



FOUR SEASONS
RESORT

ORLANDO AT WALT DISNEY WORLD® RESORT

STAY & *PLAY*

WELCOME TO FOUR SEASONS RESORT ORLANDO AT WALT DISNEY WORLD® RESORT

Summer is the season of adventure, and Four Seasons Resort Orlando invites you to play, unwind, and embrace the sunshine. Make a splash at Explorer Island, where water slides, a lazy river, and endless fun await. Indulge in ultimate relaxation with a poolside cabana or a soothing spa escape. As the sun sets, sip on refreshing cocktails at PB&G before enjoying world-class dining at Capa Steakhouse with a front-row seat to Walt Disney World® Resort fireworks. Each moment is a chance to celebrate, explore, and create unforgettable memories. This isn't just a getaway—it's a season of excitement, and endless possibilities. Come, stay and play with us, and make this summer one to remember.



SAVOR THE SUN

ESCAPE HERE



CABANA RENTALS

Transform your day into an oasis of serenity and renewal with our "Parents Day Out" cabana special. Reconnect with deep relaxation as you unwind in a private cabana by the Oasis pool, savoring moments of calm and indulgence. Meanwhile, your little ones will thrive in a world of laughter and adventure at our complimentary kids club, designed to ignite their joy and creativity. Your experience includes a \$75 food and beverage credit, a decadent sweet treat to delight your senses, and a selection of refreshing beverages stocked in your private mini-fridge, all setting the stage for a day of pure transformation.



To reserve, chat with us via the [Four Seasons App](#).



COMPLIMENTARY SERVICES & AMENITIES

- Kids Club, 9:00 am to 5:00 pm (Ages 4–12)*
- Kids 5 and younger dine free in Resort restaurants with their paid adult (excluding Capa, Character Breakfast, Poolside Dining and In-Room Dining)*
- Pasta & Play at Ravello
- Spa Relaxation Areas
- Transportation to the Disney Parks
- Fitness Classes
- 24-hour Fitness Center
- Basketball, Volleyball and Multi-Purpose Turf Courts
- Twice-Daily Housekeeping

*Restrictions and/or fees apply for Four Seasons Private Residents

KIDS FOR ALL SEASONS

Kids For All Seasons invites children ages 4 to 12 to discover endless adventures on Explorer Island. Open daily from 9:00 am to 5:00 pm, this engaging program is complimentary for overnight resort guests and available for a fee to Four Seasons Private Residents.

Young guests can enjoy supervised swim time and a variety of exciting activities, whether they join us for a few hours or the entire day. Please note, drop-off may not be available during swim time.

DIVE-IN MOVIES

Enjoy dive-in movies at the Explorer Pool on Tuesdays & Thursdays at 12:00 noon
Saturdays at 12:00 noon and 5:00 pm

EXPLORER ISLAND TAKEOVER

Children ages 4–12 are invited to join us on Saturdays for Explorer Island Takeover from 5:00 pm to 9:00 pm. The cost is \$125 per child and includes dinner and a swim shirt.

To make a reservation, please chat with us via the Four Seasons App to learn more.



FLOAT HERE

FREE PLAY – 9:00 am to 10:00am

In the company of attendants, boundless playfulness takes center stage, where the spirit of spontaneity is encouraged.

OUTDOOR GAMES – 10:00 am to 11:00 am

Closed-toe shoes recommended.

WATER ACTIVITY – 11:00 am to 12:00 noon

Please remember to bring swim attire for water games and a change of clothes if your child plans to stay after the water games.

The location of the water activity will be displayed on the screen at Kids For All Seasons.

LUNCH – 12:00 noon to 1:00 pm

Enhance your day of play with Kids For All Seasons Lunch – a delightful and optional meal package.

Lunch is available for a \$35 fee.

OUTDOOR ACTIVITY – 1:30 pm to 2:30 pm

Closed-toe shoes recommended.

FREE PLAY – 2:30 pm to 3:00 pm

In the company of attendants, boundless playfulness takes center stage.

SWIM TIME – 3:00 pm to 4:00 pm

At the Cove pool, enjoy joyful swim adventures —just bring swim attire; towels are provided.

CRAFT TIME – 4:00 pm to 5:00 pm

Embark on a whimsical journey of creativity, crafting with attendants where artistry and camaraderie intertwine.



