



FOUR SEASONS

RESORT

COSTA RICA AT PENINSULA PAPAGAYO

WELCOME >

Greetings from our General Manager

DISCOVER >

Learn about all that you can do

*¡vamos a
costa rica!*



WELCOME

Greetings from our General Manager Michael Mestraud >

SO MUCH TO DO

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 >

bienvenue

BIENVENIDOS A

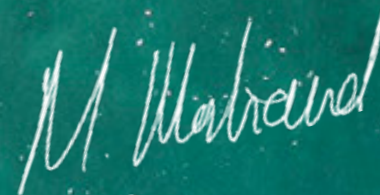
pura vida

Welcome to the “pure life”! This famous expression perfectly captures Costa Rica’s philosophy – evoking a spirit that is carefree, laid back and optimistic.

That’s exactly how we want you to feel here at Four Seasons Resort Costa Rica at Peninsula Papagayo. To help you fully enjoy your stay, we’ve created this special planning guide – with information on everything from dining and spa to local activities. Simply connect with our Concierge to make your bookings.

We look forward to greeting you with a chilled “papa fria” and warm, welcoming smiles.

Pura Vida,



Michael Mestraud

[BEGIN PLANNING YOUR STAY >](#)

ABOUT

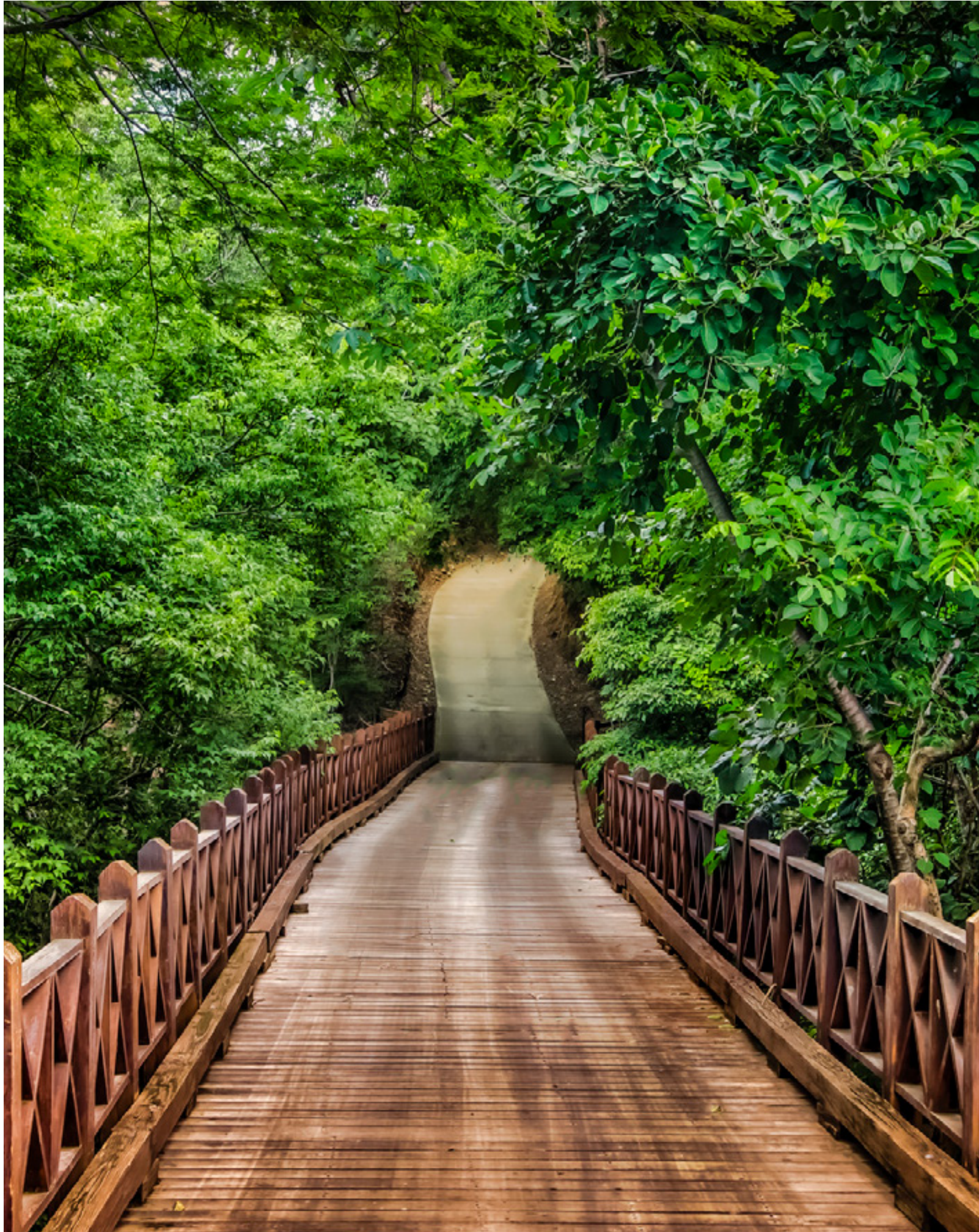
costa

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.



FOUR SEASONS RESORT COSTA RICA AT PENINSULA PAPAGAYO

A perfect balance of comfort and luxury, Four Seasons Costa Rica 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. A 2018 Resort renovation brings a striking new interpretation of modern eco-luxury and meaningful explorations to Costa Rica's north Pacific coast. 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. With this new redesign, guests will be afforded a new perspective on this incredible destination, one that complements and enhances the natural surroundings.

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

Peninsula Papagayo is one of the most beautiful places in the world — a magical 1,400-acre playground with an unparalleled closeness to nature. Imagine 11 miles of coastline and 8 miles of bluff edges, surrounded by 500,000 acres of eco-parklands. It's heaven on earth for hikers, surfers, paddle boarders, animal lovers, snorkellers, divers and anyone who feels happiest in the outdoors. Papagayo Explorers Club welcomes all explorers staying at Peninsula Papagayo to join our specialized team for a world of epic eco-adventures that transport you into wide-open wonder. We're here to connect, learn, educate and share in the discovery of the peninsula with you through experiences with purpose. Whether by land or sea; on solo treks or fun-filled family outings; in our own backyard and beyond.



staying WITH US

ACCOMMODATIONS

The Resort's 181 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 colour 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. Located a short stroll or golf cart ride from Resort amenities, these accommodation options combine privacy and independence with full Four Seasons service and access.

