

A SPRING BREAK LIKE NO OTHER

AT FOUR SEASONS RESORT PENINSULA PAPAGAYO, COSTA RICA



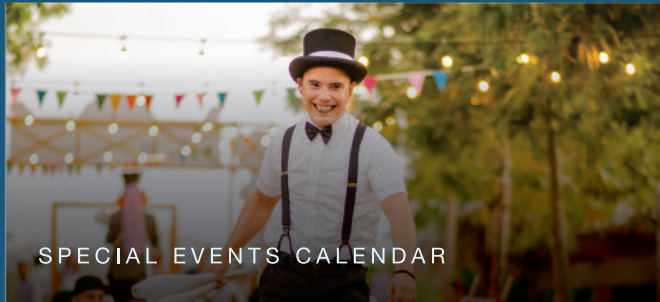
FOUR SEASONS
RESORT
PENINSULA PAPAGAYO, COSTA RICA



FOUR SEASONS
RESORT
PENINSULA PAPAGAYO, COSTA RICA



BIENVENIDOS



SPECIAL EVENTS CALENDAR



ADVENTURES IN
PENINSULA
PAPAGAYO



DINING



CONCIERGE RECOMMENDS



EXTRAORDINARY JOURNEYS



RESORT ACTIVITIES



SPA & WELLNESS



PERSONAL
ASSISTANTS



BIENVENIDOS

It is with great joy that I welcome you to Four Seasons Resort Peninsula Papagayo, Costa Rica, where every moment is an invitation to embrace the beauty, energy, and serenity of Costa Rica.

Spring Break is a season of renewal, adventure, and togetherness, a time to reconnect with loved ones, celebrate life, and create memories that last a lifetime. Here on the breathtaking shores of Papagayo, the tropical landscapes meet the emerald waves, offering the perfect setting for relaxation and exploration.

Whether you're seeking thrilling ocean adventures, with our efoils, waterbikes, and surf, or rejuvenating experiences at Wellness Shala, or simply a place to unwind under the golden sun at Virador Beach Club, our team is here to ensure your journey is filled with unforgettable moments. Let the "Pura Vida" way of life inspires you to slow down, savor each experience and

celebrate the present. On behalf of our entire team, thank you for choosing to spend your Spring Break with us. May this season bring you joy, inspiration, and the true spirit of Costa Rica.

Pura Vida,

A handwritten signature in blue ink, appearing to read "Ian", written over a thin blue line.

Ian-Robert Ciappara
General Manager

CONCIERGE *DESK*

The concierge Desk provides one-stop planning for your stay at Four Seasons Resort Peninsula Papagayo. Our goal is to assist you in making advance reservations for dining, spa, golf, tennis, activities, tours, and child care. Upon arrival at the Resort, you will receive a special holiday calendar filled with daily activities. There is something for everyone!

We look forward to making this spring break season an unforgettable celebration for you and your family!

Concierge.costarica@fourseasons.com
TEL. (506) 2696-0100

For more information and inspiration, connect with us on social media:



@FSCOSTARICA #FSCOSTARICA #FSPURAVIDA #PENINSULAPAPAGAYO



SPRING BREAK

RESORT *HAPPENINGS*

FEBRUARY 14TH TO 19TH

FEB. 14TH

LOVE & ART

This Valentine's Day, discover drinks as unique as your story. Our bartenders are mixing up some creative cocktails to celebrate love, find your favorite, available all day.



