



FOUR SEASONS  
RESORT  
PENINSULA PAPAGAYO COSTA RICA

WELCOME >

Greetings from our General Manager Brent Martin

DISCOVER >

Learn about all that you can do





## WELCOME

Greetings from our  
General Manager Brent  
Martin



## EXPERIENCES

Discover all the activities  
you can enjoy



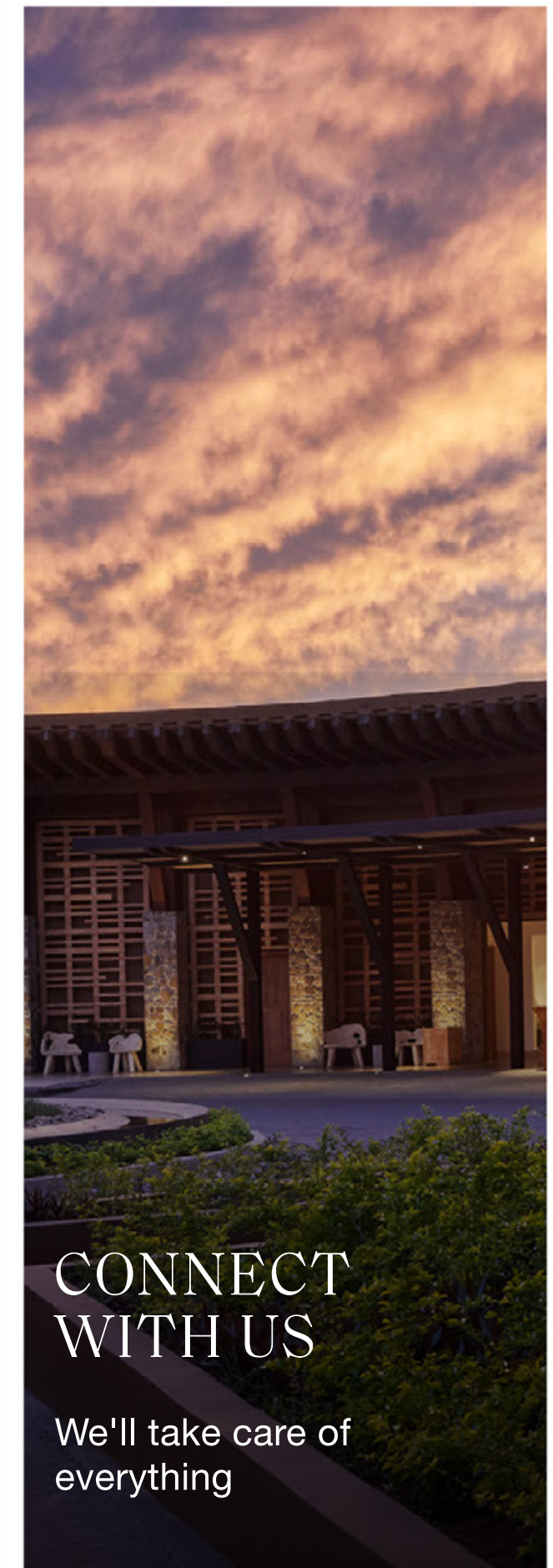
## DINING

Be sure to make advance  
reservations



## TRAVEL DETAILS

Explore our Resort  
amenities



## CONNECT WITH US

We'll take care of  
everything





# BIENVENIDOS A PURA VIDA

Welcome to paradise, where the rhythm of nature sets the pace and life is best lived barefoot, sun-drenched, and fully present.

At Four Seasons Peninsula Papagayo, we invite you to experience the true essence of pura vida—a spirit that is both joyful and grounded, effortlessly blending adventure with tranquility. This curated guide was created to help you plan your stay with ease, offering recommendations across dining, wellness, culture, and exploration.

Whether you're here to reconnect, celebrate, or simply slow down, our team is here to personalize every moment.

We can't wait to welcome you with a chilled pipa fría, a warm smile, and an unforgettable stay.

Brent Martin, General Manager

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[BEGIN PLANNING YOUR STAY >](#)

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# ABOUT COSTA RICA

## FEEL THE WARMTH

Costa Rica is as unique as it is welcoming to visitors. Located between Nicaragua and Panama, Costa Rica has been coined the Switzerland of Latin America because of its peaceful existence. As the first country in the world to constitutionally abolish its army, Costa Rica has put a large emphasis on education, which is evident by the country's 98% literacy rate.

In addition, Costa Rica is a country that encompasses varied landscapes including beaches, volcanoes, rainforests and mountains. With only 0.1% of the world's landmass, Costa Rica contains 5% of the world's biodiversity. These unique ecosystems are very much intertwined into the lifestyle and culture of Costa Rica. Costa Ricans, often called "Ticos," have a deep sense of appreciation and respect for the environment. This attitude of appreciation extends to Costa Ricans' philosophy on life, simply summed up as "pura vida." Both as a greeting and a farewell, Costa Ricans use the phrase to express something akin to a philosophy of strong community, perseverance, good spirits and enjoying life slowly.





## FS PENINSULA PAPAGAYO

A perfect balance of comfort and luxury, FS Peninsula Papagayo is a magnet for those seeking an experience that energizes and indulges the senses. Here, the serene sanctuary of an unspoiled world of luxury welcomes each guest to pura vida, or "pure life". The first Forbes Five-Star luxury resort in Central and South America, Four Seasons has long been a destination for active families and couples, nature enthusiasts, bold adventurers and those seeking the finest in attentive service and transformational experiences.

## ABOUT PENINSULA PAPAGAYO CROWN JEWEL OF CENTRAL AMERICA

Part sophisticated community, part primitive playground, Peninsula Papagayo fulfills a dream to create Central America's premier residential resort destination. Imagine a tropical wilderness nearly surrounded by sapphire waters, spanning 1,400 acres, 11 miles of coastline, eight miles of bluff edges, seven spectacularly uncrowded beaches and one of the few remaining tropical dry forests on the planet. Mother Nature must

consider Peninsula Papagayo one of her finest hours. Set amid this protected peninsula, home to some of Earth's most extraordinary flora and fauna, you'll discover unparalleled views, privacy and tranquillity immersed in natural splendour.

## EPIC ECO-EXPERIENCES

Papagayo Explorers welcomes all explorers staying at Peninsula Papagayo to join our expert team of naturalist guides and translators for a world of epic eco-adventures into wide-open wonder. Whether on the peninsula, or in our backyard beyond, we're here to connect, learn, educate, and share in the discovery of the peninsula with you through experiences with purpose. So, leave it all behind, step into the joy of the moment and explore the riches of paradise. The possibilities are astounding.

Our recommendation: the brand new Palmares Aerial Adventure, situated deep inside Peninsula Papagayo's exclusive Palmares Preserve, The Outpost is ground zero for once-in-a-lifetime eco-adventures on land and above ground. From ziplining and aerial trekking to off-roading, mountain biking, wilderness hikes, bird watching and multi-adventure tours, Palmares is the place to go in search of amazing wildlife encounters and immerse in a world apart.





# STAYING WITH US

## ACCOMMODATIONS

The Resort's 198 guest rooms, suites and residences capture the intimacy of luxury and comfort ideal for today's modern travellers. Inspired by local design and aesthetic, guests enjoy a natural color palette, opulent textures and local artisan pieces in each room and on every private balcony or patio.

Guest rooms are situated within three four-storey buildings, which are set on the water's edge on both sides of the isthmus. Canopy Suites are like tree houses on the hillside, offering views through the forest canopy down to the water. Emphasizing peace and privacy, these suites are a golf cart ride or a five-minute walk from the Resort's pools, beaches, restaurants and other facilities.

Residences provide all the conveniences of a private home, including full kitchen and laundry facilities. These accommodation options combine privacy and independence with full Four Seasons service and access.





# MAKE A SPLASH

## DISCOVER OUR TWO BEACHES

Four Seasons is located on a narrow stretch of gorgeous Peninsula Papagayo, with a golden-sand beach on either side of the peninsula.

### PLAYA VIRADOR

On the west side of Peninsula Papagayo, Playa Virador faces the open Pacific yet remains calm with gentle waves. This quiet beach features an abundance of chaises longues where you can relax in comfort.

### PLAYA BLANCA

On the east side of the peninsula, Playa Blanca faces Bahía Culebra, where the waves are slightly stronger and the atmosphere is livelier. The water-sports pavilion located on this activities beach can supply equipment and instruction for endless fun in the sun.





# VIRADOR BEACH CLUB

Virador Beach Club is a retreat away from resort happenings with the effortless barefoot luxury of a Pacific beachside getaway. The outdoor spaces come to life with an oceanside eatery and lounge focused on Eastern Mediterranean flavours, as well as an adults-only infinity-edge pool and private Cabanas.

## THE CABANAS

The Cabanas invite you to indulge in ultimate relaxation while immersing yourself in the natural beauty of our surroundings. Strategically positioned among lush foliage, these secluded retreats offer maximum privacy, allowing you to unwind and soak up the coastal ambiance undisturbed.

Various outdoor seating, rattan coffee tables and thatched umbrellas fill spread out across the sand in front of a beachfront restaurant.