1 MIRAMAR SUITE

GUEST ROOMS

- 2 Playa Virador: #2101 - 2409
- 3 Playa Blanca 1: #3101 - 3410
- 4 Playa Blanca 2: #4101 - 4411

CANOPY SUITES

- 5 Calle de Oro: #1711 - 1922
- 6 Calle el Jaguar: #1011 - 1621
- 7 Calle el Mono: #511 - 921

RESIDENCE VILLAS

- 8 Calle la Iguana: #4622 - 5522
- 9 Calle la Rana: #2822 - 3822
- 10 Calle Jaguar II: #2522 - 2722

PACIFICO RESORT RESIDENCES

- 11 #6011 - 6631

ESTATE HOMES

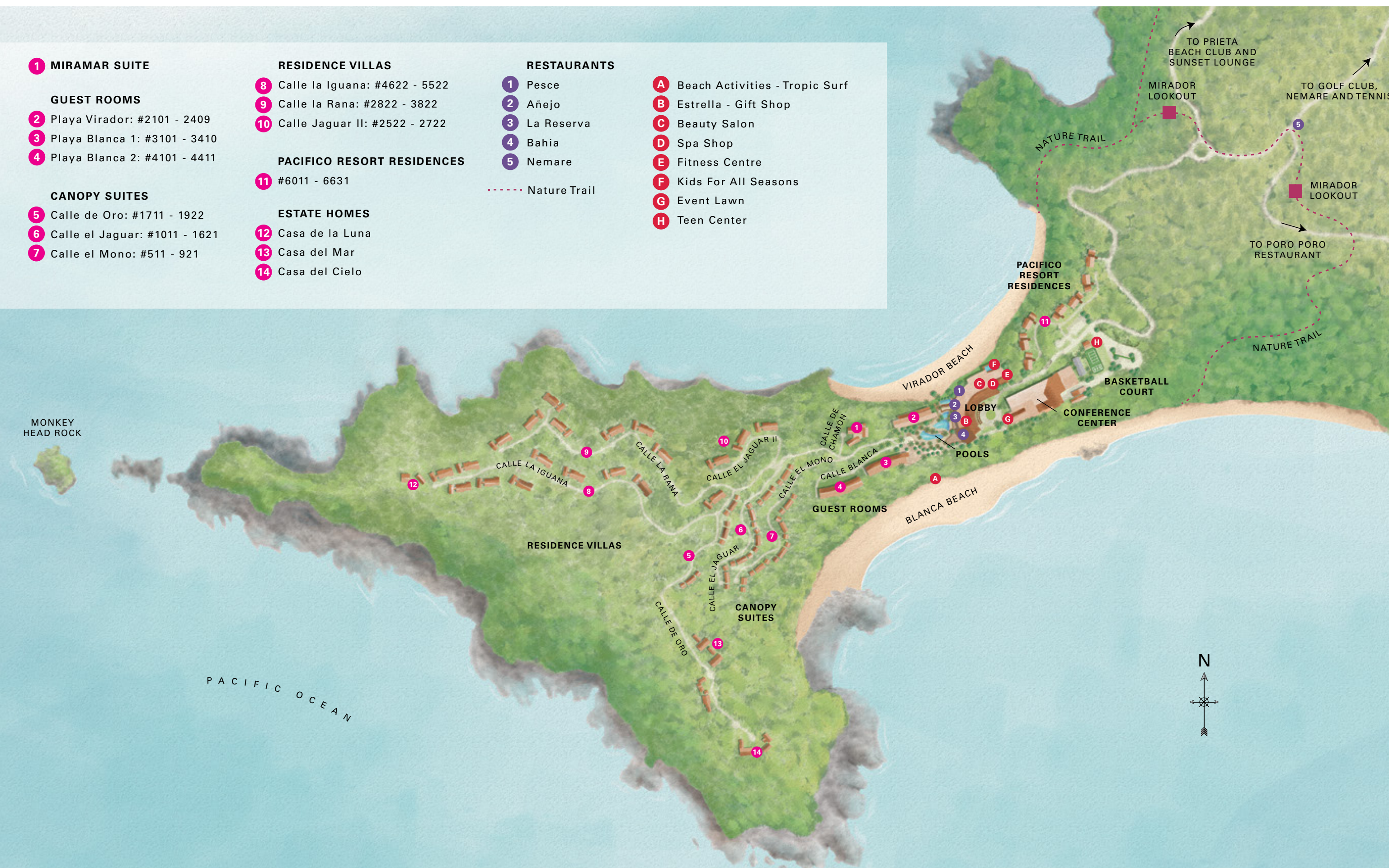
- 12 Casa de la Luna
- 13 Casa del Mar
- 14 Casa del Cielo

RESTAURANTS

- 1 Pesce
- 2 Añejo
- 3 La Reserva
- 4 Bahia
- 5 Nemare

----- Nature Trail

- A Beach Activities - Tropic Surf
- B Estrella - Gift Shop
- C Beauty Salon
- D Spa Shop
- E Fitness Centre
- F Kids For All Seasons
- G Event Lawn
- H Teen Center





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.
LUNCH: 11:00 a.m. – 4:30 p.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. With nightly live music, this is a wonderful gathering spot to share authentic culture and savoury cuisine.

NEW BAHIA JUICE BAR
OPEN ALL DAY



AÑEJO
GRAB-AND-GO MORNING BITES:
6:00 a.m. – 11:00 a.m.
ALL-DAY DINING MENU:
11:00 a.m. – 12:00 midnight
BAR: 12:00 noon – 12:00 midnight

In the evenings, lively Añejo becomes the heart of the Resort, with a DJ spinning, 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: 6:00 p.m. – 10:00 p.m.

With a panoramic ocean view, this stylish restaurant brings Mediterranean style to Costa Rica’s abundance of fresh fish and seafood. Choose your entrée and let our Italian master chef add his creative flair.

SAN VITO ROOM AT PESCE –
ITALIAN SEAFOOD KITCHEN

The San Vito Room, our private dining room at Pesce, is available for private evenings of elegance and fine cuisine. Minimum of six, maximum of 16 guests.
RESERVATIONS REQUIRED

NEMARE STEAKHOUSE

LUNCH: 11:00 a.m. – 4:00 p.m.
BAR: 11:00 a.m. – 10:00 p.m.
DINNER: 6:00 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. The bar is the centrepiece of the restaurant with mixologists creating cocktails using locally sourced ingredients and often served with its own version of smoke.

FOOD TRUCK OFFERINGS

AVAILABLE DURING PRESIDENTS’ DAY, SPRING BREAK, EASTER, THANKSGIVING AND FESTIVE SEASON.

Located on Virador Beach, the tropical-themed food truck serves Costa Rican street-inspired food with dishes including ceviche and tacos plus good ol’ fashioned hamburgers in a fun and cheerful beach setting.



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

All restaurant menus offer vegan and vegetarian options.

DINING CONTINUED >

[CULINARY HIGHLIGHTS](#)[OFF-SITE DINING](#)

CULINARY

highlights

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.

NEMARE GARDEN TABLE

Visit the chef's herb garden at Nemare for an intimate outdoor dining experience. Enjoy a seven-course menu paired with organic wines under the moonlit sky on one of the highest points of the peninsula. Available for couples and up to ten guests. \$250 per person, plus tax

Space is limited to one party per night

Reservation is non-refundable within 24 hours Available based on weather conditions

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 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.

\$305 per person, plus tax

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

DINING GUIDELINES

Reservations required for dinner, special events and private functions.

Corkage:

Wine \$40

Champagne \$70

MEET THE CHEF, Gerardo Astorga

For Chef Gerardo Astorga of Nemare, it is very important to always put his heart into every dish he makes. He believes that food is an art and that his canvas is for someone to savour.

CULINARY HIGHLIGHTS

— OFF-SITE DINING

OFF-SITE

dining

PENINSULA DINE-AROUND

Enjoy other restaurants and bars on Peninsula Papagayo. Complimentary shuttle.

PORO PORO

Experience the culinary wonders of Executive-Chef Nicolas Devenelle, and delight in refined cuisine with local flairon Poro Poro nights. Featuring Costa Rican food, live music and dancing.

CHAO PESCAO

A place designed for kicking back and sampling the chef's seasonal gourmet creations. Listen to the sound of the waves, dance to the beat of a live Latin band, and sip on Costa Rican craft beers and seasonal cocktails.

RIO BHONGO

Taste the flavours of Costa Rica in this culinary "paseo." Featuring personalized and interactive dining in a relaxed, open-air setting.

OSTRA

An elegant, discreet and romantic restaurant designed to emulate a private residence. Featuring three live culinary stations and all kinds of delicacies from the sea.

