



FOUR SEASONS
RESORT

ORLANDO AT WALT DISNEY WORLD® RESORT



STAY
& *PLAY*

WELCOME TO FOUR SEASONS RESORT ORLANDO AT WALT DISNEY WORLD® RESORT

Discover adventure and relaxation all in one destination. Make a splash at Explorer Island, unwind in a private cabana, or retreat to The Spa. As evening falls, sip cocktails at Epilogue and savor world-class dining at Capa Steakhouse with fireworks views. Every moment is designed for play, indulgence, and unforgettable memories.



SAVOR THE SUN



ESCAPE
HERE

CABANA RENTALS

Transform your day into an oasis of serenity and renewal with our "Parents Day Out" cabana special. Reconnect with deep relaxation as you unwind in a private cabana by the Oasis adult pool, savoring moments of calm and indulgence.

To reserve, Chat with us via the [Four Seasons App](#).





COMPLIMENTARY SERVICES & AMENITIES

- Kids Club, 9:00 am to 5:00 pm (Ages 4–12)*
- Kids 5 and younger dine free in Resort restaurants with their paid adult (excluding Capa, Character Breakfast, Poolside Dining and In-Room Dining)*
- Pasta & Play at Ravello
- Spa relaxation areas
- Transportation to the Disney Parks
- 24-hour fitness center and daily fitness classes
- Basketball, volleyball, and multi-purpose turf courts
- Twice-daily housekeeping

**Restrictions and/or fees apply for Four Seasons Private Residents*

KIDS FOR ALL SEASONS

Kids For All Seasons invites children ages 4 to 12 to discover endless adventures on Explorer Island. Open daily from 9:00 am to 5:00 pm, this engaging program is complimentary for overnight resort guests and available for a fee to Four Seasons Private Residents.

Young guests can enjoy supervised swim time and a variety of exciting activities, whether they join us for a few hours or the entire day. Please note, drop-off may not be available during swim time.

DIVE-IN MOVIES

Enjoy dive-in movies at the Explorer Pool on Tuesdays 12:00 pm

Thursdays and Saturdays 12:00 pm and 5:00 pm

EXPLORER ISLAND TAKEOVER

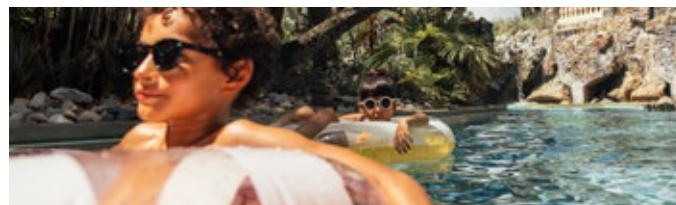
Children ages 4–12 are invited to join us on Saturdays for Explorer Island Takeover from 5:00 pm to 9:00 pm. \$125 per child and includes dinner and a swim shirt.

S'MORES BY THE COVE POOL

- Tuesdays 5:30 pm – 6:00 pm
- Fridays 5:30 pm – 6:00 pm

To make a reservation, please Chat with us via the Four Seasons App to learn more.

**Please note, times are subject to cancellation due to weather. Times and dates may change due to daylight savings time.*



FLORIDA'S WILD SIDE IS CALLING

Join us for a fun-filled and educational adventure on the Florida Wildlife Exploration Tour! This tour will introduce your little ones to the incredible wildlife and ecosystems at the resort. They'll learn about the importance of conservation and enjoy hands-on experience.

MONDAYS 9:30 AM - 11:00 AM

Open to Families to book together with Kids For All Seasons Guides.

Complimentary

WEDNESDAYS 9:30 AM - 11:00 AM

Open for children to experience during Kids For All Seasons supervised programming.

Complimentary



TOUR HIGHLIGHTS:

1.5 hour tour | 6-12 years old*
Meet at Kids for All Seasons

- Learn about native Florida wildlife, from playful butterflies to colorful birds
- Explore the natural habitats and ecosystems that call Four Seasons Orlando home
- Hands-on activities and interactive learning experiences
- A chance to connect with nature and become young environmental stewards
- Small group size for a personalized experience

Book now by reaching out to the resort reservations team for an unforgettable wildlife adventure! Spaces limited.

