

# St. Pete Sea Life Education Stations Self-Guided Trail Map



Education Stations are identified by **black icons**. To identify each of the stations, turn this panel over, where you will find a description of each area!

## Spa Oceana

You will find countless ways to rejuvenate your mind, body, and spirit while indulging in our soothing rituals and relaxing on our rooftop terrace overlooking the Gulf of Mexico. Spa Oceana features blissful Signature Treatments, Express Services, Massages, Facials, Body Wraps, and a Full-Service Salon. For information or to make an appointment, please call 2327.

**Hours of Operation:** Sunday – Wednesday 9am – 6pm, Thursday – Saturday 9am – 7pm

**Location:** Spa Oceana Reception Desk is located next to the South Pool on the Second Level. Spa Day Passes are available for \$25 plus tax for use of the whirlpool, steam, Whisper Lounge and Rooftop Terrace. Spa Day Passes are included with any spa or salon service.

## The Fitness Center & Studio

The Fitness Center and Exercise Studio are located on the Garden Level and are accessible 24 hours a day with your room key. Our Fitness Center is equipped with Life Fitness cardio and strength training machines as well as free weights. The Exercise Studio offers yoga mats, BOCU balls, cardio pump rack, heavy punching bag, resistance bands, medicine balls and more. Group fitness classes are offered 7 days a week and are complimentary to hotel guests. Stop by the studio prior to your morning run for suggested local running routes. Fitness instructors are certified personal trainers and are available for specialized one-on-one or group training sessions. Call 2161 for more information.

## Shopping

Located on the Garden Level, these unique specialty shops provide everything from aspirin, sunscreen and magazines to the latest designer swimwear, resort clothing and fine jewelry. Shopping Made Simple! **Visit us at [doncesarshop.com](http://doncesarshop.com) for all your on-line shopping needs.**

**TR's General Store** Whether it's sundries, books, magazines, snacks, cigars or champagne and local brews, wine and gift baskets, phone chargers, ear buds, and speakers; this store has all the essentials. Call 2638. 7am – 9pm.

**DeBazan** Our women's and men's clothing store offers a great selection of Escapada, Skemo, Tommy Bahama, Bugatchi and Island Company. Call 2639. 9am – 9pm.

**Don CeSar Shop** Our logo shop has all of the souvenirs you need. From t-shirts, jackets, fleece, and caps, to cups, glasses, toys, and coastal gifts, you'll be sure to find your own little piece of the "Pink Palace" to take home. Call 2637. 9am – 9pm.

**Splash** Visit our swim shop to see a large variety of designer swim suits, featuring Trina Turk, LaBlanca, Ella Moss, Nautica, and other high end brands. Also featuring Ray-Ban, Tiffany, Tory Burch, Maui Jim, Dolce & Gabbana, Prada, and Burberry sunglasses. Call 2571. 9am – 9pm.

**Necessaries** For that finishing touch to every outfit, we have a fabulous selection of unique accessories for both men and women, featuring Bourbon & Boweties, Brighton, Skemo, Lauren Adams, John Medeiros, Uno 50, and more. Call 2636. 9am – 9pm.

**All shops will remain open until 10pm on Friday and Saturday nights.**

## This Day in History... Guided Tours

Learn all about the enchanting and mystical Pink Palace! Join our daily, complimentary tour at 11:30am. Meet at the Concierge Desk. Call 2177 for more information.

## Dining

**The Maritana Grille** Visit our award winning, AAA 4 Diamond restaurant; offering guests an intimate dining experience. Featuring fresh seafood dishes and our new prime steak menu, topped off with an extensive wine list and first-class service. Ask about our private Chef's Table where your entire dinner is created and presented by our amazing culinary team. Perfect for special occasions or whenever the mood strikes. Open Sunday-Thursday 5:30-10pm and Friday and Saturday 5:30-11pm. For reservations contact our Concierge at 2177.

**Sea Porch** Our Chef de Cuisine ensures fresh catches, comfort food, and local coastal flavors that cater to all appetites. Our seaside location with both indoor and outdoor seating is the perfect place to enjoy breakfast, lunch or dinner. Located on the Garden Level. Sunday-Thursday 7am-10pm; Friday & Saturday 7am-11pm; Sunday Champagne Brunch 11am-3pm. To contact, please call 2131.