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.

SUNSET BAR

One of the peninsula's most picturesque beachfront dining venues showcases a tequila-themed bar, freshly prepared ceviche and delectable delights served up nightly in the beach club's kitchen.



KIDS FOR ALL seasons

- KIDS FOR ALL SEASONS
- FUN FOR KIDS
- TUANIS CENTRE
- CAMP JAGUAR
- NATURAL EXCITEMENT
- LA RESERVA TASTING SERIES
- PAPAGAYO BIKE-SHARE
- DAY TRIPS & EXCURSIONS
- SPECIAL INITIATIVES
- OCEAN COURSE GOLF CLUB
- TENNIS
- FEEL YOUR VERY BEST
- LUCKY ROPE PROJECT
- MAKE A SPLASH
- SHOPPING
- GREEN INITIATIVES
- RESORT DETAILS

KIDS’ FOR ALL SEASONS

8:00 a.m. – 5:00 p.m.

Kids For All Seasons offers exciting adventures for children ages 4-12 years. Our complimentary program includes indoor and outdoor activities conducted by our professionally qualified staff. In this beautiful setting, children are immersed in the culture of Costa Rica and learn about nature firsthand. Upon arrival at the Resort, children will be presented with a special welcome amenity and an invitation to join the fun.

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 details.

KIDS FOR ALL SEASONS

FUN FOR KIDS

TUANIS CENTRE

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FUN *for* Kids

KIDS’ NIGHT OUT

Fun for kids doesn’t stop with Kids For All Seasons. Kids’ Night Out events are designed to keep the fun going into the evening with our smaller guests in mind. These activities include:

- Beach Movie Night
- Luau Party
- Glow in the Dark Party
- Glamping & S’mores Night
- Starkids Gazing
- Costa Rican Jungle Party
- Pool Party

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TUANIS *centre*

EXCITEMENT FOR TEENS

12:00 noon - 10:00 p.m.

Located just steps from the basketball court, Tuanis Teen Centre houses a variety of games and entertainment for our teen guests. Here teens can enjoy playing Xbox, Nintendo, PlayStation and Wii, watching movies and making new friends.

Take your vacation to the next level and drop into any of our scheduled activities and join the fun!

- 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

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CAMP

jaguar

NEW CAMP JAGUAR

Our fun-filled explorations are tailored to explorers, ages 12-16, in search of adventure, self-discovery, self-confidence, new friends and a deep connection to our world and its denizens. Pick your favourite day – or come for all three – and join our expert guides for a lifetime of memories. Let the games begin!

INTO THE WILD: SURVIVAL

MONDAYS, 9:00 A.M. – 3:00 P.M.

Be brave, inquisitive – and ready for anything. Explore and identify local flora, fauna and wildlife footprints. Forage for ancestral food supplies. Discover how to make use of our natural resources, while developing your skills in the art of surviving in the wilds of Palmares Estuary.

- Biological field survey, featuring camera trap and wildlife footprints recognition
- Wildlife watching and photography
- Foraging for ancestral food supplies
- Survival medicinal plants ID
- Ancient utensils and rope-making techniques with natural materials

IN THE ZONE: WATER SAFETY

TUESDAYS, 9:00 A.M. – 3:00 P.M.

Get empowered in our aquatic environment by learning how to recognize potential hazardous conditions. Explore a day dedicated to safety, physical fitness, problem solving, lifesaving methods and rescue scenarios (along with an intro to scuba diving).

- Swimming challenges
- Co-operation and lifesaving methods
- Local first aid and CPR certification
- Rescue scenarios
- Intro to scuba diving (Pochote pool)

BIKING FOREST ADVENTURE

THURSDAYS, 9:00 A.M. – 3:00 P.M.

It's all about attitude. Push the boundaries of your comfort zone and embrace new experiences. Visit a protected natural area, discover the daily tasks of Park Rangers and become a guardian of the forest. While you're here, master cool mountain bike tricks and connect with local culture.

- Visit to protected natural area (Horizontes Experimental Forest)
- Mountain bike ride
- Reforestation and conservation activity
- Mejenga and games
- English/Spanish conversation exchange

2019 SCHEDULE

THANKSGIVING

NOVEMBER 25, 26 & 28

FESTIVE SEASON

DECEMBER 23, 24 & 26

DECEMBER 30 & 31, JANUARY 2, 2020

\$120 PER DAY

KIDS FOR ALL SEASONS

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NATURAL excitement

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.

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.

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 closed-toe 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.

ADVENTURE CYCLING TOUR*

Enjoy the peninsula on two wheels! Explore the peninsula’s beautiful scenery and wildlife on this guided tour and start your day the pura vida way, under the Costa Rican sky. Must be 14 years old to participate.

STAND-UP PADDLEBOARDING*

Paddleboarding offers a versatile workout enhanced by views of Costa Rica’s waterscapes. Explore our beautiful shorelines as you glide through the clear waters that surround our peninsula.
MINIMUM AGE: 16

SNORKELING*

Grab some gear and your underwater camera to discover the fascinating clear blue waters and colourful marine life just off the golden sand of Playa Blanca.
MINIMUM AGE: 16

KAYAKING*

Join us on a guided kayak tour of Bahía Culebra with a water-sports professional. Admire the natural beauty and wildlife of Costa Rica’s waterways from a new perspective – on a kayak.
MINIMUM AGE: 14

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.

*Complimentary

NATURAL EXCITEMENT CONTINUED >

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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*

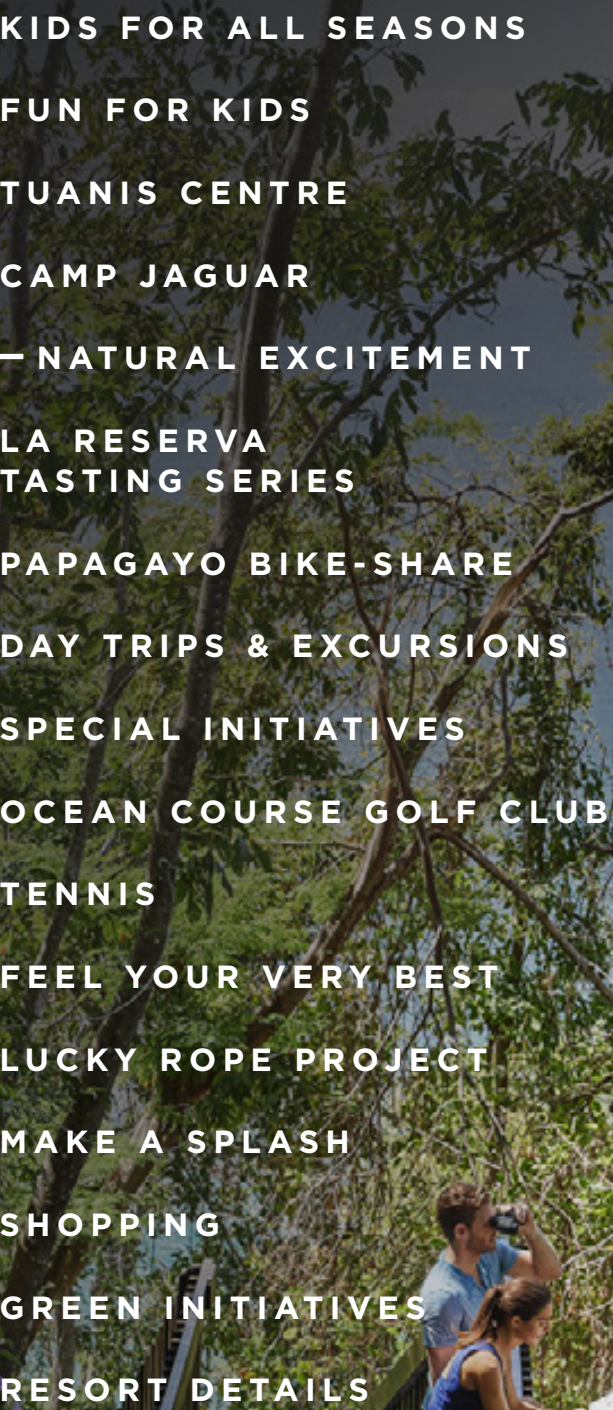
For bird lovers, the study of nature is one of the most fascinating adventures in the world. Join our resident naturalist with binoculars and telescope at the ready to see some of the 100-plus bird species that call the peninsula home – including trogons, the tiger heron, the crabeater hawk, the guaco, 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 WALK 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. The minimum age to participate is 12 years.