FEB. 15TH

S'MORES

📍 Virador | 5:00pm



FEB. 16TH

CHURROS

📍 Blanca Beach | 5:30pm



FEB. 18TH

S'MORES

📍 Virador | 5:00pm



FEB. 19TH

ICE CREAM

📍 Bahía Deck | 5:00pm



SPRING BREAK

RESORT HAPPENINGS *MARCH* 8th-15th

EVENT POP-UPS



MAR. 10TH
Churros

♀ Bahia Deck
5:30 pm - 7:30 pm



MAR. 12TH
S'mores

♀ Virador Beach
5:00 pm - 7:00 pm



MAR. 14TH
Ice Cream

♀ Bahia Deck
5:30 pm - 7:30 pm

RESORT ACTIVITIES

Morning Walk

📅 March 8th
♀ Blanca Beach | 6:00 am

Pickleball on the beach

📅 March 8th
♀ Blanca Beach | 3:00 pm

Beach Sunset Sound Healing

📅 March 8th
♀ TBC | 4:30 pm

Karaoke Night

📅 March 8th
♀ KFAS | 6:30 pm

Pickleball Tournament

📅 March 8th
♀ Tuanis Courts | 6:00 pm

Water Scooter Tour

📅 March 9th
♀ Blanca Beach | 9:00 am

Moonlight Water Bike Tour

📅 March 9th
♀ Blanca Beach | 5:45 pm

Beach Sunset Sound Healing

📅 March 9th
♀ TBC | 4:30 pm

Kids S'mores Night

📅 March 9th
♀ KFAS Pool Terrace | 6:00 pm

Boruka Mask Painting

📅 March 9th
♀ Tuanis | 6:00 pm

Under Water Exploration

📅 March 10th
♀ Blanca Beach | 9:00 am

Night Volleyball

📅 March 10th
♀ Blanca Beach | 6:00 pm

Sunrise Activation

📅 March 10th
♀ Wellness Shala | 6:30 am

Theme Party

📅 March 10th
♀ KFAS | 6:30 pm

Basketball Tournament

📅 March 10th
♀ Tuanis Courts | 6:00 pm

Bay Exploration by Water Bike

📅 March 11th
♀ Blanca Beach | 6:30 am

Make your wood sculpture

📅 March 11th
♀ Lobby | 4:00 pm

Cacao & Sound Healing

📅 March 11th
♀ Wellness Shala | 3:00 pm

Movie Under the stars

📅 March 11th
♀ Blanca Beach | 6:00 pm

Sunset Yoga

📅 March 11th
♀ Tuanis Courts | 4:40 pm

Sunset Kayak

📅 March 12th
♀ Blanca Beach | 5:00 pm

Grounding breath & Live looping session

📅 March 12th
♀ Wellness Shala | 4:30 pm

Inspire Your Mind Canvas Painting

📅 March 12th
♀ KFAS | 4:00 pm

Soccer Tournament

📅 March 12th
♀ Tuanis | 6:00 pm

Monkey Head Kayak Tour

📅 March 13th
♀ Blanca Beach | 8:00 am

Chorotega Pottery Painting

📅 March 13th
♀ Lobby | 2:00 pm

Grounding breath & Live looping session

📅 March 13th
♀ Wellness Shala | 4:30 pm

Theme Night

📅 March 13th
♀ KFAS | 6:30 pm

Morning Walk

📅 March 14th
♀ Blanca Beach | 6:00 am

Moonlight Water Bike Tour

📅 March 14th
♀ Blanca Beach | 5:45 pm

Grounding breath & Live looping session

📅 March 14th
♀ Wellness Shala | 4:30 pm

Kids S'mores Night

📅 March 14th
♀ KFAS Pool Terrace | 6:00 pm

Basketball Tournament

📅 March 14th
♀ Tuanis Courts | 6:00 pm

Under Water Exploration

📅 March 15th
♀ Blanca Beach | 9:00 am

Night Volleyball

📅 March 15th
♀ Blanca Beach | 6:00 pm

Beach Sunset Sound Healing

📅 March 15th
♀ TBC | 4:30 pm

Karaoke Night

📅 March 15th
♀ KFAS | 6:30 pm

Pickleball Tournament

📅 March 15th
♀ Tuanis Courts | 6:00 pm

SPRING BREAK

RESORT HAPPENINGS *MARCH* 16th-22nd

EVENT POP-UPS



MAR. 16TH
Churros

♀ Bahia Deck
5:30 pm - 7:30 pm



MAR. 19TH
S'mores

♀ Virador Beach
5:00 pm - 7:00 pm



MAR. 21ST
Asado

♀ Nemare
5:30 pm - 7:30 pm



MAR. 22ND
Ice Cream

♀ Bahia Deck
5:30 pm - 7:30 pm

RESORT ACTIVITIES

Make your wood sculpture

📅 March 16th
♀ Lobby | 4:00 pm

Beach Sunset Sound Healing

📅 March 16th
♀ TBC | 4:30 pm

Kids S'mores Night

📅 March 16th
♀ KFAS Pool Terrace | 6:00 pm

Sunset Yoga

📅 March 16th
♀ Tuanis Courts | 4:40 pm

Morning Walk

📅 March 17th
♀ Blanca Beach | 6:00 am

Pickleball on the beach

📅 March 17th
♀ Blanca Beach | 3:00 pm

Sunrise Activation

📅 March 17th
♀ Wellness Shala | 6:30 am

Theme Party

📅 March 17th
♀ KFAS | 6:30 pm

Basketball Tournament

📅 March 17th
♀ Tuanis Courts | 6:00 pm

Water Scooter Tour

📅 March 18th
♀ Blanca Beach | 9:00 am

Moonlight Water Bike Tour

📅 March 18th
♀ Blanca Beach | 5:45 pm

Cacao & Sound Healing

📅 March 18th
♀ Wellness Shala | 3:00 pm

Movie Under the stars

📅 March 18th
♀ Blanca Beach | 6:00 pm

Sunset Yoga

📅 March 18th
♀ Tuanis Courts | 4:40 pm

Under Water Exploration

📅 March 19th
♀ Blanca Beach | 9:00 am

Night Volleyball

📅 March 19th
♀ Blanca Beach | 6:00 pm

Grounding breath & Live looping session

📅 March 19th
♀ Wellness Shala | 4:30 pm

Inspire Your Mind Canvas Painting

📅 March 19th
♀ KFAS | 4:00 pm

Soccer Tournament

📅 March 19th
♀ Tuanis | 6:00 pm

Bay Exploration by Water Bike

📅 March 20th
♀ Playa Blanca | 6:30 am

Grounding breath & Live looping session

📅 March 20th
♀ Wellness Shala | 4:30 pm