PLAY HERE



SERVE UP SOME *SUMMER FUN*

Experience the excitement of our brand-new Pickleball facilities and transformed racquet center, designed for players of every skill level. Featuring state-of-the-art courts and amenities, the center offers a welcoming space for beginners to learn and seasoned players to refine their game.

Enjoy private lessons, group clinics, and spirited matches in a vibrant atmosphere that inspires fun and friendly competition.

RACQUET SPORTS

Take a lesson from our onsite pros, Alain Labrecque and Luke Schumann. Join instructional clinics or a game with friends and family on one of our two Har-Tru Tennis Courts.

ROCKWALL

2:00 pm to 3:00 pm

Climb and conquer new heights on the outdoor rock wall adventure.

***Please note, times are subject to cancellation due to weather.**

PICKLE BALL *CLINICS*

Friday

4:30 pm - 6:30 pm | Organized Drop In

\$15 per person for one hour of play, \$30 per person for two hours

A skilled team member will be available to play with guests without a partner.

Saturday

8:30 am - 9:30 am | Pickleball 101 Clinic

12:30 pm - 1:30 pm | Pickleball 101 Clinic

\$50 per person

Sunday

9:00 am - 10:00 am | Pickleball 101 Clinic

11:00 am - 12:00 pm | Pickleball 102 Clinic

\$50 per person

Inquire for court times and fees

***Please note, dates and times are subject to change.**

To reserve court times, please chat with us via the Four Seasons App.

* Times and dates are subject to change please chat with us to confirm your times.

* Any last minute reservations require a minimum 30 minute window for court set up.



FITNESS CLASSES

Enjoy complimentary fitness classes, with a variety of disciplines offered to accommodate a multitude of fitness levels, from beginner to advanced.

POWER STRIDE & STRETCH

An invigorating walk through our beautiful resort property intermixed with body-weight resistance moves, mobility stretching, a healthy pace, with lots of movement. A beautiful start to your day... you'll hardly know you are power-walking.

POWER BODY YOGA

A power yoga practice with high intensity and lots of breathing. This class will combine vinyasa yoga and a full body workout. A challenge for all fitness levels incorporating high energy music and strength training.

VINYASA FLOW

A fresh sequence in your stretch routine that allows you an opportunity to hold postures longer for a more intense stretch while staying soft with your breath.

RESISTANCE BAND YOGA

Resistance bands offer all abilities the opportunity to make poses more challenging or more accessible. A unique way to build strength and increase or decrease body weight resistance within your yoga poses.

YIN YOGA

Experience the many physical and mental health benefits of Yin Yoga. Yin Yoga works on targeting the deep connective tissue and fascia within the body through active stretches and deep breathing. This slower more meditative style of yoga allows you to turn inward and tune into both your mind and the physical sensations within your body.

DEEP STRETCH & FLEXIBILITY

A great way to start your day, the best complement to your exercise routine and vitally important for longevity and optimal movement. See what a good stretch can do for you!

CORE CIRCUIT

Circuit-training workout built around core strength and definition.



GOLF

Four Seasons Golf and Sports Club Orlando is a Certified Audubon Sanctuary and pays homage to the Florida landscape with Southern Live Oak trees throughout the course and abundant wildlife, offering a picturesque setting to truly escape into nature. The 18-hole Tom Fazio signature golf course is a par 71, with a yardage of 6,901 and four sets of tees to accommodate all skill levels.

Enjoy a true luxury offering, as the pristine course has been enhanced with an unrivaled 16-acre, \$2.5 million practice facility. Private instruction is also available upon request.

Short Course (Par 3 Course) is closed for renovations May 1 - July 1.

Golf Pro Shop 9:00 am to 5:00 pm

Sip & Shop on Thursday

Available from April 21st - September 30th
3:00 pm to 4:00 pm

Receive a complimentary beverage while you shop.

GOLF CLINIC

Available from April 21st - September 30th

Wednesday 10:00 am - 11:00 am

\$40 per person

Book now by calling the Golf Pro Shop



PERSONAL TRAINING

Receive private, expert instruction in fitness, yoga or Pilates, emphasizing proper technique in a results-driven format. One of our certified trainers will motivate and refine your existing program or create a new one to optimize results.



*WANDER
HERE*

FLORIDA'S WILD SIDE IS CALLING

Join us for a fun-filled and educational adventure on the Florida Wildlife Exploration Tour! Every Wednesday at 10:00 am.