**Rowe Bar** The newest addition to The Don! Legendary hospitality meets the modern bar. Local brews, craft cocktails, juleps, and punch bowls to share, served with savory charcuteries and the freshest seafood selection. Sunday – Thursday 11am-1am, Friday & Saturday 11am-2am. To contact, please call 2653. [therowebar.com](http://therowebar.com)

**The Beachcomber Bar & Grill** Enjoy your favorite frozen drinks, mojitos and more, served poolside. The menu features fresh seafood, salads, burgers and plenty for the whole family to enjoy. Open Monday - Saturday from 10am to Sunset and Sunday from 11am to Sunset. Featuring live music daily in the afternoons. To contact, please call 2165.

**The Lobby Bar** The Lobby Bar comes alive with Jazz every evening. Become a part of the energy and excitement! Get "stirred" up with one of the many pleasures of civilization - the cocktail! Whether it's a glass of fine wine, a specialty drink, Martini or Manhattan, you are sure to relax, unwind and have a little fun! Monday-Friday 3pm-1am, Saturday & Sunday 1pm-1am. To contact, please call 2175.

**Uncle Andy's Ice Cream Parlor** Start your day with a specialty coffee, tasty pastry, or other breakfast on-the-go items. And to satisfy your sweet tooth anytime, stop in and enjoy everyone's favorite treat, where you can choose from over 40 flavors in our old fashioned shoppe. Specializing in sundaes, shakes, banana splits and more! Daily 6am – 10pm. To contact, please call 2145.

**Sand Dollar Bar** Take a stroll up the beach and make a stop at the Tiki Bar at the Beach House Suites by Loews Don CeSar! This poolside bar serves soft drinks and cocktails and is perfect for kickin' back and relaxing in the St. Pete Beach sun. Open from late morning until sunset. And, as a guest at Loews Don CeSar, you can charge to your room! To contact, please call 2122.

### Green | Sustainability

You will find the designated smoking area on the north end balcony outside the Lobby Bar.

The Loews Don CeSar Hotel is constantly looking for ways to decrease our environmental footprint and is a 3 Palm Property in the Florida Green Lodging Program. Your comments and suggestions are greatly appreciated at [dchgreenteam@loewshotels.com](mailto:dchgreenteam@loewshotels.com)

#loewsdoncesar



LOEWS DON CESAR HOTEL  
ST PETE BEACH

# ACTIVITY & DINING GUIDE

FALL 2016



Welcome to Loews Don CeSar Hotel  
and our **Sun & Fun** activity program.  
Whether you choose to **pamper** yourself at  
**Spa Oceana**, unwind at one of our beautiful  
pools, or sample the delicious fares of our  
**outstanding restaurants**, you'll  
wish you had just a few more days to spend here.



**Loews Loves Kids**  
**Camp CeSar**  
Children ages 4-12 enjoy innovative and uniquely local themes! Camp CeSar offers exciting and educational programs, outdoor sea explorations, arts & crafts, games & movies, and many other fabulous festivities! Each camper has one complimentary session per day, during their stay. Kids Night Out\* includes a movie & popcorn, dinner, dessert, and many fun Camp CeSar activities!  
**Complimentary sessions offered:** Morning Session- 9am-12pm OR Afternoon Session- 1pm-4pm  
**Other sessions include:** Full Day Session-9am-4pm \$50 Lunch is served from 12pm-1pm \$20 Registration required, please call 2233.

**Kidz Kraze** – Daily 2:00pm Join in on the fun even if you're not attending Camp CeSar with pool and beach activities! Meet at the Hospitality Hut.  
**Star Gazers** - Monday & Wednesday 7pm-10pm \$50. Registration is required, please call 2233.  
**Jam Night** - Tuesday & Thursday 7pm-10pm \$50. Registration is required, please call 2233.  
**\*Kids Night Out** - Friday & Saturday 6pm-10pm \$50. Registration is required, please call 2233.

**Pool & Beach Fun**  
Enjoy miles of powdery shores for strolling, shelling or sunning. Unwind by one of our two beautiful pools or in the relaxing whirlpool. Pool lounge chairs are complimentary for guests, as well as pool and foosball tables, corn hole, chess, checkers, and table tennis. Towels can be checked out at our Hospitality Hut by presenting your room key card and wristband.