Theme Night

📅 March 20th
♀ KFAS | 6:30 pm

Hair braid

📅 March 20th
♀ KFAS | 6:00 pm

Sunset Kayak

📅 March 21st
♀ Blanca Beach | 5:00 pm

Grounding breath & Live looping session

📅 March 21st
♀ Wellness Shala | 4:30 pm

Kids S'mores Night

📅 March 21st
♀ KFAS Pool Terrace | 6:00 pm

Basketball Tournament

📅 March 21st
♀ Tuanis Courts | 6:00 pm

Monkey Head Kayak Tour

📅 March 22nd
♀ Blanca Beach | 8:00 am

Chorotega Pottery Painting

📅 March 22nd
♀ TBC | 2:00 pm

Beach Sunset Sound Healing

📅 March 22nd
♀ TBC | 4:30 pm

Karaoke Night

📅 March 22nd
♀ KFAS | 6:30 pm

Pickleball Tournament

📅 March 22nd
♀ Tuanis Courts | 6:00 pm

SPRING BREAK

RESORT HAPPENINGS *MARCH 23rd-29th*

EVENT POP-UPS



MAR. 24TH
Churros

♀ Bahia Deck
5:00 pm - 7:00 pm



MAR. 26TH
S'mores

♀ Virador Beach
5:30 pm - 7:30 pm



MAR. 28TH
Ice Cream

♀ Bahia Deck
5:30 pm - 7:30 pm

RESORT ACTIVITIES

Morning Walk

📅 March 23rd
♀ Blanca Beach | 6:00 am

Moonlight Water Bike Tour

📅 March 23rd
♀ Blanca Beach | 5:45 pm

Beach Sunset Sound Healing

📅 March 23rd
♀ TBC | 4:30 pm

Kids S'mores Night

📅 March 23rd
♀ KFAS Pool Terrace | 6:00 pm

Sunset Yoga

📅 March 23rd
♀ Tuanis Courts | 4:40 pm

Morning Walk

📅 March 24th
♀ Blanca Beach | 6:00 am

Pickleball on the beach

📅 March 24th
♀ Blanca Beach | 3:00 pm

Sunrise Activation

📅 March 24th
♀ Wellness Shala | 6:30 am

Theme Party

📅 March 24th
♀ KFAS | 6:30 pm

Basketball Tournament

📅 March 24th
♀ Tuanis Courts | 6:00 pm

Water Scooter Tour

📅 March 25th
♀ Blanca Beach | 9:00 am

Moonlight Water Bike Tour

📅 March 25th
♀ Blanca Beach | 5:45 pm

Cacao & Sound Healing

📅 March 25th
♀ Wellness Shala | 3:00 pm

Movie Under the Stars

📅 March 25th
♀ Blanca Beach | 6:00 pm

Sunset Yoga

📅 March 25th
♀ Tuanis Courts | 4:40 pm

Under Water Exploration

📅 March 26th
♀ Blanca Beach | 9:00 am

Night Volleyball

📅 March 26th
♀ Blanca Beach | 6:00 pm

Grounding breath & Live looping session

📅 March 26th
♀ Wellness Shala | 4:30 pm

Pottery Painting

📅 March 26th
♀ KFAS | 4:00 pm

Soccer Tournament

📅 March 26th
♀ Tuanis | 6:00 pm

Bay Exploration by Water Bike

📅 March 27th
♀ Playa Blanca | 6:30 am

Grounding breath & Live looping session

📅 March 27th
♀ Wellness Shala | 4:30 pm

Karaoke Night

📅 March 27th
♀ KFAS | 6:30 pm

Art project

📅 March 27th
♀ Tuanis | 4:00 pm

Sunset Kayak

📅 March 28th
♀ Blanca Beach | 5:00 pm

Grounding breath & Live looping session

📅 March 28th
♀ Wellness Shala | 4:30 pm

Kids S'mores Night

📅 March 28th
♀ KFAS Pool Terrace | 6:00 pm

Basketball Tournament

📅 March 28th
♀ Tuanis Courts | 6:00 pm

Monkey Head Kayak Tour

📅 March 29th
♀ Blanca Beach | 8:00 am

Chorotega Pottery Painting

📅 March 29th
♀ Lobby | 2:00 pm

Beach Sunset Sound Healing

📅 March 29th
♀ TBC | 4:30 pm

Theme Party

📅 March 29th
♀ KFAS | 6:30 pm

Pickleball Tournament

📅 March 29th
♀ Tuanis Courts | 6:00 pm

RESORT HAPPENINGS *MARCH 30th-APRIL 11th*

RESORT ACTIVITIES

Morning Walk

📅 March 30th
♀ Blanca Beach | 6:00 am

Moonlight Water Bike Tour

📅 March 30th
♀ Blanca Beach | 5:45 pm

Beach Sunset Sound Healing

📅 March 30th
♀ TBC | 4:30 pm

Movie Under the Stars

📅 March 30th
♀ Blanca Beach | 6:00 pm

Sunset Yoga

📅 March 30th
♀ Tuanis Courts | 4:40 pm

Morning Walk

📅 March 31st
♀ Blanca Beach | 6:00 am

Pickleball on the beach

📅 March 31st
♀ Blanca Beach | 3:00 pm

Sunrise Activation

📅 March 31st
♀ Wellness Shala | 6:30am

Theme Party

📅 March 31st
♀ KFAS | 6:30 pm

Basketball Tournament

📅 March 31st
♀ Tuanis Courts | 6:00 pm

Water Scooter Tour

📅 April 1st
♀ Blanca Beach | 9:00 am

Moonlight Water Bike Tour

📅 April 1st
♀ Blanca Beach | 5:45 pm

Cacao & Sound Healing

📅 April 1st
♀ Wellness Shala | 3:00 pm

Movie Under the Stars

📅 April 1st
♀ Tuanis Courts | 6:00 pm

Sunset Yoga

📅 April 1st
♀ Tuanis Courts | 4:40 pm

Under Water Exploration

📅 April 2nd
♀ Blanca Beach | 9:00 am

Night Volleyball

📅 April 2nd
♀ Blanca Beach | 6:00 pm

Pottery Painting

📅 April 2nd
♀ KFAS | 4:00 pm

Soccer Tournament

📅 April 2nd
♀ Tuanis | 6:00 pm

Bay Exploration by Water Bike

📅 April 3rd
♀ Playa Blanca | 6:30 am

Karaoke Night

📅 April 3rd
♀ KFAS | 6:00 pm

Art Project

📅 April 3rd
♀ Tuanis | 4:00 pm

Sunset Kayak

📅 April 4th
♀ Blanca Beach | 5:00 pm

Kids S'mores Night

📅 April 4th
♀ KFAS Pool Terrace | 6:00 pm

Basketball Tournament

