

RESORT ACTIVITIES



FOUR SEASONS
RESORT

COSTA RICA AT PENINSULA PAPAGAYO

#FSCostaRica #FSPuraVida

From August 1st to August 15th



WELCOME TO PARADISE

We invite you to discover the endless opportunities for adventure and fun with an abundance of curated activities that will allow you to explore the resort and all its offerings.

I encourage you to check in with one of our Concierge team for insider tips and to help you plan your stay.

Many of our activities are complimentary, with a small fee for others but all guaranteed to please.

Immerse yourself in all we have to offer with our wide variety of water sports, hiking, yoga, family activities and must-tries like the Trail of the Giants Tour and Rum Tastings.

We hope you have a fantastic stay and enjoy true Pura Vida style on the sandy shores of the Peninsula Papagayo.

Pura Vida,

Michael Mestraud

General Manager



SUNDAY



7:30 AM	Hatha Yoga Class*	Spa	\$20 per person
7:45 AM	Adventure Cycling*	Lobby	Complimentary
8:30 AM	Sandy Sunny Races	Kids Club	Complimentary
8:45 AM	High Intensity Interval Training*	Spa	\$20 per person
9:30 AM	Learning Spanish for Kids	Kids Club	Complimentary
10:00 AM	Spinning Class*	Spa	\$20 per person
10:30 AM	Stand-Up Paddle Board Tour*	Blanca Beach	Complimentary
10:30 AM	Aqua Kids-Pool Games	Kids Club	Complimentary
12:30 PM	Afternoon Golf*	Golf Course	\$175 per person
1:30 PM	Trail of the Giants Tour*	Lobby	Complimentary
2:00 PM	The Art Box - Crafts for Kids	Kids Club	Complimentary
2:00 PM	Snorkeling Exploration*	Blanca Beach	Complimentary
3:00 PM	Art Gallery Tour	Art Gallery	Complimentary
3:00 PM	Hermit Crab Races for Kids	Kids Club	Complimentary
3:00 PM	Kayak Exploration Tour*	Blanca Beach	Complimentary
3:00 PM	Howler Golf Rate*	Golf Course	\$180 per person
4:00 PM	Monkey Chatter Hike for Kids	Kids Club	Complimentary
4:00 PM	Mixology Class*	La Reserva	Complimentary
4:00 PM	Coffee Tasting*	San vito	Complimentary
4:30 PM	Wi U Challenge	Kids Club	Complimentary
5:00 PM	Sunset kayak Tour*	Blanca Beach	Complimentary
7:00 PM	S'mores Family Night*	Blanca Beach	Complimentary

* Reservations are required, please contact our Concierge at Ext. 4433 - 4434

SATURDAY

6:00 AM	Huevos Bay Kayak Tour*	Blanca Beach	Complimentary
7:30 AM	Boot Camp Class*	Spa	\$20 per person
8:00 AM	Bird Watching Tour*	Lobby	Complimentary
8:45 AM	Core Power Class*	Spa	\$20 per person
9:00 AM	Artisan Market	Blanca Pool	On Consumption
9:30 AM	Learning Spanish for Kids	Kids Club	Complimentary
10:30 AM	Stand-Up Paddle Board Tour*	Blanca Beach	Complimentary
10:30 AM	Aqua Kids-Pool Games	Kids Club	Complimentary
12:30 PM	Afternoon Golf*	Golf Course	\$175 per person
1:30 PM	Trail of the Giants Tour*	Lobby	Complimentary
2:00 PM	Kayak Exploration Tour*	Blanca Beach	Complimentary
2:00 PM	Introduction to Surf for Kids*	Kids Club	Complimentary
3:00 PM	Sand Castle Building for Kids	Kids Club	Complimentary
3:00 PM	Snorkeling Exploration Tour*	Blanca Beach	Complimentary
3:00 PM	Howler Golf Rate*	Golf Course	\$180 per person
3:00 PM	Art Gallery Tour	Art Gallery	Complimentary
4:00 PM	Kids Beach Olympics	Kids Club	Complimentary
4:00 PM	Chocolate Rum Tasting*	La Reserva	Complimentary
4:00 PM	Beer Tasting*	Bahia Bar	Complimentary
4:30 PM	Kids Wii U Challenge	Kids Club	Complimentary

* Reservations are required, please contact our Concierge at Ext. 4433 - 4434



TRAIL OF THE GIANTS TOUR

Explore towering the trees surrounding the Resort's Arnold Palmer-designed golf course during the Trail of the Giants, a guided tour of the tropical dry forest that is home to the peninsula's wildlife, colorful birds, insects, and playful White-faced and Howler monkeys. Our championship golf course is not only a golfer's paradise, it is an important sanctuary and refuge for local wildlife.

