



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: Ceviche @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	5k Running Club @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	5k Running Club @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 tub.

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 - 6:00 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.

* Hours or locations may vary without prior notice