

# *Onsite Activities*

## MOMENTS TO BE SHARED

Home to a beautiful natural environment and diverse landscapes, Avana's 15 hectares mountain retreat is all yours to explore. Nature lovers can always find a place to reconnect with nature. Couples lose their soul in romance and privacy, while families have many options to delight their children. With meaningful activities operated within the retreat to choose from, there is something for everyone, making Avana a place like nowhere else in Vietnam.



## BAMBOO FOREST

Avana Retreat's Bamboo Forest is home to many native animals. Each animal has distinctive features, traits, and needs, yet all live in harmony in the nature sanctuary.

Opening Hours: 9:00 - 11:00 & 14:30 - 16:30





## KIDS ACTIVITIES

### Kid's Club

The children can play with colors in Postcard Painting, develop their creativity in Clay Art, learn to recycle in Toilet Roll Craft, and have so much fun in Treasure Hunt Game that we have specially designed for our little guests.

- Complimentary activity for 3 - 12 years old

Opening Hours: 07:00 – 21:00

Location: Kid's Club

### Ceramic Workshop

Get handy in Ceramic Workshop! With clay, color, and a touch of help from our artisan, children will get an intro to pottery with much fun, creativity, and a little (but not too much) mess!

- Complimentary activity for 3 - 12 years old (need parents to join)
- Please register before 10:00

Opening Hours: Saturday, in two time slots 12:30 - 14:30 & 15:00 - 17:00

Location: Stilt House Museum



### Little Chef

Have some fun time in the kitchen with Little Chef, where you all get down to prepping and cooking children-approved recipes, then comes the kids' favorite part: munching on delicious creations!

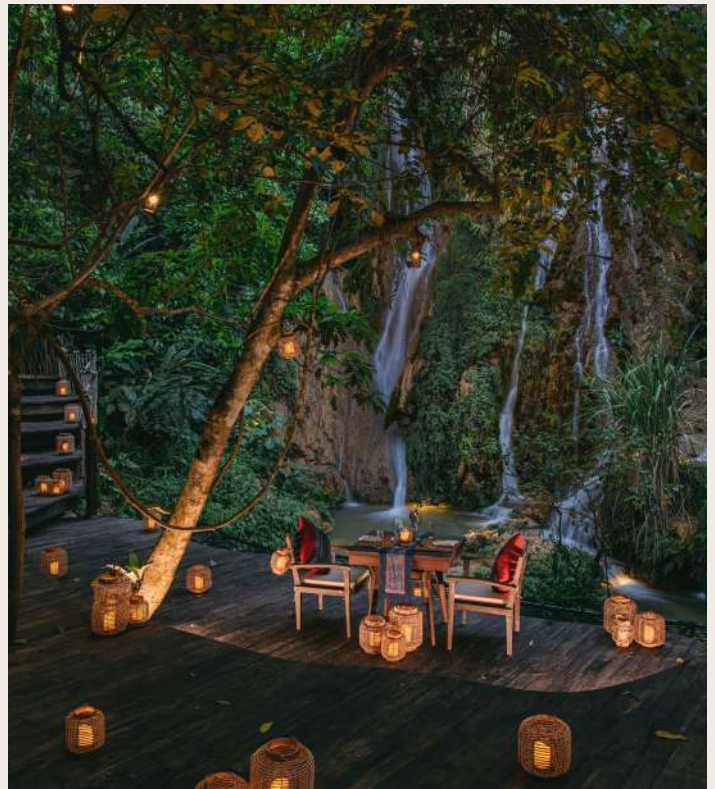
- Complimentary activity for 3 - 12 years old (need parents to join)
- Please register before 10:00

Opening Hours: Sunday, in two time slots 13:00 - 14:30 & 15:00 - 16:30

Location: Stilt House Museum

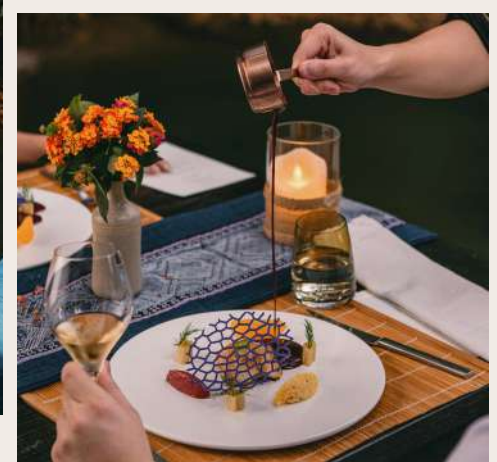
## DINING BY THE WATERFALL

Indulge in an intimate dining experience next to the waterfall while we bring the impressive spread to you. Our team will create a one-of-a-kind gourmet experience to be truly memorable.