*Complimentary

[NATURAL EXCITEMENT CONTINUED >](#)



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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.

JICARO BEACH KAYAK TOUR*

Come and join us on a guided kayak tour around the bay with one of our watersports professionals. Don't miss out on the opportunity to be part of this experience that let's you discover the peninsula's beautiful beaches. The minimum age to participate is 14 years.

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. The minimum age to participate is 14 years.

SAFARI NATURE RIDE
(DAY OR NIGHT)

Tour Peninsula Papagayo's wildlife paradise in the comfort of a golf cart with a knowledgeable naturalist guide. Relax as you explore nature without borders, taking in pristine landscapes and breathtaking views. There's a good chance you'll spot monkeys, coatis and splendid birds, like parakeets and woodpeckers, while you're busy taking pictures. It's a great experience for kids of all ages who enjoy nature without a lot of walking. Choose an exhilarating day ride or embrace the dark side on a night ride.

\$55 PER PERSON

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.

\$75

WATER BIKES

Try the latest craze in water sports and see what the buzz is all about. Self-guided and uncharted, it's a unique and nature-friendly way to explore the Golfo de Papagayo's tropical gold-sand beaches, turquoise waters and places of extreme natural splendour. The bay's calm waters are ideal for spotting myriad rays, sea turtles and fascinating fish. It's so quiet, you can even hear the howlers in the trees. Yes, it's for everyone – no matter your fitness or experience level.

\$75 PER PERSON

WILDERNESS HIKE

You never know what you'll encounter in the wilderness of Palmares. This large swatch of land is largely untouched, save for a few hidden trails known only to your PEC guide. Our moderate hike leads deep into the forest, where you can witness plants in all shades of green and animals in their natural habitats. Tucked away from civilization, Palmares provides shelter for a dizzying array of wildlife. If you're lucky (and very quiet), you might even spot a big cat – a rare experience sure to delight families with kids.

\$80 PER PERSON

MOUNTAIN BIKING

1.5 HOURS

Peninsula Papagayo's mangroves, estuaries and centuries-old seasonal forest are a wonderland for mountain biking. Choose from an exciting new collection of Santa Cruz mountain and cross-country bikes, plus new electric-assist off-road bikes by Haibike. The XDURO AllMtn isn't just a bicycle: it's a new way of living, a new way of moving and a new way of having fun with friends and family. Escape the confines of pavement, connect with nature, and journey out for the ride of your life!

\$75 PER PERSON (SANTA CRUZ)

\$95 PER PERSON (ELECTRIC ASSIST)

SURFING

Have you ever been on a surfari? Want to hang ten at Witch's Rock and Ollie's Point? Surfers of all abilities can enjoy surfaris and surfing lessons departing from Playa Blanca.

TOUR STARTS AT \$290

*Complimentary

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LA RESERVA TASTING

series

MEET OUR HEAD MIXOLOGIST,
AT NEMARE
Karen Arceyuth

A tica, or native Costa Rican, Karen Arceyuth imparts her particular brand of hospitality to guests every day with her one-of-a-kind cocktails at Nemare. Born in San José, Costa Rica, Karen arrived in Guanacaste with one goal – to work at Four Seasons.

As one of the most popular bartenders at the Resort, Karen is in high demand because she not only creates delicious cocktails, she makes a connection with guests and helps them create lasting memories of their time at Four Seasons.

About her job, Karen says she loves the fact that she can express her feelings through a cocktail and share it with a guest. It's a unique bond that keeps them coming back for more.

LA RESERVA TASTING SERIES

Join us in our intimate bar, 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.

[LA RESERVA TASTING SERIES CONTINUED >](#)

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BEER TASTING

Learn the art and history of beer with its many variations – from pale ales and lagers to stouts and porters. This popular tasting session gives the chance to sample local Costa Rican beers, such as Imperial, Pilsen, Pelona and Maldita Vida.

COFFEE TASTING

Allow our barista to take you on a flavourful exploration of Costa Rica’s most popular export. This tasting includes lessons in the many ways to prepare coffee to enhance its flavour profile. It’s also a chance to sample the many coffee varieties available from the country’s eight coffee regions.

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!

\$60



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BIKEshare

NEW PAPAGAYO BIKE-SHARE

EXPLORE THE WONDER OF A WORLD
APART ON TWO WHEELS!

Papagayo Bike-Share is an all-new 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 Four Seasons, 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

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DAY TRIPS & *excursions*

MEET OUR CHEF CONCIERGE, PATRICIA RODRIGUEZ

Originally from Peru, Patricia fell in love with Costa Rica and made it her home 14 years ago. Her upbeat and professional demeanour is a perfect fit for working with our guests. Providing each guest with a wow factor is what fulfills her the most. She loves seeing guests' reactions when expectations are exceeded and their ideas are brought to life.

When asked how she connects with guests, she responded with one word: creativity. She learns as much as she can from each guest and works to exceed their expectations. "I love sharing my experience with them as a mom, as a traveller, as an expat, as a Four Seasons employee, and finding ways to connect them to this place."

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UNIQUE AND
CURATED JOURNEYS

Costa Rica has many beautiful landscapes to explore, from marshlands to volcanoes. Plan a romantic outing or an adventure with friends and family to share some truly breathtaking experiences. For more information on reserving these once-in-a-lifetime excursions, please contact the Concierge. Private tours can be arranged at additional cost.

RIO CELESTE AT TENORIO
NATIONAL PARK

DEPARTS: 7:00 a.m.
RETURNS: 4:00 p.m.

Rio Celeste is surrounded by the beautiful Tenorio Volcano National Park, which boasts one of Costa Rica’s most stunning waterfalls and natural hot springs. This spot is where a unique phenomenon occurs – clear water turns blue due to the volcanic chemical reaction. A trip to Rio Celeste involves a vigorous hike through the cool rainforest, where you end at the Rio Celeste Waterfall, considered one of the seven wonders of Costa Rica. It’s said that “when God finished painting the sky blue, he washed his paintbrushes in Rio Celeste.”

DRIVING TIME: APPROXIMATELY
2 HOURS EACH WAY

MINIMUM 4 PEOPLE

\$386 ADULT/\$367 CHILD

THE SECRET OF LONG LIVING

DEPARTS: 7:00 a.m.
RETURNS: 4:30 p.m.

Costa Rica is known not only for its beautiful waterfalls, gorgeous beaches and tropical climate – it’s also known for the longevity of its citizens. On this unique journey you will venture through Nicoya, Guanacaste’s Blue Zone. Learn the secrets of longevity from one of the world’s largest populations of centenarians. Share stories with locals, embark on a wetland safari, and head into Isla Pajaro biological reserve to spot some of the beautiful birds that call this island home.