📅 April 4th
♀ Tuanis Courts | 6:00 pm

Monkey Head Kayak Tour

📅 April 5th
♀ Blanca Beach | 8:00 am

Chorotega Pottery Painting

📅 April 5th
♀ Lobby | 2:00 pm

Theme Party

📅 April 5th
♀ KFAS | 6:30 pm

Pickleball Tournament

📅 April 5th
♀ Tuanis Courts | 6:00 pm

Morning Walk

📅 April 6th
♀ Blanca Beach | 6:00 am

Moonlight Water Bike Tour

📅 April 6th
♀ Blanca Beach | 5:45 pm

Movie Under the Stars

📅 April 6th
♀ Blanca Beach | 6:00 pm

Sunset Yoga

📅 April 6th
♀ Tuanis Courts | 4:40 pm

Cacao & Sound Healing

📅 April 8th
♀ Wellness Shala | 3:00 pm

Sunrise Kayak Tour

📅 April 11th
♀ Blanca Beach | TBC

Night Volleyball

📅 April 11th
♀ Blanca Beach | 6:00 pm

Lunar Ceremony

📅 April 11th
♀ TBC | 6:00 pm

Pickleball Tournament

📅 April 11th
♀ Tuanis Courts | 6:00 pm

SPRING BREAK

RESORT HAPPENINGS *APRIL 12th-20th*

RESORT ACTIVITIES

Sunset Water Bike

📅 April 12th

♀ Blanca Beach | 5:00 pm

Lunar Ceremony

📅 April 12th

♀ TBC | 6:00 pm

Fruit Pops

📅 April 12th

♀ KFAS | 3:00 pm

Basketball Tournament

📅 April 12th

♀ Tuanis Courts | 6:00 pm

Make your wood sculpture

📅 April 13th

♀ Lobby | 8:00 am

Sunset Walk

📅 April 13th

♀ Lobby | 5:00 pm

Lunar Ceremony

📅 April 13th

♀ TBC | 6:00 pm

Pottery Painting

📅 April 13th

♀ KFAS | 3:00 pm

Boruka Mask Painting

📅 April 13th

♀ Tuanis | 6:00 pm

Morning Walk

📅 April 14th

♀ Blanca Beach | 6:00 am

Pickleball on the Beach

📅 April 14th

♀ Blanca Beach | 3:00 pm

Theme Party

📅 April 14th

♀ KFAS | 6:30 pm

Basketball Tournament

📅 April 14th

♀ Tuanis Courts | 6:00 pm

Water Scooter Tour

📅 April 15th

♀ Blanca Beach | 9:00 am

Moonlight Water Bike Tour

📅 April 15th

♀ Blanca Beach | 5:45 pm

Cacao & Sound Healing

📅 April 15th

♀ Wellness Shala | 3:00 pm

Movie Under the Stars

📅 April 15th

♀ Blanca Beach | 6:00 pm

Yoga Sunset

📅 April 15th

♀ Tuanis Courts | 4:40 pm

Under Water Exploration

📅 April 16th

♀ Blanca Beach | 9:00 am

Night Volleyball

📅 April 16th

♀ Blanca Beach | 6:00 pm

Pottery Painting

📅 April 16th

♀ KFAS | 4:00 pm

Soccer Tournament

📅 April 16th

♀ Tuanis | 6:00 pm

Bay Exploration by Water Bike

📅 April 17th

♀ Playa Blanca | 6:30 am

Karaoke Night

📅 April 17th

♀ KFAS | 6:00 pm

Art Project

📅 April 17th

♀ Tuanis | 4:00 pm

Sunset Kayak

📅 April 18th

♀ Blanca Beach | 5:00 pm

Kids S'mores Night

📅 April 18th

♀ KFAS Pool Terrace | 6:00 pm

Basketball Tournament

📅 April 18th

♀ Tuanis Courts | 6:00 pm

Monkey Head Kayak Tour

📅 April 19th

♀ Blanca Beach | 8:00 am

Chorotega Pottery Painting

📅 April 19th

♀ Lobby | 2:00 pm

Fruit Pops

📅 April 19th

♀ KFAS | 3:00 pm

Pickleball Tournament

📅 April 19th

♀ Tuanis Courts | 6:00 pm

Morning Walk

📅 April 20th

♀ Blanca Beach | 6:00 am

Moonlight Water Bike Tour

📅 April 20th

♀ Blanca Beach | 5:45 pm

Easter Egg Hunt

📅 April 20th

♀ Virador Beach | 9:30 am

Sunset Yoga

📅 April 20th

♀ Tuanis Courts | 4:40 pm



LATIN AMERICAN ASADO

MARCH 21
5:30PM - 10:00PM

\$195++ PER ADULT
\$90++ PER CHILD (6 TO 12 YEARS OLD)
UNDER 6 COMPLIMENTARY

SAVOR THE FLAVORS. BOOK YOUR TABLE



EQUINOX *SYMPHONY*

A CELESTIAL JOURNEY OF THE SENSES

MARCH 21 | 4:30PM

An immersive experience that harmonizes live music, visual artistry, and astrological insight. As we celebrate the Spring Equinox and the onset of Aries season, this event symbolizes balance and new beginnings.

LIVE PERFORMANCE BY *CYMATIC HARMONY*

Experience the enchanting melodies of the handpan, guiding you into a state of tranquility and introspection.

GALACTIC VISUAL PROJECTIONS

The shala will be transformed with video mapping, taking you on a visual exploration of the galaxy, reflecting the dynamic energy of Aries.

ASTROLOGICAL INSIGHTS WITH LUNA

In honor of International Astrology Day, our resident astrologer, Luna, will offer complimentary oracle readings during the event. She will also be available for personalized birth chart readings in the following days (fees apply).





VIRADOR BEACH CLUB

LUNCH 11:00AM - 4:00PM • DINNER 5:30PM - 10:00PM

Where Eastern Mediterranean flavors meet Pura Vida, Virador Beach Club offers fresh seafood, salads, and grilled specialties. The bohemian atmosphere, uncomplicated service, mouthwatering dishes, and breathtaking views create an unforgettable ocean dining experience.

Reservation is required.

