

AVANI  
QUY NHON  
RESORT & SPA

ACTIVITIES

A woman in a white t-shirt and black leggings is performing a yoga pose on a beach. She is in a lunge position with her arms extended forward. The background features a sunset sky with scattered clouds, a calm sea with a few boats, and a dark silhouette of a hill on the right. The woman's reflection is visible in the wet sand.

# Bamboo chopsticks

## BAMBOO CHOPSTICKS COOKING CLASS

Sign up for an engaging culinary journey of indigenous flavors at Bamboo Chopsticks Class. Visit a local market with your master chef instructor to hand-select exotic ingredients. Choose from a collection of traditional Vietnamese cuisine set menus, or create your own menu by selecting from a range of individual recipes. Have your lesson in our integrated show kitchen at the restaurant, beginning with an informative theory session about traditional cooking equipment and the special characteristics of each dish, followed by a step-by-step cooking class. Savour your creations at a chef hosted meal and leave with unforgettable memories and new culinary skills.





## SWIMMING

Scenically situated beside the beach and surrounded by tropical gardens, our swimming pool affords blissful relaxation.

## FITNESS

Our gym, open 24 hours, is fully equipped with individual weight machines, free weights and cardio machines so that you can maintain a well-rounded exercise regime throughout your stay.

## YOGA & TAI CHI

Let our qualified instructors guide you through a routine of gentle stretches and strengthening poses to help you develop poise and holistic harmony. Lessons are tailored to the needs and abilities of both beginners and experienced practitioners.

## SEA KAYAKING

Follow the curves of the local coastline, designed by the subtle movements of the changing tides. Explore the marine life that surrounds you, paddling through the clear waters of the sea. Exert your body, open your eyes, and make a splash; revel in an excursion of endless discovery.

## MORNING MEDITATION

Clear your mind and achieve a sense of heightened well-being with gentle stretching and meditation to start your day. At AVANI Quy Nhon's guided meditation sessions on the beach, you'll be able to draw inspiration from the gorgeous island surrounds as they are woken by the dawn.

## SNORKELLING

Submerge yourself in an underwater adventure; meet the stunning flora and fauna that inhabit the sea. Put on your mask and take the plunge.





## VOLLEYBALL & BADMINTON

Feeling waterlogged? Take part in a pick-up match of volleyball or badminton on the beach – just let us know and we'll provide the nets and equipment and turn a strip of beach into your court.

## BIKING

From gently winding village roads to dramatic rolling hillsides, exploring beautiful landscapes by bicycle is a great way to meet the locals and discover the area's highlights up close and personal. Maps of suggested trails and routes are available at the Front Desk.

## RUNNING

Whether you want to run two, five or 10 kilometres, we have the perfect running trail available to satisfy your desire. Tie up your laces and get your jogging map at the Front Desk.



## AVANI QUY NHON RESORT & SPA

Ghenh Rang, Bai Dai Beach, Quy Nhon City, Binh Dinh Province, Vietnam

T +84 256 3840 132 | E [quynhon@avanihotels.com](mailto:quynhon@avanihotels.com)

[avanihotels.com](http://avanihotels.com)

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