

# AWAKEN



# SENSES

# Resort Information & Activities Booklet





# DINING SPA & WELLBEING LAGUNA GOLF DAILY ACTIVITIES EXPERIENCES &

WATER SPORTS RANGERS' KID CLUB SHUTTLE SERVICES RESORT MAP BIODIVERSITY SHUTTLE BOAT





# 

## Discover the exceptional dining experiences in Central Vietnam

With three restaurants and a bar at Banyan Tree Lang Co each offering different dining options, and another four restaurants at the nearby Angsana Lang Co resort, you will be truly spoilt for choice when it comes to dining. Additionally, our signature Destination Dining has been created for guests who seek a touch of surprise, romance and adventure in their private dining experiences.

Fancy a BBQ party with your loved ones, in which you all get smoky by grilling the freshest local ingredients on your own? Enjoy delicacies and quality time in the comfort of your home-away-from-home with our In-villa BBQ experience.

BANYAN TREE ANGSANA

**DISCOVER NOW** 



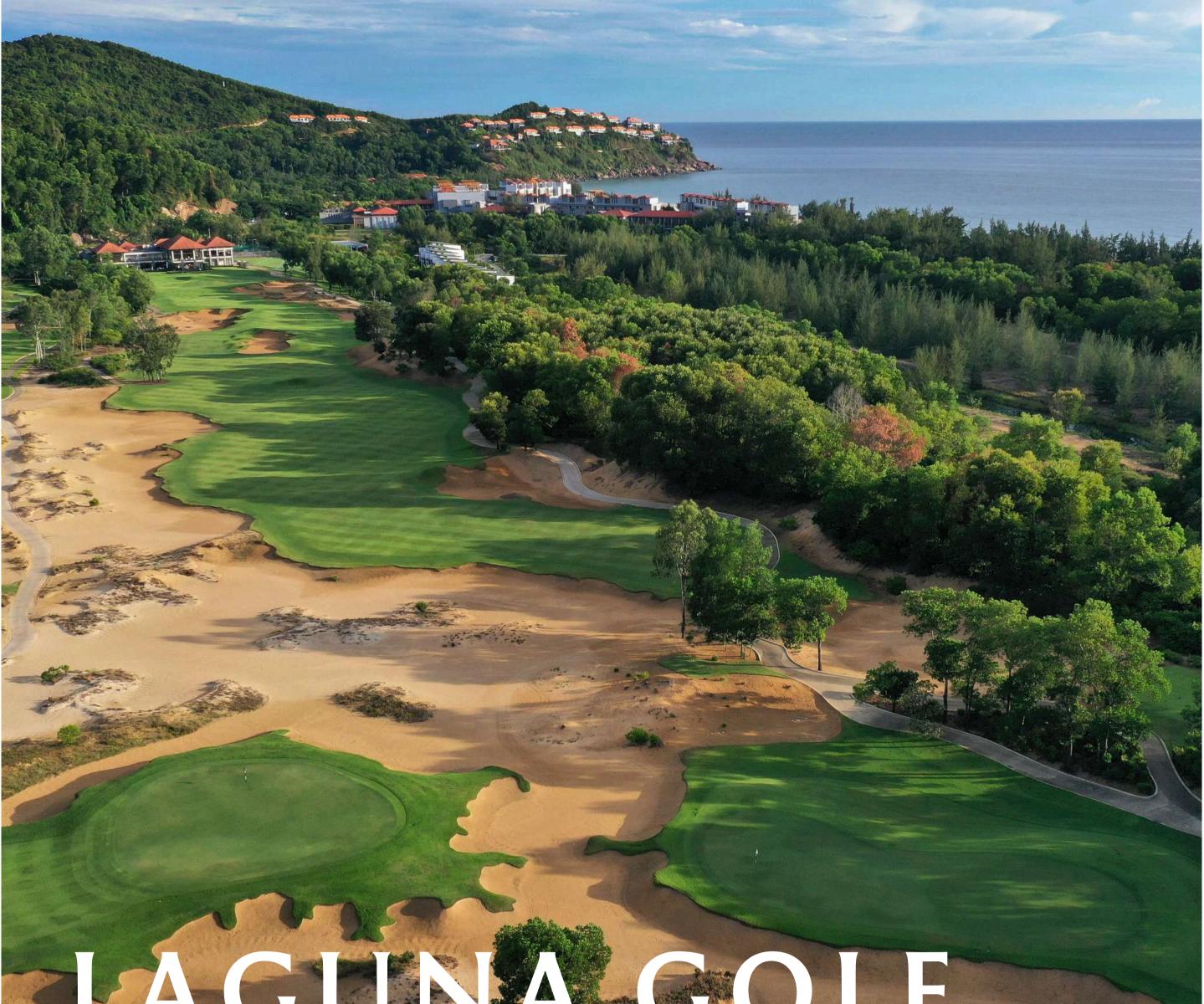


# ELLBEING

Retreat into a natural blend of romance and serenity

Set in the heart of Central Vietnam, our spa invites you to embark on a journey of self-renewal in comfortable surroundings that promote natural healing. Revel in a spread of carefully cultivated treatments delivered by skilful spa therapists. With remedies containing aromatic ingredients picked from the tropics, your senses will be reawakened under the intuitive art of touch.





# LANG CO

# A championship course designed by the legendary Sir Nick Faldo

Laguna Golf Lăng Cô is a championship course located in the Laguna Lăng Cô integrated resort. Designed by Sir Nick Faldo, it offers a variety of challenges for players of all levels. Measuring just under 7,100 yards from the championship tees and a beginner friendly 5,263 yards from the front tees, the course is strategically planned with a traditional out-and-back routing. Players can enjoy varied shot opportunities along the way, leaving them with a unique sense of place in the rustic hinterland destination.





# **BIODIVERSITY** Immerse yourself in the nature with our transformative experiences

"Biological diversity, the sum of every species, plant or animal, regardless of size or function, contributes in a meaningful way towards a healthy functioning, resilient and sustainable environment."

