


Species Education Stations Self-Guided Trail Map

Find your way through our Species Education Stations, placed all around Loews Don CeSar.



 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

Immerse yourself in a true Oceanic experience. Indulge in the soothing rituals. Feel calm, balanced and utterly renewed. Relax on our rooftop garden overlooking the Gulf of Mexico.

Spa Oceana features Signature Treatments, Express Services, Massages, Facials, Body Wraps and Salon Services. For information or to make an appointment, please call x2327.

Hours of Operation: Sunday – Wednesday 10 am – 6 pm
Thursday – Saturday 10 am – 7 pm

Location: Spa Oceana is located off the south pool. Spa Day Passes are available for \$25 plus tax for use of the whirlpool, steam, Whisper Lounge and Rooftop Garden. This fee may be applied to 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. Fitness instructors are certified personal trainers and are available for specialized one-on-one or group training sessions. Call x2161 for more information and class schedule.

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 www.doncesarshop.com for all your on-line shopping needs.**

TR's General Store Whether it's sundries, books, logo items or coastal gifts to take home, this store has all the essentials. Call x2638. 7 am – 9 pm.

DeBazan Our women's and men's clothing store offers a great selection of Escapada, Eric Javitz, Tommy Bahama, Bugatchi and Island Company. Call x2639. 9 am – 9 pm.

Don CeSar Shop Our kids and teens shop carries all the essentials to keep our younger guests happy and active, including educational toys and all things "beach and pool". Call x2637. 9 am – 9 pm.

Splash Visit our swim shop to see a large variety of upscale suits, featuring Trina Turk, LaBlanca, Ella Moss, Nautica, Ondade Mar, RayBan, Tiffany, Maui Jim and other high end brands. Also featuring Dolce & Gabbana, and Burberry sunglasses. Call x2571. 9 am – 9 pm.

Necessaries For that finishing touch to every outfit, we have a fabulous selection of unique accessories for both men and women, featuring Brighton, Skemo, Lauren Adams, John Medeiros, Uno 50, Mary Francis and more. Call x2636. 9 am – 9 pm.

Green

You will find the designated smoking area on the balcony surrounding the Lobby Bar.

The Loews Don CeSar Hotel is constantly looking for ways to decrease our environmental footprint and participates in the Florida Green Lodging Program. Your comments and suggestions are greatly appreciated at dchgreenteam@loewshotels.com

Dining

The Maritana Grille

Visit our award winning, AAA 4 Diamond restaurant; offering guests an intimate, chic dining experience. Featuring fresh seafood dishes and traditional favorites with creative twists, 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, led by Chef de Cuisine, Gavin Pera. Perfect for special occasions or whenever the mood strikes. Open daily 6 – 10 pm. For reservations contact our Concierge, ext 2177

Sea Porch

Chef de Cuisine, Jose Cuarta, ensures fresh catches, comfort food, and local coastal flavors that cater to all appetites. Our beachside 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-3pm, 5pm-10pm; Friday & Saturday 7am-3pm, 5pm-11pm; Weekend Brunch served from 11am-3pm. To contact, please call x2131.

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. Grill is open 10am-Sunset Monday through Saturday and 11am-Sunset on Sunday. Featuring live music daily in the afternoons. To contact, please call x2165.

Sunsets' Lounge

Featuring tasty cocktails, shots and more, all with a unique flair, "shaken" by one of our resident mixologists. Live entertainment, high definition plasmas, and amazing views of the beach complete this not-to-miss spot. Located on the Garden Level Daily 11 am – Midnight. To contact, please call x2653.

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 and unwind and have a little fun! Daily 3pm-1am. To contact, please call x2175.

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; chocolate and vanilla are just the tip of the ice cream at our old fashioned shoppe. Specializing in sundaes, shakes, banana splits and more! Daily 7 am – 10 pm. To contact, please call x 2145.

BICYCLE ENTHUSIASTS!