## EATERY AND BEACHSIDE LOUNGE

Inspired by the vision of architect Jorge Borja, this coastal culinary haven nestled within the Virador Beach Club offers a diverse menu filled with Mediterranean flavours, fresh seafood, salads and grilled specialties. Exquisite cuisine, breathtaking views and a bohemian atmosphere converge to create an unforgettable oceanfront dining experience.

## LA PLAYA

La Playa at Virador Beach Club is a captivating area that embodies the visionary expertise of lead architect Jorge Borja. Renowned for his coastal elegance masterpieces, Borja has created a haven that celebrates the bohemian spirit of a tropical beach, offering the perfect vantage point to witness breathtaking sunsets. Positioned strategically, La Playa offers uninterrupted views of the horizon as the sky transforms into a canvas of vibrant hues every evening.





## POOLS

Surrounded by lush tropical landscaping and luxurious lounge areas, our swimming pools offer a serene escape to bask in the sun's warm embrace. Explore our adults-only oasis at Virador Beach Club or retreat with family to our vibrant gathering spot at Bahia Pool. Whatever you choose, our pools provide the perfect place to relax and rejuvenate.

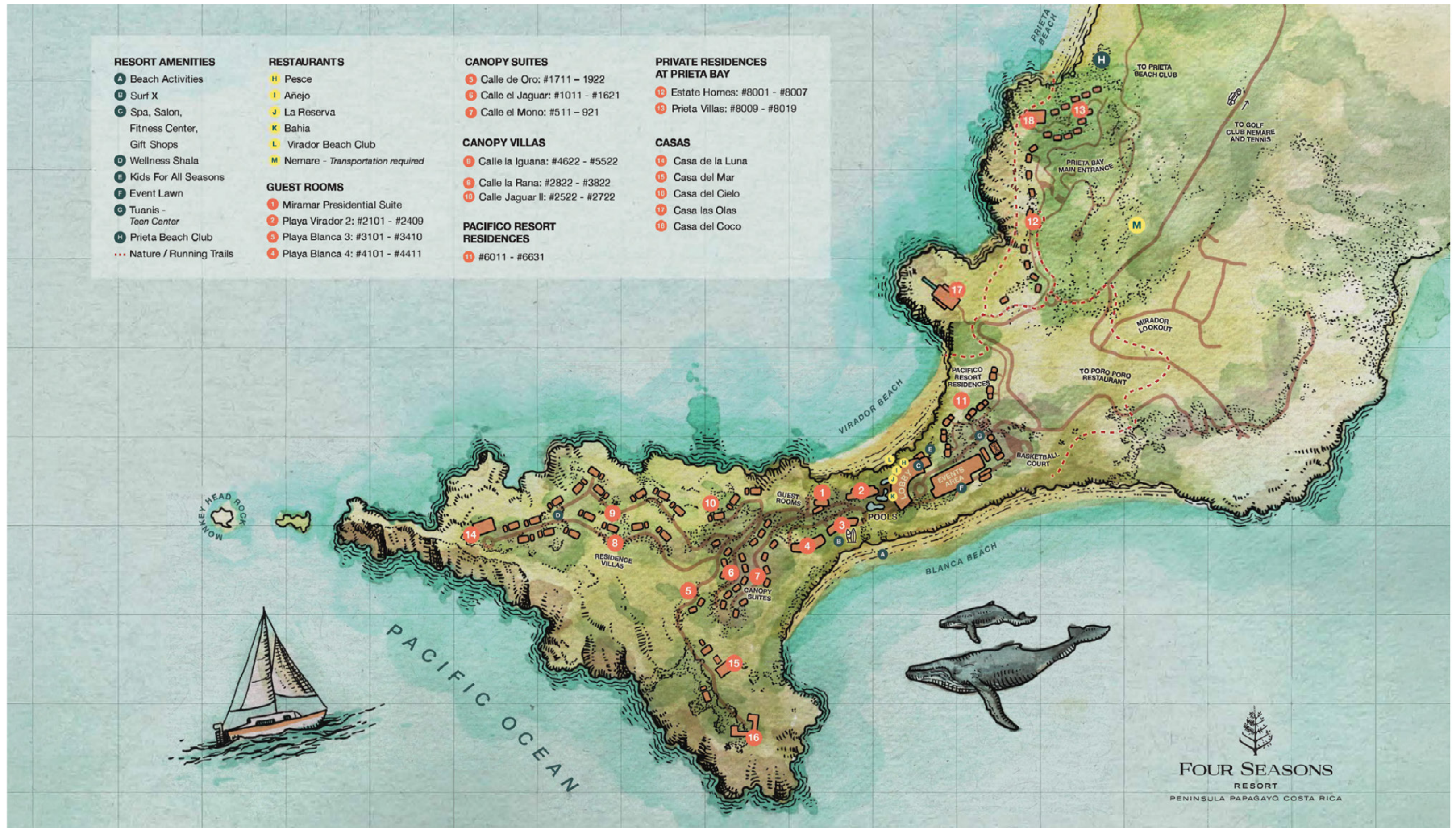
### BLANCA POOL

Amid the scenic beauty of Playa Blanca is Blanca Pool. Here, you can bask in the sunshine or relax in a luxury cabana, the ideal spot for families to savour time in our tropical paradise. Surrounded by swaying palm trees and the soothing sounds of the ocean, it's the perfect escape to unwind and create lasting memories with loved ones.

### BAHIA POOL

Relax with the whole family at our freshwater Bahia Pool. Sink into plush lounge chairs while Four Seasons attendants ensure your every need is met. Sip on handcrafted cocktails, savour complimentary fresh fruit, stay hydrated with chilled water and enjoy the array of sweet treats.







CULINARY HIGHLIGHTS

OFF-SITE DINING

Discover our five all-new restaurants and lounges – fully reimagined after our Resort’s recent transformations. Enjoy creative dining options at Bahia Grill, Pesce and Nemare, and delicious cocktails at Añejo and La Reserva.

## BAHIA GRILL

BREAKFAST: 6:00 a.m. – 11:00 a.m.

DINNER: 6:00 p.m. – 10:00 p.m.

This all-day restaurant serves up sophisticated Latin American cuisine, providing a journey of indigenous flavours and textures. Our talented local chefs serve organic and locally produced ingredients, prepared in a wood-fired open kitchen. Start the morning with an abundant breakfast buffet and juice bar. This is a wonderful gathering spot to share authentic culture and savoury cuisine.

## BAHIA JUICE BAR

OPEN ALL DAY



\*All schedules are subject to change depending on the season. Please contact the concierge team to confirm availability.

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## AÑEJO

GRAB-AND-GO MORNING BITES:

6:30 a.m. – 11:00 a.m.

ALL-DAY DINING MENU:

11:00 a.m. – 10:00 p.m.

BAR: 12:00 noon – 11:00 p.m.

In the evenings, lively Añejo becomes the heart of the Resort, creative aperitifs flowing and tapas being shared. Stop by in the morning to grab an acai bowl or green juice before you head to your surf lesson – our breakfast bites are made to go.

## PESCE – ITALIAN SEAFOOD KITCHEN

DINNER: 5:00 p.m. – 10:00 p.m.

Elegant evenings are effortless with our classic Italian cuisine, featuring local seafood, fresh Napoli pizza, pastas and an extensive wine list, amid panoramic ocean views.

## PALAPITA

ALL-DAY DINING MENU:

11:00 a.m. – 7:00 p.m.

Unwind before or after a round of golf, tennis or pickleball at our relaxed new venue, Palapita. Located at the Tennis Centre, enjoy a variety of Costa Rican Street food and locally crafted beer by Papagayo Brewery.

## NEMARE STEAKHOUSE

DINNER: 5:00 p.m. – 10:00 p.m.

Meaning “smoke” in Chorotega, the language of the indigenous people of our region, Nemare is a reimagined steakhouse that focuses on local and imported prime cuts of premium dry-aged beef. Nemare is open seasonally.

## VIRADOR BEACH CLUB

LUNCH: 11:00 a.m. – 4:00 p.m.

GOLDEN HOUR MENU: 4:30 p.m. – 6:30 p.m.

DINNER: 6:00 p.m. – 10:00 p.m.

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## KIDS EAT FREE

Kids five and under enjoy a complimentary menu in our restaurants.

All restaurant menus offer vegan and vegetarian options.





CULINARY HIGHLIGHTS

OFF-SITE DINING



# CULINARY HIGHLIGHTS

## GARDEN TABLE

Indulge in a five-course dinner our chefs private herb garden. Start the evening with an interactive mixology meets herbology cocktail and settle in for a fresh culinary experience. End the night with a raspado, a local shaved ice dessert.

## BEACH DINNER

For a unique and personal celebration, we can orchestrate a private beach dinner for couples, families or small groups who also want to savour the exotic landscape of our golden shores. Our culinary team will curate an original menu to choose from while our servers cater to your every whim.

## TASTE OF THE STARS

Shoot for the moon, the stars and everything in between during an exclusive stargazing and dining experience. Guests can see the southern sky like never before through a powerful GPS-guided telescope while embarking on an out-of-this-world culinary experience.