## HIDDEN SPRING LAGOON

Hidden Spring Lagoon is Avana Retreat's little secret, an ideal place for you and your loved ones to share loving moments in a private, romantic dinner.



Hidden Spring Lagoon is open according to weather conditions. (At some period of time, the water will dry out due to low upstream flow.)

## YOGA & MEDITATION

Ease your mind and body in our 45-minute complimentary Yoga and meditation classes. Nurture your well being with healing exercises while unifying into the serene nature. Please book 2 hours in advance with Meditation and Breathwork classes, 10 hours with Yoga classes, and 24 hours with private class (charges apply).

### Yoga

- Hatha Yoga: Every Monday, Wednesday, Friday, and Sunday 07:00 - 08:00
- Yin Yoga: Every Tuesday, Thursday, and Saturday 07:00 - 08:00

Location: H'mong Cottage & Thai Cottage (The location will be confirmed based on the number of registered guests)

### Meditation

- Singing Bowl Meditation: Every Tuesday and Saturday; English-speaking class 13:00 - 13:45, Vietnamese-speaking class 14:00 - 14:45
- Breathwork: Every Thursday and Sunday; English-speaking class 13:00 - 13:45, Vietnamese-speaking class 14:00 - 14:45

Location: H'mong Cottage



H'MONG COTTAGE



THAI COTTAGE

## STILT HOUSE MUSEUM

Beautifully located on a low hill and surrounded by trees and wild grasses, a 1970 traditional Thai stilt house is transformed into a museum that showcases objects that we collected from three ethnic groups living surrounding Avana. Every afternoon, a local guide will introduce you to the beliefs, rituals, and everyday life of the three groups living in the surroundings through the museum's collections.

Opening Hours: 09:00 – 17:00

Museum Tour with a local guide: Daily from 14:30 - 15:00



## LOCAL WORKSHOP

Give yourself a little time to look insight into this mountainous area and its ethnic groups in our complimentary workshops. Local artists perform traditional loom weaving and rattan basket making every day at the Stilt House. They will give you a hands-on lesson to make Thai crafts on your own. Combine with the museum tour to make your day more knowledgeable.

• **H'mong Batik Painting:** Every Monday, Wednesday, and Friday 12:00 - 16:00

• **Thai Weaving Demonstration:** Every Tuesday, Thursday, Saturday, and Sunday 14:00 - 16:00

• **Rattan Weaving:** Every Tuesday, Thursday, Saturday, and Sunday 14:00 - 16:00

Location: Stilt House Museum

## SCENTED CANDLE WORKSHOP

Step on the scent journey of rosemary, rose, sweet orange, cinnamon, and so much more to experience the art of candle making. Choose your favorite scents and learn how to craft a candle step by step. A lovely gift to remind you of Avana Retreat.

Opening hours: 15:00 - 15:45

Location: Herbal room in Orchid Spa





## OUTDOOR CINEMA

Backdropped by the terraced rice fields, the grass field nearby Green Chili Restaurant is the perfect setting for a movie night out. Our tropical hideout is romantically outfitted with candles, big beanbags, and a huge outdoor movie screen where you can watch movies under the stars.