Discover all the treasures of St. Pete Beach! Adult and Teen Beach cruisers are available for rental from Uncle Andy's daily from 7am-10pm. \$25 for 24 hours. Call x2145 to reserve.

LOEWS DON CESAR HOTEL
ST PETE BEACH

3400 Gulf Boulevard St Pete Beach FL 33706
(727) 360-1881 loewshotels.com

#loewsdoncesar   

ACTIVITY & DINING GUIDE

FALL 2014



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, fun and uniquely local Theme Days:
Manatee Monday, Turtle Tuesday, Winged Wednesday, Thirsty Thursday,
Flora Friday, Sandy Saturday and Stingray Sunday.
These exciting and educational programs include outdoor seaside
explorations, arts & crafts, daily scavenger hunts, videos, movies and
so much more! Kids Night Out is offered every Friday & Saturday and
includes games, movies, Wii and all of our other Camp activities. Three
hours of complimentary Camp are included in your Resort Fee.
Morning Session – 9am-12noon
Afternoon Session – 1pm-4pm
Lunch is served between 12noon -1pm - \$20.
Full Day Session – 9am-4pm - \$50, includes lunch
Kids Night Out
Friday & Saturday – 6pm-10pm - \$50 (includes dinner & dessert)
Reservations are strongly recommended. Please call x2233

This Day in History...Guided Tours
Learn all about the enchanting and mystical Pink Palace!
Complimentary Tours run Tuesday through Sunday at 9:30am
and 12:30pm. Meet at the Concierge Desk. Call x2177 for more
information.

Pool and 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, wall hookey, table tennis,
paddle and ladder ball. Towels can be checked out at our towel stand
by presenting your room key card.

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
Heralds the end of another idyllic day in paradise. Don't miss this
tradition. Enjoy Happy Hour at Beachcomber Bar one hour prior to
Sunset.

Boucher Brothers' Beach Operation & Water Sports
Beach chairs, cabanas, umbrellas and motorized and non-motorized
water sports are available for daily rental. Non-motorized selections
are complimentary from 10am-12noon daily. Daily 8 am – Sunset.
For reservations please call x2163