This tour will introduce your little ones to the incredible wildlife and ecosystems at the resort. They'll learn about the importance of conservation and get hands-on experience.



TOUR HIGHLIGHTS:

WEDNESDAYS AT 10:00 AM

1.5 hour tour
6-12 years old*

Meet at Kids for All Seasons

- Learn about native Florida wildlife, from playful butterflies to colorful birds
- Explore the natural habitats and ecosystems that call Four Seasons Orlando home
- Hands-on activities and interactive learning experiences
- A chance to connect with nature and become young environmental stewards
- Small group size for a personalized experience

Book now by reaching out to the resort reservations team for an unforgettable wildlife adventure! Spaces limited.

**(Supervised Programming with the KFAS Team)*



RELAX
HERE

UNWIND *IN LUXURY*

Discover true serenity with a transformational massage at The Spa. Designed to replenish your energy, our expert therapies soothe tired muscles and quiet the mind, leaving you completely renewed. Whether it's a morning indulgence or an end-of-day retreat, this is the ultimate relaxation you deserve—because your wellbeing is always worth it.



To reserve your Spa time, please chat with us via the [Four Seasons App](#)

THE SPA

The Spa beckons with serenity and boasts a comprehensive collection of remarkably effective and exclusive therapies performed by the most talented team of spa professionals in the Sunshine State. The Spa offers advanced aesthetic services and beautiful body therapies all designed to help you look and feel your best.

Experience complimentary access to Spa relaxation areas, including the co-ed indoor/outdoor Tranquility Lounge, our post treatment Solarium Lounge with zero-gravity loungers and his-and-hers locker rooms, al fresco whirlpool terrace, and custom Experience Shower.

SUNSHINE & CHAMPAGNE SEASONAL PEDICURE

Available April 21st - September 30th

Treat your feet to the ultimate summertime pampering with a refreshing pedicure designed to bring out your summer glow! Crisp and light notes of Champagne bubble up in a coconut oil effervescent foot bath, and finish with a mood-boosting burst of sun-kissed citrusy hydration.

VITAMIN VITALITY

Unlock vibrant health this Summer with the transformative benefits of Vitamins and Peptides. Boost body composition, restorative sleep, weight control, energy, and overall vitality with Peptide therapy, featuring Semaglutide, NAD+, Sermorelin, and Petosan, designed to elevate your wellness game. Complement your efforts with Vitamin IV drips and IM shots, enhancing energy, speeding recovery, fortifying your immune system, and keeping you at your peak all season long.

GLOW ON

DRENCH & QUENCH RECOVERY FACIAL

Perfect for pre or post-fun in the sun, this treatment cools, fortifies, restores, and repairs!

A restorative treatment designed to enhance skin health, resilience, and tone. This facial strengthens the skin's barrier, supports the skin microbiome, and defends against environmental stressors. Powered by TSC, a super-lipid that locks in hydration, calms inflammation, and fortifies the skin barrier, this treatment helps prevent moisture loss and protects against UV rays and pollution.

Arctigenin inhibits melanin for natural brightening benefits as this facial combats visible signs of aging at the cellular level and supports skin health and longevity. A cooling biocellulose mask deeply hydrates and enhances absorption, leaving your skin calm, refreshed, and visibly radiant. Suitable for all skin types.



WELLNESS, DELIVERED

WELLNESS WAGON SPA CART

May 2nd, June 6th, July 4th & August 1st
First Friday of every month
11:00 am – 2:00 pm

Indulge in relaxation with our Wellness Wagon mobile spa experience. This luxurious cart brings a selection of rejuvenating treatments directly to your poolside chaise. From soothing hand massages to refreshing face mists, each offering is designed to refresh and recharge your senses.

SUNSHINE & SOOTHE

Nourish your skin with soothing post-sun remedies.

SIP & GLOW

Refresh with collagen cocktails, CBD elixirs, and wellness waters.

BONDED IN BEAUTY

Create a custom bracelet that stays with you.

BUILD-YOUR-OWN SPA DAY

Craft your perfect relaxation experience with a custom take-home spa kit

Enhancements can be added on to any 50-, 80- or 110-minute treatment.