Opening Hours: 20:00 every Sunday, Monday, Tuesday, Thursday, and Friday

Location: The grass field nearby Green Chili Restaurant

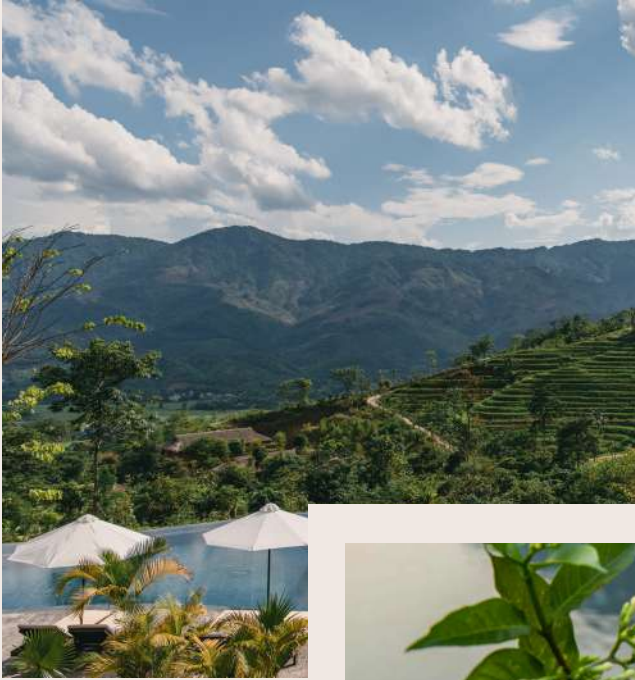


## TRADITIONAL THAI DANCE

Every Wednesday and Saturday, Green Chili Restaurant presents local dances. Come for the delicious food and stay for the excellent performances.

Opening Hours: 20:00 every Wednesday and Saturday

Location: The grass field near Green Chili Restaurant



## SNACK TIME AT CLOUD POOL BAR

As the afternoon rolls along, it's time to sate your appetite with a light treat. Enjoy afternoon snacks at our Cloud Pool Bar with sweet-toothed delicacies.

Opening Hours: 16:00 - 17:30

Location: Cloud Pool Bar



## SWEET POTATO AND CORN ROASTING BY THE FIRE

The fire stove plays an important role in Thai stilt houses. It is considered the soul of every Thai stilt house and symbolizes the affluence and coziness of the family.

Join us at the stilt house every Friday evening in winter to set the fire, share stories of the day, enjoy sweet potato and corn roasting by the fire in a relaxed, traditional environment.

Opening Hours: Every Friday evening in winter

Location: Stilt House Museum







## LIBRARY

The knowledge about Vietnamese history and culture perched on the shelves is waiting to be perused with attention.

Opening Hours: 9:00 - 22:00

Location: Orchid Spa



## FITNESS CENTER

Lift your mind and body in Avana Retreat's well-equipped gym. The stunning view of the tropical jungle will provide fitness enthusiasts with an unforgettable workout experience.

Opening Hours: 6:00 - 22:00

Location: Orchid Spa





*Discover*

## THE MAGNIFICENT MOUNTAIN VALLEY

Avana is a remarkable mountain retreat where nature and culture meet the elegant architecture.  
Ethnic heritages and exciting activities are waiting for you to explore.

# AVANA EXPERIENCES

Explore the surrounding hills and valleys either on foot, or relax and enjoy the stillness of the resort itself. Avana Retreat offers various activities to discover the colorful lifestyle and rural landscapes of northern mountain villages. Knowledgeable local guides are available at any time to assist with any special needs or requests.

Please note that the weather in Avana can vary. All outdoor activities are subject to suitable weather conditions and operated only when weather permits. Water and necessary equipment are provided on the tour. Comfortable outdoor clothing, appropriate to the season, hat, and sun protection is recommended. You might want to bring camera for shooting.





# KAYAK ESCAPE

Life is better on the river

Head out to the water and soak into the scenic mountain vistas in our top-notch kayaks. Departing from a quiet, small local wharf, row your boat into the heart of Hoa Binh lake. Like a glazing mirror in the midst of nature, the surreal scenery here is too beautiful to be true. Stop the muscle work, wind back, let the senses take in, and feel the presence of nature in every heartbeat. The feeling of freedom is a worthy reward after 120 minutes of rowing. Have lunch in the locals' house and admire the idyllic lake view.

Duration:	<b>4.5 hours</b>	<b>Price per guest</b>		
Grade:	<b>Intermediate</b>			
Maximum Guests:	<b>12 (Ages 10 and up)</b>	1 guest	2 - 3 guests	4 - 5 guests
Scheduled:	<b>On Request</b>	4,790,000	2,940,000	1,920,000
		6 - 7 guests	8 - 9 guests	10 - 12 guests
		1,540,000	1,440,000	1,345,000

Must be booked 24 hours in advance.

