



FOUR SEASONS

RESORT

ORLANDO AT WALT DISNEY WORLD® RESORT



STAY & *PLAY*



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

A dream come true where every moment is transformational. Revel in the joy of adventure at Explorer Island, where laughter creates lasting memories. Rejuvenate with a post-Park massage at our tranquil Spa, a sanctuary for body and soul. Then, as night falls, delight in culinary excellence at Capa Steakhouse, with Disney fireworks illuminating the sky. Your stay isn't just a getaway — it's a timeless experience etched in your heart. We know you will be forever changed.



FOREVER CHANGED

RELAX 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 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.

BUNGALOW RENTALS

Step into a haven of transformation with our private poolside bungalows at Explorer Pool, where luxury and tranquility come together to redefine your experience. Immerse yourself in the comfort of a personal hideaway, complete with exclusive amenities and the attentive service of a dedicated concierge. Positioned to capture awe-inspiring views, these private retreats are thoughtfully crafted for moments of peace and renewal. Here, the serene surroundings and complete seclusion invite you to disconnect from the everyday and reconnect with yourself.



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 Character Breakfast, Poolside Dining and In-Room Dining)*
- 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.

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 & Thursdays at 12:00 noon
Saturdays at 12:00 noon 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 8:00 pm. The cost is \$75 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.



FREE PLAY – 9:00 am to 10:00 am

In the company of attendants, boundless playfulness takes center stage, where the spirit of spontaneity is encouraged.

OUTDOOR GAMES – 10:00 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 – 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.

OUTDOOR ACTIVITY – 1:30 pm to 2:30 pm

Closed-toe shoes recommended.

FREE PLAY – 2:30 pm to 3:00 pm

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

SWIM TIME – 3:00 pm to 4:00 pm

At the Cove pool, joyous aquatic escapades unfold as attendants and shimmering waves create a delightful swim dance. Please bring swim attire for pool swim time. Towels will be provided by the kids club.

CRAFT TIME – 4:00 pm to 5:00 pm

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

TIME TOGETHER





GAME ON

SERVING UP SOMETHING NEW

Experience the excitement of our brand-new Pickle Ball 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, inclusive atmosphere that inspires fun, friendly competition, and camaraderie.

RACQUET SPORTS

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

PICKLE BALL *CLINICS*

Monday

7:30am-9 am | PB 101

9:30am-11am | PB 102

Tuesday

2:30pm- 4:00pm | PB 102

4:00pm-5:30pm | Cardio PB

Wednesday

7:30am-9am | PB 101

9:30am- 11am | Organized Drop in

Thursday

3:30pm-5pm | Core PB

5:30pm-7pm | PB 102

Friday

7:30am- 9am | PB 101

9:30am-11 am | Organized Drop In

Saturday

8:30am-10am | PB 101

10:30am-12pm | Core PB

Sunday

8:30am-10am | PB 101

10:30am-12pm | Cardio PB

To reserve tee and 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.

POWER STRIDE & STRETCH

An invigorating walk through our beautiful resort property intermixed with body-weight resistance moves, mobility stretching, 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.

RESISTANCE BAND YOGA

Resistance bands offer all abilities the opportunity to make poses more challenging or more accessible. A unique way to build strength and increase or decrease body weight resistance within your yoga poses.

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
Ask About Our Complimentary
9 Hole Putting Course
Monday-Sunday 2:00PM-5:00PM



PERSONAL TRAINING

Receive private, expert instruction in fitness, yoga or Pilates, emphasizing proper technique in a results-driven format. One of our certified trainers will motivate and refine your existing program or create a new one to optimize results.

TIME APART

SOMETHING TRULY *TRANSFORMING*

Escape the thrill of the parks and discover true serenity with a transformational massage. 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. Indulge in ultimate relaxation with rejuvenating treatments, complimentary refreshments and the one-of-a-kind Zero Gravity Lounge—an oasis where your body floats, your mind calms, and peace surrounds you.



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 MANICURE & PEDICURE

Featuring an ultra-clean and organic nailcare product range with pure formulas - ideal for people with eczema, migraines, sensitive skin, use during pregnancy and menopause. These age defying products are highly effective to improve maturing skin, yet gentle enough for all ages. Non-toxic, gluten-free, vegan products are packed with probiotic peptides. Soak, shape, buff, cuticle care, exfoliation, callus smoothing treatment, masque, massage, moisturizer and polish; perfection.