AÑEJO

GRAB AND GO MORNING BITES 6:30AM - 11:00AM
ALL-DAY MENU 11:00AM - 10:00PM
BAR 11:00AM - 11:00PM

In the evenings, lively Añejo becomes the heart of the Resort, with a DJ spinning, creative aperitifs flowing and tapas shared. Stop by in the morning to grab an acai bowl or green juice before you head to your surf lesson – our breakfast bites are made to-go. *First come first served.*

PESCE

DINNER 5:30PM - 10:00PM

Elegant evenings are effortless with our classic Italian cuisine, featuring daily catch seafood combined with pasta, local ingredients with an Italian twist such as the local burrata, delicious desserts, and an extensive wine list, amid panoramic ocean views from our charming balcony. *Reservation is required.*

POOL & BEACH

FUNCTIONING HOURS:
BEVERAGE SERVICE: 8:00 AM - 6:00PM
FOOD SERVICE: FROM 11:00 AM - 6:00 PM

Laid back and easy dining while you lounge pool side at the beach. *First come first served.*

NEMARE

DINNER 5:30PM - 10:00PM

Located at the elegant Peninsula Papagayo golf clubhouse, Nemare is a sophisticated steakhouse that offers a creative culinary experience. The restaurant's name and locally infused dining concept is drawn from the Chorotega word for "smoke," celebrated across the menu in its craft cocktails and flavourful dishes. *Reservation is required.*

BAHIA GRILL

BREAKFAST 6:00AM - 11:00AM
LUNCH 11:00AM - 4:00PM
DINNER 5:30PM - 10:00PM

This all-day restaurant serves up sophisticated Latin American cuisine, providing a journey of indigenous flavours and textures. Our talented local chefs serve organic and locally produced ingredients, prepared in a wood fired open kitchen. Start the morning with an abundant breakfast and juice bar. With nightly live music, this is a wonderful gathering spot to share authentic culture and savoury cuisine. *Reservation is required.*

PALAPITA

ALL-DAY MENU 11:00AM - 8:00PM

Unwind before or after a round of golf, tennis or pickleball at our relaxed new venue, Palapita. Located at the Tennis Center, enjoy a variety of Costa Rican Street food and locally crafted beer by Papagayo Brewery. *First come first served.*

SPA & WELLNESS

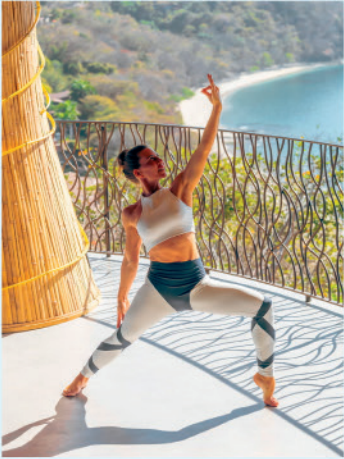
Discover your personal path to wellness – and find inner balance and peace along the way – with tailored treatments and therapeutic techniques inspired by the seas and rainforest around you.



MEET OUR VISITING WELLNESS PRACTITIONERS

VISITING MASTERS

Wellness is intrinsically part of Four Seasons Resort Peninsula Papagayo, Costa Rica. The Resort boasts a variety of wellness modalities. The Visiting Wellness Masters series will provide Resort guests and residents with complimentary and private sessions.



February

KRISTYNA PAULUS

Therapeutic Yoga Instructor

With an in-depth mastery of yoga philosophy, mythology and Ayurveda, Kristyna crafts each class to optimize benefits while prioritizing safety and proper posture alignment. Her sessions seamlessly blend breathwork, mindful movement, and focused awareness, with personalized modifications to suit individual needs. Kristyna's repertoire includes Hatha Yoga Masterclass, Yoga Therapy, Yoga Nidra and Yoga Sculpt, offering a holistic approach to wellness and transformation.



March

DANIEL BYRNE

Sound Healer & Coach

Dan Byrne is a passionate sound healer, musician and wellness advocate whose journey has taken him to diverse corners of the globe. As the founder of Cymatic Harmony, Dan combines his expertise in yoga, meditation, breathwork, and sound therapy to create transformative experiences that inspire connection and healing. His dedication to the handpan and other therapeutic instruments has allowed him to share the power of sound at wellness retreats, music festivals, corporate events and intimate gatherings.



April

RASHIA BELL

Energetic Designer & Sound Healer

Rashia's work is rooted in intuitive connectivity through a mind, body and spiritual connection with natural crystal stones. Having worked for nearly 10 years as an Energetic Designer & Crystal Healer, her work has spanned from one-on-one personal healing and intuitive coaching to energy-harmonizing space clearing and designing energetically balanced environments. Her offerings include Chakra Energy Yoga, Healing Chakra Meditation and Lunar Energy Ceremony, as well as Intuitive Crystal Card Reading as a private offering.

PRIVATE DINING

Perfect for a memorable family dinner, private dining experiences can be created in one of our hidden gardens or beachside location. Select from an array of packages that aligns with your taste and we will work on a curated menu, dinner décor and all the details in between. This is a delicious opportunity to connect with loved ones and create memories that will last a lifetime.

Please connect with concierge or [view our Culinary Experiences.](#)



OUR CONCIERGE RECOMMENDS

Rainforest or beach, on land or at sea, fill your days with adrenaline-fuelled excursions or family-friendly adventures, as we create memories that are made just for you.





ADVENTURES IN PENINSULA PAPAGAYO

PALMARES AERIAL ADVENTURE

A unique collection of 30 epic aerial trails designed by adventure park legend Victor Gallo create a not-to-be-missed voyage through one of the last vestiges of old-growth tropical dry forest in the Americas. The two-hour guided exploration traverses seven ziplines, a majestic weeping fig tree, and 21 adventure-filled high-rope obstacles replete with rope bridges, swinging logs, cargo nets and more.

