



ACTIVITIES

August 2014



FOUR SEASONS RESORT
Costa Rica at Peninsula Papagayo



Welcome to Paradise!

Part of the fun at Four Seasons Costa Rica are all of our exciting and varied activities. Two of our newest activities are pottery classes and mountain biking, not to mention countless water sports like snorkeling, kayaking, Scuba diving and stand-up Paddleboarding as well as traditional surfing with Tropicsurf at our local world famous surf breaks.

Please see the schedule in this booklet for dozens of activities and be sure to sign up with our Concierge as some activities sell out quickly. Many of them are complimentary.

We hope you have a fantastic vacation with us here in paradise! Pura vida,

Pascal Forotti
General Manager

Activity Level: / Low // Medium Low /// Medium High //// High

Catch of the Day /

Meet our chef and choose your dinner right off the boat. He will be on hand to help with your favorite dish.

1 HOUR -ALL AGES
ON CONSUMPTION



Cooking Class /

Learn a few culinary secrets and maybe even a new local recipe from one of our top Chefs.

1 HOUR - AGE 12 & Up
COMPLIMENTARY



Chocolate Class /

The hands-on class with local artist Henrik Bodholt takes participants on a journey through the making of chocolate, from the roasting and peeling of the Cacao beans to the grinding and then the mixing that creates chocolate as we know it. What better way than to eat your very own hand made chocolate.

75 MINUTES - ALL AGES - \$45 PER PERSON



Artisan Market /

Experience the Costa Rican local culture by visiting our own Artisan Market. Watch these skilled workers as they perform their crafts. This will be a great opportunity to shop for perfect hand-made souvenirs.

MONDAY THRU FRIDAY- 4PM-8PM
ON CONSUMPTION



Hands On Pottery Workshop /

Join us for this workshop and make your own pottery, learn how to create and paint your own hand made piece of authentic Costa Rican Pottery. This is a 2 hour class with local Artist Arbin Espinoza, who will be delighted to teach you secrets of this popular form of art.

2 HOURS - ALL AGES - \$145 PER PERSON



Ultimate Boot Camp ////

Challenge yourself with this calorie-blasting, full-body workout, using various cardiovascular and strength training styles to keep your muscles confused and working hard!

ALL LEVELS - 1 HOUR

AGE 12 & UP - \$20 PER PERSON



H.I.I.T. ////

This hardcore High Intensity Interval Training class will have you using all muscle groups working in 30 second to 1 minute intervals! Challenging sequences that will burn fat and boost metabolism.

ALL LEVELS - 45 MINUTES

AGE 12 & UP - \$20 PER PERSON

Mat Pilates Flow //

This class consists of exercises performed on a mat in either a sitting or lying down position using resistance rings and swiss balls. The primary focus is the awareness of the spine, proper breathing and posture through the strengthening of the core and all the postural muscles, which are important to help alleviate and prevent back pain.

ALL LEVELS - 1 HOUR

AGE 12 & UP - \$20 PER PERSON

Hatha Yoga //

This class is an eclectic blend of Ashtanga, Anusara and Power Yoga styles, combining strength, flexibility and concentration. This practice is a powerful tool for self-transformation.

ALL LEVELS - 1 HOUR

AGE 12 & UP - \$20 PER PERSON

Spinning ////

This cardiovascular cycling class focuses on endurance, strength, intervals, high intensity and recovery, while providing a motivational experience.

ALL LEVELS - 45 MINUTES

AGE 12 & UP - \$20 PER PERSON



AB-solute Spin ////

Enjoy the exhilaration of our energizing spinning class with the great addition of a hard-CORE exercise routine mixed in, offering an inspirationally engaging, all-over body workout!

ALL LEVELS - 1 HOUR

AGE 12 & UP - \$20 PER PERSON

Cardio Tennis //

This class is geared for players to get a fantastic cardio workout while improving their game. This clinic is for all playing abilities.

1 HOUR - AGE 16 & UP - \$30 PER PERSON



Tennis Advanced Drill //

This clinic is for advanced players that are looking for a fast paced drill, match play and a great workout.

1 HOUR - AGE 16 & UP - \$30 PER PERSON

Tennis Doubles Strategy //

This clinic is for intermediate to advanced level of doubles players which focuses on positioning, strategy, drills and fun match play.

1 HOUR - AGE 16 & UP - \$30 PER PERSON

Tennis Groundstrokes //

This clinic will offer you some terrific tips to understand how to hit a better groundstroke. We will hit a lot of tennis balls and get a great workout. (included: "Tennis for life" book by Peter Burwash)

1 HOUR - AGE 16 & UP - \$30 PER PERSON

Tennis Drop In //

This is an excellent chance to meet other tennis players and play some fun singles or double.

1 HOUR - AGE 16 & UP - \$30 PER PERSON

Discovering Monkey Head ///

Come and join us for an invigorating Kayak tour around the Peninsula. While discovering the secret of Monkey Head, enjoy the marine life and beautiful views of the area.