As a part of our "Stay For Good" program, based on the "For Good" framework of Banyan Tree Group, our on-site Biodiversity initiative inspires and motivates our guests to immerse themselves in the natural beauty at Banyan Tree Lang Co, featuring the transformative Bird Watching experience and the innovative "Birds of Lang Co Bay" Gallery that raises the awareness of respecting and preserving biodiversity





# BOAT

### Wander amidst the lush greenery

Have you ever been embraced by the unspoiled greenery while tuning in the birds' song?

Try hopping on our complimentary shuttle boat to wander amidst the lush tropical plants alongside our canal. During your journey, you may find a variety of birds that call Banyan Tree Lang Co home singing their free and happy songs.

Depart from Banyan Tree Lang Co Jetty: 8:45 - 9:15 - 9:45 - 10:15 - 10:45 - 11:15 - 14:15 - 14:45 - 15:15 - 15:45 - 16:15 - 16:45





# SERVICES

Feel at ease knowing your transport needs are scheduled

The journey from Banyan Tree Lang Co to the trifecta of Hoi An -Danang - Hue allows you to easily access the unspoiled greenery, vibrant streets, and captivating culture.

Explore the culturally rich beauty of Central Vietnam, from the UNESCO World Heritage Sites of the Citadel of Hue, the charming Hoi An Ancient Town, the historical My Son Sanctuary to the natural wonders of Bach Ma National Park with our diverse tours and excursions.

**TOURS &** EXCURSIONS

**DISCOVER NOW** 

SHUTTLE **SERVICES** 











# RESORT MAP





# EXPERIENCES & WATER SPORTS

A multitude of entertaining and relaxing activities await you at Banyan Tree Lang Co. Skim the gentle waves of the East Sea with water skiing, kayaking, jet skiing, parasailing or fishing. Sporting thrill seekers will get an adrenaline rush from our acrobatic bungee trampoline, ATV rides or mountain biking. Immerse yourself in our endless activities during your stay at Banyan Tree Lang Co! For families with small children, our Rangers' Club offers complimentary supervised care with a myriad of indoor and outdoor activities.