## CATCH OF THE DAY TUESDAY, THURSDAY, SUNDAY

Come to the edge of Bahia restaurant, overlooking Playa Blanca, and meet our chef as he displays the fresh catch of the day and helps you select the perfect fish for your dinner.

## DINING GUIDELINES

Reservations required for dinner, special events and private functions.

Corkage:

Wine \$50

Champagne \$80

- **Limited to one party per night.**
- **Reservations must be made at least 72 hours in advance.**
- **Reservation is not refundable within 72 hours.**
- **Available based on weather conditions.**





# OFF-SITE DINING

## PENINSULA DINE-AROUND

Enjoy the restaurants and bars on Peninsula Papagayo with our complimentary shuttle.

## MANGLAR

A toes-in-the-sand dining experience at Prieta Beach Club, showcasing farm-to-table Costa Rican cuisine. Savor vibrant flavors and refreshing cocktails in a breathtaking oceanfront setting.

## DIVE BAR

A friendly meeting place for light fare and cocktails, offering stunning views of Marina Papagayo and Bahía Culebra. The fresh ceviche, chifrijo, and fresh catch of the day are always excellent. Come watch the boats and bask in the pura vida lifestyle.

## AT NEKAJUI, A RITZ CARLTON RESERVE

## NIRI BEACH CLUB

Niri, meaning “salt” in Chorotega, is a refined beachside concept inspired by the ocean. It brings together Iberian flavors and Costa Rican soul, creating a contemporary expression of coastal cuisine.

## PUNA

Reimagines ancient Peruvian cuisine through a contemporary lens, blending culinary heritage with Costa Rican influence. Guided by chef Diego Muñoz, the experience is defined by bold flavors, refined simplicity, and locally sourced ingredients

## PARURO

An intimate six-seat Nikkei omakase experience within Puna, bringing together Asian and Peruvian flavors through seasonality, precision, and a refined tasting journey.

## BRISA

An all-day social venue along the infinity pools, where international flavors and small plates evolve with the rhythm of the day, from relaxed poolside moments to a more refined, Baja-inspired evening ambiance.

## ÁMBAR

Perched among the treetops, is a restaurant defined by its elevated setting and sunset-focused experience. Botanical cocktails and a curated ambiance shape an intimate, elegant atmosphere.

## AT ANDAZ

## OSTRA

A contemporary take on Southeast Asian cuisine, Ostra blends flavors from Thailand, Vietnam, and Indonesia with local ingredients for a fresh perspective. At its heart, Perla, the sushi bar, showcases the finest local catch in a setting that is both vibrant and refined.

## CHAO PESCAO

A lively tapas bar where small plates, craft cocktails, and live Latin music come together. Inspired by the flavors of Latin America and the Caribbean, it's the perfect setting to unwind at sunset in a vibrant, beachfront atmosphere.

## MESO

A contemporary interpretation of “Mesoterranean cuisine,” where Mediterranean flavors meet Mesoamerican influences, complemented by tropical renditions of classic cocktails.

## GAIO

Gaio blends Italian soul food with a touch of creativity, offering hearty, comforting dishes rooted in tradition and designed for sharing in a lively trattoria setting.



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# KIDS FOR ALL SEASONS

## A PLACE JUST FOR THEM

8:00 a.m. – 5:00 p.m.

Kids For All Seasons offers exciting adventures for children ages 4–12 years.

Unlock the enchantment of the mangroves within our new-and-improved Kids For All Seasons, an imaginative space designed exclusively for children by Greek architect Polyanna Paraskeva. Natural materials and bright colours are used to mimic the lush and diverse ecosystems of the mangroves surrounding Peninsula Papagayo, inviting children to play and explore.

The program offers a weekly schedule of events, featuring physical activities as well as arts and crafts. Supervised explorations take children in search of local insects, reptiles and plants. For indoor fun, they’ll find a wide selection of movies, games and puzzles. Our recreation room is complete with a ping pong table and entertainment system. At the end of a fun-filled day, kids can relax by their own private pool.

Days and activity guides may vary.

Please check the daily Kids For All Seasons schedule for detail.





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# FUN FOR KIDS

## EXPLORE THE WILDSIDE

Discover Costa Rica's natural wonders firsthand with fun-filled explorations tailored for our mini adventurers. Guided by expert guides from Papagayo Explorers, become a naturalist for the day; the tour features hands-on cultural, educational, and recreational activities, geared to all interests. Let's go and explore it's another world out there!

Please reach out to your Concierge for rate and availability.





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# EXCITEMENT FOR TEENS

Tuanis, named after the Costa Rican expression for “too cool”, our renovated teens-only clubhouse is packed with excitement and entertainment. Break the ice in a basketball or soccer tournament, a challenging laser tag night or an active hike making new amigos.

Open daily from 12:00 am to 8:00 pm for guests ages 10 to 18.

Pottery Painting

Basketball Tournament

NBA Hoops Challenge

Monkey Hike

Rock Band Challenge

Glow Zumba

Arts & Humanities Class

Dance Challenge

DIY Scrub

Mocktails

Sports Night

Glow Icebreaker

Pickleball Sessions

Laser Tag Night

For fun for the whole family, you can book Tuanis, a private space to enjoy a variety of games and entertainment.



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\*Complimentary

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# NATURAL EXCITEMENTS BY LAND

## ON-SITE ACTIVITIES

**Make your stay memorable by filling your days with unique activities. Many are complimentary. (Some have a small fee.) Costa Rica is a premier eco-adventure destination, offering exotic excursions and unforgettable experiences. Reservations taken upon arrival.**

## MORNING HIKE

1.5 HOURS

Start your day with stunning vistas and friendly encounters with local residents such as howler and white-faced monkeys. Join us for an invigorating hike along the hillsides and staircases that connect our property, including the famed 700-step climb. Please wear tennis shoes.

## SUNSET HIKE

The Resort is especially magical in the evening. As the sun sets, we take an exhilarating walk to the top of the peninsula while observing the local flora and fauna.

## LATIN DANCE

An introduction to the principles of Latin dance and basic body rhythms inherent in Cumbia, Merengue, Salsa, Bachata and Cha-Cha-Cha. We will cover the fundamentals of leading and following, dance floor etiquette, timing, as well as introduce you to dance patterns for each dance style. No prior dance experience is required.

## AMAZING STARGAZING

Costa Rica’s clear skies and serene evenings make it an ideal stargazing destination. Capture up-close images of the moon, planets, star clusters and galaxies through our high-tech telescope.

## TRAIL OF THE GIANTS

You don’t have to be a golfer to be impressed by our signature Arnold Palmer golf course. Hop on a golf cart – driven by an expert guide – and be dazzled by amazing views of the natural landscape, while learning about Peninsula Papagayo’s rich biodiversity. You’ll likely see local wildlife.

## BIRD-WATCHING TOUR

For bird lovers, the study of nature is one of the most fascinating adventures in the world. Join our resident naturalist with binoculars and telescope and be ready to see some of the 100-plus bird species that call the peninsula home – including trogons, the tiger heron, the crabeater hawk, the guaco, the bobo chizo, the turquoise-browed motmot, the manakin, the lineated woodpecker, the scissor-tail and the blue jay. It’s a wonderful opportunity to practise wildlife photography and have fun exploring the aviary world of Peninsula Papagayo.

## MANGROVE WALKING TOUR

Mangrove forests stabilize the coastline, reducing erosion from storm surges, currents, waves and tides. The intricate root system of mangroves also makes these forests attractive to fish and other organisms seeking food and shelter from predators. Join us on this amazing guided tour. MINIMUM AGE:12

## WILDLIFE TALKS

Capture the true essence of Costa Rica, home to no less than 5% of the Earth's biodiversity, and learn alongside our in-house naturalists as they share their knowledge in a lively and interactive lecture on a variety of captivating topics.



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**\*For detailed pricing  
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# NATURAL EXCITEMENTS BY SEA

## JICARO BEACH KAYAK TOUR

Come and join us on a guided kayak tour around the bay with one of our waters-sports professionals. Don't miss out on the opportunity to be part of this experience that let's you discover the peninsula's beautiful beaches.

MINIMUM AGE: 14

## MONKEY HEAD KAYAK TOUR

Come and join us for an invigorating kayak tour around the peninsula. Discover the secret of Monkey Head while enjoying the marine life and beautiful views of the area.

MINIMUM AGE:14

## WATER BIKES

Enjoy the bay with our fun and scenic water bikes, offered as part of our resort activities tour. Complimentary group water bike tours led by our Recreation team.

## OUTRIGGER CANOE (DAY OR NIGHT)

Immerse in this world apart while exploring the turquoise waters of Bahía Culebra in a traditional Hawaiian-style canoe. Get inspired with the energy of your own body as you perfect your stroke, build endurance and experience the wonders of marine life along the peninsula's dramatic coastline – under the sun or the stars.

## STAND-UP PADDLEBOARDING

Paddleboarding offers a versatile workout enhanced by views of Costa Rica's waterscapes. Explore our shorelines as you glide through the clear waters that surround our peninsula.

