



CONCIERGE RECOMMENDS

ACTIVITIES BROCHURE
Q4 2025 / Q1 2026

DISCOVER THE SPIRIT OF *PURA VIDA*

At Four Seasons Resort Peninsula Papagayo, every day invites a new adventure. Set between lush tropical forest and the sparkling Pacific Ocean, the resort is a gateway to Costa Rica's most inspiring natural wonders. From land-based explorations through vibrant mangroves ecosystems to ocean journeys across pristine bays and legendary surf breaks, our curated collection of experiences is designed to awaken curiosity, restore balance, and create unforgettable memories for couples, families, and explorers alike.



Land



Water



Extraordinary
Adventures



Air



Wellness

Papagayo Legacy

Papagayo Legacy reflects our commitment to conservation and community. Together with Papagayo Explorers, we protect biodiversity, restore habitats, and safeguard the future of the region's most vital species. Select experiences marked with the Papagayo Legacy stamp invite you to join this mission—where a portion of your tour fee directly supports conservation and community initiatives, ensuring your adventure leaves a lasting, positive impact.





LAND PERSUITS



Golf at Ocean Course



Play Arnold Palmer's legendary championship course, framed by panoramic ocean views and lush tropical forest.



Looking for Monkeys



This tour contributes to Camera Trap Research in Palmares Preserve

Join our expert naturalist guide on a quest to spot as many primates as possible as 15 troops call Peninsula Papagayo home.



Ebiking at Palmares



Ride rugged jungle paths and trails for an adrenaline-filled way to explore Guanacaste's terrain.



Volcano & Hot Springs Excursions



Venture to Rincón de la Vieja National Park to discover volcanic landscapes, cascading waterfalls, and soothing thermal springs.

LAND PERSUITS



Wilderness Exploration



This tour contributes to Camera
Trap Research in Palmares Preserve

You never know what you'll discover in the wilderness of Palmares, where diverse ecosystems converge. Aside from a few hidden trails known only to Papagayo Explorers, this untouched 200-acre preserve at Peninsula Papagayo offers refuge to an extraordinary variety of wildlife—making it one of the most biodiverse corners of the peninsula.



Day In the Rainforest



Journey up the volcanic mountains, past the Continental Divide to the evergreen side of the country. Spot sloths, toucans, frogs, and morpho butterflies in their natural habitat as you explore one of Costa Rica's most biodiverse regions. The day is entirely up to you to curate with our team: choose from a traditional Costa Rica hacienda, visit a cacao plantation or choose a gentle float down a turquoise river surrounded by dense rainforest, or float down the Río Celeste Waterfall.

LAND PERSUITS



Cultural Road Trip



“A Journey to the Costa Rican Blue Zone”

Join us for a cultural road trip through the countryside of the Nicoya Blue Zone, as we explore traditional villages and hear first-hand from the locals about their secrets to longevity, before visiting agricultural and social areas to see the land and culture from this unique perspective.



Papagayo Golf Experience



Get a tune up with some of our local instruction then play the Ocean Course. This package includes one round of golf, one hour of instruction and club rentals.



Sabanero Horseback Riding



Ride like a Costa Rican cowboy known as “sabaneros” through scenic trails and visit Hacienda Aromal to experience local traditions such as making tortillas, brewing coffee, pressing cane juice and tasting regional snacks.