2 HOURS - AGE 14 & UP
EXPERIENCED KAYAKERS
COMPLIMENTARY

Sunset Kayak ///

Enjoy a beautiful sunset that sinks beneath the Pacific ocean with our local guide.

45 MINUTES - AGE 14 & UP
COMPLIMENTARY

Adventure Cycling ///

The Peninsula is paradise on two wheels! Ride sunny roadways lush with views around the golf course. This is a guided tour where you will explore the Peninsula's beautiful scenery and wildlife.

1.5 HOURS - AGE 14 & UP
COMPLIMENTARY



Morning Hike ///

Join us for an invigorating walk through the steps and hills around our property. There are 700 steps to climb and see our beautiful views where you can see our local residence hangout the Howler Monkey and White Face Monkey.

1.5 HOURS - AGE 6 & UP - PLEASE WEAR CLOSED TOE SHOES
COMPLIMENTARY



Bird Watching //

Birders of any level are invited to spot parrots, manakins, antbirds and trogons, located all around the Resort. Join our local Guide to discover the clay colored Robin that is local to Costa Rica.

1.5 HOURS - ALL AGES - COMPLIMENTARY



Trail of the Giants /

The Trail of the Giants Tour is the perfect way to see our award winning golf course. Hop on your Golf Cart and be dazzled by amazing views, while learning all the rich history of the Peninsula's biodiversity.

1 HOUR - ALL AGES - COMPLIMENTARY



Coffee Tasting

With more than 28 years Café Britt has sourced, roasted and shipped the finest gourmet coffees directly from Costa Rica, Peru and Colombia, keeping a strong relationship with our farmers and Fair Trade practices. Join us for fresh coffee tasting at our Britt store located next to the Spa.

1 HOUR - ALL AGES - COMPLIMENTARY



Local Natural Remedies

Discover native herbs and foods of Costa Rica that hold natural healing properties for different ailments. Some surprising ones and others that you may already eat every day. Costa Rica's abundance of exotic fruits makes this country an ideal place to eat your way to better health. Many studies have shown that by simply changing your diet to be more nutritious, you can strengthen your body's immune system to prevent deficiencies. You will enjoy a sampling of local refreshments, introducing you to the natural healing remedies first hand!

1 HOUR - ALL AGES - COMPLIMENTARY



Discover Costa Rica /

Guide to talk about the rich culture and history from the volcanoes to coffee and cocoa and many other facts. This will also be a combined class to learn the Spanish language.

1 HOUR - ALL AGES - COMPLIMENTARY



Club Tuanis

"Games Room" /

Tuanis is our fully- equipped entertainment facility specifically created for our Tweens and teenage guests.

Located just steps from the basketball court, Tuanis houses a flat-screen TV, a DVD player, PlayStation 3, an Xbox 360, Nintendo Wii, Furnished with comfortable lounge areas, decorative surfboards and bright Costa Rican colors, it is the perfect place to relax, play pool and socialize with new friends. Open daily from 1:00 pm to 10:00 pm.

ALL AGES - COMPLIMENTARY



Wish Lanterns /

Make a wish and light up the sky at night for luck and good fortune with your loved ones.

1 HOUR - ALL AGES - \$15 PER LANTERN



Monday

TIME	ACTIVITIES	LOCATION
7:45am	Monkey Head Kayak Tour	Playa Blanca
8:00am	Ultimate Boot Camp **	Spa
9:15am	Hatha Yoga **	Spa
10:30am	Spinning **	Spa
11:15am	Cooking Class	Di Mare
1:30pm	Explore Scuba Diving	Blanca Pool
2:00pm	Partner Stretching	Spa
3:00pm	Discover Costa Rica	Contact Concierge
4:00pm	Pottery Workshop **	Contact Concierge
4:00pm	Artisan Market**	Papagayo

Reservations are required for all activities due to limited space; please contact our Concierge at Ext. 4100

**Charge varies depending on activity.

Tuesday

TIME	ACTIVITIES	LOCATION
6:30am	Mini Golf (Open till 5:30pm)	Golf Course
8:00am	AB—solute Spin **	Spa
8:15am	Bike Adventure Tour	Contact Concierge
9:15am	Mat Pilates Flow **	Spa
10:00am	Tennis Advance Drill**	Tennis Court
10:00am	Guided Snorkeling Tour	Playa Blanca
10:00am	Water Taxi to Coco **	Contact Concierge
10:00am	Full Golf Swing Clinic	Golf Course
10:30am	H.I.I.T. **	Spa
11:30am	Catch of the Day	Papagayo Terrace
12:30pm	Afternoon Golf**	Golf Course
2:00pm	Trail of the Giants Tour	Contact Concierge
2:00pm	Flower Workshop Class **	Contact Concierge
3:00pm	Howler Rate Golf	Golf
3:00pm	Tennis Drop In**	Tennis Court
4:00pm	Wine Tasting	Contact Concierge
4:00pm	Artisan Market**	Papagayo

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**Charge varies depending on activity.