Welcome to our
Beach Species 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 Birds** Florida beaches are home to millions of birds—migratory and permanent. Our beaches provide vital habitat for their longevity.
- 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!
- 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.
- 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.
- Beach Plants** Learn how to identify some of the most prevalent beach plant species on our local beaches.
- 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.
- Manatees** Learn about these gentle giants—affectionately called “Sea Cows”—and their unique habits at the Manatees display.
- Mural Highlight** Visit Camp CeSar to get a look at artist Damir Tabakovic’s unique wall art, dedicated to our Beach Species educational campaign.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:30am	Max Pump*	9:00am	Body Toning*	7:30am	Max Pump*	9:00am	Body Toning*	7:30am	Max Pump*	9:00am	Beach Yoga	9:00am	Beach Yoga
9:00am	Body Toning*	9:00am	Beach Yoga	9:00am	Body Toning*	9:00am	Beach Yoga	9:00am	Body Toning*	9:30am	Aqua Zumba	10:15am	Water Aerobics
9:00am	Beach Yoga	10:00am	Core & More*	9:00am	Beach Yoga	10:00am	Core & More*	9:00am	Beach Yoga	10:15am	Water Aerobics	10:30am	Beach & Sea Life Education Tour - Meet at Camp CeSar
10:00am	Core & More*	10:15am	Water Aerobics	10:00am	Core & More*	10:15am	Water Aerobics	10:00am	Core & More*	10:30am	Beach & Sea Life Education Tour - Meet at Camp CeSar	11:00am	Water Yoga
10:30am	Beach & Sea Life Education Tour - Meet at Camp CeSar	10:30am	Beach & Sea Life Education Tour - Meet at Camp CeSar	10:15am	Water Aerobics	10:30am	Beach & Sea Life Education Tour - Meet at Camp CeSar	10:15am	Water Aerobics	11:00am	Zumba*	Noon	Lemon Squeezed Apples
10:15am	Water Aerobics	11:00am	Power Walk*	10:30am	Beach & Sea Life Education Tour - Meet at Camp CeSar	11:00am	Power Walk*	10:30am	Beach & Sea Life Education Tour - Meet at Camp CeSar	11:00am	Power Walk	12:30pm	Water Balloon Hot Potato
11:00am	Restorative Yoga*	11:00am	Water Sports	11:00am	Restorative Yoga*	11:00am	Water Sports	11:00am	Restorative Yoga*	Noon	Fruit Medley	1:00pm	Seasonal Snacks
11:00am	Beach Walk	Noon	Chilled Orange Slices	11:00am	Beach Walk	Noon	Seasonal Snacks	11:00am	Beach Walk	12:30pm	Ball Hug Relay	1:30pm	Prize Drive
Noon	Concierge Surprise	12:30pm	Bingo Scramble	Noon	Lemon Squeezed Apples	12:30pm	Prize Dive	Noon	Concierge Surprise	1:00pm	Concierge Surprise	2:00pm	Concierge Surprise
12:30pm	Invisi-Bottle	1:00pm	Seasonal Snacks	12:30pm	Water Bingo	1:00pm	Chilled Orange Slices	12:30pm	Pool Scavenger Hunt	1:00pm	Kidding Around Yoga (ages4- 12)*	2:30pm	3-Legged Race
1:00pm	Coffee Coolata	1:30pm	Dolphin Dive	1:00pm	Concierge Surprise	1:30pm	Sack Race	1:00pm	Fruit Medley	1:30pm	Tug of War	3:00pm	Coffee Coolata
1:30pm	Water Balloon Hot Potato	2:00pm	Concierge Surprise	1:30pm	Dolphin Dive	2:00pm	Strawberry Milkshakes	1:30pm	Beach Relay Race	2:00pm	Strawberry Milkshakes	3:00pm	Good Neighbor Kitchen -Cooking Demonstration Located by the Herb Garden
2:00pm	Lemon Squeezed Apples	2:30pm	Bingo Scrabble	2:00pm	Fruit Medley	2:30pm	Tug of War	2:00pm	Coffee Coolata	2:30pm	Back to Back Race	3:30pm	Hula Hoop Contest
2:30pm	Invisi-Bottle	3:00pm	Fruit Medley	2:30pm	Ball Hug Relay	3:00pm	Concierge Surprise	2:30pm	Fill the Bucket Relay	3:00pm	Chilled Orange Slices	5:30pm	Speakeasy Reception - Maritana Grille
3:00pm	Seasonal Snacks	3:30pm	Water Balloon Toss	3:00pm	Coffee Coolata	3:30pm	Duck Splash	3:00pm	Lemon Squeezed Apples	3:00pm	Let's Get Tasted – Lobby Bar		
3:30pm	Token Dive	5:30pm	Speakeasy Reception - Maritana Grille	3:30pm	Water Balloon Toss	5:30pm	Speakeasy Reception - Maritana Grille	3:00pm	Let's Get Tasted – Lobby Bar				
4:30pm	Body Pump*			5:00pm	Pump*			3:30pm	Bingo Scramble	3:30pm	Water Balloon Toss		
5:30pm	Water Aerobics	Sunset	Sunset Beach Yoga Begins 1 hour prior to sunset	5:30pm	Speakeasy Reception - Maritana Grille	Sunset	Sunset Beach Yoga Begins 1 hour prior to sunset	Sunset	Dive-In Movie - South Pool	Sunset	Dive-In Movie - South Pool		
5:30pm	Zumba*			6:00pm	Restorative Yoga*			Sunset	Sunset Beach Yoga Begins 1 hour prior to sunset				
5:30pm	Speakeasy Reception - Maritana Grille												

*These classes are held in the Don CeSar Club Exercise Studio on the Garden Level.
NOTE: All activities are subject to change without notice and may be postponed or cancelled due to inclement weather. Meet at the towel stand for all beach and pool Fitness Classes.