Off-roading Peninsula Papagayo

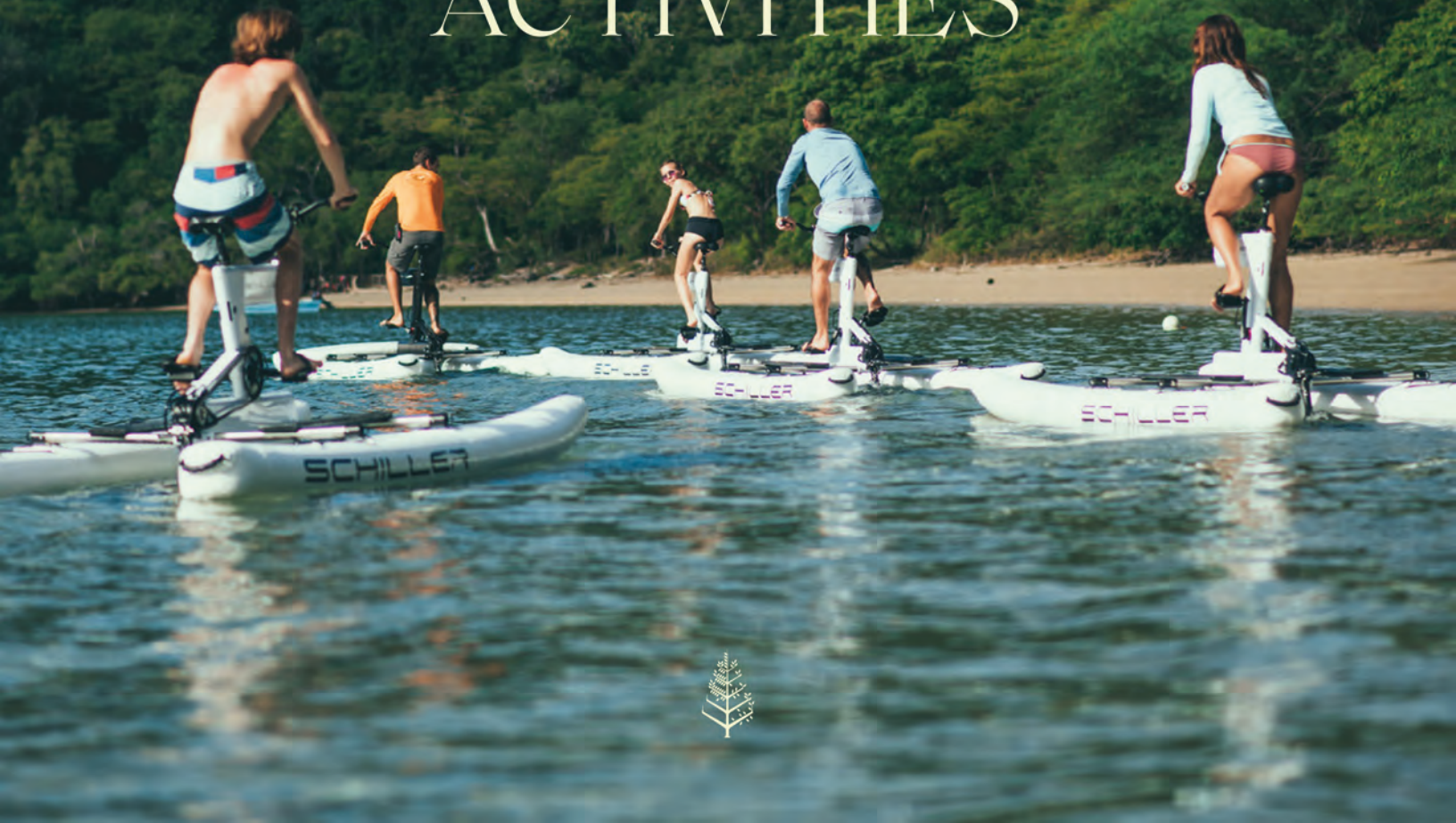


Join us for a heart-pounding, off-roading UTV adventure – and be prepared to get dirty. Stop for a quick nature walk before going to discover astounding ocean views, exclusive to this experience. From there, visit Playa Zapotillal to hang out on a secluded beach where there is rarely another soul.

Concierge Recommends



WATER ACTIVITIES





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Magical Mangrove



This tour contributes to Camera Trap Research in Palmares Preserve

Take a relaxing paddle through trees and roots in an outrigger canoe or hop on one of our water bikes for a more intensive workout.



Surfing for Kids



Join the SurfX Grom Squad and we'll show you everything you need to hit the waves with confidence.



E-Foil



Our electric surfboard offers a journey that's completely in tune with the ocean and marine life.

WATER ACTIVITIES



Private Waterfall



Start your day with a hike through the tropical dry forest nestled alongside Rincón de la Vieja Volcano to a private turquoise blue waterfall where you can take a refreshing swim. Then hop in for a ride through the forest to a traditional Latin American Asado barbecue lunch at the river's edge.



River Rafting



Join us for an adrenaline-filled whitewater rafting adventure on the Upper Tenorio River and test your courage as you descend through miles of verdant rainforest. On the way back, stop at a rustic lodge for lunch before relaxing in a hot springs pool that overlooks the Miravalles Volcan.



Diving the Gulf of Papagayo



With more than 20 world-class dive sites within a 20-minute boat ride of the Peninsula, Guanacaste offers outstanding scuba experiences. Join our expert instructors and explore submarine wonders such as colourful fish, turtles, eels, octopuses, lobsters and different kinds of coral.