MINIMUM AGE: 16



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# THE TASTING SERIES

MEET OUR BEVERAGE MANAGER,

## TSHALA BIRZA HIDALGO

Bartender at Añejo Bar and our Lead Mixologist, began her journey in mixology 11 years ago in Aruba, honing her craft at a renowned chain of Italian restaurants. Upon returning to Costa Rica, she continued her passion behind the bar in San José and later in Guanacaste, where she has lived and thrived for the past nine years. Tshala has blossomed, creating unique menus for Nemare Steak House and serving as the Lead Mixologist at our hotel. Her journey includes experiences like Barra México and curating menus for Garden Table and Taste of the Stars, two of Nemare's most prestigious private dining experiences.

Tshala's passion for connecting with people intertwines with her love for nature, a key reason she chose to settle in Guanacaste. This natural environment not only complements her lifestyle but also inspires her daily work, allowing her to infuse each cocktail with the essence of the land she cherishes. Inspired by her grandmother's teachings, Tshala uses traditional herbs to create unforgettable experiences.

Guided by the values of teamwork, respect, honesty, and love for her profession, Tshala embodies her philosophy with professionalism and passion, always striving to achieve her goals and leave an indelible mark on the world of mixology.



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# THE TASTING SERIES

Join us in La Reserva, and discover the history of Costa Rica in a fun and interactive environment. The complimentary classes are led by our team of passionate rum experts.

## RUM BLENDING

A truly unique experience – create a rum infusion by choosing a selection of young rums and infusion ingredients, including vanilla sticks, cinnamon, cloves, orange peel, cardamom, anise, coffee beans and cocoa.

Our rum master guides guests through the infusion process, explaining how each ingredient will affect the rum's flavour profile. At the end of each tasting, guests receive a special memory of Costa Rica and their rum blending experience in the form of an engraved bottle (\$60), which can be customized, and a recipe card of their unique blend.

## MIXOLOGY

Our professional mixologist leads a master class in the fine art of cocktail creation. Learn insider tips to prepare a variety of flavourful drinks – from popular classics to one-of-a-kind innovations.

## CHOCOLATE RUM TASTING

With our in-house rum expert, sample five distinct types of rum, along with rum infusions – perfectly accompanied by luscious Costa Rican chocolate.

## COFFEE TASTING

A must-do activity for coffee enthusiasts. Led by local connoisseurs, the class offers a unique opportunity to learn about the coffee-making process from bean to cup, and to taste some of the world's finest coffee. During the class, participants will explore the history and culture of Costa Rican coffee, as well as the different varieties and roasting techniques.

## CHOCOLATE WORKSHOP

Chocolate lovers unite! Enjoy a hands-on class with local expert Henrik Bodholt, who will take you on a chocolate-making journey. Begin with roasting, peeling and grinding the cacao beans. Sample your creations at the end of the class for a sweet treat!





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# BIKE SHARE

EXPLORE THE WONDER OF A WORLD APART  
ON TWO WHEELS!

Papagayo Bike-Share is a mobility system featuring a fleet of electric-assist bikes that make it fun and easier than ever to venture out and explore the peninsula from one end to the other.

Bike stations are located at FS Peninsula Papagayo , Exclusive Resorts, Prieta Beach Club, Golf Clubhouse, Nature Center, Andaz and Marina Village.

The service is free for Papagayo Bike-Share members, and provided with the compliments of Peninsula Papagayo Resort Community Master Association.

To sign up and become a Papagayo Bike-Share member, go to:

[bikeshare-peninsulapapagayo.com](https://bikeshare-peninsulapapagayo.com)





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# DAY TRIP & EXCURSIONS

Personalized, independent and made-to-order journeys designed to take you outside of Peninsula Papagayo, and deep into Costa Rica. Check out some of our favorite journeys, or get in touch with your concierge to begin planning your perfect day.



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## MONTEVERDE CLOUD FOREST

Get lost in nature in the mystical cloud forest of Monteverde It is recognized as an international ecotourism destination for its protected cloud forests, rich in tropical flora and fauna that supports six distinct ecological communities of plants and animals. You will feel the fresh breeze and listen to hundreds of sounds of the natural world A paradise for nature lovers looking for an unforgettable experience in the forest.

- Largest cloud forest with 6 ecological zones.
- 1400 Mts above sea level.
- 3.5 hours driving distance each way.
- Tour 1: Hanging bridges, orchid garden visit, and coffee tour (available for all ages).
- Tour 2: Gondola, zip-lining, coffee tour (5 years and above).
- 6:30 a.m. -6:00 p.m.

## PALO VERDE NATIONAL PARK EXPERIENCE

This tour will take you on a boat ride through the Tempisque River, bordering Palo Verde National Park, one of the most important protected conservation areas. birds are the biggest attraction where you can enjoy a variety such as egrets, ibis, white face, and howler monkeys, crocodiles and much more.

- Amazing 1.5 hour jungle cruise experience wildlife sanctuary.
- Typical lunch at the beautiful Hacienda El Viejo.
- Cultural tasting at “La Casa del Sabanero”.
- 1.5 hrs driving distance each way.
- 7:30 a.m. -3:30 p.m.

**Other Special Experiences**  
**Palo Verde National Park and Coco Beach**  
**Add a rum tasting experience**  
**\*Ask our Concierge team to customize your experience**



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## AROMAL EXPERIENCE

ZIPLINE AND HORSEBACK RIDING WITH CULTURAL EXPERIENCE

In this cultural experience, you will make tortillas and other traditional meals, after this activity, you can enjoy the adventure by doing a 5 cables canopy tour of different distances, lengths, and heights and passing over a natural canyon of dry forest. After this you will start the horseback riding tour along lush wildlife-rich trails and then jump into the Sabanero experience herding the cattle into the farm. You will have the feeling of being a real Sabanero for a day!

- 45 minutes driving distance each way.
- 8:00 am to 1:00 p.m.
- 6 years and above.
- Typical lunch is included.

**\*Ask our Concierge team to customize your experience**

## RINCÓN DE LA VIEJA NATIONAL PARK AND WATERFALL

It is the largest volcano of Guanacaste, you can enjoy an amazing hike, visit Oropendola waterfall and have lunch at a Hacienda.

- Las Pailas Trail.
- 2 mile hike in loop circuit (medium level) Secondary volcanic activity.
- Bubbling mud pots, steaming sulfur, and fumaroles.
- Transitional forest.
- 1.5 hours driving distance each way.
- Oropendola waterfall hike.

- Typical lunch.
- 7:00 a.m. to 3:30 p.m.
- 6 years and above.

**\*Closed on Monday**

## SABANERO HORSEBACK RIDING AND CULTURAL EXPERIENCE

Experience Costa Rican horseback riding with the Sabanero among the cows, who will guide the adventure wearing the traditional complete clothing used by the Guanacastecan ancestors to carry out this activity. After this, you will do the cultural tasting where you can make tortillas and other traditional meals.

Always keep your eyes open and try to spot deer, armadillos, raccoons, ant eaters, and tropical birds.

- Shared tours on Monday, Thursday, and Saturday.
- 9:00 a.m. to 1:00 p.m.
- 45 minutes driving distance each way.
- 4 people minimum.
- Cost \$185+13% taxes per person.
- 6 years and above.

## ARENAL VOLCANO

Explore the secrets to magical Costa Rica's rainforest, well known worldwide thru its amazing biodiversity which is home to many different species of flora and fauna.

- 2.5 hours hike at the base of the volcano (medium level) with 6 hanging bridges.
- Visit a hot springs Paradise to relax and enjoy a buffet lunch.
- Sky adventures: Tram (Gondola) and Trek (zip-lining).
- 3.5 hours driving distance each way 6:00 a.m. - 7:00 p.m.
- 4 years and above.

## PAPAGAYO CANOPY

This adventure is located close to the beaches of Papagayo Gulf where you will be zip lining over the Tempisque river and through the treetops of the majestic Guanacaste trees.

- 11 zip-lining cables 3 above Tempisque River.
- ATV Tour.
- Amazing views of Guanacaste farmlands.
- 45 minutes driving distance.
- 9:00 a.m. TO 12:00 p.m.
- 1:30 p.m. TO 5:30 p.m.
- 4 years and above.



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## ADRENALINE ADVENTURE EXPERIENCE

This place is very known for its exciting zip line featuring the longest dual-action zip line and has a beautiful Animal Sanctuary.

- 4 zip lining cables.
- Longest cable of mile long and ocean view.
- Superman.
- Walking bridge.
- Animal sanctuary includes: exotic birds, monkeys, sloths and reptiles.
- Water taxi 25 minutes each way.

### RESTRICTIONS

- Height: above 4'6" (137 cm).
- Min. Weight: 85 lbs/40 kilos.
- Max. Weight: 280 lbs/130 kilos.

**\*Please be aware that at the park you will be sharing the activities with guests from different resorts.**

## BUENA VISTA TOUR

Join us to visit the Rincón de la Vieja volcano area, drive-thru the Guanacaste lowlands and enjoy beautiful views of volcanoes, pass by rural small towns and learn about them. You will have fun with all the adventures in this incredible place.

- Zip lining.
- Water Slide.
- Hike to Salitral waterfall.
- Thermal springs.
- Volcanic mud bath.
- Cultural tour.
- Horseback riding.
- Lunch.
- 2 hours driving distance.
- 9:00 a.m. TO 5:30 p.m.