Private tour \$1200 + tax (up to 5 participants), \$165 + tax per additional participant

Shared tour \$165 + tax per person

Duration 2.5 hours

Minimum height Vertical reach of 4.3 ft

Maximum weight 250 lbs

[See more](#)

MAGICAL MANGROVE

Few experiences are more magical than touring the mangroves of Palmares – one of the jewels of the peninsula. Take a relaxing paddle into this natural sanctuary, and explore a unique ecosystem of eerie “walking trees” able to survive (and thrive) in salty fresh water, creating a rich refuge for wildlife.

Private tour \$950 + tax (1-5 participants) \$140 + tax per additional person

Shared tour \$140 + tax per person

Duration 2 hours

[See more](#)

MOUNTAIN BIKING

Traversing through forest, estuaries and mangrove, Peninsula Papagayo’s many trails within Palmares Preserve are a wonderland for mountain biking. The new fleet of electric-assist off-road bikes all boast full suspension, and will allow you to escape the confines of pavement, connect with nature and journey out for the ride of your life!
Seeking a more active workout? Ask for our regular mountain bikes!

Shared tour \$165 + tax per guest

Private tour \$950 + tax (up to 5 participants) \$165 + tax per additional person

Duration 2.5 hours

[See more](#)



LOOKING FOR MONKEYS

Peninsula Papagayo is home to more than 15 monkey troops, of three different species: howler, white-face and spider monkeys. On this Monkey Tour, join our knowledgeable naturalist guide on a quest to spot as many primates as possible: you may be lucky enough to see some babies amongst the troops! It's a great experience for anyone who enjoy nature and wildlife without a lot of walking.

Shared tour \$85 + tax per guest

Private tour \$620 + tax (1-5 participants) \$85 + tax per additional person

Duration 2 hours

[See more](#)

WILDERNESS EXPLORATION

You never know what you'll encounter in the wilderness of Palmares Preserve, where ecosystems converge. Tucked away from civilization, Palmares provides shelter for a dazzling array of wildlife. If you're lucky (and very quiet), you might even spot a tapir – a rare experience sure to delight for families with kids.

Shared tour \$95 + 13% tax per guest

Private tour \$720 + tax (up to 5 participants) \$95 + tax per additional person

Duration 2.5 hours

[See more](#)

CORAL PLANTING

Aptly called the "rainforest of the sea", coral reefs cover just 1% of the ocean floor – but support an incredible 25% of all marine life. Join our remarkable restoration project, co-created with Four Seasons Costa Rica and help bring back the lost coral reefs. Adopt a coral tree and help attach colorful fragments to your very own coral frame. A divemaster will then place your coral tree in its home for the next 12 months – Bahia Culebra. Your adopted coral frame will be provided with monthly maintenance and monitoring until big enough to be out planted at a reef where it can thrive on its own.

Private tour U\$1,400 + tax (up to 4 coral heroes) \$300 + tax per additional person

Duration 2 hours

[See more](#)

OFF-ROADING

Join us for a heart-pounding off-road adventure around the Palmares estuary in a UTV – and be prepared to get dirty! Stop for a quick nature walk before heading over to the northern peninsula for astounding ocean views, exclusive to adventures with Peninsula Explorers. From there visit Playa Zapotillal to hang out on a secluded beach where there is rarely another soul.

Private tour from \$1,100 + tax (up to 5 participants)

Duration tour 3 hours

[See more](#)



SNORKELING AND OUTRIGGER CANOE EXPLORATION

Embark on a journey to this world apart, exploring the turquoise waters of Peninsula Papagayo's surrounding bays. Immerse yourself in the ancient tradition of outrigger canoes, a quiet and sustainable option for nature-friendly exploration of Bahia Culebra, a great snorkeling sanctuary of rays, sea turtles, and fascinating fishes. Perfect your stroke while marveling at marine life wonders, and enjoy the surrounding beauty as you hear the howlers in the trees!

Shared tour \$120 + tax per guest

Private tour \$800 + tax (1-5 participants) \$120 + tax per additional person

Duration 2 hours

[See more](#)

PALMARES NIGHT WALK

You really haven't experienced the true nature of the peninsula until you witness it after the sun goes down. Embark on a magical nature walk at night through the peninsula's tropical dry forest to discover the mystery of the nocturnal creatures that come out to play after dark. Listen to the wild orchestra. Look for sleeping birds. Surround yourself with nature's built-in fairy lights-fireflies.

Shared tour \$95 + tax per guest

Private tour \$620 + tax (up to 5 participants) \$95 + tax per additional person

Duration 1.5 hours

[See more](#)

MINI EXPLORERS

Bring your Mini Explorers to join our expert Papagayo Explorers in discovering Costa Rica's natural wonders: a hands-on experience learning the secrets of our micro world and exploring Peninsula Papagayo ecosystems. The unspoiled outdoors makes the best playground!

Shared tour \$85 + tax per guest

Private tour \$520 + tax (1-5 participants) \$85 + tax per additional person

Duration 2 hours

[See more](#)



SURF THE *PURA VIDA*

E-FOIL

NEW THIS SEASON!

Fly on your first lesson! Get on board and get ready for this unique experience. eFoiling is the latest trend in the world of water sports. On an electric surfboard, you will be able to fly along the coast while surrounded by the most beautiful combination of ocean, beach, and Papagayo Bay scenery. Allowing you to create stunning and unforgettable memories of your vacation in Costa Rica to last a lifetime!

Price: 1 surfer \$400 + tax,
2 surfers \$600 + tax (Private only)
Duration: 2.5 hours
Min. age: 13+ years old

[See more](#)

LEARN TO SURF SKATE

NEW THIS SEASON!

Introducing the latest sensation of the season. Surf skating is an art that perfects a surfer's movement on land. Find your flow with drills and movements to feel rush and speed of the wave, and embrace the freedom of surfing. Guided by our skilled coaches.

Price: \$330 + tax (up to 5) (Private only)
Duration: 1 hour
Min. age: 8+ years old

[See more](#)



FAMILY SURF FOCUSED ON KIDS

Ride on an exciting Family Surf adventure on beautiful beaches hand-picked for kids and families to take their first steps into the surfing. Watch your kids light up with joy as they catch waves, and ride them to the shore.