DRIVING TIME:
APPROXIMATELY 1.5 HOURS

\$330 ADULT/\$145 CHILD

\$500 SUV UP TO 4 PEOPLE

\$750 SUV UP TO 6 PEOPLE

DAY TRIPS & EXCURSIONS CONTINUED >



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THE RURAL EXPERIENCE

DEPARTS: 7:00 a.m.

RETURNS: 5:00 p.m.

Explore the Costa Rican countryside. Take part in everyday experiences with a local farming family followed by a “Tico” cheese and wine pairing; hike and explore around the farm, while learning about farming and the origin of the ingredients that will be served for lunch.

DRIVING TIME: APPROXIMATELY
2 HOURS EACH WAY

\$180 ADULT/\$105 CHILD

\$514 SUV UP TO 4 PEOPLE

\$684 SUV UP TO 6 PEOPLE

SABANERO FESTIVAL

DEPARTS: 2:00 p.m.

RETURNS: 6:30 p.m.

Embrace Costa Rican culture in the most festive way possible, with a Sabanero Fiesta. Share traditional dances, delicacies and sweets in an afternoon experience full of colour, music and local traditions.

DRIVING TIME:
APPROXIMATELY 1.5 HOURS
PLEASE ASK CONCIERGE

OCEAN DELUXE EXPERIENCE

DEPARTS: 11:00 a.m.

RETURNS: 5:30 p.m.

Enjoy a full day out in the gorgeous waters of the Pacific. There is something for everyone, from tanning and relaxing on the deck to kayaking, paddleboarding and scuba diving. Enjoy a beach barbecue as the day ends with an unforgettable Costa Rican sunset.

\$2,700 UP TO 6 PEOPLE

\$185 PER ADDITIONAL PERSON
ABOVE 6 UP TO 15 PEOPLE

EXPERIENCE THE WETLANDS

DEPARTS: 7:00 a.m.

RETURNS: 3:30 p.m.

Scientists from all over the world come to Palo Verde National Park and Wildlife Refuge to study its rich ecosystem of rivers, marshlands, mangroves and dry forest, where crocodiles, monkeys and iguanas make their homes. The leafless trees in this dry tropical forest make it easy to view up to 300 species of birds. Go back in time by visiting La Casa del Sabanero restaurant and taste the traditional treats of Guanacaste.

DRIVING TIME:
APPROXIMATELY 1.5 HOURS

MON, THURS, SAT
\$188 ADULT/\$108 CHILD

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RINCÓN DE LA VIEJA VOLCANO NATIONAL PARK

DEPARTS: 7:00 a.m.

RETURNS: 3:30 p.m.

A fascinating introduction to volcanoes! Explore three kilometres (two miles) of trails through the forest, passing bubbling mud, steaming sulphur, and fumaroles on an exciting nature hike.

DRIVING TIME: APPROXIMATELY
2 HOURS EACH WAY

MINIMUM 6 PEOPLE

TUES, SAT
\$160 ADULT/\$90 CHILD

AERIAL CANYONING & HOT SPRINGS AT RIO PERDIDO

DEPARTS: 8:00 a.m.

RETURNS: 3:30 p.m.

MINIMUM AGE: 6 YEARS

A rare habitat within the dry tropical forest, Rio Perdido Hot Springs is reached along a meandering country road, surrounded by a volcanic mountain range and dwarf forest. Upon arrival, you'll receive refreshments as you prepare to zip-line through an awe-inspiring canyon. As part of the experience, you'll have the opportunity to swim in different parts of the crystal-clear river and see thermal pools with panoramic views of the dry forest and volcanic range.

DRIVING TIME: APPROXIMATELY
2 HOURS EACH WAY

MINIMUM 4 PEOPLE

\$281 ADULT/\$230 CHILD

HACIENDA GUACHIPELIN

DEPARTS: 8:00 a.m.

RETURNS: 4:00 p.m.

Rappel, climb and swing like Tarzan through the jungle. Take a horseback ride to a lookout point for amazing views of the Rincón de la Vieja Volcano. Enjoy a refreshing dip in the cool waters of La Chorrera waterfall. This excursion to the vast canyon at Guachipelin is for guests ages 12 and older.

DRIVING TIME: APPROXIMATELY
2 HOURS EACH WAY

MINIMUM 4 PEOPLE

SUN, TUES, WED, THURS
\$200 ADULT/\$120 CHILD

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SENSORIA LAND OF THE SENSES

DEPARTS: 7:00 a.m.

RETURNS: 5:00 p.m.

Located close to the majestic crater of Rincón de la Vieja – Guanacaste’s largest active volcano – Sensoria is a natural treasure that even Costa Ricans have only recently discovered. Enjoy a hike along an enchanted jungle trail through tall, lush forest. Prepare for rushing waterfalls, bright blue water springs, deliciously warm thermal pools, and the chance to see Costa Rica’s famed wildlife, protected in this private wildlife sanctuary.

DRIVING TIME: APPROXIMATELY 2 HOURS EACH WAY

\$487 ADULT/\$160 CHILD

ARENAL LAKE & LA FORTUNA

DEPARTS: 6:00 a.m.

RETURNS: 7:00 p.m.

Discover the secrets of the magical Costa Rican rainforest and Arenal Volcano, a “must” on any visit to Costa Rica. A marvellous trail with hanging bridges will take you into the depth, where life begins. The rainforest covers the area near the volcano and is home to diverse flora and fauna, including countless species of mammals, reptiles, birds, invertebrates, and a broad variety of plant life and fungi that are characteristic of this ecosystem. After a rainforest hike, a hot spring paradise awaits at the base of the

Arenal Volcano. Visit the magical hot springs of healing waters surrounded by impressive, well-manicured tropical gardens that criss-cross the entire property. Let your interests guide you, whether to a gondola ride, hanging bridges, zip-line, animal sanctuary or hot springs.

DRIVING TIME: APPROXIMATELY 3.5 HOURS EACH WAY

\$245 ADULT/\$135 CHILD

ADRENALINE ADVENTURES

DEPARTS: MON, THURS 8:00 a.m.

RETURNS: 1:00 p.m.

The beachfront park offers exciting land and water eco-adventure and zip-line activities. Diamante’s aerial course includes the longest dual-line, ocean-view zip-line in Costa Rica; Superman, a free-fall (quick jump); and the Tarzan Swing. Your safety is ensured by a team of trained guides and state-of-the-art equipment. The park’s facilities feature a one-of-a-kind animal sanctuary where you can see sloths, monkeys, pumas, jaguars, toucans, different species of frogs, snakes, birds, and a world-class butterfly observatory.

\$290 ADULT/\$195 CHILD (MIN 6 PEOPLE)

DRIVING TIME: APPROXIMATELY 45 MINUTES EACH WAY

BOATING TIME: APPROXIMATELY 20 MINUTES EACH WAY

CATAMARAN AND SNORKELLING TOUR OFF THE GULF OF PAPAGAYO

DAY TOUR DEPARTS: MON, WED, FRI 8:30 a.m.

RETURNS: 12:30 p.m.

SUNSET TOUR DEPARTS: 2:00 p.m.

RETURNS: 6:00 p.m.

A catamaran cruise is a relaxing way for couples and families to explore the Gulf of Papagayo. Set out on a cruising adventure to see ocean wildlife and jungle shoreline on a luxury 14-metre (47-foot) catamaran – boarded right on the Resort’s beach. This four-hour experience includes snacks, beverages and snorkelling gear.