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# VENTURE BEYOND

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## CULTURAL ROAD TRIP

Join us on this immersive cultural road trip through the countryside of the Nicoya Peninsula, Costa Rica’s famed Blue Zone, where it is said that people live longer and happier. As you explore local villages, agricultural and social areas, you will experience the residents firsthand as they go about their daily lives, and see the land and culture from their unique perspective. The connections you make throughout the day will help you to better understand the way the ticos work, their relationship with food and the land, and how they all individually strive to preserve endangered cultural traditions.

- What to Bring: Comfortable clothes and shoes.
- Duration 8 hours.
- Travel: 1.75-hour drive each way.
- Private: \$1,500 + tax (up to 2) \$500 each additional.

## A DAY IN THE RAINFOREST

Bring the family for a smooth cruise up the volcanic mountains, past the Continental Divide to the evergreen side of the country. Go horseback riding with a two-time lasso champion. Learn about medicinal plants with a local expert. Or glide down a sparkling, turquoise blue river through miles of rainforest. The day is entirely up to you to curate with our team. Pick and choose between the below activities to customize your perfect day. In order to enjoy a smooth journey, we recommend up to two experiences.

- What to Bring: Bathing suit, change of clothes and sun protection.

- Duration 7 hours.
- Travel: 1.75-hour drive each way.
- Private: \$1,500 + tax (up to 2) \$500 + tax each additional.

## EXPLORING THE LAND OF SENSES

On the outskirts of the Rincón de la Vieja volcano, hidden among the lush rainforest canopy, hides a dazzling secret: Sensoria. This private reserve is laced with rushing streams, plunging waterfalls, thermal hot springs and brilliant blue rivers. Known as the “Land of the Senses”, Sensoria is an exclusive refuge with limited access, and a favorite destination for anyone wishing to lose themselves in the jungle for the day.

This full-day tour includes a scenic drive through local towns before arriving at Sensoria. You begin with an easy hike through the rainforest surrounded by centennial trees, crossing waterfalls and canyons. At the end of your hike you will have access to a spectacular natural thermal spring where you can take a dip and have refreshments to the sounds of the forest around you.

- What to Bring: Comfortable clothing and shoes, rain jacket, swimsuit and a change of clothes.
- Duration 7 hours.
- Travel: 2-hour drive each way.
- Private: \$1,500 + tax (up to 2) \$500 each additional.

## UNTAMED RIVER RAFTING

If you’re looking for an adrenaline-filled whitewater rafting experience, plenty of excitement awaits on the Upper Tenorio River. Test your courage as you descend through miles of rainforest with spectacular scenery all around. This winding, fast-moving river has something for everyone—including Class III and IV rapids. On the way home, stop at a rustic lodge for lunch, where you’ll have the chance to enjoy their hot springs overlooking Miravalles Volcano.

- What to Bring: Comfortable shoes, swimsuit, change of clothes and rain jacket.
- Duration 7 hours.
- Travel: 1.75-hour drive each way.
- Private: \$1,500 + tax (up to 2) \$500 each additional.
- Age: 10 and up.





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# NATURE WITHOUT BORDERS

Discover Peninsula Papagayo’s 1,400-acre ecological wonderland and surrounding coastline – all in our backyard, minutes away from the Resort and guided by our in-house adventure providers, Papagayo Explorers.



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# EXPLORE PENINSULA PAPAGAYO ON LAND

## PALMARES AERIAL ADVENTURE

Discover our collection of epic aerial trails - located 30 feet above the ground - including seven zip lines, a weeping fig tree climb and 21 high-ropes obstacles complete with rope bridges, swinging logs, cargo nets and more.

## OFF-ROADING

Be prepared for a heart-pounding, muddy and dusty off-roading experience around the Palmares estuary. Hop into our UTV for an exclusive adventure guide by our team, and don't forget to bring your camera for the astounding ocean views and pit stops at secluded beaches.

## MONKEY SPOTTING

Peninsula Papagayo is home to more than 15 monkey troops of three different species: howler, white-faced and spider monkeys. On this Monkey Tour, join our knowledgeable guide on a quest to spot as many primates as possible. It's a great experience for kids of all ages who enjoy nature and wildlife without a lot of walking.

## WILDERNESS HIKE

You never know what you'll encounter in the untouched ecosystem of Palmares. Explore the hidden trails known only to your guide, and if you're lucky (and very quiet), you might spot a big cat - a rare experience sure to delight families with kids. Be sure to ask about Night Walks, also lead by our expert guides.

## BIRDWATCHING

Join our naturalist guide with binoculars and a telescope and get ready to see more than 150 bird species that call the peninsula their home. Look out for a tiger heron, black hawk, laughing falcon, turquoise-browed motmot, manakin, lineated woodpecker or elegant trogon, among many others.

Birdwatching is also a wonderful opportunity to practice wildlife photography and have fun exploring the aviary world of Peninsula Papagayo.



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# EXPLORE PENINSULA PAPAGAYO BY SEA

## SURFX

Hit the waves with Surf - developed exclusively for FS Peninsula Papagayo . Whether you're a first-timer or a pro who wants to refine your skills, you can choose from some of Costa Rica's most famous surfing locations.

## CORAL REEF EXPERIENCE

Go deep with our snorkeling and diving masters on a rescue mission to restore the coral reefs struggling to survive in the waters surrounding Papagayo. Join our remarkable restoration project and help bring the lost coral reefs back to life. Have fun and explore with purpose - your impact will benefit generations to come.

## CANOE EXPLORATION

Immerse yourself in this secluded world while exploring the turquoise waters of our surrounding bays in a traditional. Hawaiian-style canoe. Get inspired by the energy of your own body as you perfect your stroke, build endurance and experience the wonders of marine life along the peninsula's dramatic coastline.

## WATER BIKE TOUR

Explore the turquoise waters and the many tropical sandy beaches surrounding Peninsula Papagayo on sustainable, human-powered water bikes. The bay's calm waters are ideal for spotting rays, sea turtles and a myriad of fascinating fish. It's so quiet that you can even hear the howlers in the trees.

## MAGICAL MANGROVES

Venture into the natural sanctuary of the mangroves and explore a unique ecosystem of eerie "walking trees" able to survive (and thrive) in salty freshwater, creating a rich refuge for wildlife.

## BIOLUMINESCENCE

When a new moon occurs during one of the seasonal upwellings in the Golfo de Papagayo, you can experience the breathtaking glow of plankton blooms. Watch in wonder as nature's most delicate creatures - millions and millions of them - drift with the current just beneath the surface, performing an unforgettable underwater ballet known as bioluminescence.



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# PAPAGAYO PARK

A vibrant sports and social heart of Peninsula Papagayo, where movement, play, and connection come together across a dynamic natural setting. Designed for all ages, it features racquet sports, a lap pool, fitness and wellness spaces, and a variety of recreational experiences, from active pursuits to family-friendly moments, creating an evolving hub of community life.

## RAQUET CENTER

OPEN DAILY, 7:00 a.m. – 8:00 p.m.

The state-of-the-art racquet center brings the energy with 2 padel courts, 6 pickleball courts, and 4 Rebound Ace hard surface tennis courts. Guests can reserve courts, enjoy private instruction, or join weekly clinics, look forward to special tournaments and pop-up events designed to bring the community together.

## ESPIRA

An open-air shala set above the landscape, designed for movement, connection, and shared experiences. The space transitions effortlessly from wellness classes to curated events, offering a setting that evolves from day to evening with a strong sense of place.

## ART STUDIO

TUESDAY THROUGH SATURDAY 9:00 a.m. – 4:00 p.m.

A vibrant hub for artistic expression, offering instructor-led classes with a rotating selection of ceramics, painting, printmaking, illustration, and mixed media. Open studio sessions allow for independent creation, with access to materials and tools for personal exploration.

## PATIO SOCIAL

OPEN DAILY, 11:00 a.m. – 6:00 p.m.

Fresh flavors, crafted cocktails, and a playful atmosphere, the perfect place to connect, unwind,

and soak in the spirit of Papagayo Park.

## KIDS ADVENTURE & SLIDES

OPEN DAILY, 8:00 a.m. – 6:00 p.m.

A kid-powered adventure zone featuring a playful splash pad and an action-filled playground with zipline elements and climbing features. Water slides and a poolside climbing wall add an extra layer of excitement, creating a vibrant space for active play and unforgettable moments.

## LAP POOL

OPEN DAILY, 8:00 a.m. – 6:00 p.m.

A dedicated three-lane lap pool for uninterrupted swims, complete with towels and training essentials for every session.

## PUMP TRACK & BASKETBALL COURT

OPEN DAILY, 8:00 a.m. – 8:00 p.m.

