

A man and a woman are walking away from the camera down a long, straight, light-colored paved path. The path is flanked on both sides by tall, slender palm trees that create a natural archway over the walkway. The ground is covered in shadows from the trees. In the distance, the path leads towards a building with a balcony and other tropical vegetation. The overall atmosphere is serene and luxurious.

Stay & Play

Welcome to Four Seasons Resort Orlando at Walt Disney World® Resort

Fall brings a fresh energy to Four Seasons Resort Orlando, where sun-filled days and cooler evenings set the stage for a season of discovery. Make the most of the outdoors at Explorer Island, unwind with a restorative post-park treatment at our serene Spa and gather for an unforgettable dinner at Capa Steakhouse as Disney® fireworks illuminate the evening sky. From playful afternoons to leisurely nights, fall is an invitation to reconnect, recharge and make lasting memories together.



Where Magic Begins





Resort Rhythm

Daily Activities

From poolside fun and wildlife encounters to family-friendly games and hands-on activities, each day brings new ways to play, explore and enjoy more of the resort together.

MONDAY

Wildlife Exploration 9:30 AM - 11:00 AM | Meet at KFAS *

TUESDAY

Dive-In Movie 12:00 PM | Explorer Pool
S'mores 5:30 PM - 6:00 PM | The Cove

WEDNESDAY

Wildlife Exploration 9:30 AM - 11:00 AM | Meet at KFAS *
Family Karaoke 5:00 PM - 6:00 PM | The Hideout

THURSDAY

Dive-In Movie 12:00 PM | Explorer Pool
Pasta and Play 6:00 PM - 9:00 PM | Ravello

FRIDAY

S'mores 5:30 PM - 6:00 PM | The Cove
Hideout Extended Hours 6:00 PM - 8:00 PM | The Hideout
Pasta and Play 6:00 PM - 9:00 PM | Ravello

SATURDAY

Dive-In Movie 12:00 PM and 5:00 PM | Explorer Pool
Explorer Island Takeover 5:00 PM - 9:00 PM | Meet at KFAS*
Pasta and Play 6:00 PM - 9:00 PM | Ravello

SUNDAY

Trivia at the Explorer Pool 1:00 PM | Explorer Pool
S'mores 5:30 PM - 6:00 PM | The Cove

*Reservations required.
Activities are complimentary to all resort guests.

Kids For All Seasons

Complimentary daily activities led by our Kids Club team for children ages 4–12. Expect crafts, games, poolside play and outdoor adventures throughout the day.

Family Morning

9:00 AM - 10:00 AM

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.

Poolside Play

11:00 AM - 12:00 PM

Jump into one of our 5-acre water park pools with swim games with your new friends. Towels provided, just bring your swimsuit

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.

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 pool, savoring moments of calm and indulgence. Meanwhile, your little ones will thrive in a world of laughter and adventure at our complimentary kids club, designed to ignite their joy and creativity. Your experience includes a \$75 food and beverage credit, a decadent sweet treat to delight your senses, and a selection of refreshing beverages stocked in your private mini-fridge, all setting the stage for a day of pure transformation.



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 (participating restaurants are Ravello, Plancha, Lobby Bar, The Lakehouse)*
- Pasta & Play at Ravello
- Spa Relaxation Areas
- Transportation to the Disney Parks
- Fitness Classes
- 24-hour Fitness Center
- Basketball, Volleyball and Multi-Purpose Turf Courts
- Twice-Daily Housekeeping