**(Supervised Programming with the KFAS Team)*

**Please note, times are subject to cancellation due to weather. Times and dates may change due to daylight savings time.*

FAMILY OPEN HOUSE – 9:00 am to 10:00am

INDOOR GAMES – 10:00 am to 11:00 am

Closed-toe shoes recommended.

OUTDOOR ACTIVITY – 11:00 am to 12:00 noon

Closed-toe shoes recommended.

WATER ACTIVITY – 11:00 am to 12:00 noon

Please remember to bring swim attire for water games and a change of clothes if your child plans to stay after the water games.

The location of the water activity will be displayed on the screen at Kids For All Seasons.

LUNCH & MOVIE TIME – 12:00 noon to 1:00 pm

Enhance your day of play with Kids For All Seasons Lunch – a delightful and optional meal package.

Lunch is available for a \$35 fee.

LAWN GAMES – 1:30 pm to 2:30 pm

In the company of attendants, boundless playfulness takes center stage.

FAMILY OPEN HOUSE – 2:30 pm to 3:00 pm

CRAFT TIME – 3:00 pm to 4:00 pm

Embark on a whimsical journey of creativity, crafting with attendants where artistry and camaraderie intertwine.

SWIM TIME – 4:00 pm to 5:00 pm

Enjoy joyful swim adventures! Come in swim attire; towels provided.

**Please note, times are subject to cancellation due to weather. Times and dates may change due to daylight savings time.*



FLOAT *HERE*



RETAIL THERAPY

BOUTIQUES

Sip and Shop Friday 3:00 pm to 4:00 pm

WARDROBE

The Resort's lobby-level boutique, offers a curated mix of apparel, swimwear, footwear, and accessories for men and women. Discover styles from Missoni, Zimmerman, Love Shack Fancy, Gucci, and Cartier, plus one-of-a-kind jewelry featuring a Disney collaboration by Kimberly McDonald.

Open daily 10:00 am to 6:00 pm

FABLE

Located on the Resort's lobby level, features Four Seasons logo apparel, an exclusive Rachel Riley princess-inspired collection, Sugarfina sweets, Supergoop suncare, and whimsical gifts—perfect for travelers, little ones, or a memorable souvenir.

Open daily 9:00 am to 6:00 pm

Please Chat with us via the **Four Seasons App** to learn more.



TAKE THE MAGIC HOME

*Be sure to enjoy
artwork from Disney
Fine Artist Dom Corona
through the resort or at
www.domcorona.com*

PLAY *HERE*

SERVE UP *SOME FUN*

Experience the excitement of our brand-new Pickleball facilities and transformed racquet center, designed for players of every skill level. Featuring state-of-the-art courts and amenities, the center offers a welcoming space for beginners to learn and seasoned players to refine their game.

Enjoy private lessons, group clinics, and spirited matches in a vibrant atmosphere that inspires fun and friendly competition.

RACQUET SPORTS

Take a lesson from our onsite pro, Alain Labrecque. Join instructional clinics or a game with friends and family on one of our two Har-Tru Tennis Courts.

ROCKWALL

2:00 pm to 3:00 pm

Climb and conquer new heights on the outdoor rock wall adventure.

**Please note, times are subject to cancellation due to weather. Times and dates may change due to daylight savings time.*



PICKLEBALL CLINICS

Friday

4:30 pm - 6:30 pm | Organized Drop In

*\$15 per person for one hour of play,
\$30 per person for two hours*

A skilled team member will be available to play with guests without a partner.

Saturday

8:30 am - 9:30 am | Pickleball 101 Clinic

12:30 pm - 1:30 pm | Pickleball 101 Clinic

\$50 per person

Sunday

9:00 am - 10:00 am | Pickleball 101 Clinic

11:00 am - 12:00 pm | Pickleball 102 Clinic

\$50 per person

Inquire for court times and fees . To reserve court times, please Chat with us via the Four Seasons App.

