

## DAY TRIPS & EXCURSIONS

Costa Rica has so many beautiful landscapes to explore - from marshlands to volcanoes. Plan a romantic outing or an adventure with friends and family to share some truly breathtaking experiences.

### WITCH'S ROCK CANOPY TOUR MONDAYS TO SATURDAYS

Get ready for an exhilarating zip-lining experience. Harness up and slide along a series of cables suspended above jungle valleys. Wildlife along the route includes tree frogs, vine snakes, howler monkeys and hundreds of bird species. Guests ages seven and older are welcome to enjoy this tour. This tour is not suitable for pregnant women or people who have back or shoulder problems.

— DEPARTS	RETURNS
8:45 A.M.	11:30 A.M.
12:15 P.M.	3:00 P.M.
3:00 P.M.	6:00 P.M.





### **PALO VERDE NATIONAL PARK & CULTURAL TASTING**

MONDAYS, THURSDAYS AND SATURDAYS

Scientists from all over the world come to Palo Verde National Park and Wildlife Refuge to study its rich ecosystem of rivers, marshlands, mangroves and dry forest, where crocodiles, monkeys and iguanas make their homes. The leafless trees in this dry tropical forest make it easy to view up to 300 species of birds. Go back in time by visiting La Casa del Sanbanero restaurant and taste the traditional treats of Guanacaste.

— DEPARTS: 7:30 A.M. RETURNS: 3:00 P.M.

### **RINCÓN DE LA VIEJA VOLCANO NATIONAL PARK**

TUESDAYS AND SATURDAYS

This nature hike explores three kilometres (two miles) of trails through the forest, passing bubbling mud, steaming sulphur and fumaroles. A fascinating introduction to volcanoes!

— DEPARTS: 7:00 A.M. RETURNS: 3:30 P.M.

### **RIO PERDIDO AERIAL CANYONING & HOT SPRINGS**

MONDAYS AND WEDNESDAYS

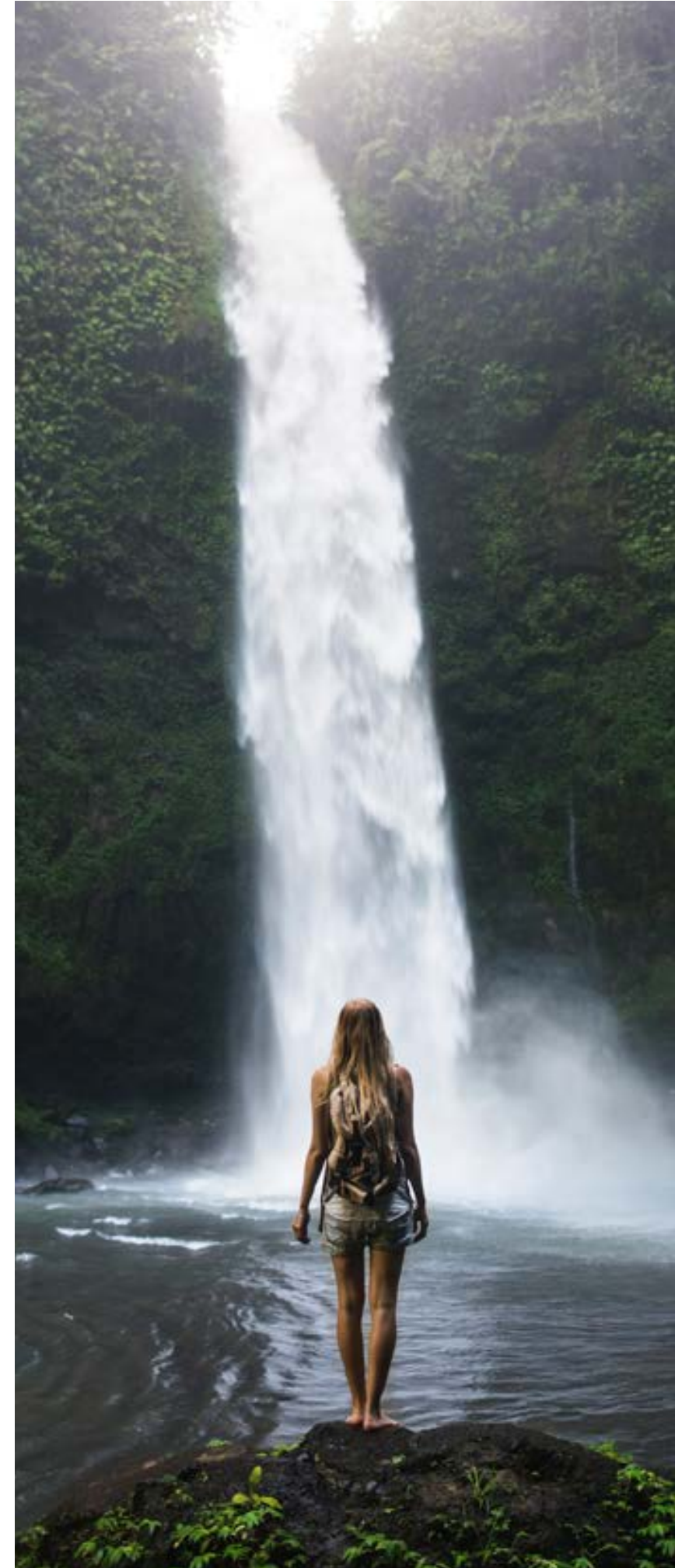
A rare Costa Rican gem, Rio Perdido Hot Springs offers a thermo-mineral gorge with natural springs, as well as hiking, mountain biking, climbing, rappelling, horseback riding, rafting and much more. It's set on a 200-hectare (500-acre) reserve with beautiful trails, hanging bridges and stunning panoramic lookouts.