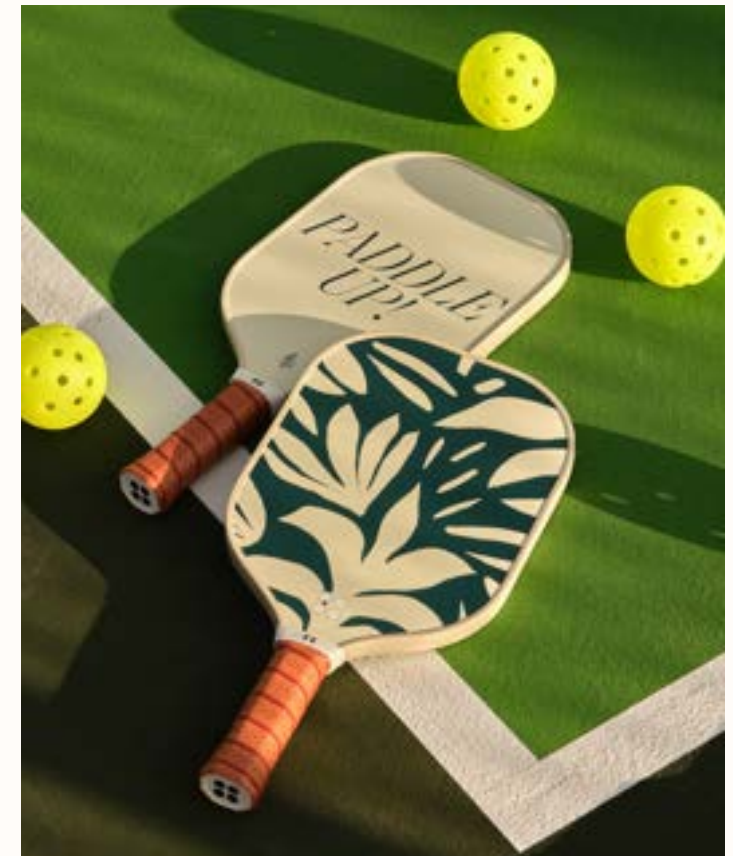
*Restrictions and/or fees apply for Four Seasons Private Residents

Move Into Fall

Fresh Air, Stronger Days

Fall brings a new energy to movement at Four Seasons Resort Orlando, with sunlit mornings and comfortable days inviting you to take your routine outdoors. Build strength with expert-led fitness sessions, find your flow through guided yoga or take to the courts for tennis and pickleball beneath the Florida sky. Thoughtfully designed sports and wellness offerings make it easy to stay active while balancing effort with recovery.

Move at your own pace or discover something new with programming tailored to every level. From an energizing morning workout to mindful stretching and mobility, each experience is designed to leave you feeling stronger, refreshed and ready for everything the day holds.



Get Into The Swing Of It

Experience the excitement of our pickleball facilities and transformed racquet center, designed for players of every skill level. State-of-the-art courts and amenities offer 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, inclusive atmosphere that inspires fun and friendly competition.

RACQUET SPORTS

Take a lesson from our onsite pro.

Join instructional clinics or a game with friends and family on one of our two Har-Tru Tennis Courts.



To reserve, chat with us via the Four Seasons App.

* Times and dates are subject to change.
* Any last-minute reservations require a minimum 30-minute window for court set up.



Pickleball Clinics

TUESDAY
8:00 AM - 9:00 AM | Cardio Pickleball

WEDNESDAY
9:00 AM - 10:00 AM | Pickleball 101
1:30 PM - 2:30 PM | Pickleball Junior Clinic

THURSDAY
8:00 AM - 9:00 AM | Cardio Pickleball
1:30 PM - 2:30 PM | Pickleball Junior Clinic

FRIDAY
9:00 AM - 10:00 AM | Pickleball 101
1:30 PM - 2:30 PM | Pickleball Junior Clinic

SATURDAY
8:00 AM - 9:00 AM | Cardio Pickleball
1:30 PM - 2:30 PM | Pickleball Junior Clinic

SUNDAY
12:30 PM - 1:30 PM | Pickleball 101
1:30 PM - 2:30 PM | Pickleball Junior Clinic

Pickleball Junior Clinics for ages 4–14
\$35 per child. Children may participate during the Kids For All Seasons program by being dropped off at the KFAS building no later than 1:15 PM. Fee applies.
Wednesday - Sunday

Pickleball Clinics 101 \$50 per person
Fridays and Sundays 9:00 AM – 10:00 AM

Pickleball Cardio Clinic \$50 per person
Thursday and Saturdays 8:00 AM – 9:00 AM

Introduction to Tennis Group Instruction
\$65 per person | Reservation Required
Monday – Wednesday 8:00 AM – 9:00 AM

Pickleball Junior Clinics for ages 4 – 14.
Children may participate during the Kids For All Seasons program by being dropped off at the KFAS building no later than 1:15 PM. Fee applies.

Hotel Guest Clinics: \$50 per person with Pickleball Pro Instruction.

Additional lessons may be added; visit the web site for the most up-to-date schedule.

To reserve court times, please chat with us via the Four Seasons App.

Fitness Classes

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

MONDAY

Align & Restore | 9:00 AM - 9:50 AM

Reconnect through gentle, restorative movement designed to improve posture, flexibility and alignment while releasing tension and supporting greater balance and mobility.

Sculpt & Strengthen | 10:00 AM - 10:50 AM

Build strength and tone lean muscle with an energizing full-body Pilates workout focused on core stability, resistance and controlled movement.

