

WELLNESS, ESTAVAYER-LE-LAC

# LES RIVES ZEN

Nestled along the picturesque shores of Lake Neuchâtel, this ephemeral hideaway is a rejuvenating retreat. Visitors will discover a carefully designed relaxation programme, combining the invigorating benefits of the sauna, the comforting warmth of the gypsy caravan and the invigorating experience of cryotherapy in the cold waters.

## OPENING HOURS

From 15 Oct 2025 to 31 Mar 2026

Wednesday	15:00 - 21:00
Thursday	16:00 - 21:00
Friday	16:00 - 22:00
Saturday	11:00 - 22:00
Sunday	11:00 - 20:00

## PRICES

### Admission

Admission 2:00	CHF 25.-
Admission 3:00	CHF 35.-

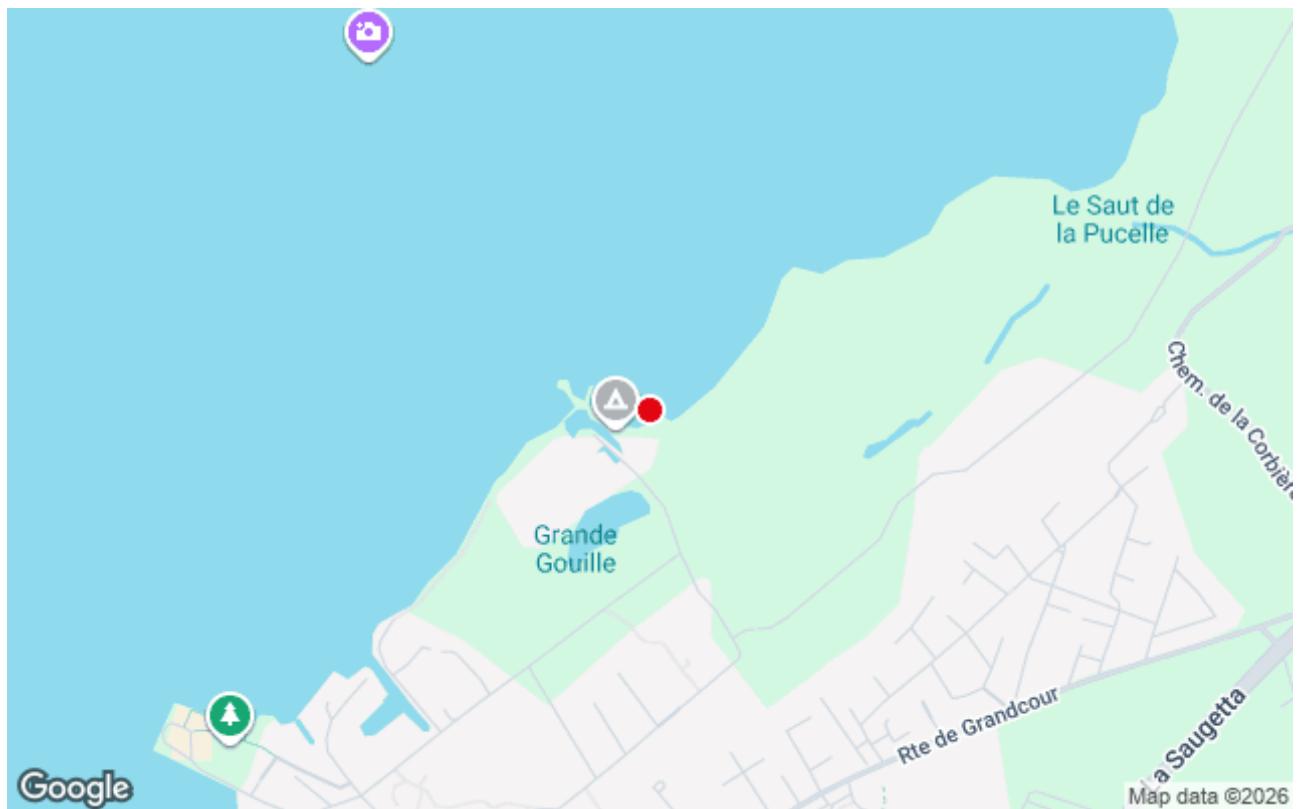
## GOOD TO KNOW

- The complex comprises :
- A sauna caravan (max 12 people) with a panoramic view of the lake.
- A Finnish bath on the beach.
- A yurt (6 metres in diameter) used as a reception and meeting area, where you can also drink herbal tea or other detox drinks between two sauna sessions.
- A dome (6 metres in diameter) fitted out as a relaxation room and treatment area for massages.
- Direct access to the beach for a cold-water swim.
- Access to washrooms with showers and toilets.



## CONTACT

Les Rives Zen  
Plage communale 5  
1470 Estavayer-le-Lac  
+41765444016  
lesriveszen@gmail.com  
lesriveszen.ch



PDF généré le 15.02.2026