THE SALON

Luminous Locks

Freshen up your summer look with our Luminous Locks treatment, created by Master Stylist, Alejandra Bell. This three-in-one treatment incorporates hair and scalp exfoliation, ultimate hydration for healthy hair, and a glaze treatment that adds shine and enhances your unique color. The result is a tempting and seductive semi-permanent shine and remarkable hydration sure to be noticed.

Summertime Braids

May 30th, June 27th, July 25th, & August 29th
Last Friday of every month
1:00 pm - 4:00 pm

Step into summer with fun, family-friendly braids by our expert stylists, available poolside at Explorer Pool or by request at The Salon.



DINE *HERE*



MEET & GREET

EXECUTIVE CHEF CHRIS EDWARDS

Chef Chris Edwards brings over 17 years of culinary expertise to Capa Steakhouse. His impressive career includes leadership roles at fine dining restaurants in Atlanta and South Florida. Edwards' culinary journey is marked by a commitment to innovation and excellence.

At Capa, his talents shine with authentic recipes masterfully blending Spanish influences with the finest cuts of meat and fresh seafood.



Please chat with us via the Four Seasons App to learn more and make dining reservations.



Our 17th floor rooftop Michelin-starred steakhouse showcases expertly wood-fired meats, seafood and Spanish-influenced tapas. Capa also boasts an extensive wine and cocktail program. Two outdoor terraces feature stunning views of the **WALT DISNEY WORLD®** fireworks spectacles, while our open kitchen allows you to be close to the action.

Reservations strongly encouraged. Capa is recognized as a Certified Restaurant from Spain by the nation's official certification committee.



SUMMER PRO TIP

Book an early reservation to catch the best sunset in Orlando.



DINE & DRINK

Raise your glass to the exceptional bar experience at Capa Steakhouse, Orlando. With its sophisticated ambiance, inventive cocktails, like Capa Gin and Tonic or the Spanish In-Fashion, and an exceptional wine selection, it's a haven for connoisseurs. Recognized by Wine Spectator's Best of Award of Excellence, Capa redefines indulgence.

Dining Room 5:00 pm to 10:00 pm

Live Spanish Guitarist 6:00 pm to 9:00 pm, Wednesdays & Saturdays

Bar 5:00 pm to 11:00 pm

Reservations are strongly encouraged.

[View the menu here](#)



Ravello

With tall, arched windows and an outdoor terrace, Ravello, our Michelin-recommended modern Italian restaurant, invites you to start your day with a decadent breakfast and fresh juice bar, or feast on authentic cuisine crafted by Executive Chef Fabrizio Schenardi, a native of Torino. Delight in house-made pasta, pizza dough, limoncello, and authentic Italian gelato, masterfully crafted with ingredients imported straight from Italy.

Breakfast 7:00 am to 11:00 am

Dinner 5:30 pm to 10:00 pm

Ravello is recognized with *ITA0039 100% Italian Taste Certification Platinum Level*, the highest rank. Ravello is the first restaurant in the U.S. to receive this prestigious certification.



PASTA & PLAY

Thursdays, Fridays and Saturdays

Pasta & Play is a complimentary service for Ravello guests dining with kids ages 4-12. After the meal, kids can enjoy supervised activities on the Spa Lawn with the Kids For All Seasons team, while adults relax.

To reserve, please chat with us via the Four Seasons App to learn more.

*Please note times are subject to cancellation due to weather.

*Only offered select days please chat to confirm



GOOD MORNING BREAKFAST WITH GOOFY AND HIS PALS

Experience Good Morning Breakfast with Goofy and His Pals character breakfast at Ravello. Enjoy a decadent buffet with a wonderful assortment of traditional breakfast favorites, including a live omelet station, Belgian waffles and more. A photographer will be on-site to capture your memories with Goofy & Pals, the always-entertaining stars of the breakfast.

Available Thursdays and Saturdays

7:00 am to 11:00 am

Select Tuesdays

May 27, July 1, July 8, July 15, July 22

View the menu here

Reservations are strongly encouraged.

EPILOGUE

THE SPEAKEASY

Step into our the adults-only speakeasy at Four Seasons Orlando, and uncover a refined retreat like no other. Tucked away, this sophisticated hideaway exudes library-inspired charm, featuring plush seating, bookshelves lined with literary gems, and a subdued, intimate glow. The elegant decor sets the stage for an exclusive experience, where handcrafted cocktails take center stage, blending artistry and flavor. Perfect for unwinding after a day of adventure, Epilogue offers an inviting refuge to savor quiet moments or engage in lively conversation.