30% surcharge on Tet Holiday (29/1 - 2/2/2025)

\*Price does not include transfer service

Valid from 01/10/2024 to 30/09/2025

Price is in Vietnam Dong and includes service charge and tax

# PICNIC LUNCH



*\*The actual landscape is subject to seasonality.*

Have a taste of authentic cuisine curated by the local's spices. Enjoy an ethnic lunch in the open space, infused with the earthy scents of soil and rice.

Picnic Lunch can be combined with our private tours, such as Local Village Walk or Nature Trek to bring a complete journey to explore the daily life of local people. Visit Mai Chau during rice seasons, the most beautiful time of the year, and treat yourself a culinary experience in the enjoyment of the senses.

Duration: **3 hours**

Meeting Point: **Reception**

Maximum Guests: **16**

Scheduled: **On Request**

*Must be booked 24 hours in advance.*

## Price per guest

**1 adult**  
4,000,000 ++

**2 - 16 adults**  
2,000,000 ++

*30% surcharge on Tet Holiday (29/1 - 2/2/2025)*

- Children 6-11 years old: 50% of the adult price
- Children under 6 years old: FOC

Valid from 01/10/2024 to 30/09/2025  
Price is in Vietnam Dong and subject to service charge and tax

# MOUNTAIN TREKKING EXPERIENCES

Let the freedom ring from every mountainside along the trek

## MUONG VILLAGE WANDER

Join us on our walking tour to the hillside of the peaceful Muong village located. Along the way, you'll get to see the unique turtle-shaped stilt houses, which are tied to a fascinating myth that the Muong people still pass down nowadays. Our friendly guide can help you connect with a local resident so you can learn more about their culture and daily life. And to top it all off, we'll end our journey at the beautiful fields of Cun village, a perfect spot to soak in the fresh mountain air and nature all around you!

Duration:	<b>1.5 hours</b>
Meeting Point:	<b>Reception</b>
Grade:	<b>Easy</b>
Maximum Guests:	<b>10 (Ages 8 and up)</b>
Scheduled:	<b>On Request</b>

*Must be booked 24 hours in advance.*

*A moderate level of physical fitness is required and is not recommended for guests younger than 8 years of age.*

### Price per guest

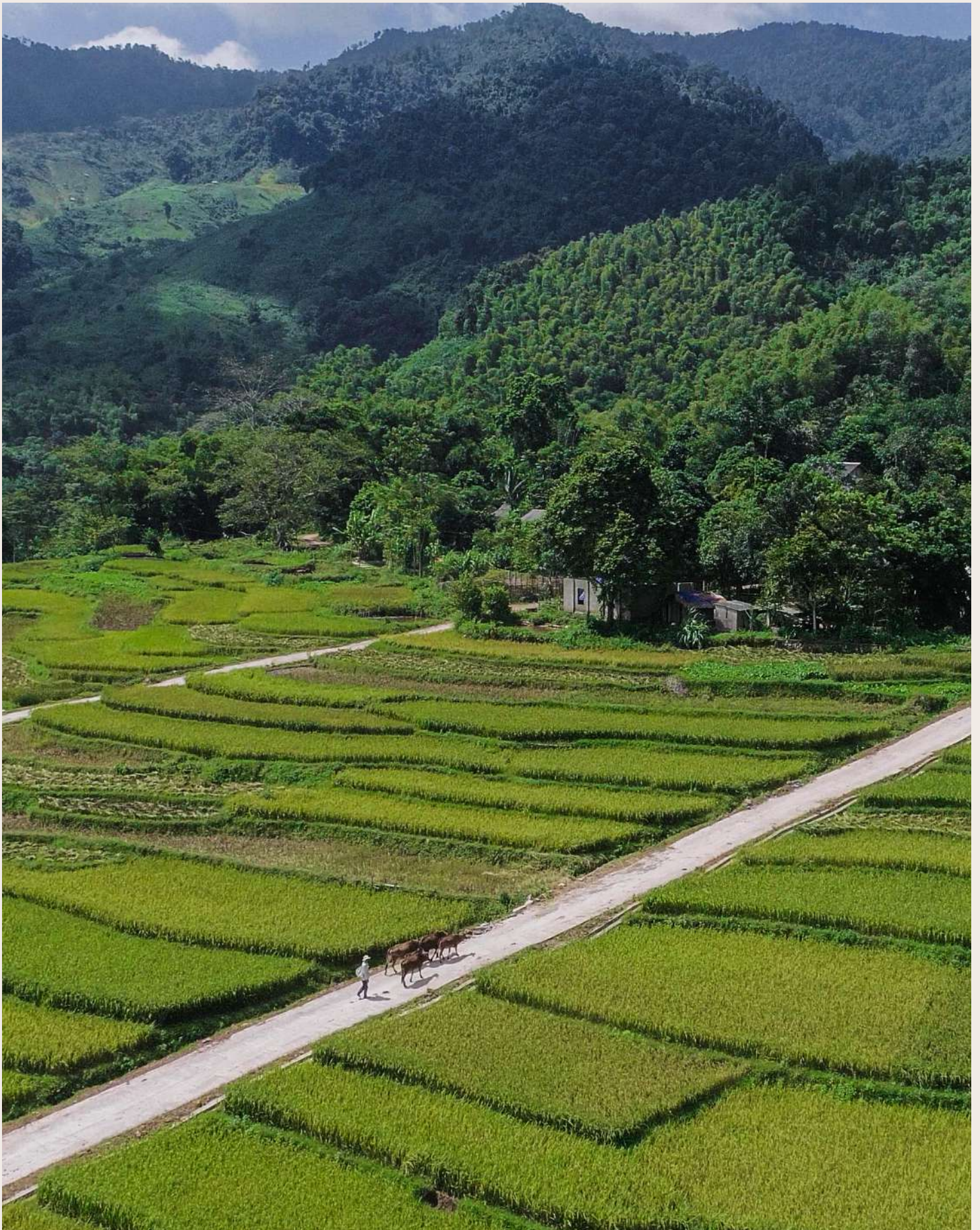
<b>1 guest</b>	<b>2 guests</b>	<b>3 guests</b>	<b>4 guests</b>	<b>5 - 10 guests</b>
2,220,000	1,285,000	1,080,000	925,000	850,000