BIRD WATCHING TOUR

Costa Rica is a bird watcher's paradise and with good cause! As the bridge connecting the Americas, it is home to a striking variety of tropical birds. Few places in the world can boast of having so many different species.

Birders of any level are invited to spot parrots, manakins, antbirds, and trogons, located all around the Resort. Join our local Guide to discover the clay-colored Robin that is local to Costa Rica. The minimum age is 12 years old to participate.

MANGROVE HIKE TOUR

Mangrove forests stabilize the coastline, reducing erosion from storm surges, currents, waves, and tides.

The intricate root system of mangroves also makes these forests attractive to fish and other organisms seeking food and shelter from predators. Join us on this amazing guided tour. The minimum age is 12 years old to participate.

SUNRISE HIKE TOUR

From the flat plains along the coast to cloud forests atop the continental divide, Costa Rica's landscape is diverse and teeming with life.

There are easy hikes along flat and well-maintained trails, as well as more challenging treks up and around Peninsula Papagayo. Guided hikes provide a fun, safe, and educational outdoor experience for our guests. The minimum age is 12 years old to participate.

SUNSET HIKE TOUR

Our Sunset hike tour is the best way to take in the views from Peninsula's main road. As we explore the Resort, we will cruise through the lush vegetation and the fauna. The minimum age is 12 years old to participate.

ADVENTURE CYCLING TOUR

The Peninsula is paradise on two wheels! This is a guided tour where you will explore the Peninsula's beautiful scenery and wildlife. Enjoy your morning under the amazing Costa Rican sky. The minimum age is 14 years old to participate.

MAT PILATES FLOW

Pilates mat is performed on a mat in either a sitting or lying down position using resistance rings and swiss balls. The primary focus is the awareness of the spine, proper breathing and posture through the strengthening of the core and all the postural muscles. The minimum age is 12 years old to participate.



FRIDAY



7:30 AM	Hatha Yoga Class*	Spa	\$20 per person
7:45 AM	Nacascolo Beach Kayak Tour*	Blanca Beach	Complimentary
8:30 AM	Mini-Golf Adventure	Kids Club	Complimentary
8:30 AM	Playing with the Pro*	Golf Course	\$175 per person
8:45 AM	High Intensity Interval Training*	Spa	\$20 per person
10:00 AM	Drills Workout Tennis Clinic*	Tennis Court	\$35 per person
10:30 AM	Aqua Kids-Pool Games	Kids Club	Complimentary
10:30 AM	Stand-Up Paddle Board Tour*	Blanca Beach	Complimentary
12:30 PM	Afternoon Golf*	Golf Course	\$175 per person
12:30 PM	Cooking Class*	Pesce	Complimentary
1:30 PM	Trail of the Giants Tour*	Lobby	Complimentary
2:00 PM	Fun Basketball Tournament	Kids Club	Complimentary
2:00 PM	Mangrove Hike Tour*	Lobby	Complimentary
3:00 PM	Monkey Chatter - Hike for Kids	Kids Club	Complimentary
3:00 PM	Howler Golf Rate*	Golf Course	\$180 per person
3:00 PM	Art Gallery Tour	Art Gallery	Complimentary
4:00 PM	Science Experiment	Kids Club	Complimentary
4:00 PM	Infused Rum Tasting*	La Reserva	Complimentary
4:00 PM	Coffee Tasting*	San Vito	Complimentary
4:30 PM	Kids Wii U Challenge	Kids Club	Complimentary
5:00 PM	Sunset Hike Tour*	Blanca Beach	Complimentary
6:45 PM	Moonlit Stand-Up Paddle Board Tour*	Blanca Beach	Complimentary