Whether you're indulging in a classic drink or discovering a creative concoction, every detail is designed to elevate your evening. Immerse yourself in the allure of Epilogue and create memories in this hidden haven for grown-up indulgence.

Seatings start at 6:00 pm on select Thursday, Friday and Saturday nights. Reservations required.

[Make a reservation here](#)





Treat yourself to an irresistible selection of house-made gelato and pastries by our James Beard-nominated Executive Pastry Chef, Rabii Saber. Pair it with an artisanal Caffè Umbria coffee or a handcrafted milkshake, available for dine-in or takeout at our convenient lobby cafe. Whether you're on the go or have time to savor, our breakfast pastries, salads and sandwiches are the perfect choice for any time of day.

Open daily 6:30 am to 9:00 pm



LICKETY SPLIT



Whether taking a break from soaking in the sun or seeking a relaxing retreat from the energetic theme parks, Pool Bar and Grill offers a selection of American fare, enjoyed lakeside. Inspired by coastal regions, the menu incorporates locally sourced ingredients, salad, and seafood selections on the lighter side, balanced with American classics that will satisfy any appetite.

Open daily 11:00 am to 6:00 pm



PB&G



THE LOBBY BAR

THE LOBBY BAR

Join us at The Lobby Bar for exquisite craft cocktails and delicious cuisine. Our talented team adds a colorful twist to classic cocktails, and our innovative concoctions showcase imaginative flavors. Relax on our beautiful terrace and take in the stunning Florida scenery. Perfect for casual fare or a full dinner menu, The Lobby Bar is the ultimate spot to unwind.

Open daily 5:00 pm to 11:00 pm

Live Guitarist Mondays and Tuesdays
6:00 pm to 9:00 pm



PLANCHA

PLANCHA

Come to our golf clubhouse and enjoy a culinary journey of modern Latin-American flavors and classic clubhouse favorites. Unwind on the terrace, with scenic lakeside views. Plancha's vibrant dishes feature locally sourced ingredients. Plancha's extensive menu caters to all preferences, from our Chipotle Turkey Salad to our flavorful Cuban Sandwich.

Open Monday to Saturday 11:00 am to 6:00 pm*

Sunday Brunch 10:00 am to 4:00 pm*

**Hours are subject to change during golf course closures.*



RETAIL THERAPY

BOUTIQUES

Sip and Shop Friday 3:00 pm to 4:00 pm

WARDROBE

This unique lifestyle boutique on the Resort's lobby level boasts a wide selection of stylish apparel, swimwear, footwear and accessories for both men and women. Wardrobe features an exciting mix of styles from renowned designers such as Missoni, Zimmerman, Love Shack Fancy, Gucci and Cartier, along with one-of-a-kind jewelry with a Disney collaboration by Kimberly McDonald.

Open daily 10:00 am to 6:00 pm

FABLE

This whimsical shop, also on the Resort's lobby level, offers a variety of necessities for the on-the-go traveler. Fable boasts the most sought-after Four Seasons logo apparel as well as memorable treasures and an exclusive Rachel Riley collection inspired by fairytale princesses. Satisfy your sweet tooth with Sugarfina candy or stock up on organic sunscreen before you hit the pool or parks. Find a delightful gift for the little ones in your life or the perfect souvenir.

Open daily 9:00 am to 6:00 pm

Please chat with us via the [Four Seasons App](#) to learn more.

TAKE THE *MAGIC HOME*

Local Disney artist Dom Corona brings the magic of travel to life with his captivating paintings, "Suite Arrivals" and "Suite Dreams", can be seen in the lobby entrance. Created as a tribute to Four Seasons Resort Orlando, these works beautifully capture the excitement of arrival, the serenity of a restful escape, and the cherished memories made along the way.

Blending charm with nostalgia, Corona's art invites guests to relive their Four Seasons experience through every brushstroke. Sold as a set and available through the Retail Department. These prints are available for purchase in the boutiques and are a great take home memento, easy to travel with.

For inquiries, call (407) 313-6985.



Discover more of Dom Corona's work at www.domcorona.com

CHAT WITH US

The Four Seasons App

Facebook Messenger: Four Seasons Resort
Orlando at Walt Disney World® Resort

Text or WhatsApp +1 (407) 988 2367

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