Activities, Excursions and Tours

Complimentary Activities

### **DISCOVER NOW**





# KANGEKS

# KID CLUB

Your children will be excited to kick off their day after enjoying a delicious breakfast. Angsana Lang Co offers supervised play care where kids can engage in activities like drawing, colouring, crafting vibrant lanterns, creating new items from recycled materials, and more. Additionally, there are outdoor pursuits such as swimming lessons, pool games, and board and console games to keep them entertained.

Operation hours: 9:00 AM – 5:00 PM



## DAILY ACTIVITIES & EXPERIENCES

# MONDAY

TUESDAY

### WEDNESDAY

### THURSDAY

FRIDAY

SATURDAY

# CHARGEABLE ACTIVITIES

SUNDAY

### **COMPLIMENTARY WATERSPORTS**

The schedule is subject to availability, weather conditions, change or cancellation at the time of booking.

Terms and conditions apply. For more information, please get in touch with your Villa Host or our Reception desk.

**Terms & Conditions** 



## MONDAY

6:00 - 7:00 **AQUATIC EXERCISE** Venue: Diving Pool (Maximum 6 people) 8:15 - 9:15 CHEST OPENING YOGA (BEGINNER) Venue: Yoga Pavilion (Maximum 8 people) **BASIC SURVIVAL SKILLS: FIRST AID** 9:00 - 9:45 Venue: Moomba Lawn (Maximum 6 people) SHORE FISHING 10:00 - 11:00 Venue: Banyan Tree Beach (Maximum 6 people) A GUIDE TO VIETNAMESE COFFEE: 11:00 - 12:00 PHIN FILTER DRIP COFFEE V<mark>en</mark>ue: Market Place (Maximum 8 people) CALLIGRAPHY ART 13:00 - 14:00 Venue: Market Place (Maximum 6 people) 13:00 - 14:00 TOWEL ANIMAL FOLDING ARTISTRY Venue: Market Place (Maximum 6 people) HOW TO RIDE SUP 13:00 - 14:00 Venue: Water Sport Centre (Maximum 3 people per session) Session 1: 13:00 - 13:30 Session 2: 13:30 - 1400 14:00 - 15:00 POOL TREASURE HUNT \* Venue: Angsana Pool (Maximum 8 people) CORE STRENGTH YOGA (ADVANCED) 14:00 - 15:00 Venue: Yoga Pavilion (Maximum 8 people) 14:00 - 15:00 HAND EMBROIDERY WORKSHOP Venue: Banyan Tree Gallery (Maximum 5 people)

**MORE DETAILS** 

Please tap the button "MORE DETAILS"

## MONDAY

VIETNAMESE TRADITIONAL BAMBOO DANCE 15:00 - 15:30 Venue: Banyan Tree Pool DART TOURNAMENT \* 16:00 - 17:00 Venue: Moomba Lawn 16:30 - 17:15 **DEEP RELAXATION** Venue: Yoga Pavilion (Maximum 8 people) 17:00 - 18:00 FUN FRISBEE Venue: Wedding Chapel Lawn (Maximum 8 people) SUNDOWN RITUALS 18:00 - 19:00 Venue: Hotel Lobby

**MORE DETAILS** 

Please tap the button "MORE DETAILS"