**Pool Side Pampering Services**  
While at our hotel pools, our Pool Concierge Team will provide you and your family with the ultimate luxury pool experience. As part of this promise, we will serve pampering treats and services throughout the afternoon (see schedule below). Relax and allow us to pamper you!  
**Sunset Gong Experience-Poolside**  
Herald the end of another idyllic day in paradise while sipping on a sunset splash and ringing the gong at our nightly tradition! Enjoy Happy Hour at the Beachcomber Bar one hour prior to Sunset.  
**Boucher Brothers' Water Sports**  
Beach chaise lounges, luxury daybeds, cabanas, umbrellas, and motorized and non-motorized water sports are available for rental daily, 8am - Sunset. Non-motorized selections are complimentary from 8-10am daily. For reservations please call 2177.

**Plant Life**  
Take a self-guided tour and enjoy a variety of unique and distinctive species that have been introduced to the Pink Palace since 1928.

Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8-10am Complimentary Non-Motorized Water Sports	8-10am Complimentary Non-Motorized Water Sports	8-10am Complimentary Non-Motorized Water Sports	8-10am Complimentary Non-Motorized Water Sports	8-10am Complimentary Non-Motorized Water Sports	8-10am Complimentary Non-Motorized Water Sports	8-10am Complimentary Non-Motorized Water Sports
9:00am Beach Yoga (Meet at Hospitality Hut)	9:00am Beach Yoga (Meet at Hospitality Hut)	9:00am Beach Yoga (Meet at Hospitality Hut)	9:00am Beach Yoga (Meet at Hospitality Hut)	9:00am Beach Yoga (Meet at Hospitality Hut)	9:00am Beach Yoga* (Meet at Hospitality Hut)	9:00am Beach Yoga (Meet at Hospitality Hut)
9:00am Body Toning*	9:00am Body Toning*	9:00am Body Toning*	9:00am Body Toning*	9:00am Body Toning*	10:00am Zumba	10:30am Aqua Fitness (Meet at Hospitality Hut)
10:00am Legs, Bums and Tums*	10:00am Legs, Bums and Tums*	10:00am Legs, Bums and Tums*	10:00am Legs, Bums and Tums*	10:00am Legs, Bums and Tums*	10:30am Aqua Fitness (Meet at Hospitality Hut)	10:30am St. Pete Sea Life Tour (Meet at Camp CeSar)
10:30am Aqua Fitness (Meet at Hospitality Hut)	10:30am Aqua Fitness (Meet at Hospitality Hut)	10:30am Aqua Fitness (Meet at Hospitality Hut)	10:30am Aqua Fitness (Meet at Hospitality Hut)	10:30am Aqua Fitness (Meet at Hospitality Hut)	10:30am St. Pete Sea Life Tour (Meet at Camp CeSar)	11:00am Zumba*
10:30am St. Pete Sea Life Tour (Meet at Camp CeSar)	10:30am St. Pete Sea Life Tour (Meet at Camp CeSar)	10:30am St. Pete Sea Life Tour (Meet at Camp CeSar)	10:30am St. Pete Sea Life Tour (Meet at Camp CeSar)	10:30am St. Pete Sea Life Tour (Meet at Camp CeSar)	11:00am Kidding Around Yoga*	11:30am Guided History Tour (Meet at the Concierge Desk)
11:00am Small Group Personal Training*	11:00am Yoga Nidra*	11:00am Restorative Yoga*	11:00am Restorative Yoga*	11:00am Kidding Around Yoga*	11:30am Guided History Tour (Meet at the Concierge Desk)	12:00pm Banana Cream Smoothie
11:30am Guided History Tour (Meet at the Concierge Desk)	11:30am Guided History Tour (Meet at the Concierge Desk)	11:30am Guided History Tour (Meet at the Concierge Desk)	11:30am Guided History Tour (Meet at the Concierge Desk)	11:30am Guided History Tour (Meet at the Concierge Desk)	12:00pm Chilled Oranges	1:00pm Pool Concierge Surprise
12:00pm Mini Parfaits	12:00pm Strawberry Lemonade	12:00pm Raspberry Blast Smoothie	12:00pm Mini Parfaits	12:00pm Frozen Fish Pops	1:00pm Cooling Cloths	2:00pm Kidz Kraze (Meet at Hospitality Hut)
1:00pm Mango Peach Smoothie	1:00pm Chilled Oranges	1:00pm Cooling Cloths	1:00pm Strawberry Lemonade	1:00pm Mango Peach Smoothie	2:00pm Strawberry Colada	2:00pm Fresh Frozen Berries
2:00pm Kidz Kraze (Meet at Hospitality Hut)	2:00pm Kidz Kraze (Meet at Hospitality Hut)	2:00pm Kidz Kraze (Meet at Hospitality Hut)	2:00pm Cooling Cloths	2:00pm Berries & Cream	2:00pm Kidz Kraze (Meet at Hospitality Hut)	3:00pm Cooling Cloths
3:00pm Banana Cream Smoothie	3:00pm Berries & Cream	2:00pm Chilled Oranges	2:00pm Kidz Kraze (Meet at Hospitality Hut)	2:00pm Kidz Kraze (Meet at Hospitality Hut)	3:00pm Raspberry Blast Smoothie	5:30pm Fitzgerald Reception in Maritana Grille
5:00pm Fusion Fitness*	5:00pm Zumba*	3:00pm Pool Concierge Surprise	3:00pm Cookies & Cream	3:00pm Cooling Cloths	3:00pm Let's Get Tasted (Lobby Bar)	Sunset Sunset Gong Experience
5:30pm Fitzgerald Reception in Maritana Grille	5:30pm Fitzgerald Reception in Maritana Grille	5:00pm Fusion Fitness*	5:00pm Zumba*	3:00pm Zumba*	6-10pm Kid's Night Out**	
6:00pm Yoga Nidra*	7-10pm Jam Night**	5:30pm Fitzgerald Reception in Maritana Grille	5:30pm Fitzgerald Reception in Maritana Grille	3:00pm Let's Get Tasted (Lobby Bar)	Sunset Dive In Movie	
7-10pm Star Gazers**	Sunset Sunset Gong Experience	6:00pm Yoga Nidra*	7-10pm Jam Night**	6-10pm Kid's Night Out**	Sunset Sunset Gong Experience	
Sunset Sunset Gong Experience		7-10pm Star Gazers**	Sunset Sunset Gong Experience	Sunset Dive In Movie		
		Sunset Sunset Gong Experience		Sunset Sunset Gong Experience		