TUESDAY

Mat Pilates | 9:00 AM - 9:50 AM

Core-focused mat work that builds strength, flexibility and control.

Piyo | 10:00 AM - 10:50 AM

A high-energy Pilates and yoga fusion for strength, balance and core stability.

WEDNESDAY

Power Stride & Stretch | 7:00 AM - 7:50 AM

Treadmill intervals and guided stretching to boost energy and mobility.

Total Body Sculpt | 8:00 AM - 8:50 AM

A full-body strength and HIIT workout with recovery-focused stretching.



THURSDAY

Yin Yang Yoga | 8:00 AM - 8:50 AM

A balanced mix of restorative holds and dynamic movement.

Power Flow Yoga | 9:00 MA - 9:50 AM

A strong, breath-led flow that builds stamina and flexibility.

FRIDAY

Yoga Sculpt | 7:00 AM - 7:50 AM

Yoga and light weights combine for strength, flexibility and cardio.

Power Body Yoga | 8:00 AM - 8:50 AM

A strength-focused yoga practice that builds endurance and stability.

SATURDAY

Deep Vinyasa Flow | 8:30 AM - 9:20 AM

A continuous flow that deepens strength, flexibility and focus.

Power Body Yoga | 9:30 AM - 10:20 AM

A strength-focused yoga practice that builds endurance and stability.

SUNDAY

Mat Pilates | 7:00 AM - 7:50 AM

Core-focused mat work that builds strength, flexibility and control.

Strength & Mobility | 8:00 AM - 8:50 AM

Functional movement that improves stability, mobility and endurance.

*Additional fitness classes may be added; Chat with us via the Four Seasons App or visit the web site for the most up-to-date schedule.

PERSONAL TRAINING

Receive personalized instruction in fitness, yoga or Pilates from a certified trainer, with a focus on proper technique, performance and results.



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 also boasts an unrivaled 16-acre practice facility complete with putting course, driving range and short course. Private instruction is also available upon request.

Get into the swing of it: Take a lesson from one of our onsite PGA Golf Professionals. Our Golf Professionals offer a range of instruction from: individual lessons, putting, chipping & pitching, full-swing and on-course playing lessons. For more information contact Rod Cook PGA Director of Instruction at rod.cook@fourseasons.com

Golf Pro Shop

9:00 AM - 5:00 PM

Complimentary 9 Hole Putting Course

Monday - Sunday | 2:00 PM - 5:00 PM

Family Golf Clinics

Thursdays from 2:00 PM - 3:00 PM
\$50 per person

To reserve, chat with us via the Four Seasons App.

Tranquilo Run Club

Start your Thursday with an invigorating run through the rolling landscapes of our Tranquilo Golf Course, an Audubon certified sanctuary known for its rare elevation changes, protected wetlands, and abundant wildlife. Led by our running coach, guests will follow a scenic four mile route that showcases the course's most picturesque views. It is a refreshing blend of movement, fresh air, and natural beauty that elevates your morning.

TIMING

Participants must be able to complete a 10:30-minute mile (approximately 42 minutes for the full route). The run concludes by 7:45 AM to make way for golfers.

WHEN

Every Thursday morning.

WHERE

Meet at the Lobby Grand Staircase Chandelier at 6:30 AM.

ADDITIONAL DETAILS

Guests are encouraged to bring water and wear appropriate running attire.