** Please note, dates and times are subject to change.*

** Times and dates are subject to change please Chat with us to confirm your times.*

** Any last minute reservations require a minimum 30 minute window for court set up.*



FITNESS CLASSES

Enjoy complimentary fitness classes, with a variety of disciplines offered to accommodate a multitude of fitness levels, from beginner to advanced.

POWER STRIDE & STRETCH

An invigorating walk through our beautiful resort property intermixed with body-weight resistance moves, mobility stretching, at a healthy pace, with lots of movement. A beautiful start to your day... you'll hardly know you are power-walking.

POWER BODY YOGA

A power yoga practice with high intensity and lots of breathing. This class will combine vinyasa yoga and a full body workout. A challenge for all fitness levels incorporating high energy music and strength training.

VINYASA FLOW

A fresh sequence in your stretch routine that allows you an opportunity to hold postures longer for a more intense stretch while staying soft with your breath.

YIN YOGA

Experience the many physical and mental health benefits of Yin Yoga. Yin Yoga works on targeting the deep connective tissue and fascia within the body through active stretches and deep breathing. This slower more meditative style of yoga allows you to turn inward and tune into both your mind and the physical sensations within your body.



DEEP STRETCH & FLEXIBILITY

A great way to start your day, the best complement to your exercise routine and vitally important for longevity and optimal movement. See what a good stretch can do for you!

CORE CIRCUIT

Circuit-training workout built around core strength and definition.



GOLF

Four Seasons Golf and Sports Club Orlando is a Certified Audubon Sanctuary and pays homage to the Florida landscape with Southern Live Oak trees throughout the course and abundant wildlife, offering a picturesque setting to truly escape into nature. The 18-hole Tom Fazio signature golf course is a par 71, with a yardage of 6,901 and four sets of tees to accommodate all skill levels.

Enjoy a true luxury offering, as the pristine course has been enhanced with an unrivaled 16-acre, \$2.5 million practice facility. Private instruction is also available upon request.

Golf Pro Shop 9:00 am to 5:00 pm

Sip & Shop on Thursday

3:00 pm to 4:00 pm

Receive a complimentary beverage while you shop.