FACIAL RADIANCE

Our age-defying facial treatments will nourish your skin so you can look and feel your best. Customized formulations, advanced aesthetic technology and best in class talent ensure you receive a personalized treatment with incredible results.

Open daily from 9:00 am to 8:00 pm

EXPERIENCE *PEPTIDE* THERAPY

Unlock the ultimate in rejuvenation with our exclusive peptide therapy collection, meticulously tailored to transform your well-being. Experience Semaglutide's precision in weight control, NAD+ for unparalleled energy and vitality, and the powerful effects of Sermorelin and Petosan in optimizing body composition. These advanced therapies harmonize to enhance your vitality and refine your physique, delivering a radiant, revitalized version of yourself. Indulge in this elite approach to achieving a healthier, more vibrant, transformed you.



THE SALON

Master Hair Stylist Alejandra Bell oversees the expert hair and nail care available in the Salon. Treat a little princess or shining knight to a Magical Moments makeover, available for children ages 3 and older. The package includes princess hair artistry, makeup, fairy dust, an express manicure, a bracelet and a princess proclamation. There is also an option to select a princess dress. The shining knight includes hair grooming, a sword of trust and a shield of courage.

IV VITAMIN THERAPIES

The Spa is pleased to offer Vitality Therapies, in collaboration with acclaimed MD Dr. Olga Ivanov, in our beautiful setting. Intravenous and intramuscular vitamin drips and shots aimed at optimizing your well-being are now offered to guests of The Spa as an individual treatment option or as an enhancement to one's spa routine.

RESTORATIVE CBD

CBD Balance Enhancement

300 mg of organic, full spectrum hemp extract with coconut oil and passionflower provide a gorgeous full body glow and promote profound balance to your body and mind.

CBD Relief Enhancement

800 mg of organic, full spectrum hemp extract with cayenne pepper, arnica, cinnamon, clove and ginger create a powerfully effective salve for soothing muscle tension and aches and promoting balance in your body.

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



DINE *THIS WAY*

SERVING UP SOMETHING NEW

Savor unforgettable dining at Four Seasons Resort Orlando. Relish premium steaks and stunning views at Capa, indulge in the heartwarming flavors of Italian cuisine at Ravello, or escape to Epilogue, our new adult-only speakeasy. Each venue blends exceptional cuisine, elegant ambiance, and thoughtful service into a luxurious culinary celebration tailored to your delight.

THE SPEAKEASY

Experience Epilogue, our new adults-only speakeasy. With a subtle library theme and a nod to Florida's history, this intimate mid-century modern space with art deco flair offers a rich, cozy ambiance to unwind over custom cocktails.

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





MEET EXECUTIVE CHEF FABRIZIO SCHENARDI

Schenardi has been at the helm of the kitchens at Four Seasons Resort Orlando since the 2014 opening, overseeing six restaurants plus a large banquet operation. Having worked at admired hotel restaurants across two continents, Schenardi fashions modern Italian cuisine with Mediterranean inspiration and the “Fabrizio twist.”

Ravello features authentic cuisine with some delicious, original recipes, many straight from Schenardi’s grandmother’s kitchen. Everything in Ravello is house-made by Schenardi and his team, with several authentic Italian ingredients, such as the imported Italian flour used in the pastas and pizza dough.



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.

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

**Indulge in our Italian Spritz menu,
a perfect start to your meal.**

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.



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, Saturdays
and select Tuesdays**
from 7:00 am to 11:00 am.

Reservations are strongly encouraged.



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.

Dining Room 5:00 pm to 10:00 pm

Bar 5:00 pm to 11:00 pm

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

**Indulge in our Wagyu tasting paired
with the Fisher Cabernet flight.**

Reservations strongly encouraged.



AGED TO PERFECTION

Celebrate the aging process of different steak cuts offered as daily 'off menu' specials and education on how time transforms flavors.



**Morning in or on your way back from the
Disney Parks®? Chat with us via the
Four Seasons App to place your order
from In-Room Dining or to have your
minibar stocked with refreshments.**



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 Caffè 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

Ask About Our Clean Slate® Smoothies

Refreshing ingredients with health benefits to represent health-focused resolutions.



LICKETY SPLIT



THE LOBBY BAR

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.