\*Classes are held in the Don CeSar Club Fitness Studio on the Garden Level \*\*Registration Required; Fee based; Call 2233 for information  
NOTE: All activities are subject to change without notice and may be postponed or cancelled due to inclement weather. Meet at the Hospitality Hut for all beach and pool Fitness Classes.



Welcome to our  
Sea Life Education Stations!

We share our shoreline with some very important flora and fauna. Take a walk around our property and learn about our feathered, finned, and leafy neighbors! Just match the icons below with the location on the reverse panel to find each station.

- Beach Plants** Learn how to identify some of the most prevalent beach plant species on our local beaches.
- Beach Birds** Florida beaches are home to millions of birds—migratory and permanent. Our beaches provide vital habitat for their longevity.
- Sea Turtles** Our beaches are critical nesting sites for endangered sea turtles. Loggerhead turtles often make their nests right behind our property on the beach. **Sea Turtle nesting season runs from May 1st to October 31st, be sure to do your best to not disturb the nest! Visit conserveturtles.org to learn more.**
- Under the Sea** Discover some of our marine species—many of whom have grown up in the nutrient-rich waters of Tampa Bay before graduating to the Gulf of Mexico.
- Manatees** Learn about these gentle giants—affectionately called “Sea Cows”—and their unique habits at the Manatees display.
- Stingrays** The Gulf is home to several species of rays. Admire their beauty and avoid their stings! See the stingray display to find out how.
- Oyster Domes** Our friends at Tampa Bay Watch place these domes around the bay to restore lost habitat and promote water health. Check out the exhibit to see exactly how the domes work!
- Mural Highlight** Visit Camp CeSar to get a look at artist Damir Tabakovic’s unique wall art, dedicated to our Beach Species educational campaign.

Trail map on reverse side.