Avani+ Khao Lak Launches AvaniStrong for an Active Beach Break

Outdoor fitness, padel and ice baths bring new ways to train, play and recover on Thailand's Andaman coast



November 3, 2026: Avani+ Khao Lak Resort is bringing a new dimension to the active beach break with the launch of AvaniStrong, a dedicated sports, fitness and recovery zone at the resort on Bangsak Beach. Combining outdoor challenges at AvaniStrong Circuit, court time and coaching at AvaniPadel and ice bath experiences at AvaniChill, the zone gives guests new ways to train, play and recover throughout their stay.

AvaniStrong Circuit combines battle ropes, tire flips, resistance sled pushes, agility drills and rope climbs in an outdoor training and obstacle area. A running track surrounds the circuit, giving guests space to warm up or add laps between challenges. Whether training solo or teaming up with a partner, there are plenty of ways to test strength, sharpen footwork and enjoy friendly competition. Personal training is available for those looking to refine their technique, work towards a fitness goal or try a different way to train.

For travelers already hooked on padel or curious to discover its appeal, AvaniPadel brings two professional side-by-side courts to the resort. Guests can pick up the basics with a coach, sharpen their shots or get straight into a match with friends, making court time part of their holiday routine. Doubles matches put teamwork and quick reactions to the test, with every rally giving players a reason to come back for more. Courtside seating and refreshments give family and friends a place to watch, cheer on their players and spend time together between matches.

AvaniChill completes the active zone with two dedicated ice baths. Cold-water immersion can help ease muscle soreness after strenuous exercise and leave guests feeling more recovered after a demanding circuit session or time on court. Recovery continues at AvaniSpa, where the Muscle Melt Massage targets tension in the back, neck and shoulders. Those who prefer a lighter touch can opt for the Detox & Redefine Massage, rounding out an active day with time to unwind.







Set on Bangsak Beach in Phang Nga, Avani+ Khao Lak pairs the new AvaniStrong zone with activities for every generation. Younger guests can explore AvaniKids club, while teens have

their own space at the Arcade. A skate park, rock-climbing wall, four swimming pools and a water park keep active days varied, with AvaniGolf's nine-hole mini golf course bringing families together in the resort's lush gardens.

Guests can build their holiday around fitness or fit a lesson, workout or recovery session around beach time and shared adventures. Two-bedroom family suites provide space to spread out, while the Two Bedroom Royal Beachfront Pool Villa offers its own pool, hot tub and private deck beside the white sand beach.

From 2027, the resort will introduce multi-day wellness and active lifestyle programs for individual travelers and private groups. Combining fitness training, padel coaching, recovery experiences and resort wellbeing activities, the programs will offer further ways to shape a stay around personal interests and goals.

For more information or to book, please visit www.avanihotels.com/en/khao-lak, email avaniplus.khaolak@avanihotels.com or call +66 76 427 300.







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 recognizes its guests through one unified loyalty program, Minor DISCOVERY, part of GHA DISCOVERY.

Visit avanihotels.com for more information, and connect with Avani on Facebook, Instagram, TikTok, X and YouTube.

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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 67 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 recognizes its guests through one unified loyalty program, Minor DISCOVERY, part of GHA DISCOVERY.

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