*30% surcharge on Tet Holiday (29/1 - 2/2/2025)*

*Avana Retreat provides local guides with basic English. English speaking guides are available for an additional fee. The number of guides is limited, so we can only support early bookings.*

Valid from 01/10/2024 to 30/09/2025

Price is in Vietnam Dong and includes service charge and tax



*\*The actual landscape is subject to seasonality.*

## NATURE TREK

Leave modern life behind to hike into the mountains. Start from Avana Retreat to trek through the nearby forest before you reach the top of a tranquil mountain where you can behold the breathtaking views over Thai villages. Continue to walk on narrow dirt paths, passing local cornfields, cassava fields, bamboo forests, and paddy rice fields. On the trek, you might see farmers, and hear buffalo's bell ringing out in the air. You also visit a local house and listen to them sharing stories and traditional life customs in an ethnic village. Return to Avana Retreat by shuttle van.

Duration:	<b>3 hours</b>
Meeting Point:	<b>Reception</b>
Grade:	<b>Intermediate</b>
Maximum Guests:	<b>10 (Ages 10 and up)</b>
Scheduled:	<b>On Request</b>

*Must be booked 24 hours in advance.*

*A moderate level of physical fitness is required and is not recommended for guests younger than 10 years of age.*

### Price per guest

<b>1 guest</b> 2,220,000	<b>2 guests</b> 1,285,000	<b>3 guests</b> 1,080,000	<b>4 guests</b> 925,000	<b>5 - 10 guests</b> 850,000
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*\*The actual landscape is subject to seasonality.*

## LOCAL VILLAGE WALK

For guests seeking a private exploration of Mai Chau, this pleasant walk will give you a memorable experience of some of the most peaceful countryside sceneries. With a guide walking alongside, you will slowly meander through ethnic villages, deserted country roads, and a hanging bridge, and stretch your legs on paddy rice fields. Along the way, your guide will provide an insight into the lives of local people and the region's picturesque landscape.