Moments of Stillness

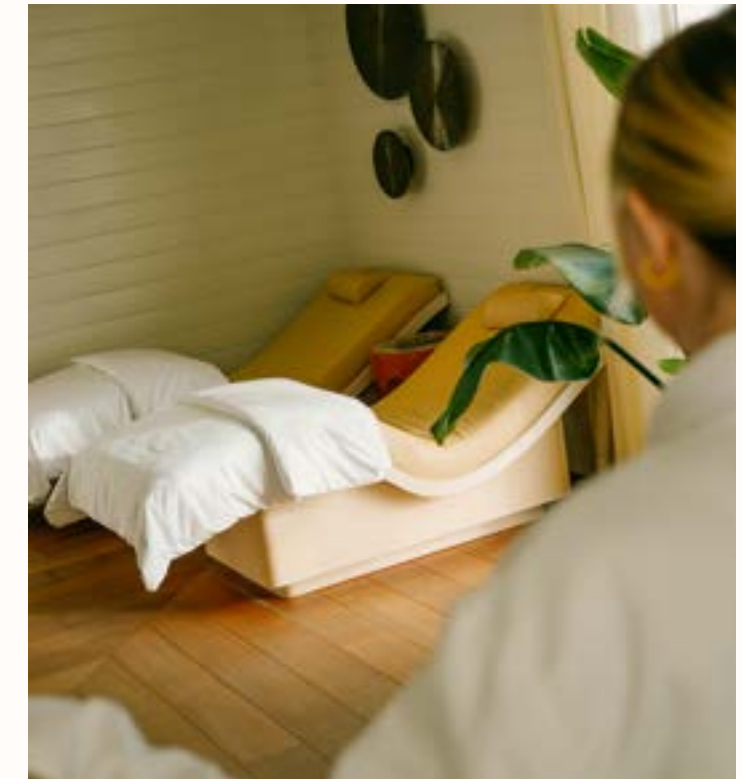


Something Truly Transforming

After thrilling days at the Parks or Explorer Island, discover true serenity with a transformational massage or facial. Designed to replenish your energy, our expert therapies soothe tired muscles and quiet the mind, leaving you completely renewed. Whether it's a morning indulgence or an end-of-day retreat, this is the ultimate relaxation you deserve—because your well-being is always worth it.

EXPLORE THE SPA

Unwind in the tranquil haven of our spa and the light-filled Solarium, complete with zero-gravity wave loungers to relax on, as your body floats and your mind calms. This serene space is available for you to enjoy throughout your stay.



The Spa and Salon

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.



Golden Quench Body Treatment

A truly indulgent and decadent body treatment beginning with a luxurious full body scrub incorporating a combination of gold extracts and sugar to heal and revitalize the skin.

Throughout the treatment, gold, a mineral with proven anti-inflammatory properties, is used to revitalize the skin and help heal the micro-damage inflicted daily. A lifting and firming body serum and nourishing body cream are applied and while you're cocooned, a relaxing facial massage is performed.

Conclude with an application of beautiful body oil redolent of ylang-ylang and enriched with gold particles.

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.

Signature Silk

Enjoy a luxurious deep sea salt scalp and hair exfoliation with essential oils followed by our caviar hair mask and warm towel treatment. A supremely effective, natural and decadent solution for the ultimate hair shine, softness and hydration.

To reserve a Spa treatment, please chat with us via the Four Seasons App.

Autumn Spiced Pedicure

Indulge in the comforting luxury of our Spiced Latte Pedicure. Begin with a warming effervescent pumpkin spice soak, followed by an invigorating foot and leg scrub infused with caramel and arabica bean, to smooth and refresh your skin. A golden honey heel serum deeply nourishes and softens tired feet, while a relaxing massage with noy-chai milk lotion leaves skin silky and delicately scented with notes of clove, honey, and cardamom. A warm, decadent escape inspired by the flavors of the season.



Vitamin Vitality Therapy

Unlock vibrant health this spring with the transformative benefits of Vitamins and Peptides. Boost body composition, restorative sleep, weight control, energy, and overall vitality with Peptide therapy, featuring Semaglutide, NAD+, Sermorelin, and BPC-157, designed to elevate your wellness game.

Complement your efforts with Vitamin IV drips and IM shots, enhancing energy, speeding recovery, fortifying your immune system, and keeping you at your peak all season long.

Aescape

Aescape's innovative robotic massage table is offered at The Spa, giving guests a fully customizable, technology-driven massage experience. 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.

Flavors For All



Dine With Us

EXECUTIVE CHEF FABRIZIO SCHENARDI

Chef Fabrizio Schenardi has been at the helm of Four Seasons Resort Orlando's kitchens since its 2014 opening, managing six distinct restaurants and a large banquet operation. Drawing from his experience at acclaimed hotel restaurants across two continents, Schenardi crafts modern Italian cuisine with Mediterranean flair and his signature "Fabrizio twist."

At Ravello, his talents shine with authentic recipes inspired by his grandmother's kitchen. Every dish is house-made, featuring Italian ingredients like imported flour for pastas and pizza dough. Complementing his culinary expertise, Schenardi also tends to the Resort's Garden, cultivating fresh herbs used in his creations, ensuring every dish bursts with genuine flavor and freshness.

Please chat with us via the Four Seasons App to learn more and make dining reservations.



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 straight 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

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.

*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 and His Pals, the always entertaining stars of the breakfast.

Available Thursdays, Saturdays & Select Tuesdays

From 7:00 AM to 11:00 AM



Discover our menu.
Reservations are strongly encouraged.

Epilogue

THE SPEAKEASY

Discover Epilogue, the adults-only speakeasy at Four Seasons Orlando. Tucked away and rich with library-inspired charm, it offers plush seating, handcrafted cocktails, and an intimate atmosphere made for connection. Whether you're unwinding after a day of adventure or settling in for conversation, every detail is designed to elevate the evening.