## TUESDAY

6:00 - 7:00 JOGGING TRAIL - click <u>HERE</u> to view the map Venue: Ballroom Garden (Maximum 6 people) **STAY FOR GOOD: ELDERLY CARE** 8:30 - 10:30 Venue: Hotel Lobby (Maximum 4 people) LET'S LEARN TO SWIM 9:00 - 9:45 Venue: Diving Pool (Maximum 6 people) 10:00 - 11:00 SNORKELLING Venue: Banyan Tree Beach (Maximum 6 people) A GUIDE TO VIETNAMESE COFFEE: 11:00 - 12:00 PHIN FILTER DRIP COFFEE V**enu**e: Market Place (Maximum 8 people) **TAI CHI** 13:00 - 14:00 Venue: Yoga Pavillion (Maximum 6 people) HOW TO RIDE SUP 13:00 - 14:00 Venue: Water Sport Centre (Maximum 3 people per session) Session 1: 13:00 - 13:30 Session 2: 13:30 - 1400 **SNORKELLING LESSON** 14:00 - 15:00 Venue: Diving Pool (Maximum 6 people) HAND EMBROIDERY WORKSHOP 14:00 - 15:00 Venue: Banyan Tree Gallery (Maximum 5 people) 15:00 - 16:30 **BIRD WATCHING** Venue: Bird Gallery (Maximum 6 people) 16:00 - 17:00 TABLE TENNIS TOURNAMENT \* Venue: Angsana Central Lawn (Maximum 10 people) KITE MAKING & FLYING 17:00 - 18:00 Venue: Wedding Chapel Lawn (Maximum 6 people) 18:00 - 19:00 SUNDOWN RITUALS Venue: Hotel Lobby

**MORE DETAILS** 

Please tap the button "MORE DETAILS"

### WEDNESDAY

6:00 - 7:00 TOTAL BODY WORKOUT Venue: Wedding Chapel Lawn (Maximum 6 people) STAY FOR GOOD: DISABLED CHILD CARE 8:30 - 10:30 Departure: Hotel Lobby (Maximum 12 people) BASIC SURVIVAL SKILLS: KNOT TYING 9:00 - 9:45 Venue: Moomba Lawn (Maximum 6 people) 10:00 - 11:00 FISHING NET CASTING Venue: Banyan Tree Beach (Maximum 6 people) A GUIDE TO VIETNAMESE COFFEE: 11:00 - 12:00 PHIN FILTER DRIP COFFEE V**enu**e: Market Place (Maximum 8 people) 13:00 - 14:00 LET'S SPEAK VIETNAMESE Venue: Water Court (Maximum 6 people) 13:00 - 14:00 HOW TO RIDE SUP Venue: Water Sport Centre (Maximum 3 people per session) Session 1: 13:00 - 13:30 Session 2: 13:30 - 1400 14:00 - 15:00 POOL TREASURE HUNT \* Venue: Angsana Pool (Maximum 8 people) 14:00 - 15:00 HAND EMBROIDERY WORKSHOP Venue: Banyan Tree Gallery (Maximum 5 people) 15:00 - 16:00 PHOTOGRAPHY AND CYCLING TOUR Departure: Banyan Tree Lobby (Maximum 6 people) 16:00 - 17:00 WATER BASKET BALL TOURNAMENT \* Venue: Angsana Pool (Maximum 10 people) 17:00 - 18:00 FUN FRISBEE Venue: Wedding Chapel Lawn (Maximum 8 people) **18:00 - 19:00** SUNDOWN RITUALS Venue: Hotel Lobby

**MORE DETAILS** 

Please tap the button "MORE DETAILS"

