



**FOUR SEASONS**  
RESORT  
TAMARINDO, MÉXICO

## WEEKLY COMPLIMENTARY ACTIVITY CALENDAR

We kindly recommend booking all activities at least 24 hours in advance to ensure availability. Please note that our experiences are shared and have a limited guest count.

### THURSDAY

- 7:00 AM** Morning Mobility @Gym
- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Birdwatching @Lobby
- 10:00 AM** Paddleboard and Kayak Tour @Tamarindo Beach
- 10:30 AM** Rancho Lola Tour @Lobby
- 11:00 AM** Cooking Class: Aguachiles @Melaque Lawn
- 11:30 AM** TRX Training @Gym
- 12:30 PM** Beach Tennis @Tamarindo Beach
- 2:00 PM** Reserve Tour @Lobby
- 2:30 PM** Coffee Extraction Workshop @Coyul
- 3:30 PM** Functional Training @Gym
- 4:30 PM** Margaritas Workshop @Coyul
- 5:00 PM** Scavenger Hunt\* @Escondite \*Teens Experience

### MONDAY

- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Ethnobotany Walk @Lobby
- 10:00 AM** Paddleboard and Kayak tour @Tamarindo Beach
- 10:30 AM** Rancho Lola Tour @Lobby
- 11:30 AM** TRX Training @Gym
- 12:30 PM** Art of Guacamole @Nacho
- 2:00 PM** Reserve Tour @Lobby
- 2:30 PM** Cooking Class: Corn Heritage @Melaque Lawn
- 3:30 PM** Functional Training @Gym
- 4:30 PM** Margaritas Workshop @Coyul
- 5:00 PM** Foosball Tournament\* @Escondite \*Teens Experience

### FRIDAY

- 7:00 AM** Run Concierge @Lobby
- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Forest Bathing @Lobby
- 10:00 AM** Snorkel Tour @Tamarindo Beach
- 10:30 AM** Rancho Lola Tour @Lobby
- 11:30 AM** TRX Training @Gym
- 12:30 PM** Beach Volley @Tamarindo Beach
- 2:00 PM** Reserve Tour @Lobby
- 2:30 PM** Arts and Crafts @Lobby
- 3:30 PM** Functional Training @Gym
- 4:30 PM** Regional Fermented Workshop @Coyul
- 5:00 PM** Junior Movie\* @Escondite \*Teens Experience

### TUESDAY

- 7:00 AM** Morning Mobility @Gym
- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Birdwatching @Lobby
- 10:00 AM** Snorkel Tour @Tamarindo Beach
- 10:30 AM** Rancho Lola Tour @Lobby
- 11:30 AM** TRX Training @Gym
- 12:30 PM** Beach Volley @Tamarindo Beach
- 2:00 PM** Reserve Tour @Lobby
- 2:30 PM** Coffee Extraction Workshop @Coyul
- 3:30 PM** Functional Training @Gym
- 4:30 PM** Margaritas Workshop @Coyul
- 5:00 PM** Junior Movie\* @Escondite \*Teens Experience

### SATURDAY

- 7:00 AM** Run Concierge @Lobby
- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Birdwatching @Lobby
- 10:00 AM** Shore Fishing @Tamarindo Beach
- 10:30 AM** Rancho Lola Tour @Lobby
- 11:00 AM** Cooking Class: Grilled by the Sea @Melaque Lawn
- 11:30 AM** TRX Training @Gym
- 12:30 PM** Art of Guacamole @Nacho
- 2:00 PM** Reserve Tour @Lobby
- 2:30 PM** Coffee Extraction Workshop @Coyul
- 3:30 PM** Functional Training @Gym
- 4:30 PM** Margaritas Workshop @Coyul
- 5:00 PM** Karaoke\* @Escondite \*Teens Experience

### WEDNESDAY

- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Forest Bathing @Lobby
- 10:00 AM** Shore Fishing @Tamarindo Beach
- 10:30 AM** Rancho Lola Tour @Lobby
- 11:30 AM** TRX Training @Gym
- 12:30 PM** Art of Guacamole @Nacho
- 2:00 PM** Reserve Tour @Lobby
- 2:30 PM** Arts and Crafts @Lobby
- 3:30 PM** Functional Training @Gym
- 4:30 PM** Regional Fermented Workshop @Coyul
- 5:00 PM** Karaoke\* @Escondite \*Teens Experience

### SUNDAY

- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Forest Bathing @Lobby
- 10:00 AM** Paddleboard and Kayak Tour @Tamarindo Beach
- 10:30 AM** Rancho Lola Tour @Lobby
- 11:30 AM** TRX Training @Gym
- 12:30 PM** Beach Volley @Tamarindo Beach
- 2:00 PM** Reserve Tour @Lobby
- 2:30 PM** Arts and Crafts @Lobby
- 3:30 PM** Functional Training @Gym
- 4:30 PM** Margaritas Workshop @Coyul
- 5:00 PM** Foosball Tournament\* @Escondite \*Teens Experience

### SPA

**9:00 AM to 7:00 PM**  
Daily complimentary access to SPA facilities, including relaxation areas, steam room, sauna and hot tube.

### TAMARINDO BEACH

**9:00 AM to 5:00 PM**  
Complimentary activities, kayak, shore fishing, snorkel, paddleboard, and body boards.

### RESTAURANTS

**COYUL**  
BREAKFAST | 7:00 AM - 12:00 PM  
DINNER | 6:00 PM - 11:00 PM  
BAR | 1:00 PM - 12:00 AM

**NACHO**  
ALL DAY TACOS  
12:00 PM - 7:00 PM

**PLAYA TAMARINDO**  
LUNCH | 12:00 AM - 5:00 PM

**PLAYA MAJAHUA**  
LUNCH | 11:00 AM - 7:00 PM

**SAL**  
LUNCH | 12:00 PM - 6:00 PM  
DINNER | 6:00 PM - 11:00 PM

**IN-VILLA DINING**  
24 HOURS



Scan the QR code and chat with us.  
Ask about additional experiences available.