



STAY & PLAY  
ACTIVITY GUIDE



FOUR SEASONS  
RESORT

ORLANDO AT WALT DISNEY WORLD® RESORT

# A DREAM *COME TRUE*

WELCOME TO  
FOUR SEASONS RESORT ORLANDO  
AT *WALT DISNEY WORLD*<sup>®</sup> RESORT





MAKE THE MOST OF YOUR VISIT WITH A WIDE ARRAY OF *SPECIAL EXPERIENCES* AND COMPLIMENTARY ACTIVITIES — THERE IS TRULY SOMETHING FOR *EVERYONE* TO ENJOY.



Whether you splash around at Explorer Island, treat yourself to a post-Park massage at the Spa, or toast to the nightly Disney fireworks over dinner at Capa Steakhouse, we hope your stay is a dream come true.



## CABANA RENTALS

Indulge in the ultimate relaxation experience with our Parents Day Out Cabana special, where you can unwind and soak up the sun in a private cabana at Oasis pool, while your little ones have a blast at our complimentary kids club. Includes: Welcome beverages, an appetizer and a welcome gift, plus lunch provided to children at Kids For All Seasons.

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

## BUNGALOW RENTALS

Our poolside bungalows at Explorer Pool not only provide luxurious amenities and a dedicated concierge, but also offer a breathtaking and private view. Set within a picturesque location, guests can indulge in stunning views from the comfort of their own private sanctuary. These bungalows have been designed with privacy in mind, ensuring that guests can relax in complete seclusion and enjoy the serene surroundings without any disturbances.



## 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 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
- Late Departure Lounge
- Twice-Daily Housekeeping

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

# KIDS FOR ALL SEASONS

Kids For All Seasons is our program for kids ages 4–12, located on Explorer Island and open daily from 9:00 am to 5:00 pm, offered complimentary for overnight resort guests and at a fee for Four Seasons Private Residents.

Kids can be dropped off for a few hours or the entire day for supervised swim time and more fun! Please note, drop-off may not be available during swim time.

## DIVE-IN MOVIES

Enjoy dive-in movies at the Explorer Pool on Thursdays and 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 8:00 pm. The cost is \$75 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.

## FREE PLAY – 9:00 am to 10:00 am

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

## INDOOR ACTIVITY – 10:00 am to 11:00 am

Unleashing our creativity indoors with the fantastic team where innovation meets comfort.

## 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 – 1:00 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.

## CRAFT TIME – 3:00 pm to 4:00 pm

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

## SWIM TIME – 4:00 pm to 5:00 pm

At the Cove pool, joyous aquatic escapades unfold as attendants and shimmering waves create a delightful swim dance. Please bring swim attire for pool swim time. Towels will be provided by the kids club.





# FITNESS CLASSES

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

## FRESH AIR FITNESS

A total body workout in Florida's famous fresh air. This class blends strength and cardio conditioning and finishes with fluid stretching. Challenge yourself in this fun and uplifting class.

## BODYWEIGHT BOOTCAMP

Push yourself with circuit-training designed to get your heart rate up and muscles firing. Strength, balance, dexterity, endurance and focus are targeted in this workout suitable for all skill levels. You will challenge your own boundaries through a diverse series of functional movements and exercises where your entire body is engaged.

## AGILITY & FLEXIBILITY

A combination of explosive exercises and movements making use of a full range of motion, paired with stretching for a very athletic workout.

## GROUP CYCLING

An invigorating indoor cycle class that provides a variety of terrains – hills, climbs, flats and much more. Inspired by uplifting music, you are sure to break a sweat as you cross the finish line with the team. A great way to increase lower-body strength and cardiovascular endurance.

## THAI TOUCH YOGA

Through naturally restful gentle postures and gentle Thai compression and stretching, you are guided to fully surrender and restore. A beautiful combination of yoga modalities, breath work and nurturing guidance from your instructor.

## YOGA

Experience a mindful flow from one posture to the next, linked with deep breathing. This is a beautiful and meditative yoga class where you transition in and out of postures, while moving to the rhythm of your own breath.

## STRENGTHEN & STRETCH

Bodyweight resistance and lightly weighted stretch training will challenge your stability, mobility and core strength. A series of guided stretches with focused breath work will increase your flexibility while centering your mind and body.

[VIEW OUR CURRENT  
FITNESS CLASS SCHEDULE](#)







## 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.

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

## 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.

## TENNIS

Take a lesson from our on-site tennis pro Alain Labrecque, join one of our instructional clinics, or enjoy a game with friends and family on one of our three Har-Tru courts.

To reserve tee and court times 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.