Seatings start at 6:00 PM
every Thursday, Friday and Saturday.



Click here to reserve.
Reservations required.



Parents' Night Out

Saturday plans made easy: kids head to Explorer Island Takeover while parents enjoy Epilogue or dinner at their own pace. Book with our Concierge and make it a night for everyone.



Capa

Our 17th floor rooftop Michelin-recommended 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 spectaculars, while our open kitchen allows you to be close to the action.

LIVE SPANISH GUITARIST

6:00 PM - 9:00 PM | Wednesdays & Saturdays

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



FALL PRO TIP

Book an early reservation and join us at the bar to experience our selection of signature cocktails.

DINE & DRINK

Raise your glass to the exceptional bar experience at Capa Steakhouse.

With its sophisticated ambiance, inventive cocktails, like Capa Gin and Tonic or the Spanish In-Fashion, and an exceptional wine selection, it's a haven for connoisseurs. Recognized by Wine Spectator's Best of Award of Excellence, Capa redefines indulgence.

Dining Room 5:00 PM to 10:00 PM

Bar 5:00 PM to 11:00 PM

Reservations are strongly encouraged.



Discover our menu



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



Lickety Split

Treat yourself to an irresistible selection of house-made gelato and pastries by our James Beard-nominated Executive Pastry Chef Rabii Saber. Pair it with an artisanal Caffe Umbria coffee or a handcrafted milkshake, available for dine-in or takeout at our convenient lobby cafe. Whether you're on the go or have time to savor, our breakfast pastries, salads and sandwiches are the perfect choice for any time of day.

Open Daily 6:30 AM to 9:00 PM



The Lobby Bar

Join us at The Lobby Bar for exquisite craft cocktails and delicious cuisine. Our talented team adds a colorful twist to classic cocktails, and our innovative concoctions showcase imaginative flavors. Relax on our beautiful terrace and take in the stunning Florida scenery. Perfect for casual fare or a full dinner menu, The Lobby Bar is the ultimate spot to unwind.

Open Daily 5:00 PM to 11:00 PM
Live Music: Mondays and Tuesdays

Plancha

Come to our golf clubhouse and enjoy a culinary journey of modern Latin-American flavors and classic clubhouse favorites. Unwind on the terrace, with scenic lakeside views. Plancha's vibrant dishes feature locally sourced ingredients that showcase Florida's rich cultural heritage. Plancha's extensive menu caters to all preferences, from our Chipotle Turkey Salad to our flavorful Cuban Sandwich.

Open Monday – Saturday 11:00 AM to 6:00 PM*

*Hours are subject to change during golf course closures.



Sunday Brunch At Plancha

A lively lakeside brunch with modern Latin-American flavors, classic favorites, and scenic terrace views.

Sundays 10:00 AM to 4:00 PM



Retail Therapy



Wardrobe

THE FALL EDIT

Join us in Wardrobe Boutique for a curated shopping experience featuring the season's must-have fashion, accessories, and travel essentials while enjoying complimentary seasonal refreshments.

FRIDAYS 3:00 PM – 5:00 PM



Dom Corona Art Studio

Tuesdays & Thursdays 11:00 AM to 4:00 PM

Designed as both a working studio and gallery, the space invites guests to experience the creative process up close featuring original works, limited-edition prints, and exclusive pieces created just for the resort. Discover the studio on level one, near The Spa.

Florida's Wild Side Is Calling

Join us for a fun-filled and educational adventure with our expert Nature Guide, for a Florida Wildlife Exploration! Families will embark on an exciting journey through the natural wonders of Florida.

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 & Wednesdays | 9:30 AM - 11:00 AM

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



Sunset Wildlife Exploration

Mondays | 6:30 PM

1.5 hour tour | Families

Meet at Kids For All Seasons

In addition to our morning explorations, join us for Sunset Wildlife Exploration on Mondays at 6:30 PM, departing from outside Kids For All Seasons. This evening adventure offers a new perspective on the resort's natural beauty as the landscape transitions into golden hour.

This guided golf cart tour introduces families to the diverse wildlife and ecosystems found throughout Four Seasons Resort Orlando. With insight from our expert Nature Guide, children will discover how the resort's landscapes support conservation efforts and uphold Green Earth Check standards — all in a fun, engaging, and safe environment.

Tour Highlights:

- 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 are limited.



Chat With Us

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

Updated 8/2026