 09 00

#### Introspective walks

🕒 10am-12.30pm Thursday

🆓 One price: 20€

*Patricia offers an indoor hike with a 2h30 walk in consciousness, silence and small group. To reconnect with Nature, enjoy its relaxing properties, reconnect with its bodily feelings and tame its stress.*

☎ +33 (0)6 60 60 28 68  
[www.patriciaacastano.fr](http://www.patriciaacastano.fr)

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### FRIDAY SEPTEMBER 6

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☎ +33 (0)6 78 86 09 00

#### Arêches sawmill visit 🇹

🕒 3.30pm-5pm 📍 Salle du Moulin - Arêches

🆓 Adult: 6€ - Child 4€

*Sophie invites you to discover the tree in the forest, until its transformation: recognize different species, felling, logging, all the work of the sawmill. You can also build a miniature cottage during an other workshop.*

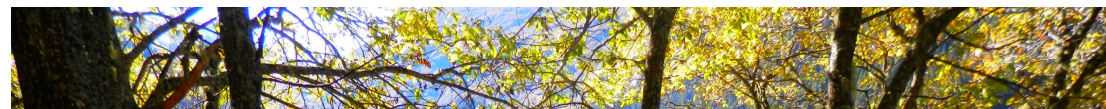
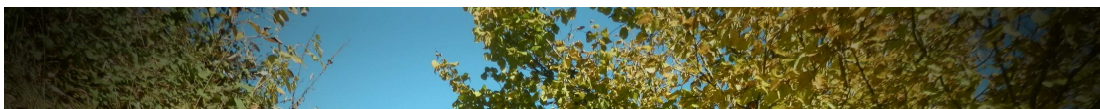
#### Workshop construction of an attic 🇹

🕒 5.15pm-6.30pm 📍 Salle du Moulin - Arêches

🆓 Adult: 6€ - Child 4€

*Be involved in the construction of a Savoyard attic with Sophie, to understand the various steps up to the roof. You can then if you wish, visit the sawmill. Children must be accompanied by an adult.*

☎ +33 (0)6 73 28 96 78



## SATURDAY SEPTEMBER 7

### Associations Forum

🕒 9.30am-12.30pm 📍 multi-purpose hall - Beaufort

🆓 Free of charge.

*The essential meeting of the new year organized by the Beaufortain Animation Association. You can discover the diversity of the associative offers, attend demonstrations, introduce you to a practice. Information at AAB.*

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## TUESDAY SEPTEMBER 10

### At Mauricette coffee concept workshop

🕒 10am-11.30am

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## WEDNESDAY SEPTEMBER 11

### Day Meeting of the People of the Alp

🕒 6am-9pm 📍 - Beaufort

🎫 Adult: 15 / 25€ comprend le transport et l'encadrement

*Discover the traditions of the Alps thanks to the Beaufortain Animation Association. A meeting of mountain people from the four corners of the Alps in Bonneval sur Arc to remind the bonds between the people of this territory . Many animations.*

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## Beaufort Market

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hall - Beaufort

📍 Covered market

🆓 Free of charge

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## THURSDAY SEPTEMBER 12

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### Concert evening with the Has Been Players

🕒 7pm 📍 Bar O Vin'yle - Beaufort

🆓 Free of charge.

*The Bar O Vin'Yle awaits you for a nice concert of Has Been Players, with compositions and covers (Cold sweat - James Brown Walk idiot - The Hives Rock n roll - Led Zeppelin Johnny be good - Chuck Berry blue suede shoes - Elvis Presley...).*

☎ +33 (0)4 79 38 33 67

## SATURDAY SEPTEMBER 14

### Concert avec Lula Maeve à la Maison Doron

🕒 7pm-9pm 📍 Maison Doron - Place de l'Eglise - Beaufort

🆓 Free of charge.

*Lula Maeve on guitar and vocals, will transport you in his universe of covers with folk sounds. A repertoire that ranges from Bob Dylan to Gillian Welch, including Alela Diane, David Bowie, Lisa Hannigan, Dolly Parton, The Beatles...*

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## TUESDAY SEPTEMBER 17

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