\$178 ADULT/\$110 CHILD

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FISHING EXCURSIONS

DAILY

INSHORE - HALF DAY \$1,300

OFFSHORE - FULL DAY \$1,590

Sport-fishing enthusiasts are always impressed by Guanacaste’s rich waters, where various kinds of marlin, sailfish, dorado, wahoo, grouper, roosterfish, amberjack, mackerel and large tuna are plentiful. Private half-day inshore and full-day sea fishing trips may be booked through the Concierge.

PRIVATE OCEAN DISCOVERY

This customizable tour takes you to the most beautiful parts of Costa Rica’s coastline, inaccessible by land, described as heaven on earth. Here, you will spot dolphins, rays and other sealife and then enjoy time in the ocean with different toys such as subwings, tubing and wakeboards. As a full-day trip, it includes a picnic. Half-day and full-day tours available.

JET SKI TOURS AND RENTAL

Enjoy an exhilarating adventure and discover the coastlines of Peninsula Papagayo – the perfect habitat for marine wildlife. Enjoy the thrill of riding your own jet ski and visit several secluded beaches to see the bay from a whole new perspective.

SIGHTSEEING TOURS

1 HOUR: \$148

1.5 HOURS: \$229

2 HOURS: \$297

RENTALS:

½ HOUR: \$81

1 HOUR: \$132

2 HOURS: \$205



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initiatives

VOLUNTEER DURING YOUR STAY

Since 2001, Peninsula Papagayo – the ownership group of Four Seasons Resort Costa Rica at Peninsula Papagayo – has managed Creciendo Juntos (Growing Together), an award-winning social responsibility outreach program. The program provides Four Seasons guests with rewarding volunteer opportunities in the local community, creating a more authentic travel experience. To make your days even more meaningful, we can custom-design a volunteer experience based on your goals, donation budget and available time, or you may join our weekly scheduled outing. Through this program, you will have the opportunity to get involved by visiting a local school where you will connect with kids through a series of fun activities.

EVERY FRIDAY AT 8:15 A.M.
SEE THE CONCIERGE FOR MORE DETAILS.

HABITAT PRESERVATION INITIATIVE

Help us preserve the flora and fauna of Peninsula Papagayo by not feeding the local wildlife or by removing coral or shells from our surrounding beaches. The animals are generally shy and feed on the fruit trees surrounding our property. Being fed by humans alters their natural feeding behaviour. They become dependent on people, and can become bold and aggressive. Please help us keep them shy and wild!

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OCEAN COURSE

golf club

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. The Resort 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.

[OCEAN COURSE GOLF CLUB CONTINUED >](#)

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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.

MINI GOLF
Our mini golf course is a 9-hole natural grass routing and offers a wide variety of hole shapes to provide a fun golf experience for all ages. This activity is complimentary.

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.

GOLF PRO SHOP
6:30 a.m. – 8:00 p.m.
Located at our clubhouse, the 130-m² (1,400-sq.-ft.) Pro Shop carries an assortment of high-end men’s and women’s golf and tennis apparel, including FootJoy, Greg Norman and Under Armour gear. Gift certificates for lessons and course play are also available.

- EQUIPMENT RENTALS**
- Right and left-handed Titleist sets for men, women and seniors
 - U.S. Kids Golf junior sets
 - Footjoy shoe rentals in US sizes: Men 7 – 13 and women 5 – 10

TRANSPORTATION & STORAGE
The golf course is located seven minutes from the Resort’s front lobby. Transportation is available upon request. Arrangements may be made to store your golf equipment at the clubhouse.

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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.

- Women: finished-collared shirts and Bermuda shorts
- Men: collared or mock collar golf shirts and Bermuda-length golf shorts
- Juniors: adhere to adult dress code

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.

MEET OUR DIRECTOR OF GOLF,
Randoll Viquez

Growing up in San José, Costa Rica, Randoll was introduced to golf at the early of age of 13, beginning his journey as a caddy before rising through the ranks of his profession in various domestic and international courses. Passionate about the game and the course, Randoll is happy to share his wealth of knowledge that spans not only golf but the nature and history of Costa Rica.



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Tennis

TENNIS COURTS
OPEN DAILY, 7:00 a.m. – 6:00 p.m.
For tennis enthusiasts, Four Seasons Resort Costa Rica offers four courts with clay-like Har-Tru surfaces, as well as a real grass tennis court – the first at any Four Seasons location worldwide. Our tennis program is managed by the world-renowned Peter Burwash International. Private lessons, clinics and player match-ups, as well as tennis equipment and accessories, are available.

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.

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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 & Tennis Pro Shop no more than 24 hours in advance.

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)

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.



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FEEL YOUR *very best*

THE SPA

Our full-service spa is a world-class destination for healing, renewal and reconnection. Newly renovated and inspired by the healing traditions of Central America, the spa is designed to embody a harmonious blend of luxury and effortless sophistication. The Resort’s renovated communal amenity spaces will become a serene sanctuary providing an elevated spa experience with the introduction of a vibrant hammam and new ayurvedic treatment. These in harmony with our local treatments, these will provide a worldwide holistic wellness experience. We invite you to discover the restorative powers of nature, through holistic experiences designed to enhance your physical and emotional well-being. Fitness offerings include classes for the entire family, with special sessions just for kids and teens.

FEEL YOUR VERY BEST CONTINUED >

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SPA TREATMENTS

TROPICAL REPLENISHMENT
PINEAPPLE WRAP
75 MIN

Explore the Caribbean with this aromatic body wrap, made from local organic pineapple. Rich with vitamin C for skin replenishment and a healthy immune system, this wrap will leave skin with a healthy glow.

PACIFIC CLARIFYING SCRUB
60 MIN

From our local region, this treatment uses rice along with honey and ground shells, and has a mild sedative effect on the nervous system. This body scrub provides softness and nutrition leaving the skin smooth, hydrated and luminous.

TURKISH HAMMAM
60 MIN

Enjoy a traditional Turkish hammam, which will deeply cleanse your body. A firm exfoliation with a traditional cloth leaves skin glowing, while a soothing foam bath transports your mind. Mind and body will be radiant and replenished.

MASSAGES

NATURAL HEALING BAMBOO MASSAGE
60 / 90 MIN

Our deepest and most natural massage is known for its unique healing properties. Using freshly cut bamboo, this deep pressure massage reduces stress and relieves tension in the muscles.

CUSTOMIZED RAINFOREST MASSAGE
60 | 90 MIN

A massage that allows you to select aromatic essential oils from our customized collection, and either a relaxing or deep therapeutic pressure massage. Fragrances respond to your mind, body and spiritual needs in this specially tailored experience.

DIQUIS HOT STONE MASSAGE
90 MIN

Influenced by the traditions of our indigenous culture and honouring the Diquis Culture and their stone sculptures, this massage uses the ancient art of placing smooth, heated river and volcanic stones to relieve tight muscles, stressed emotions and a weary spirit.

THAI STRETCHING
90 MIN

This ancient form of massage, practised for over 2,500 years, is performed on a large mat and uses a combination of stretching and Thai massage techniques to elongate the body and release tight muscles. For this stretching massage, which is performed without oils or lotions, guests wear their own loose clothing.

ABHYANGA MASSAGE
60 / 90 MIN

A rhythmic and deeply relaxing massage that clears stagnant energy, focusing on restoring the flow of prana, the life force that stimulates the body's vital energy. Allow your body to relax and drift into a deep state of bliss. Complete the experience with a soothing steam, helping your skin absorb the herbal oils.