* Reservations are required, please contact our Concierge at Ext. 4433 - 4434

THURSDAY

6:00 AM	5 K Stand-Up Paddle Board Tour*	Blanca Beach	Complimentary
7:30 AM	Barre Sculpt Class*	Spa	\$20 per person
8:00 AM	Guided Nature Hike*	Blanca Beach	Complimentary
8:30 AM	Mangroove Family Adventure	Kids Club	Complimentary
8:45 AM	Boot Camp Class*	Spa	\$20 per person
9:00 AM	Artisan Market	Blanca Pool	On Consumption
10:00 AM	Mat Pilates Class*	Spa	\$20 per person
10:00 AM	Groundstrokes Tennis Clinic*	Tennis Court	\$35 per person
10:00 AM	Short Game Golf Clinic*	Driving Range	Complimentary
10:30 AM	Aqua Kids-Pool Games	Kids Club	Complimentary
10:30 AM	Stand-Up Paddle Board Tour*	Blanca Beach	Complimentary
12:30 PM	Afternoon Golf*	Golf Course	\$175 per person
12:30 PM	Catch of the Day	Bahia Pool	On Consumption
1:30 PM	Trail of the Giants Tour*	Lobby	Complementary
2:00 PM	Kayak Exploration Tour*	Blanca Beach	Complimentary
2:00 PM	Pottery Painting for Kids	Kids Club	Complimentary
3:00 PM	Sandy Sunny Races	Kids Club	Complimentary
3:00 PM	Howler Golf Rate*	Golf Course	\$180 per person
3:00 PM	Guided Bike Tour*	Lobby	Complementary
3:00 PM	Art Gallery Tour	Art Gallery	Complimentary
3:30 PM	Science Experiment for Kids	Kids Club	Complimentary
4:00 PM	Wine Tasting*	Pesce	Complimentary
4:00 PM	Mixology Class*	La Reserva	Complimentary
4:30 PM	Wii U Challenge for Kids	Kids Club	Complimentary

* Reservations are required, please contact our Concierge at Ext. 4433 - 4434



KAYAK EXPLORATION TOUR

Explore our warm waters on a guided kayak trip where kayakers will explore the local ecosystem and go in search of turtles, rays, and dolphins. The minimum age is 14 years old to participate.

HUEVOS BAY KAYAK TOUR

Join us on this great adventure of kayaking Huevos Bay. An expert nature guide of the Peninsula Papagayo will ensure you see the wonders of this extraordinary national bay. Share the way with wildlife like sea turtles, stingrays and many species of birds. The minimum age is 14 years old to participate.

JICARO BEACH KAYAK TOUR

Join us on a kayak guided tour around the bay with one of our water sports professionals. Do not miss the opportunity to be part of this great experience to discover beautiful beach. The minimum age is 14 years old to participate.

MONKEY HEAD KAYAK TOUR

Come and join us for an invigorating kayak tour around the Peninsula. Discover the secret of Monkey Head while enjoying the marine life and beautiful views of the area. Minimum age is 14 years old to participate.

NACASCOLO KAYAK TOUR

Join us on one of our sea kayak tours focusing on the bay's beauty as you go from Blanca Beach to Nacasco Beach. Allow our professional staff to outfit you with equipment, information, and expertise for an unforgettable experience. Availability may vary due to bay conditions. The minimum age is 14 years old to participate.

SUNSET KAYAK TOUR

Enjoy a beautiful sunset that falls on the Pacific Ocean with our local guide. The minimum age is 14 years old to participate.

BARRE YOGA

Combines Pilates, Yoga and Barre exercises in one session, concentrating mostly on arms, abs, thighs and glutes. This class helps strengthen and tone the muscles without increasing bulk, improving posture. It also increases cardiovascular endurance and metabolism, which helps to quickly burn calories.



