



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.

MONDAY

- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Ethnobotany Walk @Lobby
- 10:30 AM** Paddleboard and Kayak tour @Tamarindo Beach
- 11:00 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
- 5:00 PM** Foosball Tournament* @Escondite *Teens Experience

TUESDAY

- 7:00 AM** Morning Mobility @Gym
- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Birdwatching @Lobby
- 10:30 AM** Snorkel Tour @Tamarindo Beach
- 11:00 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
- 5:00 PM** Junior Movie* @Escondite *Teens Experience

WEDNESDAY

- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Forest Bathing @Lobby
- 10:30 AM** Shore Fishing @Tamarindo Beach
- 11:00 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

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.

EL TAMARINDO GOLF

TEE TIMES | 7:20 AM - 4:20 PM
CASA CLUB | 7:20 AM - 6:00 PM

RACQUET SPORTS

TENNIS, PADEL & PICKLEBALL
7:00 AM - 7:00 PM

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.

* Hours or locations may vary without prior notice

THURSDAY

- 7:00 AM** Morning Mobility @Gym
- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Birdwatching @Lobby
- 10:30 AM** Paddleboard and Kayak Tour @Tamarindo Beach
- 11:00 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
- 5:00 PM** Scavenger Hunt* @Escondite *Teens Experience

FRIDAY

- 7:00 AM** 5k Running Club @Lobby
- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Forest Bathing @Lobby
- 10:30 AM** Snorkel Tour @Tamarindo Beach
- 11:00 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

SATURDAY

- 7:00 AM** 5k Running Club @Lobby
- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Birdwatching @Lobby
- 10:30 AM** Shore Fishing @Tamarindo Beach
- 11:00 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
- 5:00 PM** Karaoke* @Escondite *Teens Experience

SUNDAY

- 8:00 AM** Nature Hike @Lobby
- 9:00 AM** Forest Bathing @Lobby
- 10:30 AM** Paddleboard and Kayak Tour @Tamarindo Beach
- 11:00 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
- 5:00 PM** Foosball Tournament* @Escondite *Teens Experience