## THURSDAY

6:00 - 7:00 JOGGING TRAIL - CLICK HERE TO VIEW THE MAP Venue: Ballroom Garden (Maximum 6 people) **BODY BALANCE YOGA (Beginner)** 8:15 - 9:15 Venue: Yoga Pavilion (Maximum 8 people) STAY FOR GOOD: ENGLISH IS FUN 8:30 - 10:30 Venue: Hotel Lobby (Maximum 12 people) LET'S LEARN TO SWIM 9:00 - 9:45 Venue: Diving Pool (Maximum 6 people) 10:00 - 11:00 **SNORKELLING** Venue: Banyan Tree Beach (Maximum 6 people) A GUIDE TO VIETNAMESE COFFEE: 11:00 - 12:00 PHIN FILTER DRIP COFFEE Venue: Market Place (Maximum 8 people) 13:00 - 14:00 TAI CHI Venue: Yoga Pavillion (Maximum 6 people) **13:00 - 14:00** HOW TO RIDE SUP Venue: Water Sport Centre (Maximum 3 people per session) Session 1: 13:00 - 13:30 Session 2: 13:30 - 1400 14:00 - 15:00 SNORKELLING LESSON Venue: Diving Pool (Maximum 6 people) 14:00 - 15:00 RESTORATIVE YOGA (INTERMEDIATE) Venue: Yoga Pavilion (Maximum 8 people) 14:00 - 15:00 HAND EMBROIDERY WORKSHOP Venue: Banyan Tree Gallery (Maximum 5 people)

**MORE DETAILS** 

Please tap the button "MORE DETAILS"

### THURSDAY

15:00 - 16:30 BIRD WATCHING Venue: Bird Gallery (Maximum 6 people) 16:00 - 17:00 BILLARD POOL TOURNAMENT \* Venue: Indoor Game Room (Maximum 8 people) **GRATITUDE MEDITATION** 16:30 - 17:15 Venue: Yoga Pavilion (Maximum 8 people) 17:00 - 18:00 KITE MAKING & FLYING Ve<mark>nue</mark>: Wedding Chapel Lawn (Maximum 6 people) SUNDOWN RITUALS 18:00 - 19:00 Venue: Hotel Lobby

**MORE DETAILS** 

Please tap the button "MORE DETAILS"

### FRIDAY

**AQUATIC EXERCISE** 6:00 - 7:00 Venue: Diving Pool (Maximum 6 people) STRESS RELIEF YOGA (INTERMEDIATE) 8:15 - 9:15 Venue: Yoga Pavilion (Maximum 8 people) **BASIC SURVIVAL SKILLS: FIRST AID** 9:00 - 9:45 Venue: Moomba Lawn (Maximum 6 people) SHORE FISHING 10:00 - 11:00 Venue: Banyan Tree Beach (Maximum 6 people) A GUIDE TO VIETNAMESE COFFEE: 11:00 - 12:00 PHIN FILTER DRIP COFFEE V<mark>en</mark>ue: Market Place (Maximum 8 people) 13:00 - 14:00 CALLIGRAPHY ART Venue: Market Place (Maximum 6 people)

13:00 - 14:00 TOWEL ANIMAL FOLDING ARTISTRY Venue: Market Place (Maximum 6 people) 13:00 - 14:00 HOW TO RIDE SUP Venue: Water Sport Centre (Maximum 3 people per session) Session 1: 13:00 - 13:30 Session 2: 13:30 - 1400 **POOL TREASURE HUNT \*** 14:00 - 15:00 Venue: Angsana Pool (Maximum 8 people) HIP OPENING YOGA (INTERMEDIATE) 14:00 - 15:00 Venue: Yoga Pavilion (Maximum 8 people)

**MORE DETAILS** 

Please tap the button "MORE DETAILS"

## FRIDAY

14:00 - 15:00 HAND EMBROIDERY WORKSHOP Venue: Banyan Tree Gallery (Maximum 5 people) VIETNAMESE TRADITIONAL BAMBOO DANCE 15:00 - 15:30 Venue: Banyan Tree Pool DART TOURNAMENT \* 16:00 - 17:00 Venue: Moomba Lawn 16:30 - 17:15 MANTRA MEDITATION Venue: Yoga Pavilion (Maximum 8 people) 16:00 - 18:30 BUBBLE PARTY Venue: Moomba Lawn 18:00 - 19:00 SUNDOWN RITUALS Venue: Hotel Lobby

Please tap the button "MORE DETAILS"

