



Experiences at Avani Museum Quarter Amsterdam Hotel

Canal SUPping

Duration of the experience: 2 hours

Discover Amsterdam on a standup paddleboard and get some exercise while you sightsee! In the summer months, wellness-minded guests can paddle through the city's canal with Canal SUP, stopping to refuel with pizza and craft beer and see houseboats or explore serene parks. Whether you want to float solo or join a buzzy group, we'll find the perfect route for you – withing the 9 Straatjes, through leafy parks, or with pit stops for pizza and beer. This unique experience offers a refreshing way to explore Amsterdam's scenic waterways while enjoying some of the city's best local treats.

Music, movement, meditation

Duration of the experience: 1 hour

Experience unique sessions at Avani Museum Quarter Amsterdam Hotel where electronic music meets active meditation with THIS.IS.EDEN. These sessions cultivate feelings of joy, freedom, and gratitude. Relax and release physical tension while listening to hypnotic beats and immersive visualizations. Bathe in Mother Nature's healing energy through collective intention setting, movement, and breathwork. The sessions combine dance with meditation, delivering an electro soundtrack through individual headsets in a "silent disco-style" setup.

Available on Thursday mornings through THIS.IS.EDEN, with an exclusive 20% discount with the promo code EDENLOVESAVANI.

Street Art Tour

Duration of the experience: 2 hours

Follow the treasure map to discover Amsterdam's best street art, all in only 10,000 steps. Avani Museum Quarter Amsterdam has teamed up with local influencers, including the



Museum Quarter
Amsterdam

found of [Girls Who Magazine](#), to create a dynamic Street Art Tour. With a treasure map in hand, you'll explore scenic neighborhoods like 'de Jordaan', guided by a local expert. This tour offers a unique way to experience Amsterdam's playful side, engage with fellow art enthusiasts, and delve into the city's vibrant street art scene and everyday culture. Whether you're an art lover or just looking for a unique way to explore the city, this tour promises an unforgettable adventure that captures the essence of Amsterdam's creative spirit.

Book your Avani experience at museumquarter@avani-hotels.com

About Avani Hotels & Resorts

Designed for today's traveler, Avani Hotels & Resorts offers stylish rooms, connected social spaces and relaxed and on-the-go dining that is locally inspired. Balance is central to everything Avani does, providing guests with the right measure of service, fun and privacy. Launched in 2011, Avani's over 40 properties across five continents offer premium city hotels, tropical resorts and retreats in nature with a focus on smart design, upbeat service and good value.

Avani Hotels & Resorts is a [Minor Hotels](#) brand and recognises its guests through one unified loyalty programme, [Minor DISCOVERY](#), part of GHA DISCOVERY.

Visit avanihotels.com for more information, and connect with Avani on [Facebook](#), [Instagram](#), [TikTok](#), [X](#) and [YouTube](#).

About Minor Hotels

Minor Hotels is a global leader in the hospitality industry with more than 640 hotels, resorts and branded residences in operation and committed development across 66 countries. The group crafts innovative and insightful experiences through its hotel brands including Anantara, Elewana Collection, The Wolseley Hotels, Tivoli, Minor Reserve Collection, NH Collection, nhow, Avani, Colbert Collection, NH, Oaks, and iStay, as well as a diverse portfolio of restaurants and bars, travel experiences, and spa and wellness brands. With over four decades of expertise, Minor Hotels builds stronger brands, fosters lasting partnerships, and drives business success by always focusing on what matters most to our guests, team members and partners.

Minor Hotels is a proud member of the [Global Hotel Alliance \(GHA\)](#) and recognises its guests through one unified loyalty programme, [Minor DISCOVERY](#), part of GHA DISCOVERY.

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