REBALANCING ENERGY
90 MIN

Relax and restore your body with a massage from our specially trained therapists, who will realign your chakras for optimal wellness. With balance, your body will experience physical and emotional peace.

PAPAGAYO FOOT THERAPY
60 MIN

An excellent option for hikers and golfers, this therapeutic treatment begins with the cleansing and exfoliation of the feet and lower legs, using pure Costa Rican volcanic sand. You are then treated to a nourishing pressure-point foot massage using a combination of hot stones and acupressure tools for maximum benefits.

FACIALS

FROM BIOLOGIQUE RECHERCHE
LIFTING FACIAL — 90 MIN

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

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CUSTOM BIOLOGIQUE RECHERCHE
FACIAL — 60 | 90 MIN

Specially trained therapists analyze each individual’s skin. Tailored, state-of-the-art “skin cocktails” are then formulated for a completely personalized facial that achieves immediate and effective results.

SECOND SKIN TREATMENT
ENHANCEMENT — 15 MIN
ADD-ON TO ANOTHER FACIAL

Second Skin is a regenerating electro close up spun mask used as a genuine alternative to fillers. This intense age-defying treatment visibly lifts and corrects signs of aging. Skin patches are strategically applied to targeted areas. The patches are made with the latest technology, similar to 3D printing, and utilize electric force to weave a fibre patch comprising 80% hyaluronic acid.

FROM EMERGINC

GIFTS OF NATURE FIRING
FACIAL — 90 MIN

Actively firm, lift and address the visible signs of aging. This treatment combines active cosmeceuticals, probiotics, enzymes and natural fruit acids to deeply cleanse and remove dead skin cells, leaving skin younger-looking, toned, soothed and glowing.

RISE AND SHINE BRIGHTENING
FACIAL — 60 MIN

This facial begins with an aromatic Pacific Coast sensorial journey. Our latest advances to deliver results using natural fruit acids, derived from bilberry, sugar cane and sugar maple help to rapidly exfoliate dead skin cells for immediate improvement in skin clarity and texture. Organic grape stem cells, kombucha, spirulina, seaweed and tea extracts combat the visible signs of aging skin.

GENTLEMEN’S HYDRATING
BOOSTER — 60 MIN

The two-part exfoliation system removes dead skin cells and instantly improves tone and texture while minimizing the appearance of fine lines and wrinkles. A calming mask of water lily, aloe and nourishing tea extracts helps alleviate redness and skin sensitivity.



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SEEK

deeply

MEET BETO PEÑA, OUR HEALTH AND WELLNESS AMBASSADOR

A dedicated member of Four Seasons Spa team since 2010, Beto has inspired guests and colleagues with his wisdom, ability and kind heart. Beto's passion for wellness led him to India and Thailand to study Eastern medicine and philosophy. With each journey, he returned to Costa Rica with heightened knowledge and insight, which he generously shared in his treatments, yoga and meditation classes. On his most recent trip to India, Beto trained to become an Ayurveda Health Consultant, a proficiency vital to role training and developing the spa's Ancient Asian techniques, yoga and fitness classes. Ever passionate about nature and his beloved Costa Rica, Beto is also creating a line of local spa products inspired by ayurveda.

In his spare time, Beto enjoys tranquillity, the beach, reading and sunsets with friends. The kitchen is his favourite room in the house; he finds pleasure in making fun and creative vegetarian meals. And of course, there is mucho yoga!

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HEALTH AND
WELLNESS CLASSES

ADVANCED YOGA

Intermediate-advanced session with a creative flow that will energize your mind and body.

YOGA4ALL

These classes are designed to give detailed instruction and to be less physically challenging than other styles of yoga classes. YOGA4ALL is for all levels and ages; the participants will gain strength and flexibility at their own pace, with safety and alignment as the main focus.

SLOW FLOW YOGA

This class connects accessible yoga postures with breath and fluid movement in a well-rounded practice. With a slower pace, there is time to explore individual postures so that new participants can build confidence and familiarity, while more experienced participants can refine fundamentals of alignment.

VINYASA FLOW YOGA

Literally translated from Sanskrit, Vinyasa means “connection.” Vinyasa Flow Yoga synchronizes movement with breath, which helps the practitioners develop a greater sense of self-awareness, balance and harmony with themselves and their environment.

YOGA ALIGNMENTS

This is a safe space for participants who are brand new to yoga, as well as those who want to grow their practice from a strong foundation of postural alignment and skillful breathing strength. Deepen your breath, tap into your inner strength, and become more aware of the relationship between your mind and body.

STRETCH & RESTORE

A class that emphasizes the deep and fluid stretch of all major muscles and connective tissues through a series of slow movements and breath awareness.

BREATHING WORKSHOP

Let us guide you to breathe properly, wipe away stress and attain inner peace. Different breathing techniques and foundational ways to meditate will be taught during this session that will allow you to reach a natural state of calm and serenity.

SOUND HEALING WORKSHOP

This Sound Bath is an immersion in beautiful sounds and vibrations that are healing for your body, mind and spirit. Deeply relaxing, meditative experience that will take you on a journey of healing and self-discovery.

MAT PILATES

Each class will work to balance all muscle groups, strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will blend the classical Pilates method with exercise variations and by using props and light weights.

PURA VISTA CLIMB

Pura Vista means “pure view,” which is what you will see along this outdoor workout. You will climb 1,000 stairs on both sides of our beaches while you observe the wildlife around you. Be ready for some push-ups, dips and abdominal workouts for a little extra fun while you are in touch with nature.

BARRE SCULPT

A class whose inspiration is to enhance flexibility, improve balance, gain strength and tone the body. This low-impact workout focuses on isometric exercises that will strengthen your legs, core and back. Transform your physique by incorporating moves based on classic ballet positions.

ACTIVE MEDITATION

A gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movements and building awareness of how the body moves through space. It is a practice of cultivating the vital life-force.

SPINNING

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.

STREET WORKOUT

An Outdoor workout for all levels that includes athletic 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.

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.

KIDS’ SERVICES

9:00 a.m. – 2:00 p.m.

Mini-facials, mani/pedi, and a mommy and me massage available at the spa. Kids’ services are offered with an accompanying adult enjoying the same service.

FITNESS CENTRE

OPEN 24 HOURS

Build up a sweat! Visit the fitness centre, with its spectacular view and array of state-of-the-art equipment, for customizable personal training sessions. A variety of new fitness classes, including HIIT, yoga, spinning and Pilates are available daily.

PERSONAL TRAINING

Whether you’re looking for new techniques to challenge your daily routine, or you want to jump-start a healthy lifestyle for the new year, our personal trainers and yoga instructors are here to help. They will consult with you to create a customized program to achieve your specific goals. Sessions may be designed for individuals, couples or families. Pilates Reformer sessions are also available upon request.

POOLSIDE SPA SERVICES

No need to have to leave the comfort of your chaise longue to indulge in a spa treatment. Therapists will be available poolside to offer on-the-spot facials, reflexology, and neck and back massages.

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.

SPA GUIDELINES

- When booking, please specify the exact treatment and your therapist gender preference. These specific requests will be noted but confirmed based on availability.
- We encourage you to arrive 30 – 45 minutes early to enjoy use of the spa facilities
- Late arrivals will result in the reduction of your total treatment time and will be charged at full price
- No-shows and cancellations within 24 hours will be fully charged
- No jewelry

AGE LIMITS

To maintain a tranquil, relaxed ambience, there is a minimum age requirement for access to the spa and fitness centre:

- Fitness centre and classes
Minimum age 12
- Use of hot/cold plunge pools and saunas
Minimum age 14
- Facials, massages and body treatments
Minimum age 14 (with signed parental consent form for those under 18)
- Children’s manicures and pedicures
All ages

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LUCKY ROPE PROJECT

This year, our spa team launched a new philanthropic initiative for the local community called the 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 yogi Beto Peña. As part of this philanthropy project, guests will also have the opportunity to sponsor a yoga session where they can practise 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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DISCOVER OUR TWO BEACHES

Four Seasons Resort Costa Rica 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.