**Open daily** from 9:00 am to 8:00 pm

## MASSAGES

All of our massages offer the option of a bespoke, custom blended Citrus massage oil exclusively available at Four Seasons Resort Orlando.

## CITRUS DRENCH & QUENCH PEDICURE

Our always perfect pedicures paired with an effervescent soak of uplifting and revitalizing citrus essential oils.

## IV VITAMIN THERAPIES

The Spa is pleased to offer Vitality Therapies, in collaboration with acclaimed MD Dr. Olga Ivanov, in our beautiful setting. Intravenous and intramuscular vitamin drips and shots aimed at optimizing your well-being are now offered to guests of The Spa as an individual treatment option or as an enhancement to one's spa routine.

## NIRVANA MASSAGE

Defined as the state of perfect happiness and peace, our four-handed massage will take you there. Two of our massage therapists work in tandem to ease your body and spirit, and set you on the path to nirvana.

LEARN MORE ABOUT OUR SPA OFFERINGS OR RESERVE A TREATMENT





## THE SALON

Master Hair Stylist Alejandra Bell oversees the expert hair and nail care available in the Salon. Treat a little princess or shining knight to a Magical Moments makeover, available for children ages 3 and older. The package includes princess hair artistry, makeup, fairy dust, an express manicure, a bracelet and a princess proclamation. There is also an option to select a princess dress. The shining knight includes hair grooming, a sword of trust and a shield of courage.