GOLFCLINIC

Wednesday 10:00 am - 11:00 am

\$40 per person

Book now by calling the Golf Pro Shop

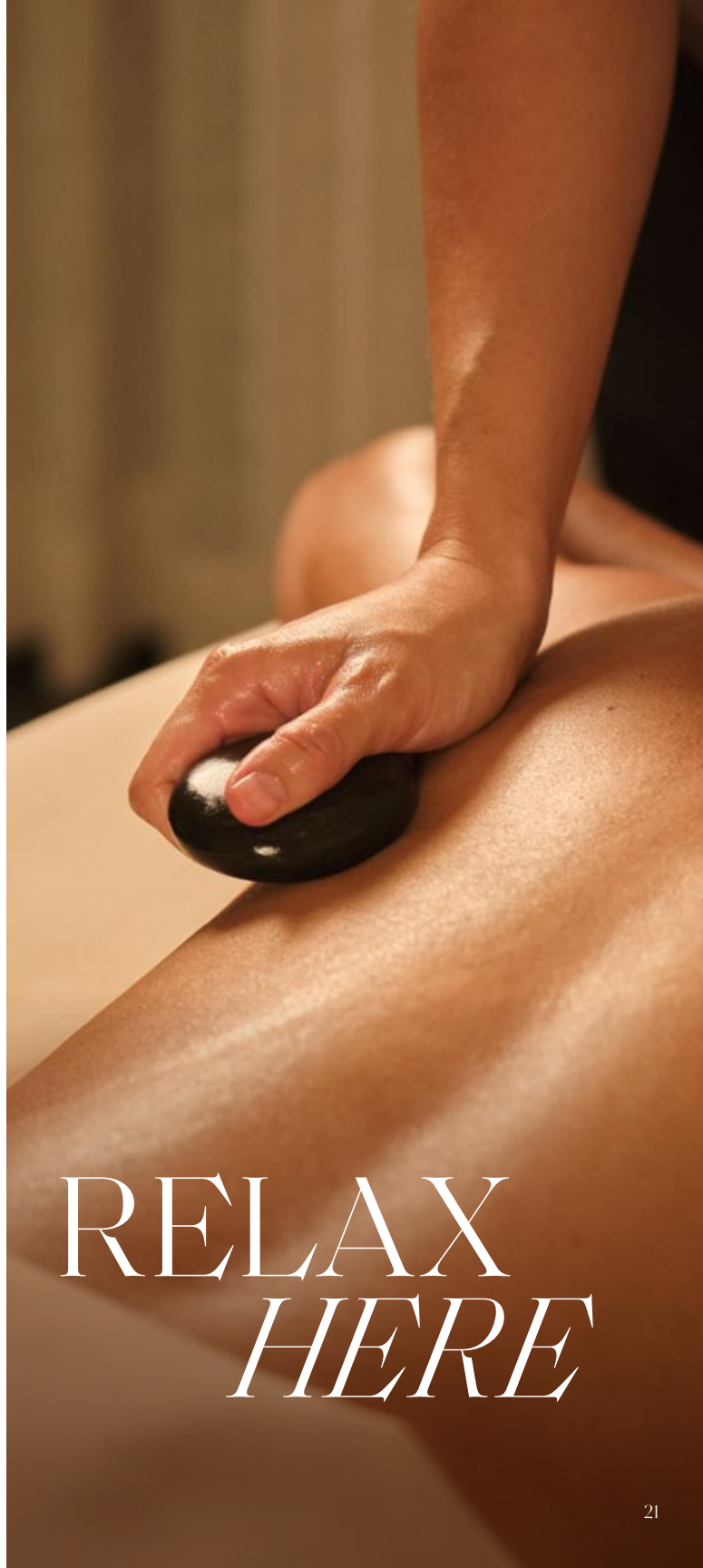


Personal Instruction available

Let our PGA Professionals help you with your putting, chipping, pitching or full swing. You can also book on course lessons with the pro. For more information and to reserve, Chat with us via the Four Seasons App.

PRO TIP

Did you know that after 10:00 am, guests enjoy complimentary use of the practice facilities?



RELAX *HERE*

THE SPA

The Spa beckons with serenity and boasts a comprehensive collection of remarkably effective and exclusive therapies performed by the most talented team of spa professionals in the Sunshine State. The Spa offers advanced aesthetic services and beautiful body therapies all designed to help you look and feel your best.

Experience complimentary access to Spa relaxation areas, including the co-ed indoor/ outdoor Tranquility Lounge, our post treatment Solarium Lounge with zero-gravity loungers and his-and-hers locker rooms, al fresco whirlpool terrace, and custom Experience Shower.

DELUXE NAIL CARE

Indulge in premium pampering at our luxury nail salon, offering expert manicures and pedicures in a serene Spa setting. Our personalized nail care services will help your hands and feet look flawless, whether for a special occasion or everyday beauty. Ask about our signature seasonal offerings.

LA FLORIDIAN

This exclusive body treatment begins with a fine cane sugar body polish with the aroma of jasmine and organic pink grapefruit. Next, a whipped shea butter and pink grapefruit cream is smoothed onto your skin before a steamy wrap helps to infuse this deeply hydrating goodness. While wrapped, enjoy our signature jasmine hot oil hair and scalp treatment. Emerge with a renewed radiance of body and spirit.

MAGICAL MOMENT

Watch the twinkle in your child's eyes grow even bigger, transforming into a radiant princess during a Magical Makeover.



GLOW ON

COLLAGEN CONTOUR FACIAL

Experience the pinnacle of plumping, hydrating and contouring in this effective active ageing facial treatment. Our custom approach restores and revitalizes your complexion and accentuates your facial contours through our exclusive lifting massage techniques. Moisture levels are dramatically improved with specific treatment masks designed to plump and revitalize your skin. The outcome is skin that appears noticeably firmer with enhanced volume, reduced fine lines and an improved overall texture for a more youthful and radiant appearance.