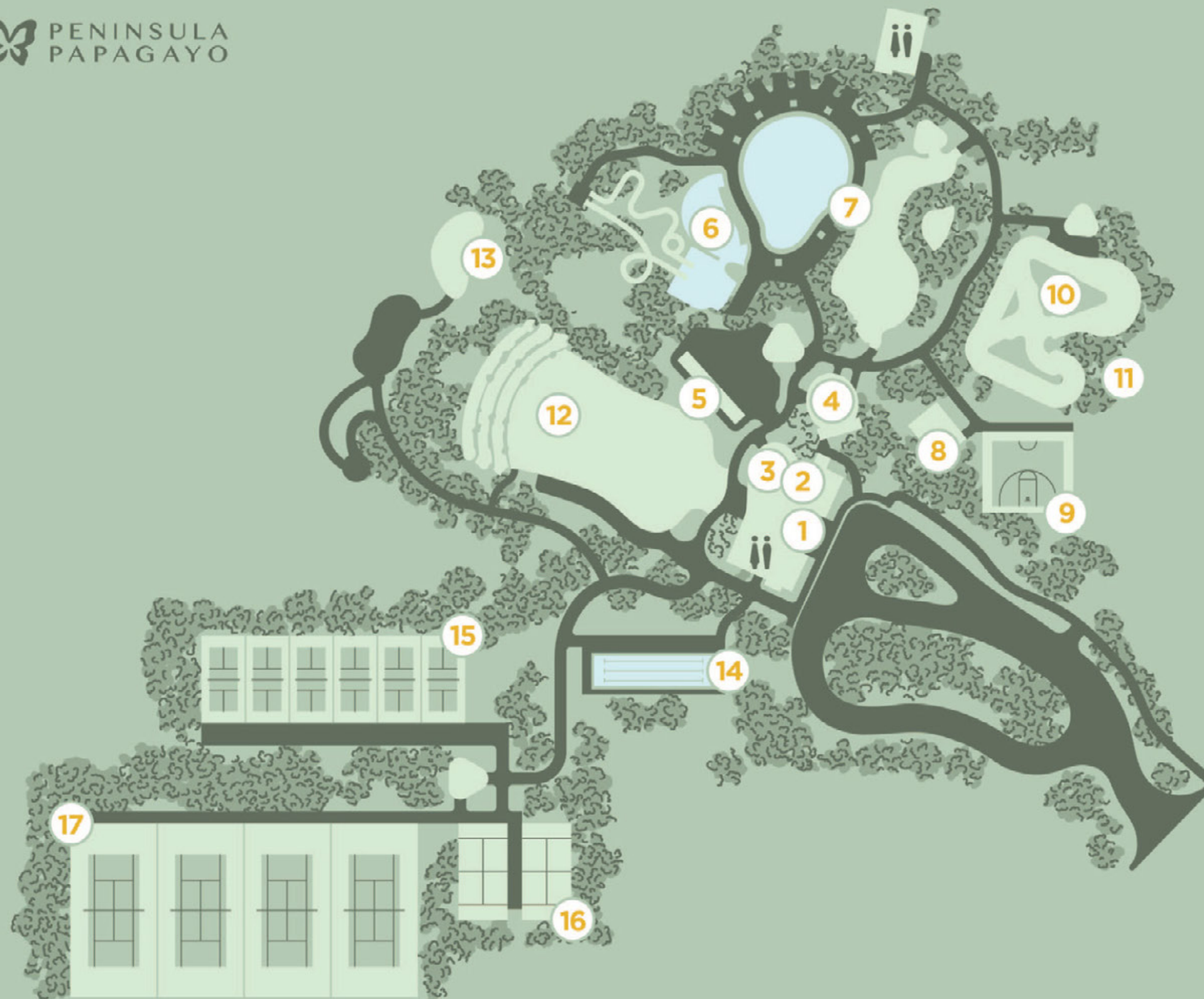
Featuring a pump track and basketball court, this active setting brings together riding, play, and friendly competition in one energetic environment.

## CONO LOCO

OPEN DAILY, 8:00 a.m. – 6:00 p.m.

Located steps from the pool, this playful setting offers ice cream, coffee, and sweet treats, creating a light and refreshing moment within a relaxed atmosphere.





## Papagayo Park

- 1 ARRIVAL
- 2 ART HUB
- 3 CONO LOCO
- 4 PATIO SOCIAL
- 5 BOCCE BALL
- 6 POOLS + SLIDES
- 7 KIDS ADVENTURE
- 8 FITNESS PLATFORM
- 9 BASKETBALL
- 10 PUMP TRACK
- 11 DOG PARK
- 12 THE LAWN
- 13 ESPIRA
- 14 LAP POOL
- 15 PICKLEBALL COURTS
- 16 PADEL COURTS
- 17 TENNIS COURTS
-  BATHROOMS + LOCKERS



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# OCEAN COURSE AT PENINSULA PAPAGAYO

Designed by Arnold Palmer, our 18-hole, par 72 championship golf course was created with the resort golfer in mind and is ranked among the “Top 100 Courses outside the United States” by Golf Digest. Your experience begins atop one of Peninsula Papagayo’s highest plateaus, overlooking the jewelled waters of Bahía Culebra. Spectacular water views await you at 14 of the 18 holes. FS Peninsula Papagayo also offers a driving range, a sand bunker practice area, and putting and chipping greens.

Our golf course is a Certified Audubon Cooperative Sanctuary. Endorsed by the United States Golf Association, this program is dedicated to preserving and enhancing the wildlife habitat and protecting natural resources. The course has labelled important trees, turning the cart path into a botanical garden.

Contact our Pro Shop to book tee times, available daily from 6:30 a.m. – 4:00 p.m. Children under 18 years of age must be accompanied by an adult.



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### PRACTICE FACILITY

For a daily fee, you may use our practice area, which includes a grass-only driving range, large putting green with undulations, and a greenside and fairway bunker.

### GOLF INSTRUCTORS

Our Four Seasons golf professionals are experienced members of the Professional Golfers Association and have taught all levels of golfers around the US. They will adapt their teaching styles to your level of play and provide you with instruction that can help you fine-tune all aspects of your game. Lessons take place on the range, practice green or practice bunker.

### ON-COURSE PLAYING LESSONS

Our golf professionals will evaluate your swing on the course, discuss rules and etiquette, and help you manage your game to a lower score. You can request our golf professionals to play as well. Green fees and rental equipment included. Choose three different starting times for your playing lesson. We recommend making reservations early.



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## GOLF ATTIRE

Guests are required to wear proper golf attire at all times when visiting the golf facility. Denim, cut-offs, T-shirts, bathing suits and workout clothes are not permitted.

Discover an extensive selection of stylish apparel at our golf shop, catering to Men, Women, and Children. Elevate your golf wardrobe with our diverse range of clothing options, ensuring you're dressed in the finest golf attire.

## PACE OF PLAY

As a courtesy to all golfers, player assistants will assist you to maintain a pace of play of 4 hours and 30 minutes for 18 holes. If your group falls out of position, you will be offered solutions to improve the pace. We appreciate your co-operation.

## CANCELLATION POLICY

Tee time or lesson cancellations within 24 hours and no-shows will be charged the full rate. Please contact everyone in your party to confirm reservations and avoid double bookings.



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# TENNIS

## TENNIS VS

OPEN DAILY, 7:00 a.m. – 6:00 p.m.

For tennis enthusiasts, Peninsula Papagayo Club offers three tennis courts with clay-like Har-Tru surfaces. Our tennis program includes drop-in events, weekly clinics, private lessons, rentals and more.

## TENNIS PROFESSIONALS

Our Peter Burwash International tennis professionals are experienced players who have taught all levels of tennis internationally. Their professional instruction will help improve your game and elevate your tennis experience.

## RESERVATIONS & GUIDELINES

Tennis lessons are one hour. Prior to your arrival, the Festive Desk will assist with reservations. One lesson may be reserved per day, per room. You may provide us with three preferred times; however, the same pro cannot be guaranteed for each lesson. For additional tennis reservations during your stay, please contact the Golf & Racquets Team. .

Pro Shop no more than 24 hours in advance.





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## TRANSPORTATION

The Tennis Centre is located at the Bella Vista Clubhouse, seven minutes from the Resort lobby. Transportation is available upon request. Please plan on leaving the lobby 25 minutes prior to your reservation to allow for check-in time.

## 24-HOUR CANCELLATION POLICY

There is a 24-hour cancellation policy for all tennis reservations.

Please be sure to contact the Tennis Centre immediately for changes made to your reservations.

## COURT TIME

The Tennis Centre offers “on your own” court time. Court time reservations may be booked one day in advance with a one-hour per day etiquette regulation.

## TENNIS ATTIRE

Guests visiting the Tennis Centre for play must wear proper tennis attire at all times:

- Women: collared shirts or T-shirts, tennis shorts or skirts, and tennis shoes (loaners are available).
- Men: collared shirts or T-shirts (with sleeves), athletic or tennis shorts, and tennis shoes (loaners are available).





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# WHERE MODERN WELLNESS MEETS ANCESTRAL RITUALS

## THE SPA

Discover your personal path to wellness – and find inner balance and peace along the way – with tailored treatments and therapeutic techniques inspired by the seas and rainforest around you.

[LEARN MORE](#)



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# SPA TREATMENTS

## SIGNATURE RAINFOREST MASSAGE

Our Signature Rainforest Massage draws inspiration from Monteverde's Rainforest and the soothing sounds and motion of a peaceful river flow. This treatment will be customized to your preferred pressure and essential oil scent, creating a flow ideal for your mindset and your body's needs.

