AVANI

Cypress Lakes Resort

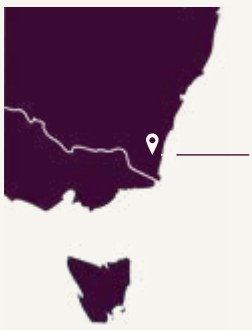
Bring Your Game Plan to the Hunter



Train, connect and recover in one integrated resort destination.

Across 300 acres in the Hunter Valley, with the Brokenback Mountain Range as its backdrop, Avani Cypress Lakes Resort is one of regional NSW's largest integrated conference resorts. Wide-open grounds give teams space to train, regroup and stay focused, all just two hours from Sydney and one hour from Newcastle Airport.

The resort provides an ideal base for professional sporting teams, whether preparing for pre-season or recovering post-season. With flexible accommodation, expansive outdoor spaces, private dining, fitness facilities and meeting rooms, everything your team needs is conveniently located in one destination.



AVANI

Cypress Lakes Resort

- 2 hour drive from Sydney Airport
- 1 hour drive from Newcastle Airport

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AVANIHOTELS.COM

Stay, recover and recharge resort style

- 300 acre resort located in the Hunter Valley
- 203 apartment style, one, two and three bedroom villas and Wellness Suites
- Three onsite restaurants and one bar
- Extensive onsite car and coach parking
- Onsite resort shuttle





Train your way

- Two fully equipped gyms with free weights, weight machines, treadmills, bikes and rowers
- Indoor sports complex for basketball (half court), badminton and hockey
- Pilates, spin and yoga rooms
- Three mapped running and walking trails - 1.5 & 4.5km options
- Expansive lawns for outdoor training
- 24 dedicated private meeting spaces for team meetings

Course, courts and pools

- 18-hole championship golf course with putting greens, golf clubs and buggies
- Three outdoor tennis courts with night lighting
- Three outdoor pickleball courts
- 25-metre indoor heated swimming pool
- Three outdoor swimming pools, with one available for private team use





Where wellness comes naturally

The wellbeing heart of Avani Cypress Lakes Resort, AvaniWell brings together AvaniSpa treatments, AvaniFit workouts and nourishing cuisine in one holistic destination.

- 15 treatment rooms at AvaniWell
- AvaniSpa treatments for rest and recovery
- Magnesium pools
- Hot and cold plunge baths
- Infrared sauna
- Self-guided and instructor-led reformer pilates
- Fitness classes