Wednesday

TIME	ACTIVITIES	LOCATION
6:30am	Mini Golf (Open till 5:30pm)	Golf Course
8:00am	Ultimate Boot Camp **	Spa
9:15am	Hatha Yoga**	Spa
10:00am	Tennis "Double Strategy"**	Tennis Court
10:00am	Short Game Golf Clinic	Golf Course
10:30am	Spinning **	Spa
11:15am	Cooking Class	Di Mare Restaurant
12:30pm	Afternoon Golf**	Golf Course
2:00pm	Trail of the Giants Tour	Contact Concierge
2:00pm	Local Natural Remedies	Spa
2:00pm	Coffee Tasting	Contact Concierge
2:45pm	Kids Tennis Carnival	KFAS
3:00pm	Howler Rate Golf **	Golf
3:00pm	Chocolate Class **	Contact Concierge
5:30pm	Guided Sunset Kayak Tour	Playa Blanca
7:00pm	Wish Lanterns **	Contact Concierge

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**Charge varies depending on activity.

Thursday

TIME	ACTIVITIES	LOCATION
6:30am	Mini Golf (Open till 5:30pm)	Golf Course
7:45am	Jicaro Kayak	Contact Concierge
8:00am	AB-solute Spin **	Spa
9:15am	Mat Pilates Flow**	Spa
10:00am	Guided Snorkel Tour	Playa Blanca
10:00am	Water Taxi to Coco **	Contact Concierge
10:00am	Groundstrokes**	Tennis Court
10:30am	H.I.I.T. **	Spa
11:30am	Catch of The Day	Papagayo Terrace
12:30pm	Afternoon Golf **	Golf Course
2:00pm	Discover Costa Rica	Contact Concierge
2:00pm	Trail of the Giants Tour	Contact Concierge
3:00pm	Howler Rate Golf	Golf
4:00pm	Mixology Class	Contact Concierge
4:00pm	Artisan Market **	Papagayo Terrace
4:45pm	Sunset Hike	Playa Blanca

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**Charge varies depending on activity.

Friday

TIME	ACTIVITIES	LOCATION
6:30am	Mini Golf (Open till 5:30pm)	Golf Course
7:45am	Guided Bird Watching Tour	Contact Concierge
8:00am	Ultimate Boot Camp **	Spa
9:15am	Hatha Yoga **	Spa
10:00am	Cardio Tennis **	Tennis Court
10:30am	Spinning **	Spa
11:15am	Cooking Class	Di Mare Restaurant
12:00pm	Sip & Shop	Spa
12:30pm	Afternoon Golf**	Golf Course
1:30pm	Explore Scuba Diving	Playa Blanca
2:00pm	Trail of the Giants Tour	Contact Concierge
3:00pm	Howler Rate Golf	Golf
4:00pm	Pottery Workshop **	Contact Concierge
4:00pm	Artisan Market**	Papagayo Terrace

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**Charge varies depending on activity.

Saturday

TIME	ACTIVITIES	LOCATION
6:30am	Mini Golf (Open till 5:30pm)	Golf Course
7:45am	Guided Nature Hike	Playa Blanca
10:00am	Guided Snorkel Tour	Playa Blanca
12:30pm	Afternoon Golf**	Golf Course
2:00pm	Trail of the Giants Tour	Contact Concierge
2:00pm	Discover Costa Rica	Contact Concierge
3:00pm	Howler Rate Golf	Golf
5:30pm	Guided Sunset Kayak Tour	Playa Blanca
7:00pm	Wish Lanterns **	Contact Concierge

Reservations are required for all activities due to limited space; please contact our Concierge at Ext. 4100

**Charge varies depending on activity.

Sunday

TIME	ACTIVITIES	LOCATION
6:30am	Mini Golf (Open till 5:30pm)	Golf Course
7:45am	Guided Bird Watching Tour	Contact Concierge
10:00am	Guided Snorkel Tour	Contact Concierge
10:00am	Water Taxi to Coco **	Contact Concierge
11:30am	Catch of The Day	Papagayo Terrace
2:00pm	Trail of the Giants Tour	Contact Concierge
3:00pm	Dance Class	Contact Concierge
3.00pm	Howler Rate Golf **	Golf
4:00pm	Beer Tasting	Contact Concierge
4:45pm	Guided Sunset Hike	Playa Blanca

Reservations are required for all activities due to limited space; please contact our Concierge at Ext. 4100

**Charge varies depending on activity.



Dear Guest:

Please be aware that inclement weather may force us to cancel scheduled outdoor activities, please contact our concierge for any suggestions.

All fitness classes are available to those 12 years of age and older.

Personal training sessions are also available upon request.

Please contact the Spa to make your reservation and confirm class location.

celebrate
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