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PICK YOUR FAVOURITE POOL

At the heart of the Resort, between Playa Blanca and Playa Virador, are three swimming pools. The pool area is a lush oasis, featuring beautiful greenery and spacious pool decks with chaises longues. The little ones can splash around in the Kids For All Seasons pool.

BAHIA POOL

Bahia, our 1,000-m² (10,765-sq.-ft.) freshwater main pool, is joined by a nearby whirlpool grotto. Enjoy an aquatic workout or relax in the sun as Four Seasons attendants serve cocktails and complimentary fruit, water and other cool treats.

BLANCA POOL

Lively Blanca Pool overlooks Playa Blanca, our activities beach. Surrounding the pool are 70 chaises longues, with a table and umbrella for every two chairs. Attendants assign chairs on a daily first-come, first-served basis. Pool attendants offer food and beverage service; complimentary sunblock and aloe vera gel; and water infused with tropical fruit.

SERENA POOL

With views of peaceful Playa Virador, our adults-only quiet pool features exclusive service, private cabanas and spa services, including the Resort’s famous poolside massage.

KIDS FOR ALL SEASONS POOL

At the Kids For All Seasons facility, children enjoy their own 50-m² (540-sq.-ft.) swimming pool with a shallow, beach-style entrance, along with adult-size chaises lounges in the nearby shade, and pool toys.

LUXURY CABANAS

Overlooking Virador Beach and perched between the Serena and Bahia Pools, your Cabana is an ideal spot to relax, unwind and enjoy a romantic ambience. Let our dedicated team give you the royal treatment as you delight in an unforgettable oceanside day. Sunbathe, snack, sip and siesta in true pura vida fashion in this haven of privacy.

CABANAS ARE AVAILABLE FULL OR HALF DAY.

8:00 a.m. – 5:00 p.m. \$350

8:00 a.m. – 12:00 p.m. \$195

1:00 p.m. – 5:00 p.m. \$195

Holiday pricing is subject to change

SEATING GUIDELINES

In an effort to ensure that everyone has an enjoyable and comfortable experience at the beaches and pools, please be advised of our seating guidelines. Chaises lounges are assigned on a first-come, first-served basis at the time you are ready to occupy the seat. Our pool staff will assist you with occupying your chaises longues. Pool and beach chaises will not be reserved or held at any time except during our lunchtime hold period. Your occupied chaises may be held for up to two hours from 11:30 a.m. – 2:30 p.m. only. Chaises will not be held or reserved at any other time through the day. Please advise an attendant if you are briefly vacating your chaises longues to ensure we do not reassign them to another guest.



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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.

ARTISAN MARKET

Tuesday, Thursday and Saturday

9:00 a.m.

Local artisans bring a collection of handmade products in a market setting at Blanca Pool.

GOLF PRO SHOP

6:30 a.m. – 10:00 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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GREEN

initiatives



Costa Rica accounts for only 0.1% of the Earth's surface. However, it contains nearly 5% of the world's biodiversity - with natural wealth, both in species and ecosystems. In the effort to protect the delicate ecosystem, Costa Rica plans to be a carbon-neutral country by the time it marks its bicentennial in 2021. We care deeply about our beautiful country and the precious environment that is both our backyard and our playground. We are passionate about doing our part to ensure that we minimize our footprint, preserving the delicate balance between nature and mankind. Our green initiatives include:

- Refillable in-room, glass water bottles
- Refillable bathroom amenities
- Elimination of plastic straws and cutlery
- Water stations located throughout the Resort
- Towel reuse program and guest recycling initiative in guest rooms
- Low-flow toilets and faucets, to save and conserve water
- Programmable thermostats, with automatic temperature adjustment
- Energy-efficient lighting and timers throughout the Resort
- Energy Management System controlling all public area climates
- Recycling compacter for cardboard, office paper, glass, plastic, metal, aluminum, steel
- Utilization of post-consumer (recycled) paper goods

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RESORT INFORMATION

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
- 24-hour business centre (with printers, high-speed Internet, photocopy machine)
- Concierge service available from 6:00 a.m. – 10:30 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
- CD and DVD players
- Down pillows
- Duvets
- Bath products
- Hairdryer
- In-room safe
- Iron and ironing board
- Non-allergenic pillows available
- Bathrobes
- Twice-daily housekeeping service
- In-room business services
- All-news cable network
- Complimentary news brief with breakfast
- High-speed Internet access

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BUSINESS CENTRE

Located near the concierge desk, our Business Centre is open daily until midnight and offers a variety of equipment and complimentary high-speed Internet access.

MOBILE PHONES

Your mobile phone may have service in Costa Rica. We suggest that you check with your provider prior to arrival. Complimentary Wi-Fi is available throughout the Resort.

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 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 goverment fees and service charges are subject to change without prior notice.



TRAVEL *details*

AIRPORT TRANSFERS

We recommend flying directly into Daniel Oduber Quirós International Airport Liberia (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 four hours from the Resort.

LUXURY SEQUOIA (1-4 PASSENGERS)
\$225 ONE WAY

LUXURY LEXUS (1-3 PASSENGERS)
\$230 ONE WAY

LUXURY SUV (1-4 PASSENGERS)
\$198 ONE WAY

PREMIUM MINIVAN (5-7 PASSENGERS)
\$162 ONE WAY

LUXURY MINIVAN (5-8 PASSENGERS)
\$215 ONE WAY

SHUTTLE BUS

A shared Four Seasons shuttle bus runs daily during peak hours only, and is not available for afternoon, evening or domestic flights. This service is based on availability. Reservations may be made through the Concierge Desk. The shuttle bus is complimentary for children 5 years and under.

\$45 PER PERSON, EACH WAY

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

PRIVATE PLANES

Daniel Oduber Quirós International Airport is an International airport in Liberia, Guanacaste, Costa Rica. It's IATA code is LIR and is located latitude 10.59 and longitude -85.54. It has one runway that allows night landings, and can handle most commercial jumbo jets and long services large turboprop commuters, short and medium haul transport aircraft. It is also set up for single engine aircraft, light twins, business jets and commuter aircraft. The lighted runway is 9,022 ft/2,749 m x 148 ft/45m.

HELIPAD

There is a Helipad located at entrance of Witchs Rock, located 20 minutes away from the resort. Usage of the helipad may change based on weather conditions.

FOR INFORMATION ON CHARTERING A PLANE OR HELICOPTER, PLEASE CONTACT THE CONCIERGE



PERSONAL *assistants*

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.

\$200 DAILY

connect

WITH OUR CONCIERGE

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!

HOURS: Monday to Friday **9:00 a.m. – 5:30 p.m.**

For off-site excursions, restaurant reservations and cabana bookings, please contact

CONCIERGE.COSTARICA@FOURSEASONS.COM

Four Seasons Resort Costa Rica at Peninsula Papagayo
26km al Norte del Doit Centre Liberia
Peninsula Papagayo, Costa Rica
5000 Carrillo, Guanacaste

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

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



#FScostarica #FSpuravida #Peninsulapapagayo

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.