**MORE DETAILS** 

## SATURDAY

JOGGING TRAIL - click <u>HERE</u> to view the map 6:00 - 7:00 Venue: Ballroom Garden (Maximum 6 people) MORNING YOGA (BEGINNER) 8:15 - 9:15 Venue: Yoga Pavilion (Maximum 8 people) 9:00 - 9:45 LET'S LEARN TO SWIM Venue: Diving Pool (Maximum 6 people) 10:00 - 11:00 **SNORKELLING** Venue: Banyan Tree Beach (Maximum 6 people) A GUIDE TO VIETNAMESE COFFEE: 11:00 - 12:00 PHIN FILTER DRIP COFFEE Venue: Market Place (Maximum 8 people) **TAI CHI** 13:00 - 14:00 Venue: Yoga Pavillion (Maximum 6 people)

### HOW TO RIDE SUP 13:00 - 14:00

Venue: Water Sport Centre (Maximum 3 people per session) Session 1: 13:00 - 13:30 Session 2: 13:30 - 1400

**MORE DETAILS** 

SNORKELLING LESSON 14:00 - 15:00 Venue: Diving Pool (Maximum 6 people)

14:00 - 15:00 BACKBEND YOGA (ADVANCED) Venue: Yoga Pavilion (Maximum 8 people)

14:00 - 15:00 HAND EMBROIDERY WORKSHOP Venue: Banyan Tree Gallery (Maximum 5 people)

Please tap the button "MORE DETAILS"

## SATURDAY

15:00 - 16:30 BIRD WATCHING Venue: Bird Gallery (Maximum 6 people) 16:00 - 17:00 TABLE TENNIS TOURNAMENT \* Venue: Angsana Central Lawn (Maximum 10 people) 16:30 - 17:15 **BODY SCAN MEDITATION** Venue: Yoga Pavilion (Maximum 8 people) 16:00 - 18:30 SUMMER FOAM PARTY Venue: Angsana Pool 18:00 - 19:00 SUNDOWN RITUALS Venue: Hotel Lobby

**MORE DETAILS** 

Please tap the button "MORE DETAILS"

## SUNDAY

6:00 - 7:00 TOTAL BODY WORKOUT Venue: Wedding Chapel Lawn (Maximum 6 people) 8:15 - 9:15 SUN SALUTATION (INTERMEDIATE) Venue: Yoga Pavilion (Maximum 8 people) BASIC SURVIVAL SKILLS: KNOT TYING 9:00 - 9:45 Venue: Moomba Lawn (Maximum 6 people) 10:00 - 11:00 FISHING NET CASTING Venue: Banyan Tree Beach (Maximum 6 people) 11:00 - 12:00 A GUIDE TO VIETNAMESE COFFEE: PHIN FILTER DRIP COFFEE Venue: Market Place (Maximum 8 people) 13:00 - 14:00 LET'S SPEAK VIETNAMESE Venue: Water Court (Maximum 6 people)

13:00 - 14:00 HOW TO RIDE SUP Venue: Water Sport Centre (Maximum 3 people per session) Session 1: 13:00 – 13:30 Session 2: 13:30 - 1400 14:00 - 15:00 SNORKELLING LESSON Venue: Diving Pool (Maximum 6 people) 14:00 - 15:00 IYENGAR YOGA (INTERMEDIATE) Venue: Yoga Pavilion (Maximum 8 people) 14:00 - 15:00 HAND EMBROIDERY WORKSHOP Venue: Banyan Tree Gallery (Maximum 5 people) PHOTOGRAPHY AND CYCLING TOUR 15:00 - 16:30 Departure: Banyan Tree Lobby (Maximum 6 people)

**MORE DETAILS** 

Please tap the button "MORE DETAILS"

## SUNDAY

16:00 - 17:00 WATER BASKET BALL TOURNAMENT \* Venue: Angsana Pool (Maximum 10 people)

16:30 - 17:15 **HO'OPONOPONO MEDITATION** Venue: Yoga Pavilion (Maximum 8 people)

17:00 - 18:00 KITE MAKING & FLYING Venue: Wedding Chapel Lawn (Maximum 6 people)