— DEPARTS: 8:00 A.M. RETURNS: 3:30 P.M.

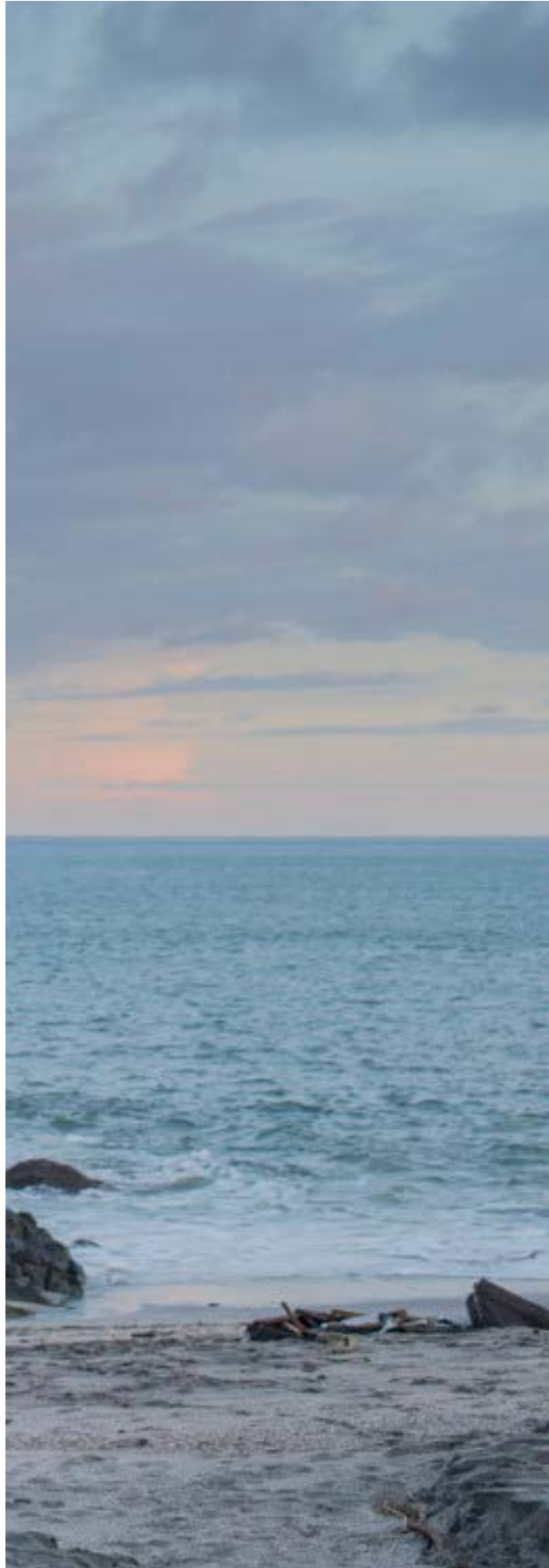
### **CANYON TOUR AT GUACHIPELIN SUNDAYS AND TUESDAYS**

In the vast canyon at Guachipelin, you have the opportunity to canopy and rappel, engage in wall climbing and swing like Tarzan through the jungle. Take a horseback ride to a lookout point for amazing views of the Rincón de la Vieja volcano. You also have the chance to take a refreshing dip in the cool waters of La Chorrera waterfall. Guests aged 12 and older are welcome to enjoy this tour. This tour is not suitable for pregnant women or people who have back or shoulder problems.

— DEPARTS: 8:00 A.M. RETURNS: 5:00 P.M.







### **ADRENALINE ADVENTURE DAY**

Rev up your adrenaline with Costa Rica's most incredible zip-lining experience - just 20 minutes by water taxi from Four Seasons. Harness up and slide along a series of cables suspended above jungle valleys. Nylon cords allow faster flying, and there's a dual line so two people can share the experience! Try the Superman Line, the Tarzan Swing and the Walking Bridge, a zip-line on a hanging bridge suspended over a bed of crocodiles. Horse-back riding is also available.