## THERAPEUTIC DEEP TISSUE MASSAGE

This therapeutic massage is designed to relieve long-term pain and issues related to physical activity or incorrect posture. Providing muscle stress-relief and leaving you physically invigorated, our therapist will recommend an at-home stretching routine to enhance the benefits of the massage.

## ABHYANGA MASSAGE

In Ayurveda, each of us has an evolving mind-body constitution known as a Dosha. By identifying your Dosha, your therapist will select movements that will clear stagnant energy and restore the flow of prana: the life force that stimulates the body's vital energy.

## HEALING BAMBOO MASSAGE

Using freshly cut bamboo, this deep pressure massage reduces stress to relieve tension in the muscles and tendons and stimulate the flow of blood and lymph. A unique and effective way to release built up tension.

## DIQUIS HOT STONE MASSAGE

Inspired by the mystical Costa Rican Diquis stones, exclusively found in Costa Rica, warmed volcanic stones are skillfully and harmoniously placed on the body and used in the massage to reduce muscle tension, provide stress relief, relaxation, and comfort.

## TSURU ANCESTRAL CACAO

Prepare your body for a pure cacao and banana leaf wrap, where your skin will absorb enriching properties first discovered by ancient indigenous people, while an invigorating scalp and neck massage focuses on the stress release trigger points, to activate and stimulate your endorphins.

## VOLCANIC PURIFICATION

Starting with a scrub using a blend of volcanic ash to remove dull skin, this ancient ritual will purify and heal the body and mind. A volcanic mud mask follows, naturally flushing away toxins while replenishing the skin with minerals, before a customized massage to relieve muscle tension.

## AGE-DEFYING FACIAL BY BIOLOGIQUE RECHERCHE

An exfoliating and lifting treatment combines with toning and shaping techniques to sculpt contours and re-firm the shape of your face. The lifting effect is immediate, leaving your skin firmer, transformed and glowing.



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# YOGA

## VINYASA FLOW

Rooted in Ashtanga Yoga, Vinyasa Flow is a multi-level sequential asana practice, that will help you master your transitions, explore and stretch different muscle groups of your body. Fantastic cardiovascular and flexibility workout.

## GENTLE FLOW

A nice flowy and gentle Vinyasa practice for all levels. If you’re just beginning your yoga practice, this is a great place to start.

## GROUNDING HATHA

A multi-level slow paced traditional style yoga practice, focused on alignment. Work on your self-confidence, connection with element earth and to bring sense of stability, awareness and flexibility in your posture.

## KUNDALINI YOGA

Profoundly transformation yoga practice. A fantastic opportunity to go inward, connect with yourself, prepare, and train the mind to achieve a deep state of meditation, and healing through the practice of breathing exercises, and sets of asanas.

## SPINNING

This class offers a low-impact, highly effective way to build cardiovascular strength and endurance. Designed for all fitness levels. This class offers a challenging opportunity to get your heart pumping, burn serious calories and improve your overall cardiovascular health. Sign-up recommended.

# FITNESS

## ANIMAL FLOW

A physical discipline created to bring complete awareness of your body movements. A range mixed movements and combinations called the “Six Components.” are the base of this experience. Each Components are designed to elicit specific results.

## PILATES & YOGILATES

Designed to balance all muscle groups, strength, and flexibility, with an emphasis on challenging the core muscles. Classes will incorporate the original Pilates techniques with variations, using props, light weights, and even yoga in the case of Yogilates.

## BARRE FIT

A workout technique inspired by elements of ballet, yoga, and Pilates. Low impact and high intensity movements, designed to strengthen your body and booty in ways few workouts can.

## BODYWEIGHT WORKOUT

An all-level workout that includes strength training and cardiovascular conditioning. This full body workout will improve muscular strength and endurance. Be ready to push your limits and walk out feeling strong.

## SPINNING

This class offers a low-impact, highly effective way to build cardiovascular strength and endurance. Designed for all fitness levels, it offers a challenging opportunity to get your heart pumping and burn serious calories.

# WORKSHOPS

## SOUND HEALING

Surrender to the healing waves of our singing bowls and gongs. The frequencies will tune your energetic vortices bringing you in complete harmony and balance with your whole being. Promoting a deep state of bliss, relaxation, and peace.

## CACAO CEREMONY INTRODUCTION

Cacao ceremonies are an invitation to open our hearts, to quiet the mind and explore what it's like to speak and listen from the heart, Through guided meditation, the power of intention and the ceremony itself, allow you to enter into a personal and collective space in which you can transcend many of limited thoughts and beliefs to remember your real essence and its true purpose.

## MEDITATION 101

A free-form dance performed in a safe space to celebrate the beginning of Spring break. Guided as a meditation we connect with the elements of nature and the movements of our body. Reaching a deep state of connection and liberation with ourselves.

Meet at the spa for all classes.



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# SALON SERVICES

Our full-service salon offers hair and nail services, as well as custom packages for special occasions.

## FITNESS CENTRE

OPEN 24 HOURS

Pay a visit to our state-of-the-art Fitness Centre and workout next to spectacular beach views. Join in on one of our daily fitness classes or meet with a personal trainer who can create a customized program to achieve your specific goals.

## SPA COUPLE QUINTENSSENCE

2 hours treatment of your choice, followed by a relaxing hour in our VIP couples suite with amenities. \$990++ per couple.

## STEAM ROOM AND HOT AND COLD PLUNGE POOLS

Enjoy the complimentary use of the spa locker room with steam room and hot and cold plunge pools.

## YOGA AND FITNESS CLASSES

We offer an array of outdoor yoga, fitness classes and wellness workshops that are suitable for all levels. See schedule and location in our daily resort activity guide. Classes are \$25 per person | Pass for all classes and workshops \$90 per person, per stay.

## AGE TO SPA

We are offering spa experience for every age 2 to 12 year's old, special experience are available around the pool and in our spa salon. 12 to 17 year's old, Spa treatments with parent consent (form to be signed before treatment). Facilities under adult supervision.

## KIDS SERVICES

We are offering spa experience for every age 2 to 12 year's old, special experience are available around the pool and in our spa salon. 12 to 17 year's old, Spa treatments with parent consent (form to be signed before treatment). Facilities under adult supervision.

## SPA GUIDELINE

- When booking, we will assist you to choose the type of treatment based on your preferences and therapist gender based on availability.
- We encourage you to arrive 30 minutes prior to your treatment time to enjoy use of spa facilities.
- To experience our hot and cold plunge pool and steam room, a swimsuit is required.
- We will provide you a locker, robe, slippers and grooming amenities. We encourage you to leave valuable items in your in-room safe.
- Late arrivals will result in the reduction of the total treatment time and will be charged at full price.
- If you are not able to be on time or wish to cancel your reservation, we allow a 4 hour cancellation to avoid full charge of the service.





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# LUCKY ROPE PROJECT

An original shaman hand-knotted bracelet crafted by local healer Nao Ceci, the exclusive Lucky Rope Project bracelet will be available for purchase at the spa. All proceeds will go to Creciendo Juntos, which is the Resort’s local children’s charity partner. The proceeds will specifically be used for a new yoga and wellness program led by the Resort’s passionate team of wellness practitioners, including Costa Rican Jose Rodriguez. As part of this philanthropy project, guests will also have the opportunity to sponsor a yoga session where they can practice yoga and share a healthy snack with the smiling children from Creciendo Juntos. Available at the spa:

The Lucky Rope Project Bracelet Price: \$38

Sponsor a Yoga Session Price: \$500



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# SHOPPING

Visit our Tennis Pro Shop and Golf Pro Shop at the Club House, where we've recently undergone a stylish renovation to enhance your shopping experience. Discover a curated selection of top-tier clothing brands that cater to both tennis and golf enthusiasts. Elevate your game and style with our expertly curated collection.

## ESTRELLA

8:00 a.m. – 8:00 p.m.

Located on the lobby level, this multi-brand lifestyle boutique offers a curated selection of women's apparel, swimwear, footwear, accessories and jewellery.

## ALMA

8:00 a.m. – 8:00 p.m.

Located adjacent to the spa, Alma offers a selection of athleisure and logo wear alongside men's and kids' swimwear. This treasure trove of a store is also your go-to spot for gifts, sundries, toys, beach and pool items, and a selection of local offerings.

## GOLF PRO SHOP

6:00 a.m. – 7:30 p.m.

Located at our golf clubhouse, the Pro Shop carries an assortment of high-end men's and women's golf and tennis apparel, hats and gear. Gift certificates for lessons and course play are also available.

## SPA BOUTIQUE

8:00 a.m. - 8:00 p.m.

Offers essential oils, energy-balancing jewellery, makeup, inspirational and wellness books, Vitajuwel water bottles, Love Turner and phia products.





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# SUSTAINABILITY

## OUR COMMITMENT

At FS Peninsula Papagayo , we are committed to preserving and regenerating the environment and leaving a positive, enduring impact on our local community. Below are some of the sustainability initiatives we have implemented at our property.