**MORE DETAILS** 

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18:00 - 19:00 SUNDOWN RITUALS Venue: Hotel Lobby

Please tap the button "MORE DETAILS"

### **CHARGEABLE ACTIVITIES**

CANDLE MAKING WORKSHOP 16:00 - 17:00 Everyday | Angsana Gallery | VND 280,000/person

HOW TO MAKE THAI TEA 15:00 - 16:00 Wed to Sun | Saffron | VND 150,000 Nett/person

A GUIDE TO VIETNAMESE COFFEE: SALTY COFFEE 12:00 - 13:00 Fri | Water Court | VND 200,000 Nett/person

A GUIDE TO VIETNAMESE COFFEE: EGG COFFEE 12:00 - 13:00 Wed & Sun | Water Court | VND 200,000 Nett/person

A GUIDE TO VIETNAMESE COFFEE: COCONUT COFFEE 12:00 - 13:00 Tue, Thur & Sun | Water Court | VND 200,000 Nett/person

HOW TO MAKE HOT CHOCOLATE 15:0<mark>0</mark> - 16:00 Ev<mark>ery</mark>day | Thu Quan | VND 200,000 Nett/person

YOUR-MIXOLOGIST-SELF: COCKTAILS 14:00 - 15:00 Everyday | Thu Quan | VND 350,000 Nett/person

LOCAL FRESH MARKET EXCURSION 8:00 - 10:00 Everyday | VND 300,000 Nett/person

WATER WALKING BALL 17:00 – 18:00 Tue, Thu, Sun | VND 150,000 Nett/person

**MORE DETAILS** 

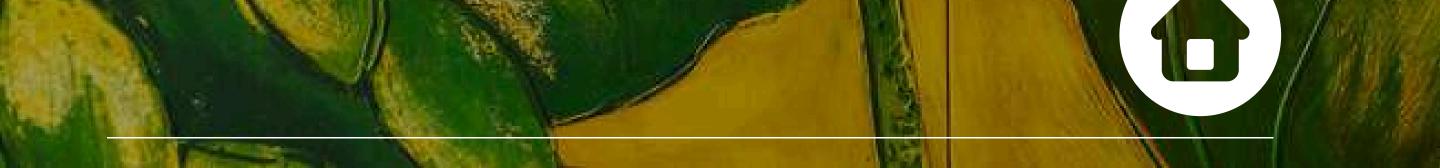
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## **DAILY ACTIVITIES & EXPERIENCES**

### **Terms and Conditions**

- All prices are per person and inclusive of service charges and taxes
- Activities marked with \* will come with a prize for the winner
- Handicraft Corner is available from 9:00 to 20:00
- Boardgames are available at the Ballroom Foyer/ Thu Quan or at your preferred location
- All activities require 3 hours of booking in advance and are subject to availability
- Cooking Classes require 24 hours of booking in advance with confirmed dishes
- A full charge is applied for cancellation less than 1 hour prior to the booking time for all chargeable activities

• For more information or reservations, please contact Front Desk or your Villa Host



## **COMPLIMENTARY WATERSPORTS**

Kayak

Stand-Up Paddle Board

Archery

Banana boat / Mable Ride

Viet Nam Basket Boat

Bocce ball

Croquet

Surf Board

Boogie Board

20 Minutes 20 Minutes 15 Minutes 10 Minutes 20 Minutes 20 Minutes 20 Minutes

Obstacle course

Tennis Court

**Badminton** Court

Mini football

**30** Minutes

**30** Minutes

**30 Minutes** 

**30 Minutes** 

- Booking in advance is required and subject to availability
- Some activities are subject to weather and sea conditions
- One booking per activity for each villa at a time. The following booking can be made once the previous booking is finished
- Cancellation is required one hour in advance
- No-show at the pre-booked activity or cancellation with less than one hour notice will cause a charge of the activity's price
- Please reach out to your Villa Host for bookings and changes