WELLNESS IMMERSION

Ask us about our Wellness day packages designed to prioritize self care in a full day of wellness experiences tailored to you.

AMPLIFIED WELLBEING

Experience Aescape, an innovative massage table offering guests a fully customizable, technology-driven session. This advanced system adapts each session to guests' needs, creating the perfect combination of pressure, technique, and flow for both relaxation and recovery. The result is a personalized precision massage designed to enhance overall wellness. Available in 15-to-60-minute sessions at the Spa.

Enhancements can be added on to any 50-, 80- or 110-minute treatment.

SALON DREAMS

LUMINOUS LOCKS

Freshen up your summer look with our Luminous Locks treatment, created by Master Stylist, Alejandra Bell. This three-in-one treatment incorporates hair and scalp exfoliation, ultimate hydration for healthy hair and a glaze treatment that adds shine and enhances your unique color. The result is a tempting and seductive semi-permanent shine and remarkable hydration sure to be noticed.

RELAXING RETAIL THERAPY

Browse and shop our beautiful Spa boutique for a curated collection of home care, wellbeing and lifestyle selections with self-care and wellness in mind.

DINE *HERE*





Our 17th floor rooftop Michelin-starred steakhouse showcases expertly wood-fired meats, seafood and Spanish-influenced tapas. Capa also boasts an extensive wine and cocktail program. Two outdoor terraces feature stunning views of the Walt Disney World® fireworks spectacles, while our open kitchen allows you to be close to the action.

Reservations strongly encouraged. Capa is recognized as a Certified Restaurant from Spain by the nation's official certification committee.



Dining Room 5:00 pm to 10:00 pm

Live Spanish Guitarist 6:00 pm to 9:00 pm,
Wednesdays & Saturdays

Bar 5:00 pm to 11:00 pm

[Click here to view menu](#)

Reservations are strongly encouraged.

Ravello

With tall, arched windows and an outdoor terrace, Ravello, our Michelin-recommended modern Italian restaurant, invites you to start your day with a decadent breakfast and fresh juice bar, or feast on authentic cuisine crafted by Executive Chef Fabrizio Schenardi, a native of Torino. Delight in house-made pasta, pizza dough, limoncello and authentic Italian gelato, masterfully crafted with ingredients imported from Italy.



Breakfast 7:00 am to 11:00 am

Dinner 5:30 pm to 10:00 pm

Ravello is recognized with ITA0039 100% Italian Taste Certification Platinum Level, the highest rank. Ravello is the first restaurant in the U.S. to receive this prestigious certification.

PASTA & PLAY

Thursdays, Fridays and Saturdays

Pasta & Play is a complimentary service for Ravello guests dining with kids ages 4-12. After the meal, kids can enjoy supervised activities on the Spa Lawn with the Kids For All Seasons team, while adults relax.

To reserve, please Chat with us via the Four Seasons App to learn more.

**Please note times are subject to cancellation due to weather. Times and dates may change due to daylight savings time.*

**Only offered select days please chat to confirm*



GOOD MORNING BREAKFAST WITH GOOFY® AND HIS PALS

Experience Good Morning Breakfast with Goofy and His Pals character breakfast at Ravello.

Enjoy a decadent buffet with a wonderful assortment of traditional breakfast favorites, including a live omelet station, Belgian waffles and more. A photographer will be on-site to capture your memories with Goofy & Pals, the always-entertaining stars of the breakfast.

Available Thursdays and Saturdays

7:00 am to 11:00 am

[Click here to view menu](#)

Reservations are strongly encouraged.