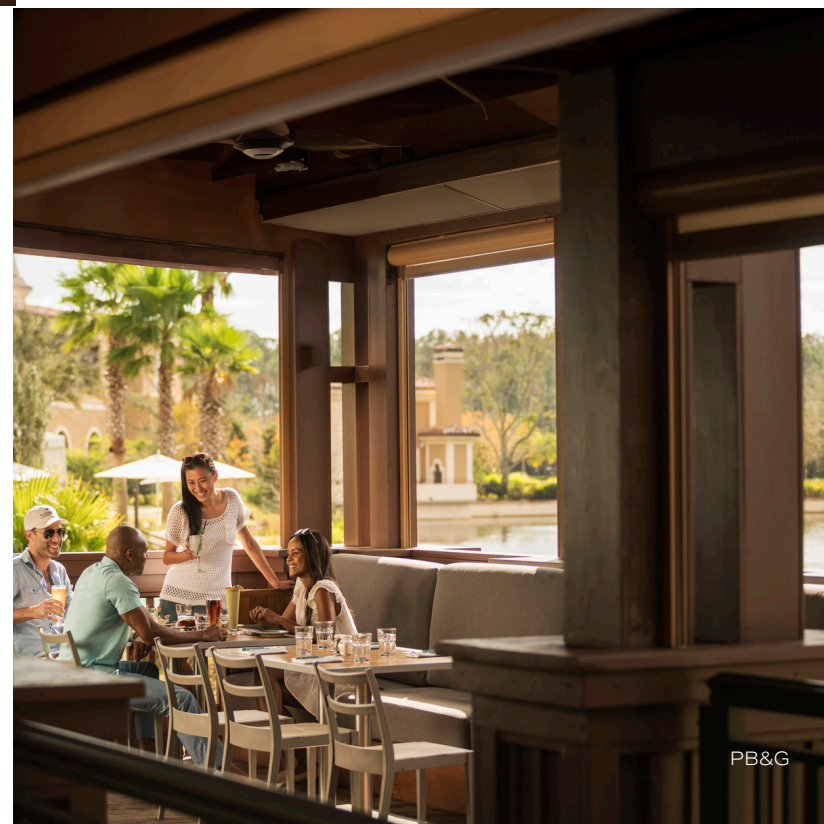
Open daily 5:00 pm to 11:00 pm

Live Guitarist 6:00 pm to 9:00 pm,
Tuesdays & Sundays



Whether taking a break from soaking in the sun or seeking a relaxing retreat from the energetic theme parks, Pool Bar and Grill offers a selection of American fare, enjoyed lakeside. Inspired by coastal regions, the menu incorporates locally sourced ingredients, salad, and seafood selections on the lighter side, balanced with American classics that will satisfy any appetite.

Open daily 11:00 am to 6:00 pm



PB&G



PLANCHA

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 Blackberry Kale Salad to our flavorful Cuban Sandwich.

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.*



RETAIL THERAPY

BOUTIQUES

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



This unique lifestyle boutique on the Resort's lobby level boasts a wide selection of stylish apparel, swimwear, footwear and accessories for both men and women. Wardrobe features an exciting mix of styles from renowned designers such as Missoni, Zimmerman, Love Shack Fancy, Gucci and Cartier, along with one-of-a-kind jewelry with a Disney collaboration by Kimberly McDonald.

Open daily 10:00 am to 6:00 pm

FABLE

This whimsical shop, also on the Resort's lobby level, offers a variety of necessities for the on-the-go traveler. Fable boasts the most sought-after Four Seasons logo apparel as well as memorable treasures and an exclusive Rachel Riley collection inspired by fairytale princesses. Satisfy your sweet tooth with Sugarfina candy or stock up on organic suncare before you hit the pool or parks. Find a delightful gift for the little ones in your life or the perfect souvenir.

Open daily 9:00 am to 6:00 pm

DESIGNER TRUNK SHOWS

Experience the opportunity to meet high-profile designers and learn the inspiration behind their collections.

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

STYLE CHAT

Shopping while on vacation has never been so easy, or so much fun. Allow our team of stylists to hand-select an outfit, based on your style preferences, and deliver it straight to your guest room closet.

To initiate a Style Chat session, simply chat with our team via the Four Seasons App and select the Chat function, message the Resort directly from the Resort Facebook page, or send a text or WhatsApp message to +1 (407) 988 2367. You may purchase all of the items, or return those you don't love.

A styling fee of \$25 is charged only if a purchase is not made.



Discover Our Exclusive Rachel Riley
Princess Dresses at Fable!



PADDLE
UP!

PADDLE
UP!

PADDLE
UP!