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.

* *The activity schedule may change without prior notice.*







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

Opening Hours: 07:00 – 21:00
Location: Kid's Club

Complimentary activity for 3 - 12 years old

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!

Saturday, in two time slots 12:30 - 14:30 & 15:00 - 17:00
Location: Stilt House Museum

Complimentary activity for 3 - 12 years old (need parents to join)
Please book 12 hours in advance







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!

Sunday, in two time slots 13:00 - 14:30 & 15:00 - 16:30
Location: Stilt House Museum

Complimentary activity for 3 - 12 years old (need parents to join)
Please book 12 hours in advance

PUNG WATERFALL

In the verdant jungle of primal canopies, a waterfall runs throughout the retreat, like a nature heartbeat, giving life to all things. By day, the waterfall welcomes visitors with all its sunshine miracles. And by night, the waterfall composes an ode of romance for a special time of love.

Please book 24 hours in advance for private dining (charges apply)





HIDDEN SPRING LAGOON

Hidden Spring Lagoon is Avana Retreat's little secret. Soak in the cool water of our natural spring on a summer day, or enjoy the serene surroundings while sipping a glass of cocktail. It is also an ideal place for you and your loved ones to share loving moments in a private, romantic dinner.

Please book 24 hours in advance for private dining (charges apply)

** Children under 8 are not allowed to access the water; children (ages 8–12) must be accompanied in the water by a supervising adult, who is fully responsible for their safety.*





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 12 hours in advance with complimentary 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

Maximum Guests: 6 (Ages 12 to 65)
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

Maximum Guests: 6 (Ages 15 and up)
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.

Opening Hours: 09:00 – 17:00









LOCAL WORKSHOP

Give yourself a little time to look insight into this mountainous area and its ethnic groups in our complimentary workshops. Local artists will give you a hands-on lesson to make traditional crafts on your own.

- **H'mong Batik Painting:** Every Monday, Wednesday, Friday and Sunday, in two time slots: 12:00 - 14:00 & 14:00 - 16:00
  Maximum Guests: 8 (Ages 6 and up)

- **Thai Traditional Handicraft Workshop:** Every Tuesday, Thursday, Saturday, in two time slots: 14:00 - 15:00 & 15:00 - 16:00
  Maximum Guests: 8 (Ages 6 and up) for Rattan Weaving & 4 (Ages 6 and up) for Thai Weaving

Location: Stilt House Museum
Please book 12 hours in advance

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.

Every day: 10:00 - 10:45
Maximum Guests: 8 (Ages 12 and up)

Location: Herbal room in Orchid Spa
Please book 12 hours in advance





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

** Children under 16 must be accompanied by a supervising adult, who is fully responsible for their safety.*

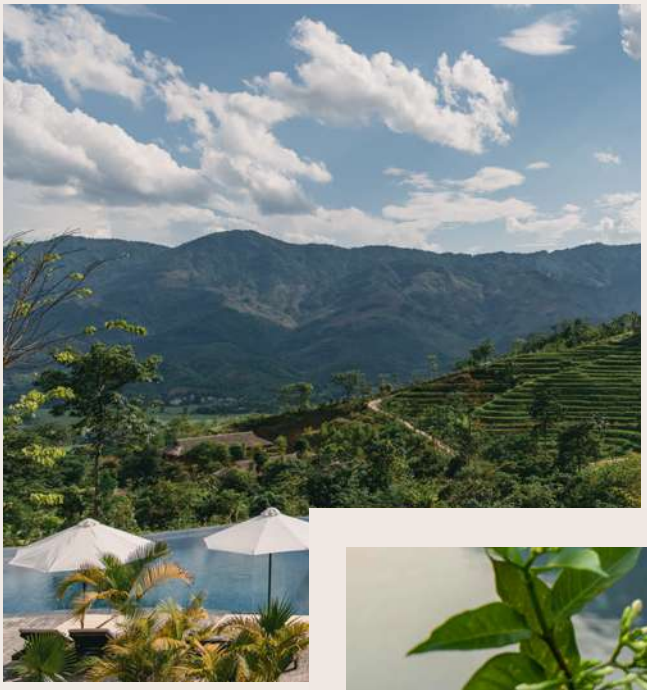




TRADITIONAL THAI DANCE

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

Every Wednesday and Saturday: 20:00
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.

Every day: 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.

Every Friday evening in winter: 20:00
Location: Stilt House Museum





AFTERNOON TEA

Sit down for some chill vibes and enjoy fine bites for a leisure afternoon.

