



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.



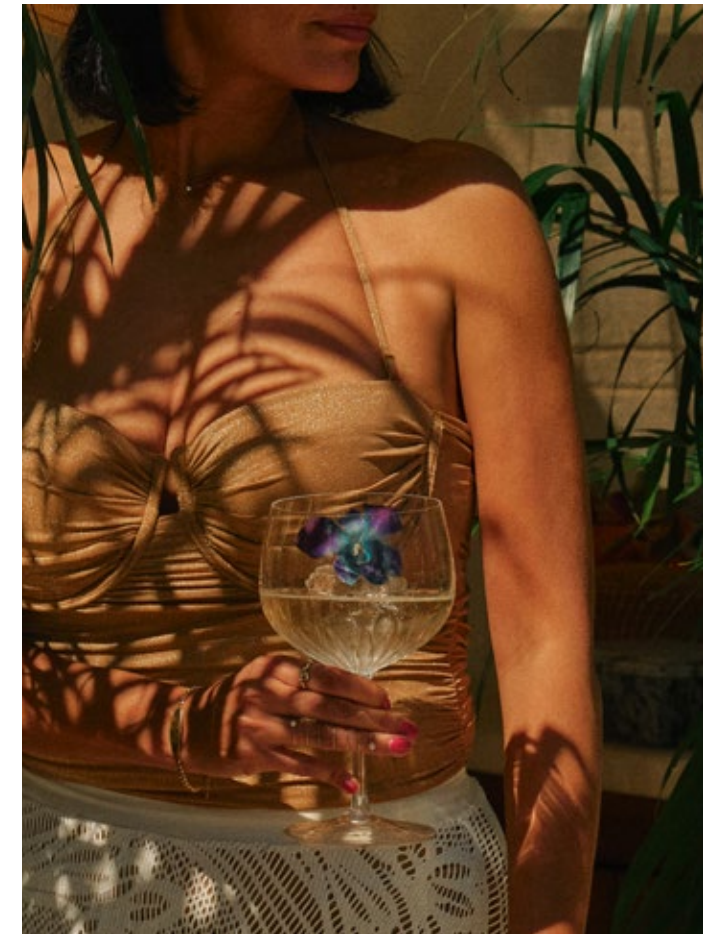
SAVOR *THE SUN*



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

Tuesdays & Thursdays at 12:00 pm

Saturdays at 12:00 pm and 5:00 pm

Enjoy dive-in movies at the Explorer Pool

S'MORES

Tuesdays & Fridays 5:30 to 6:00 pm

Delight in making fireside s'mores at The Cove

ROCK WALL

Every Day 1–2 pm

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

EXPLORER ISLAND TAKEOVER

Saturdays 5:00 pm to 9:00 pm

Children ages 4–12 are invited to join us for Explorer Island Takeover. The cost is \$125 per child and includes dinner and a swim shirt.

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

FAMILY MORNING | 9:00 am–10:00am

Meet the Kids Club Team at the full-size volcano play zone at Kids For All Seasons, with endless toys and crafts available during family open house.

SUNSHINE BREAK | 10:00 am–11:00 am

Take a break from the Florida sunshine and unwind in the cool indoor space, enjoying bingo, board games, and even high-energy indoor games that await at Kids For All Seasons. Don't forget your closed-toe shoes.

EXPLORER ISLAND KIDS ACTIVITIES

11:00 am–12:00 pm

Adventure awaits outside with relay games and scavenger hunts while exploring the resorts many treasures.

Closed-toe shoes recommended.

MIDDAY UNWIND | 12:00 pm–1:00 pm

Enjoy a delicious lunch followed by a cozy movie to relax and refuel.

Lunch is available for a \$35 fee.

EXPLORER ISLAND KIDS ACTIVITIES

1:30 pm–2:30 pm

Adventure awaits outside with relay games and scavenger hunts while exploring the resorts many treasures.

Closed-toe shoes recommended.

CRAFT CREATIONS | 3:00 pm–4:00 pm

Unleash imagination with hands-on arts and crafts.

POOLSIDE PLAY | 4:00 pm–5:00 pm

Jump into one of our 5-acre water park pools to close out the day with swim games with your new friends.

Towels provided, just bring your swimsuit!

**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! Every Monday and Wednesday from 9:30am–11:00am.

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 get hands-on experience.

MONDAYS AND WEDNESDAYS | 9:30AM–11:00AM

Open for children to book and enjoy during Kids For All Seasons supervised programming.



TOUR HIGHLIGHTS:

MONDAYS AND WEDNESDAYS AT 9:30AM

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)*

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.

Sunday through Thursday 10:00 am to 6:00 pm

Friday and Saturday 10:00 am to 9:00 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.

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

PICKLE BALL *CLINICS*

Wednesday

1:00 pm - 2:00 pm | Pickleball 101 Clinic

\$50 per person

Friday

1:00 pm to 2:00 pm | Pickleball 101 Clinic

\$50 per person

Saturday

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

\$50 per person

Sunday

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

\$50 per person

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

**Dates and times 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

GOLF CLINIC

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

RADIANT RESILIENCE FACIAL

A restorative treatment designed to enhance skin health, resilience and tone. Targeting fine lines, uneven tone and redness, this facial strengthens the skin's barrier, supports the skin microbiome and defends against environmental stressors. Powered by TSC, a super-lipid that fortifies the skin barrier and protects against UV rays and pollution, this treatment helps prevent moisture loss for long-lasting hydration. Hyvia, derived from organic chia seed oil, delivers omega-3 and omega-6 fatty acids to boost hydration, calm inflammation and combat visible signs of ageing at the cellular level. DSD, a potent antioxidant, helps block environmental damage, supporting overall skin health and longevity. A cooling biocellulose mask deeply hydrates and enhances absorption, leaving your skin calm, fortified and visibly radiant. Suitable for all skin types, including sensitive and stressed skin.



WELLNESS IMMERSION

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

VITAMIN VITALITY DRIPS AND SHOTS

Refine your wellness routine with the powerful benefits of Vitamin Vitality drips, shots, and peptides. Improve body composition, restorative sleep, weight control, energy and overall vitality with Semaglutide, NAD+, Sermorelin and Pentosan therapies.

SALON DREAMS

LUMINOUS LOCKS

Freshen up your spring 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 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



THE LAKEHOUSE

Set along the water’s edge, The Lakehouse is a relaxed yet refined open-air restaurant that embraces its natural surroundings. Overlooking the resort’s serene preserve, it offers a taste of coastal living through a menu inspired by both sea and garden.

Savor fresh, vibrant dishes like Key Lime Scallop Ceviche, Gulf Grouper and the Creekstone Farms Brisket Burger, each crafted with local, seasonal ingredients. Pair it with a garden-to-glass cocktail infused with herbs, fruits and florals from the Chef’s Garden for a true taste of Florida.

Open daily 11:00 am to 6:00 pm



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.*

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

TAG US @FSORLANDO



fourseasons.com/orlando

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