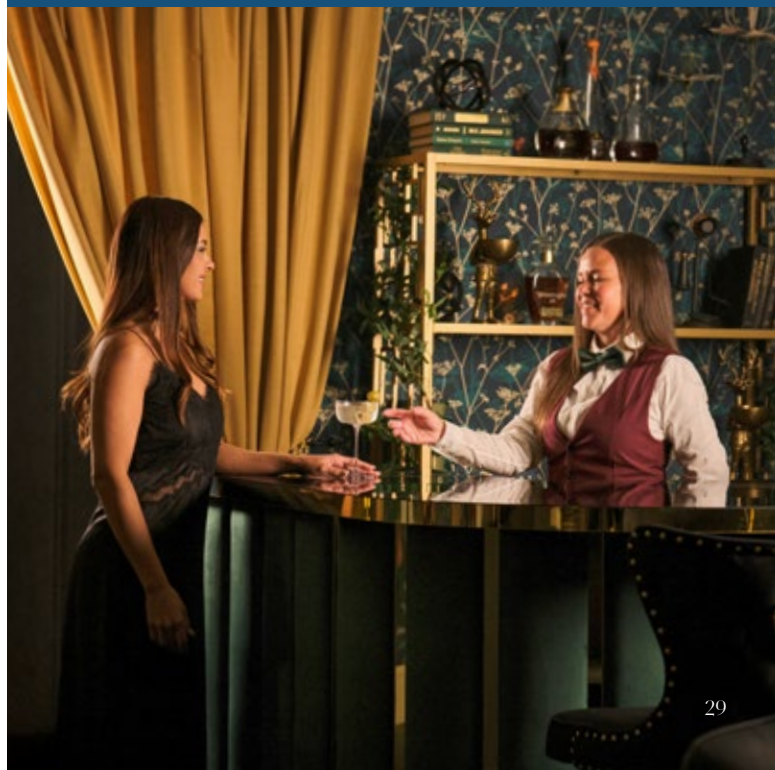
EPILOGUE

THE SPEAKEASY

Step into Epilogue, the adults-only speakeasy at Four Seasons Orlando, and uncover a refined retreat unlike any other. Tucked away, this sophisticated hideaway evokes library-inspired charm with plush seating, shelves of literary gems, and a warm, intimate glow. The elegant setting provides the perfect backdrop for handcrafted cocktails that showcase both artistry and flavor. Ideal for unwinding after a day of adventure, Epilogue invites you to savor quiet moments or engage in spirited conversation. Whether enjoying a timeless classic or a bold new creation, every detail is designed to elevate your evening in this hidden haven for grown-up indulgence.

Seatings start at 6:00 pm on select Thursday, Friday and Saturday nights. Reservations required.

[Click here to reserve](#)





Enjoy house-made gelato, pastries and sweet treats by James Beard–nominated Chef Rabii Saber, and Caffè Umbria coffee. From breakfast bites to fresh salads and sandwiches, our lobby café is perfect to dine in or take away.

Open daily 6:30 am to 9:00 pm



LICKETY SPLIT



THE LOBBY BAR

THE LOBBY BAR

Discover inventive cocktails and flavorful cuisine at The Lobby Bar. Enjoy colorful twists on classics, creative new pours, and a relaxed terrace with stunning Florida views—the perfect setting for casual bites or dinner.

Open daily 5:00 pm to 11:00 pm

Live Guitarist Mondays and Tuesdays

6:00 pm to 9:00 pm

PLANCHA

Savor modern Latin-American dishes and classic clubhouse favorites, crafted with fresh, local ingredients. From a Chipotle Turkey Salad to a Cuban Sandwich, enjoy vibrant flavors with serene lakeside views.

Open Monday to Saturday 11:00 am to 6:00 pm*

Sunday Brunch 10:00 am to 4:00 pm*

**Hours are subject to change during golf course closures.*



PLANCHA

A large, multi-story resort building with a classical architectural style, featuring multiple towers and balconies. The building is illuminated with warm lights, and the scene is set against a clear sky. In the foreground, there are dark, silhouetted trees and a grassy area.

CHAT WITH US

The Four Seasons App

Facebook Messenger: Four Seasons Resort
Orlando at Walt Disney World® Resort

Text or WhatsApp +1 (407) 988 2367

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fourseasons.com/orlando

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