WEDNESDAY



7:30 AM	Relaxing & Meditation*	Spa	\$20 per person
7:45 AM	Bird Watching Tour*	Lobby	Complimentary
8:30 AM	Tree Planting for Kids	Kids Club	Complimentary
8:30 AM	Play with the Pro*	Golf Course	\$175 per person
8:45 AM	Hatha Yoga Class*	Spa	\$20 per person
10:00 AM	Spinning Class*	Spa	\$20 per person
10:00 AM	Tennis Doubles Strategy*	Tennis Court	\$35 per person
10:30 AM	Aqua Kids-Pool Games	Kids Club	Complimentary
10:30 AM	Kayak Exploration Tour*	Blanca Beach	Complimentary
12:30 PM	Afternoon Golf*	Golf Course	\$175 per person
12:30 PM	Cooking Class*	Pesce	Complimentary
1:30 PM	Trail of the Giants Tour*	Lobby	Complimentary
2:00 PM	Pura Vida Games	Kids Club	Complimentary
2:00 PM	Guided Nature Hike*	Blanca Beach	Complimentary
2:45 PM	Tennis Kids Clinic*	Kids Club	Complimentary
3:00 PM	Howler Golf Rate*	Golf Course	\$180 per person
3:00 PM	Chocolate Family Experience*	Lobby	\$60 per person
3:00 PM	Art Gallery Tour	Art Gallery	Complimentary
4:00 PM	Chocolate Rum Tasting*	La Reserva	Complimentary
4:00 PM	Beer Tasting*	Bahia Bar	Complimentary
4:30 PM	Kids Wii U Challenge	Kids Club	Complimentary
5:00 PM	Sunset Kayak Tour*	Blanca Beach	Complimentary
6:00 PM	Family Movie Night	Kids Club	Complimentary

* Reservations are required, please contact our Concierge at Ext. 4433 - 4434

TUESDAY

6:00 AM	Sunrise Hike*	Blanca Beach	Complimentary
7:30 AM	Hatha Yoga Class*	Spa	\$20 per person
8:00 AM	Monkey Head Kayak Tour*	Blanca Beach	Complimentary
8:30 AM	Monkey Chatter Hike for Kids	Kids Club	Complimentary
8:45 AM	Spinning Class*	Spa	\$20 per person
9:00 AM	Artisan Market	Blanca Pool	On Consumption
10:00 AM	Wildlife Lectures: Monkeys*	Lobby	Complimentary
10:00 AM	Full Swing Golf Clinic*	Driving Range	Complimentary
10:00 AM	Intro to Tennis*	Tennis Court	Complimentary
10:00 AM	High Intensity Interval Training*	Spa	\$20 per person
10:30 AM	Snorkeling Exploration*	Blanca Beach	Complimentary
10:30 AM	Aqua Kids-Pool Games	Kids Club	Complimentary
12:30 PM	Afternoon Golf*	Golf Course	\$175 per person
1:30 PM	Trail of the Giants Tour*	Lobby	Complimentary
2:00 PM	Kids Pottery Painting	Kids Club	Complimentary
2:00 PM	Kayak Exploration Tour*	Blanca Beach	Complimentary
3:00 PM	Kids Hermit Crab Races	Kids Club	Complimentary
3:00 PM	Howler Golf Rate*	Golf Course	\$180 per person
3:00 PM	Stand-Up Paddle Board Tour*	Blanca Beach	Complimentary
3:00 PM	Art Gallery Tour	Art Gallery	Complimentary
3:30 PM	Science Experiment for Kids	Kids Club	Complimentary
4:00 PM	Wine Tasting*	Pesce	Complimentary
4:00 PM	Infused Rum Tasting*	La Reserva	Complimentary
4:30 PM	Kids Wii U Challenge	Kids Club	Complimentary

* Reservations are required, please contact our Concierge at Ext. 4433 - 4434



SNORKELING EXPLORATION

The Gulf of Papagayo is a wonderful snorkeling destination for its calm and protected inlets and bays. The Papagayo Peninsula retains its natural integrity with its lush tropical landscape and over 400 species of wildlife. Jump into the refreshing waters of the bay for an incredible aquatic adventure and experience a spectacular underwater encounter surrounded by rich tropical vegetation, colorful fish, and coral reef formations. The minimum age is 12 years old to participate.