### **TURTLE WATCHING**

Costa Rica is a sea turtle paradise. In this half-day excursion, enjoy a turtle observation tour to Playa Real or Bahia de los Piratas. You'll spot leatherback turtles, black turtles and Olive Ridley turtles in their natural environment.

### **BIRD WATCHING**

Take a three-hour guided hiking tour at Santa Rosa National Park, the largest tropical dry forest in Central America and a designated UNESCO World Heritage site. The park is home to over 250 species of birds.





## **SENSORIA - LAND OF SENSES TOUR**

THURSDAYS

Located close to the majestic crater of Rincón de la Vieja - Guanacaste's largest active volcano - Sensoria is a natural treasure that even Costa Ricans have only recently discovered. Enjoy a hike along an enchanted jungle trail through tall, lush forests. Prepare for rushing waterfalls, bright blue water springs, deliciously warm thermal pools, and the chance to see Costa Rica's famed wildlife, protected in this private wildlife sanctuary. Available on other days as a private tour.

— DEPARTS: 7:00 A.M. RETURNS: 4:00 P.M.

## **DISCOVER NICARAGUA**

WEDNESDAYS

Explore the charming colonial city of Granada in the neighbouring country of Nicaragua. Visit the San Francisco Convent, which holds a large collection of stone sculptures dating back to pre-Hispanic times. After lunch at a local restaurant, you will be driven to the active Masaya volcano, where you can stand right at the edge of the immense crater.

Before the drive back to Costa Rica, you'll stop at the picturesque Indian Market at Masaya, where you can shop for unique arts and crafts, souvenirs and leather goods. Please check with the concierge team to determine the visa requirements for entry into Nicaragua.

— DEPARTS: 6:00 A.M. RETURNS: 8:30 P.M.  
DRIVING TIME: APPROXIMATELY  
3 HOURS TO THE NICARAGUAN BORDER







## GOLF

### **FOUR SEASONS RESORT COSTA RICA GOLF CLUB AT PENINSULA PAPAGAYO**

Designed by Arnold Palmer, our 18-hole, par-72 championship golf course was created with the resort golfer in mind and is ranked among the "Top 100 Courses outside the United States" by *Golf Digest*. Your experience begins atop one of Peninsula Papagayo's highest plateaus, overlooking the jewelled waters of Bahía de Culebra. Spectacular water views await you at 14 of the 18 holes. The Resort also offers a driving range, a sand-bunker practice area and putting and chipping greens.

Contact your concierge team to book tee times, available daily from 7:00 A.M. – 4:00 P.M. Children under 16 years of age must be accompanied by an adult. Please note that our golf facilities are closed every Monday through to August 7, 2017.





## WATER ACTIVITIES

### **STAND-UP PADDLEBOARDING**

Experience Costa Rica's beautiful shorelines and glide along the tranquil waters that surround our peninsula. Paddleboarding offers a versatile workout enhanced by vistas of our bio-diverse waterscapes. On select evenings, we offer moonlit SUP guided tours, featuring LED-lit boards that illuminate the water beneath.

### **SNORKELLING**

Grab some gear and your GoPro to discover the fascinating clear blue waters and colourful marine life just off the golden sand beaches of Playa Blanca.

### **SURFING WITH TROPICSURF**

Surfers of all abilities can enjoy a broad variety of "surfaris" and surfing lessons from Tropicsurf, a luxury surf school right here on our Playa Blanca. We offer many different locations - perfect for beginners or for more adventurous surfers looking to hang ten at Witch's Rock and Ollies Point.





### **KAYAKING**

Join us on a guided kayak tour of the Bahía de Culebra with one of our seasoned water-sports professionals. Don't miss the opportunity to be part of this great experience, focused on admiring the natural beauty and wildlife of Costa Rica's waterways.

### **SUNSET CATAMARAN TOUR OF THE GULF OF PAPAGAYO**

A sunset catamaran cruise provides a relaxing way for couples and families to explore the Gulf of Papagayo. On a luxury 14-metre (47-foot) catamaran - boarded right at our Resort's beach - set out on a cruising adventure to see ocean wildlife and jungle shoreline. This four-hour experience includes snacks, beverages and snorkelling gear.

### **FLAT-BOTTOM BOAT TOUR OF PALO VERDE NATIONAL PARK**

A flat-bottomed boat tour is the perfect way to take in the park's wildlife and view more than 300 types of birds. This unique ecosystem of rivers, marshes, mangroves and dry forest attracts scientists from around the world.

— DRIVING TIME: APPROXIMATELY  
2 HOURS EACH WAY