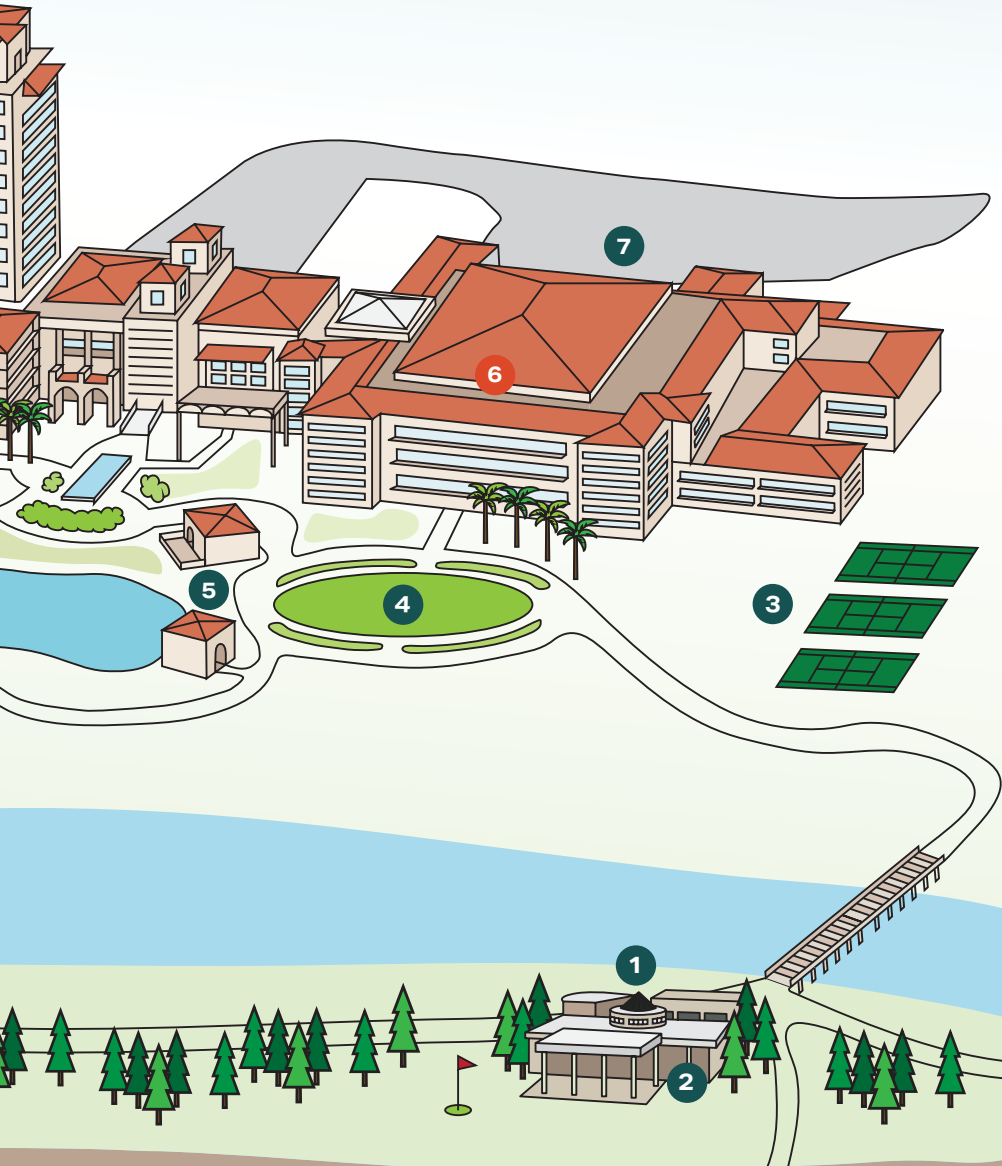
## SOMADOME

While cocooned privately in a Somadome, you will select an intention for your meditation session and listen peacefully to a guided or non-guided 20-minute personalized meditation. Somadome utilizes the healing properties of binaural beats, energy medicine with magnets and crystal and color therapy to achieve the many benefits of meditation.







# RESORT MAP



- 1 Four Seasons Golf and Sports Club Orlando
- 2 Plancha
- 3 Tennis
- 4 King Meadow Lawn
- 5 Lakeside Meeting Rooms
- 6 Grand Ballroom
- 7 Disney Transportation
- 8 Capa Steakhouse & Bar
- 9 Lickety Split
- 10 The Lobby Bar
- 11 Wardrobe and Fable Boutiques
- 12 Ravello Restaurant
- 13 The Spa
- 14 Fitness Center
- 15 The Oasis – Adult Pool
- 16 PB&G
- 17 Family Pool
- 18 Kids For All Seasons
- 19 Splash Pad
- 20 Lazy River
- 21 Sports Courts
- 22 The Hideout – Game Room
- 23 Four Seasons Private Residences

-  Accessible via guest elevator, 1st floor
-  Accessible via guest elevator, 2nd floor



# BOUTIQUES



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, Pucci, Tory Burch and Camilla, 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 suncare 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

## DESIGNER TRUNK SHOWS

Experience the opportunity to meet high-profile designers and learn the inspiration behind their collections.

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

## STYLE CHAT

Shopping while on vacation has never been so easy, or so much fun. Allow our team of stylists to hand-select an outfit, based on your style preferences, and deliver it straight to your guest room closet.

To initiate a Style Chat session, simply chat with our team via the Four Seasons App and select the Chat function, message the Resort directly from the Resort Facebook page, or send a text or WhatsApp message to +1 (407) 988 2367. You may purchase all of the items, or return those you don't love.

A styling fee of \$25 is charged only if a purchase is not made.





## 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

**Indulge in our Italian Spritz menu, a perfect start to your meal.**

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.

[MAKE RESERVATION ↗](#)



## PASTA & PLAY

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.**



Our 17th floor rooftop Michelin-starred steakhouse showcases expertly wood-grilled 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 spectaculars, while our open kitchen allows you to be close to the action.

**Dining Room** 5:00 pm to 10:00 pm

**Bar** 5:00 pm to 11:00 pm

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

**Indulge in our Wagyu tasting paired with the Fisher Cabernet flight.**

*Reservations strongly encouraged.*

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

[MAKE RESERVATION ↗](#)



## MEET EXECUTIVE CHEF FABRIZIO SCHENARDI

Schenardi has been at the helm of the kitchens at Four Seasons Resort Orlando since the 2014 opening, overseeing six restaurants plus a large banquet operation. Having worked at admired hotel restaurants across two continents, Schenardi fashions modern Italian cuisine with Mediterranean inspiration and the “Fabrizio twist.”

Ravello features authentic cuisine with some delicious, original recipes, many straight from Schenardi’s grandmother’s kitchen. Everything in Ravello is house-made by Schenardi and his team, with several authentic Italian ingredients, such as the imported Italian flour used in the pastas and pizza dough.



## GOOD MORNING BREAKFAST WITH GOOFLY 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, Saturdays  
and select Tuesdays**

from 7:00 am to 11:00 am.

*Reservations are strongly encouraged.*

[MAKE RESERVATION ↗](#)





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 Caffe 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



***On your way back from the Disney Parks®? Chat with us via the Four Seasons App to place your order from In-Room Dining or to have your minibar stocked with refreshments.***



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** 6:00 pm to 9:00 pm,  
Sundays, Mondays & Fridays

**Indulge in The Royal Sweet Sundae, an "over-the-top" delectable treat!**



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

**Indulge in our shareable S'mores board and roast marshmallows right at your table.**



PB&G



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 that showcase Florida's rich cultural heritage. Plancha's extensive menu caters to all preferences, from our Blackberry Kale 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*

**Indulge in our immense margarita, "The Cadillac Escalade", our shareable-sized cocktail for two.**

# 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

TAG US @FSORLANDO



[fourseasons.com/orlando](https://www.fourseasons.com/orlando)

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