Price: \$1,590 + tax (up to 4)
Shared: \$ 320 + tax (Min 2 surfers)

Duration: 2.5 hours

Min. age: 8+ years old

[See more](#)

SURF TAMARINDO

Hit the road alongside our local instructors to discover the best surfing spots in our region and embrace the spirit of the Costa Rican surfing culture. Live the step-by-step of making a surfboard with an expert shaper. And do not miss the opportunity to walk around one of the most popular surf towns

Price: \$1,800 + tax (up to 4 participants) (Private only)

Duration: 6-8 hours

Min. age: 8+ years old

[See more](#)

SURF 101

Learn the fine art of surfing right here on the peninsula. Just a short haul from Four Seasons, our beginner surf spots offers fun, family-friendly waves all year-round. Let our team help you catch your very first wave. Once you do, you'll be a surf fan for life!

Price: \$320 + 13% tax per guest (Min. 2 surfers)
Private tour \$1590 + tax (up to 4 participants)

Duration: 2.5 hours

Min. age: 8+ years old

[See more](#)

A woman in a black tank top and shorts is walking away from the camera on a wooden suspension bridge. The bridge is surrounded by dense green foliage and trees. The bridge has metal railings and is supported by ropes. The scene is set in a lush, green forest.

EXTRAORDINARY JOURNEYS

Discover Costa Rica with our curated journeys designed to take you outside the Peninsula to experience the best of the destination.

Please contact Concierge or [view our Experiences.](#)



A DAY IN THE RAINFOREST

Bring the family for a smooth cruise up the volcanic mountains, past the Continental Divide to the evergreen side of the country. Go horseback riding with a two-time lasso champion. Learn about medicinal plants with a local expert. Or glide down a sparkling, turquoise blue river through miles of rainforest. The day is entirely up to you to curate with our team. Pick and choose between the below activities to customize your perfect day. In order to enjoy a smooth journey, we recommend up to two experiences.

Rate \$1500 + 13% taxes for up to 2 guests
Rate \$450 + 13% per additional guest
Duration 8 hours

[See more](#)

NATIONAL PARK HIKE

Embark on an unforgettable hike through Rincón de la Vieja National Park, a jewel among Costa Rica's 30 National Parks. Journey through the tropical dry forest, guided by experts who unveil the secrets of this enchanting park. Chase the allure of majestic waterfalls, such as La Cangreja or La Escondida ("the hidden one"), pass through mud pots and abundant vegetation. Rincón de la Vieja National Park boasts some of Costa Rica's finest hiking trails, leading to mesmerizing viewpoints and other natural wonders. Discover the magic of this active volcanic wonderland as you traverse its awe-inspiring landscapes. On the way back, stop for a quick lunch in the local town of Liberia.

Rate \$1100 + 13% taxes for up to 2 guests
Rate \$250 + 13% per additional guest
Duration 8 hours

[See more](#)

UNTAMED RIVER RAFTING

If you're looking for an adrenaline-filled whitewater rafting experience, plenty of excitement awaits on the Upper Tenorio River. Test your courage as you descend through miles of rainforest with spectacular scenery all around. This winding, fast-moving river has something for everyone—including Class III and IV rapids. On the way home, stop at a rustic lodge for lunch, where you'll have the chance to enjoy their hot springs overlooking Miravalles Volcano.

Rate \$1500 + 13% taxes for up to 2 guests
Rate \$450 + 13% per additional guest
Duration 7 hours

[See more](#)



EXPLORING THE LAND OF SENSES

On the outskirts of the Rincón de la Vieja volcano, hidden among the lush rainforest canopy, hides a dazzling secret: Sensoria. This private reserve is laced with rushing streams, plunging waterfalls, thermal hot springs and brilliant blue rivers. Known as the “Land of the Senses”, Sensoria is an exclusive refuge with limited access, and a favorite destination for anyone wishing to lose themselves in the jungle for the day.

This full-day tour includes a scenic drive through local towns before arriving at Sensoria. You begin with an easy hike through the rainforest surrounded by centennial trees, crossing waterfalls and canyons. At the end of your hike you will have access to a spectacular natural thermal spring where you can take a dip and have refreshments to the sounds of the forest around you.

Rate \$1500 + 13% taxes for up to 2 guests

Rate \$450 + 13% per additional guest

Duration 7 hours

[See more](#)

CULTURAL ROAD TRIP

Join us on this immersive cultural road trip through the countryside of the Nicoya Peninsula, Costa Rica’s famed Blue Zone, where it is said that people live longer and happier. As you explore local villages, agricultural and social areas, you will experience the residents firsthand as they go about their daily lives, and see the land and culture from their unique perspective. The connections you make throughout the day will help you to better understand the way the ticos work, their relationship with food and the land, and how they all individually strive to preserve endangered cultural traditions.

Rate \$1400 + 13% taxes for up to 2 guests

Rate \$400 + 13% per additional guest

Duration 8 hours

[See more](#)



BIRD WATCHING & PHOTOGRAPHY

Join our resident naturalist with binoculars and telescope and be ready to see some of the 150-plus bird species that call Palmares Preserve their home. Between others: tiger heron, black hawk, laughing falcon, turquoise-browed motmot, manakin, lined woodpecker or elegant trogon. It is a wonderful opportunity to practice wildlife photography and have fun exploring the aviary world of Peninsula Papagayo.

Private tour \$620 + tax (up to 5 participants) \$95 + tax per additional person
Duration 2 hours

[See more](#)

CORAL GARDENING

Aptly called the “rainforest of the sea”, coral reefs cover just 1% of the ocean floor – but support an incredible 25% of all marine life. Join our remarkable restoration project, co-created with Four Seasons Costa Rica and help bring back the lost coral reefs. Guided by a trained Explorers guide, you will have the opportunity to dive off of a boat at the Guiri Guiri Reef, a deeply damaged coral colony, and participate in the below activities. Have fun and explore with purpose – your impact will benefit generations to come.