Location: Hidden Spring Lagoon, Cloud Pool Bar, H'mong Cottage, In-villas

Every day: 15:00 - 17:00

** Please book at least 24 hours in advance. (charges apply)*





COOKING WITH CHEF

Learn how to cook local food from Avana Retreat's Chef, presenting the authentic flavor of Vietnam's northwest mountain cuisine

Duration: 2.5 - 3 hours, up to your cooking skills

** Please book at least 24 hours in advance. (charges apply)*







Discover

THE MAGNIFICIENT 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.



Photo Credit: Mr. Joe Sanders

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.

Choose Your Experience:
• ***Classic Picnic Lunch:*** Savor rustic local dishes prepared by Avana's chefs.
• ***Premium Picnic Lunch:*** Along with the chef's creations, enjoy a hands-on charcoal grilling experience and an elevated menu featuring premium local delicacies

Duration: **3 hours**

Meeting Point: **Reception**

Maximum Guests: **16**

Scheduled: **On Request**

Must be booked 24 hours in advance.
Avana Retreat will arrange your transfers upon request at the time of booking.

Price per guest

	For Classic Picnic Lunch	For Premium Picnic Lunch
1 adult	4,400,000 ++	6,000,000 ++
2 - 16 adults	2,200,000 ++	3,000,000 ++

30% surcharge on Tet Holiday (06/02 – 10/02/2027)

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

Valid from 01/10/2026 to 30/09/2027
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

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.

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

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.

Avana Retreat will arrange your transfers upon request at the time of booking.

Price per guest

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

30% surcharge on Tet Holiday (06/02 – 10/02/2027)

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 01/10/2026 to 30/09/2027
Price is in Vietnam Dong and includes service charge and tax



Photo Credit: sliceofpai_voyagevoyagemagazine

**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:	**2.5 hours**
Meeting Point:	**Reception**
Grade:	**Easy**
Maximum Guests:	**10 (Ages 8 and up)**
Scheduled:	**On Request**

Must be booked 24 hours in advance.

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

Avana Retreat will arrange your transfers upon request at the time of booking.

Price per guest

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

30% surcharge on Tet Holiday (06/02 – 10/02/2027)

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 01/10/2026 to 30/09/2027
Price is in Vietnam Dong and includes service charge and tax

LOCAL VILLAGE WALK

**The actual landscape is subject to seasonality.*

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:	**5-6 hours**
Meeting Point:	**Reception**
Grade:	**Intermediate**
Maximum Guests:	**10 (Ages 12 and up)**
Scheduled:	**On Request**

Must be booked 24 hours in advance.

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

Avana Retreat will arrange your transfers upon request at the time of booking.

Price per guest

1 guest	2 guests	3 guests	4 guests	5 - 10 guests
3,620,000	2,140,000	1,660,000	1,550,000	1,450,000

30% surcharge on Tet Holiday (06/02 – 10/02/2027)

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 01/10/2026 to 30/09/2027
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FULLDAY THAI VILLAGE TREK

FULLDAY H'MONG VILLAGE TREK

Begin your excursion 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:	**7 hours**
Meeting Point:	**Reception**
Grade:	**Intermediate**
Maximum Guests:	**10 (Ages 15 and up)**
Scheduled:	**On Request**

Must be booked 24 hours in advance.

A moderate level of physical fitness is required and is not recommended for guests younger than 15 years of age.

Avana Retreat will arrange your transfers upon request at the time of booking.

Price per guest

1 guest	2 guests	3 guests	4 guests	5 - 10 guests
3,620,000	2,140,000	1,660,000	1,550,000	1,450,000

30% surcharge on Tet Holiday (06/02 – 10/02/2027)

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 01/10/2026 to 30/09/2027
Price is in Vietnam Dong and includes service charge and tax



**The actual landscape is subject to seasonality.*

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:	**8.5 hours**
Meeting Point:	**Reception**
Grade:	**Advance**
Maximum Guests:	**10 (Ages 15 and up)**
Scheduled:	**On Request**

Must be booked 24 hours in advance.

A moderate level of physical fitness is required and not recommended for guests younger than 15 years of age.

Avana Retreat will arrange your transfers upon request at the time of booking.

Price per guest

1 guest	2 guests	3 guests	4 guests	5 - 10 guests
3,620,000	2,140,000	1,660,000	1,550,000	1,450,000

30% surcharge on Tet Holiday (06/02 – 10/02/2027)

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