5K STAND-UP PADDLE BOARD TOUR

Get ready to walk on water! Join us and experience the ocean from a thrilling new perspective while on the deck of a Stand-up Paddle Board (SUP). Our guided paddleboard tour features the excitement and ease of paddling a SUP on the gentle bay. Paddling a SUP is great exercise and allows a full-body workout while providing the opportunity to witness incredible views of marine life and wildlife. The minimum age is 16 years old to participate.

MOONLIT STAND-UP PADDLE BOARD TOUR

Experience Costa Rica's waterfront at night time on our Moonlit SUP guided tour. Glide along tranquil water with LED lights strapped to your board creating glowing visuals for up to 50 feet around you! SUP offers guests a versatile workout combined with natural vistas of our bio-diverse waterscapes. The minimum age is 16 years old to participate..



CHOCOLATE EXPERIENCE

The hands-on class with local artist Henrik Bodholdt takes participants on a journey through the making of chocolate, from the roasting and peeling of the Cacao beans to the grinding and then mixing that creates chocolate as we know it. What better way to enjoy your very own hand-made chocolate. Family - friendly activity.

CHOCOLATE RUM TASTING

Tasting of five different rums combined with Costa Rican Chocolate, and you are invited to try our infused rums. The minimum age is 18 years old to participate.

WILDLIFE TALKS

Costa Rica (rich coast) is yours to discover with our in-house naturalists. Capture the true essence of Costa Rica, home to no less than 5% of earth's biodiversity and learn alongside our experts as they share their knowledge in a lively and interactive lecture on a variety of captivating topics. Our country is yours to discover.

LATIN AMERICAN CONTEMPORARY ART GALLERY TOUR

Unique to Costa Rica and created exclusively for the Resort, Peninsula Fine Arts by Klaus Steinmetz features a wide collection of the most prestigious Latin American Contemporary Art. Join us for a brushstroke on history and a guided tour of the compositions, techniques and background stories of renowned creations by modern masters, from Colombia's Botero to Costa Rica's own Federico Herrera.

MONDAY

7:30 AM	Barre Sculpt Class*	Spa	\$20 per person
7:45 AM	Mangrove Hike Tour*	Lobby	Complimentary
8:30 AM	Playing with the Pro	Golf Course	\$175 per person
8:30 AM	Wild Birds Hiking for Kids	Kids Club	Complimentary
8:45 AM	Boot Camp Class*	Spa	\$20 per person
10:00 AM	Mat Pilates Class*	Spa	\$20 per person
10:00 AM	Cardio Tennis	Tennis courts	\$35 per person
10:30 AM	Wildlife Lectures: Birds*	La Reserva	Complimentary
10:30 AM	Aqua Kids- Pool Games	Kids Club	Complimentary
10:30 AM	Jicaró Beach Kayak Tour*	Blanca Beach	Complimentary
12:30 PM	Afternoon Golf*	Golf Course	\$175 per person
12:30 PM	Cooking Class*	Pesce	Complimentary
1:30 PM	Trail of the Giants Tour*	Lobby	Complimentary
2:00 PM	Kids Folcloric Dance	Kids Club	Complimentary
2:00 PM	Stand-Up Paddle Board Tour*	Blanca Beach	Complimentary
3:00 PM	Learning Spanish for Kids	Kids Club	Complimentary
3:00 PM	Howler Golf Rate*	Golf Course	\$180 per person
3:00 PM	Art Gallery Tour	Art Gallery	Complimentary
3:30 PM	Beach Soccer Tournament	Kids Club	Complimentary
4:00 PM	Beer Tasting*	Bahia Bar	Complimentary
4:00 PM	Chocolate Rum Tasting*	La Reserva	Complimentary
4:30 PM	Kids Wii U Challenge	Kids Club	Complimentary
4:30 PM	Sunset Bike Tour*	Lobby	Complimentary

* Reservations are required, please contact our Concierge at Ext. 4433 - 4434

GRAB AND GO AT AÑEJO BAR

Start your morning off with an energizing Acai Bowl or a powering green juice. Our grab-and-go breakfast options are perfect for those looking for a quick bite on their way to a surf lesson or a day at the volcano. Daily from 6:00AM -11:00AM

Download our App and chat with us.