Private tour \$800 + tax (1-2 divers) \$360+ tax per additional person
Duration 3 hours
Experience: Certified diver with min. 10 dives

[See more](#)

BIOLUMINESCENCE

February 26th to 28th - March 1st to 2nd | March 27th to 28th - April 25th to 30th

An evening in one of the surrounding bays can take your breath away, especially during one of the seasonal upwellings in the Golfo de Papagayo. This is when plankton blooms occur and nature’s most delicate creatures—millions and millions of them—drift with the current just beneath the surface, performing an unforgettable underwater ballet known as bioluminescence. Available only during a new moon.

Shared tour \$120 + tax per guest
Private tour \$800 + tax (up to 5 participants) \$120 + tax per additional person
Duration 1.5 hours

[See more](#)

An aerial photograph of a rugged coastline. The top half shows dark, jagged rock formations meeting a sandy beach. The bottom half shows clear, turquoise water with three white kayakers paddling away from the shore. The text is overlaid on the image.

RESORT ACTIVITIES

Costa Rica is a premier eco-adventure destination, offering nature excursions and unforgettable experiences. We want to make your stay memorable by filling your days with unique activities. Explore our beautiful shorelines as you glide through the clear waters that surround our peninsula with a kayak, stand up paddle board or by snorkel. Other activities include basketball, pickleball and volleyball.

Enjoy our resort activities, planned just for you. Many are complimentary, some have small fees.

[View our resort activities here](#)

WATER

- WATER BIKE TOURS
- WATER SCOOTER TOUR
- SUNSET KAYAK TOUR
- KAYAKING & SNORKELING
- STAND-UP PADDLEBOARD TOUR
- MONKEY HEAD KAYAK TOUR
- JICARO BEACH KAYAK TOUR

LAND

- TRAIL OF THE GIANTS
- BEACH VOLLEYBALL
- PRIETA HIKE
- CHOROTEGA POTTERY PAINTING
- LATIN DANCE
- CHOCOLATE EXPERIENCES
- NATURE WALK
- MAKE YOUR WOOD SCULPTURE

CULINARY

- COFFEE CLASS
- COOKING DEMONSTRATION
- RUM & CHOCOLATE TASTING
- INFUSED RUM TASTING
- MIXOLOGY CLASS
- ENOLOGY CLASS
- CHOCOLATE EXPERIENCE

WELLNESS

- PURA VISTA
- KUNDALINI YOGA
- RESTORATIVE YOGA
- CACAO CEREMONY
- GROUNDING HATHA
- GENTLE VINYASA
- SPINNING
- ANIMAL FLOW
- PILATES
- BODY WEIGHTS WORKOUT

Please note that activities are based on experience level, age, and weight.
*Reservations are required and will be taken 24 hours in advance. Price is per person.
Please connect with concierge or view our Website.



HIGHLIGHTS FROM OUR CRAFTSMEN

Savour the country's finest exports – rum, coffee, chocolate and exotic fruit while you embark on a guided journey with our local experts. They will share the knowledge, passion, and pride while engaging and delighting you with first-hand stories of the beauty of Costa Rica and its people.

- MONDAY
Cooking Class
Coffee Class
Rum and Chocolate Tasting
- TUESDAY
Infused Rum Tasting
Juice class
- WEDNESDAY
Rum & Chocolate Tasting
- THURSDAY
Cooking Class
Enology Tasting
- FRIDAY
Infused Rum Tasting
Juice Class
- SATURDAY
Rum & Chocolate Tasting
Coffe Class
- SUNDAY
Mixology Class
Juice Class

Reservations are taken 24 hours in advance. The activities are complementary, and we can also offer private classes based on availability. Please contact Concierge or chat with us on the APP for more details.



TENNIS & PICKLEBALL

For tennis enthusiasts, Peninsula Papagayo Club offers three tennis courts and three pickleball courts with clay-like Har-Tru surfaces. Our tennis program includes weekly clinics, private and semi-private lessons, rentals and more.

TENNIS COURTS

We have three clay courts available every day from 7:00 am to 6:00 pm.
Court fees apply.

PICKLEBALL COURTS

Our three pickleball courts are available every day from 7:00 am to 6:00 pm.
Court and racquet fees apply.

CLINICS

Clinics are held every Monday through Friday from 10:00 am to 11:00 am.
USD 45 + 13% tax per person (includes racquet).



SHOPPING

ESTRELLA

Located on the lobby level, this multi-brand lifestyle boutique offers a curated selection of women's apparel, swimwear, footwear, accessories, and jewelry.

ALMA

Located adjacent to the spa, Alma offers a selection of athleisure and logo wear alongside men's and kids' swimwear. This treasure trove of a store is also your go-to spot for gifts, sundries, toys, beach and pool items, and a selection of local offerings.

GOLF & TENNIS PRO SHOP

Located at our golf clubhouse, the Pro Shop carries an assortment of high-end men's and women's golf and tennis apparel, hats, and gear. Gift certificates for lessons and course play are also available.

SPA BOUTIQUE

Offers essential oils, energy-balancing jewelry, water bottles, and more.



PERSONAL ASSISTANTS

Your personal butler aims to anticipate your every need. Think of him or her as your personal assistant – someone who will know your preferences before you arrive – to ensure that every move you make is enjoyable and hassle-free. Our team is ready to serve you, from unpacking your bags upon arrival to preparing your morning coffee in your room. With the touch of a button from your room phone, all of these services are at your fingertips.



FOUR SEASONS

RESORT

PENINSULA PAPAGAYO, COSTA RICA