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# OUR INITIATIVES

## ENVIRONMENTAL PROGRAMS

- Certified for sustainable tourism by the Costa Rican Institute of Tourism for extensive environmental programs.
- Audubon International-certified golf course amid 25 tree species and other wildlife.
- Land and water bicycles available for guest use.
- Vegan and vegetarian menu items available.
- Linens and towels replaced every third day, unless otherwise requested.

## SUSTAINABLE FOOD AND BEVERAGE

- Local, sustainable and seasonal menu items available.
- Food waste reduction program in place.

## ENERGY, CARBON AND WATER REDUCTION

- Energy sourced from renewable or carbon-free sources.
- Energy-saving guest room controls and building systems.
- Water-efficient landscaping.
- Option for guests to easily offset carbon emissions from travel in ways that can positively impact local families by increasing forest cover in

Costa Rica, protecting and restoring nature and preserving a sense of place for future generations.

## WASTE REDUCTION

- Elimination of single-use plastic water bottles.
- Recycling program in place.
- Organic waste diversion program in place.

## COMMUNITY

Guests can engage in educational tours at local, natural and cultural sites to learn more about the local community. Linen, furniture and equipment donated to the local community through partner charitable organization, Creciendo Juntos, which helps broaden the horizon of job opportunities, self-employment and entrepreneurship for residents in 19 communities.

- Local artists and artisans featured throughout our Resort, including in-room beach bags crafted by indigenous Costa Rican artisans, allowing them to showcase their skill and helping to keep their ancient cultural traditions alive.
- Employees complete annual Human Trafficking Awareness training.
- Guest donation and volunteering opportunities with Creciendo Juntos.

## PURCHASING PRACTICES

- Eco-certified cleaning products used.
- On-property boutique featuring local products, including handcrafted items by indigenous artists.

## CRECIENDO JUNTOS

Since 2001, Peninsula Papagayo has partnered Creciendo Juntos (Growing Together), an award-winning social responsibility outreach program.

## BECOME A BACKPACK BUDDY

Many of the children in the Guanacaste Province do not have enough money for school supplies or uniforms. Why not donate a backpack to a local school child? All you need to do is purchase a backpack, fill it with your favourite school supplies and bring it with you to the Resort. When you check-in, tell the agent you are a Backpack Buddy and we will give you a card to fill out with your street address and/or e-mail address and attach it to the backpack, so the recipient knows where the backpack came from.



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# RESORT DETAILS

CHECK-IN TIME 3:00 p.m.  
CHECK-OUT TIME 12:00 noon

## EARLY ARRIVALS AND LATE DEPARTURES

The Resort makes every effort to accommodate requests for early arrivals and late departures. However, to guarantee immediate access, we recommend reserving accommodations the night prior to your arrival. Similarly, for late departures, reserving an additional night will guarantee access until you leave the Resort.

## GUEST SERVICES AND FACILITIES

- 24-hour In-Room Dining.
- 24-hour laundry/dry-cleaning.
- Concierge service available from 6:00 a.m. – 10:00 p.m.
- Airport transfers – taxi service (2 hours’ advance notice) and rental car (48 hours’ advance notice).
- Complimentary overnight shoeshine.
- Doctor on call 24 hours a day.
- Express check-in/out.
- Gift shops.

- Kids For All Seasons program.
- Non-smoking rooms.
- One-hour pressing.
- Restaurants, café and lounge.
- Services and amenities for younger guests.
- Tuanis Family Centre.
- Umbrellas.
- Complimentary valet parking.

## IN-ROOM/SUITE AMENITIES

- 100% cotton oversized bath towels.
- Down pillows.
- Duvets.
- Hairdryer.
- In-room safe.
- Non-allergenic pillows available.
- Bathrobes.
- Twice-daily housekeeping service.
- Complimentary news brief with breakfast.
- High-speed Internet access.
- Yoga mats.
- Steamers.



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## MOBILE PHONES

Your mobile phone may have service in Costa Rica. We suggest that you check with your provider prior to arrival.

## NEWSPAPERS

Complimentary access to PressReader with unlimited downloads of international publications.

## LAUNDRY AND DRY-CLEANING

We offer same-day laundry, dry-cleaning, and pressing services. Self-serve washers and dryers are also available, including complimentary detergent.

## SHIPPING

We do not recommend shipping any items to the Resort prior to your stay. There can often be long delays and significant importation fees levied on personal goods by Costa Rican authorities.

## IMMIGRATION REQUIREMENTS

All United States citizens visiting Costa Rica must possess a passport valid for 6 months after the date

of arrival and a pre-paid airline ticket to exit Costa Rica in the next 90 days (either to return to the US or to visit another country). For all non-US citizens, please refer to [www.costarica-embassy.org](http://www.costarica-embassy.org) for specific requirements. Costa Rica has stringent customs guidelines for packages shipped into the country. We recommend guests travel with all their luggage, including golf clubs and other personal belongings.

## CHILD CARE

Professional babysitting services are available. Child-care arrangements can be made through the Concierge. Due to the high number of requests during this time, the following policies are in effect:

- All child-care requests must be made prior to your stay, as babysitters are subject to availability.
- Maximum of two children under 5 years old per babysitter.
- If child care overlaps with the babysitter's traditional meal times, meals will be charged to the guest's account. An additional charge for one-way transportation to the Resort will be charged if hours of child care are outside the regular employee transportation schedule. Child-care reservations are non-refundable within 24 hours. Changes to reservations will

be accommodated upon availability. Note: A second sitter is required for two children under the age of 3. 3-hour minimum.

## MEDICAL SERVICES

The Resort has a doctor on call 24 hours a day, seven days a week. The doctor's office is located one level below the spa reception area.

## SMOKING POLICY

The Resort is non-smoking. Smoking is permitted on the beaches.

## TAX

Daily room rates are subject to 13% tax and a 12% resort fee (+13% VAT). All services are subject to a 13% VAT. All local and government fees and service charges are subject to change without prior notice.



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# TRAVEL DETAILS

## AIRPORT TRANSFERS

We recommend flying directly into Guanacaste Airport (LIR), which is located 45 minutes from the Resort. We can also assist you with transportation from and to Juan Santa Maria International Airport (SJO) in San José, which is located approximately five hours from the Resort.

**Luxury Lexus SUV** (1-3 passengers)  
\$245\* One way.

**Luxury SUV** (1-4 passengers)  
\$220\* One way.

**Luxury Hybrid Electric SUV**  
(1-4 passengers) \$245\* One way.

**Luxury Minivan:** (5-7 passengers)  
\$235\* One way.

**Premium Minivan:** (5-7 passengers)  
\$185 One way.

**Premium Small Buses:** (8-15 passengers)  
\$245\* One way.

## VIP FAST TRACK SERVICES AT GUANACASTE AIRPORT

LIR | Daniel Oduber Quiros  
One way (in or out) \$140 p/p  
Round trip (in & out) \$210 p/p

SJO | Juan Santa Maria  
One way (in or out) \$155 p/p  
Round trip (in & out) \$220 p/p  
Children under 8 years old go free.

\*13% VAT will be applied to the final bill

## VALET PARKING

Complimentary overnight valet parking is available throughout your stay. Contact the bell desk to ensure your vehicle is ready.

## RENTAL CARS

Rental cars are available at the Resort. Reservations required prior to arrival, as availability is limited during the festive season. A 24-hour cancellation policy applies to all car rentals. Please contact the Concierge Desk for assistance.

## TAXIS

Taxis are available at the Resort. Two hours' advance notice is required to reserve.  
LARGE TAXIS (MAX 6 GUESTS)  
\$130 EACH WAY.





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# PERSONAL ASSISTANT

## BUTLER SERVICES

Your personal butler aims to anticipate your every need. Think of him or her as your personal assistant – someone who will know your preferences and your daily routine even before you arrive – to ensure that every move you make is enjoyable and hassle free. From unpacking your bags upon arrival to preparing your morning coffee in your room, our team is ready to serve you. With the touch of a button from your room phone, all of these services are at your fingertips.

\$400++ DAILY

\*PRICES MAY VARY IN HIGH SEASON





Melsar Guzmán Gonzáles.  
Chief Concierge

# CONNECT

## WITH OUR CONCIERGE

The Concierge provides one-stop planning for your stay at FS Peninsula Papagayo . 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

### FS Peninsula Papagayo

26km al Norte del Doit Centre Liberia. Peninsula Papagayo, Costa Rica 5000 Carrillo, Guanacaste

Tel. (506) 2696-0300 / Fax. (506) 2696-0010

[concierge.costarica@fourseasons.com](mailto:concierge.costarica@fourseasons.com)

For more information and inspiration, connect with us on social media:



#FScostarica #FSpuravida  
#Peninsulapapagayo

Updated:  
09/2025

Can I book a massage oceanside?

Absolutely! Swedish or deep tissue?

## NEED ANYTHING? LET'S CHAT.



We invite you to experience the Four Seasons Mobile App, available for iOS and Android. You can use the App to check in with ease, as well as to request Resort services and to order In-Room Dining. You can also take advantage of the Four Seasons Travel Tips. Please download the App at least 24 hours prior to your arrival in order to check in. If you don't already have a profile on FourSeasons.com, you can get started with the App by tapping the "Sign up with a Reservation" button on the home screen and using your confirmation number.