Coral Restoration



Enjoy the unique opportunity to plant and adopt your own coral structure, directly contributing to the revitalization of the Peninsula Papagayo. Plant more than 40 coral fragments and add your personalized name plate, before snorkeling to see your structure installed in the existing nursery.

Concierge Recommends



BOATING ACTIVITIES



BOATING ACTIVITIES



Luxury Sunset & Dinner Cruise



Sail away in one of our luxury catamarans and enjoy a colorful sunset while you relax and appreciate the stunning landscape of our gulf. After the sun goes down behind the ocean, the chef on board will delight you with an unforgettable three-course dinner prepared with fresh, local ingredients.



Catamaran in Papagayo



Sail in the splendor of the Pacific alongside the tropical coastlines of Guanacaste, raising your glass with your loved ones in the privacy of your own yacht or catamaran.



Fishing



Papagayo Gulf is known for year-round, big-game fishing. Our ocean has a variety of species such as marlin, sailfish, mahi mahi, snapper, tuna, roosterfish and wahoo. Our fully equipped charters will immerse you in this experience with a local specialized crew.

AERIAL ACTIVITIES



Aerial Adventure Zipline



Embark on a guided exploration of 30 epic aerial trails, connecting with the natural world nearly 10 meters (30 feet) above the ground while traversing zip lines and high-rope obstacles.



Mighty Volcanoes Heli-Tour



This stunning aerial journey showcases the Arenal, Tenorio and Rincón de la Vieja volcanoes, alongside nature's hidden treasures such as the Arenal, Cote and Cerro Chato lakes, and the enchanting Rio Celeste Waterfall.



Fly Over Guanacaste Coastlines



View Guanacaste's tropical landscape and the blue waters of the Pacific Ocean from the sky as you fly over the world-famous Santa Rosa National Park, Witch's Rock, Bat Islands and some of the most beautiful spots along the coast.

EXTRAORDINARY EXPERIENCES



Monteverde: Mystical Forest in the Clouds

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Begin your day walking across the majestic hanging bridges with breathtaking views of the cloud forest, enjoy a coffee, chocolate and sugarcane tour, and visit a charming sloth sanctuary for an unforgettable experience.



Explore the Land of the Senses Nature Reserve

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Discover a private reserve hidden among the lush rainforest canopy. Head to the surroundings of the Rincon de la Vieja volcano and spend a day at the spectacular private reserve of Sensoria, exploring rushing streams, plunging waterfalls, thermal hot springs and brilliant blue rivers.



River Safari & Wetlands

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Start your journey at Palo Verde National Park, where a boat ride on the Tempisque River offers views of crocodiles, birds, monkeys, and possibly the rare Jabiru. Then enjoy a family-friendly Guaitil pottery painting class to create a unique souvenir.

Concierge Recommends



The Spa
Wellness Sanctuary

WELLNESS THERAPIES



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The Spa
Wellness Sanctuary

Sound Healing



Take in the vista from The Wellness Shala as Tibetan singing bowls, shamanic drums and gongs sing along with the Guanacaste winds. Your body will resonate with the vibrations of the instruments surrounding you, leading you to a deep state of relaxation.

Astrology Reading



Our astrologist will create your birth chart and provide detailed explanations while you gain a deeper understanding of how these cosmic elements interact and influence various aspects of your life. Discover new insights and embark on a guided journey of self-discovery.

Oceanic Bioluminescent Ritual



Inspired by the richness of our ocean and its unique powers, your treatment will start with a full-body sea salt scrub, followed by a wrap infused with seaweed and spirulina to reduce inflammation and deeply nourish. This relaxing, mineral-rich ritual will be concluded with a 60-minute shell massage.

Visiting Practitioners Program



Our Visiting Practitioners program spotlights unique workshops led by wellness experts from around the world, offering one-of-a-kind opportunities to benefit from their expertise.



FOUR SEASONS

RESORT

PENINSULA PAPAGAYO, COSTA RICA

CONNECT WITH US

The Concierge provides one-stop planning for your stay at Four Seasons Resort Costa Rica. Our goal is to assist you in making advance reservations for dining, spa, golf, tennis, activities, tours and child care. We look forward to making this unforgettable for you and your family! For off-site excursions, restaurant reservations and cabana bookings, please contact:

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