Duration:	<b>2.5 hours</b>
Meeting Point:	<b>Reception</b>
Grade:	<b>Easy</b>
Maximum Guests:	<b>10 (Ages 8 and up)</b>
Scheduled:	<b>On Request</b>

*Must be booked 24 hours in advance.*

*This walk is suitable for adults and children aged 8 years and over.*

### Price per guest

<b>1 guest</b> 2,220,000	<b>2 guests</b> 1,285,000	<b>3 guests</b> 1,080,000	<b>4 guests</b> 925,000	<b>5 - 10 guests</b> 850,000
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LOCAL VILLAGE WALK

## FULLDAY THAI VILLAGE TREK

Come along for a delightful half-day trip as we explore four charming Thai villages, the very heart of Mai Chau's rich culture. On this trekking tour, you'll stroll along trails leading to rice fields and visit the villages, where the daily lives of the Thai people unfold. With each step of the journey, streams, rice fields, corn and cassava farms, and vegetable gardens gradually come into view, revealing the simple yet incredibly beautiful landscape of Mai Chau. A tasty lunch is served end-tour with an opportunity to rest in a local house.

Duration:	<b>5-6 hours</b>
Meeting Point:	<b>Reception</b>
Grade:	<b>Intermediate</b>
Maximum Guests:	<b>10 (Ages 10 and up)</b>
Scheduled:	<b>On Request</b>

*Must be booked 24 hours in advance.*

*A moderate level of physical fitness is required and is not recommended for guests younger than 10 years of age.*

### Price per guest

<b>1 guest</b>	<b>2 guests</b>	<b>3 guests</b>	<b>4 guests</b>	<b>5 - 10 guests</b>
3,145,000	1,860,000	1,440,000	1,345,000	1,260,000

*30% surcharge on Tet Holiday (29/1 - 2/2/2025)*

*Avana Retreat provides local guides with basic English. English speaking guides are available for an additional fee. The number of guides is limited, so we can only support early bookings.*

Valid from 01/10/2024 to 30/09/2025

Price is in Vietnam Dong and includes service charge and tax

FULLDAY THAI VILLAGE TREK



## FULLDAY H'MONG VILLAGE TREK

Begin your excursion with a 30 minutes shuttle van ride to the home of ethnic people. From here you trek further up until you can almost feel the mountain in you while taking in the sights and sounds of the remote region along the walk. Trek through a beautiful meadow dotted with H'mong houses. Here and there, you can see H'mong children in their colorful clothes sitting on the rocks playing and their parents working in the garden. Walk on the winding red dirt roads and listen to the music of buffalo neck bells when they are roaming on their own trails before trekking back down to a village where your shuttle van is waiting for you. A tasty picnic lunch is served mid-tour with an opportunity to rest and soak up the tranquil mountain atmosphere.

Duration:	<b>7 hours</b>
Meeting Point:	<b>Reception</b>
Grade:	<b>Intermediate</b>
Maximum Guests:	<b>10 (Ages 10 and up)</b>
Scheduled:	<b>On Request</b>

*Must be booked 24 hours in advance.*

*A moderate level of physical fitness is required and is not recommended for guests younger than 10 years of age.*

### Price per guest

<b>1 guest</b>	<b>2 guests</b>	<b>3 guests</b>	<b>4 guests</b>	<b>5 - 10 guests</b>
3,145,000	1,860,000	1,440,000	1,345,000	1,260,000

*30% surcharge on Tet Holiday (29/1 - 2/2/2025)*

*Avana Retreat provides local guides with basic English. English speaking guides are available for an additional fee. The number of guides is limited, so we can only support early bookings.*

Valid from 01/10/2024 to 30/09/2025

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## ADVENTURE TREK - VIEW FROM THE TOP

This trail is the iconic mountain trekking experience in Mai Chau. Trek uphill directly into the mountains behind Avana until you reach the top of a mountain. From here, you can embrace the true feeling of freedom and enjoy a fantastic view over Avana and the whole valley below. Continue to a village of ethnic H'mong people before trekking downhill to visit other ethnic Thai villages. The trek provides an opportunity to enjoy spectacular grasslands, hills, valleys, and local scenery. It includes a gourmet picnic lunch prepared by Avana's culinary team.

Duration:	<b>8.5 hours</b>
Meeting Point:	<b>Reception</b>
Grade:	<b>Advance</b>
Maximum Guests:	<b>10 (Ages 12 and up)</b>
Scheduled:	<b>On Request</b>

*Must be booked 24 hours in advance.*

*A moderate level of physical fitness is required and not recommended for guests younger than 12 years of age.*

### Price per guest

1 guest	2 guests	3 guests	4 guests	5 - 10 guests
3,145,000	1,860,000	1,440,000	1,345,000	1,260,000

*30% surcharge on Tet Holiday (29/1 - 2/2/2025)*

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