


# QUICK REFERENCE GUIDE

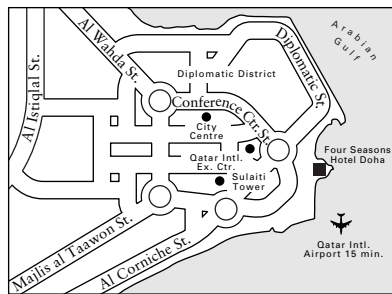


## FOUR SEASONS HOTEL *Doha*

The Corniche  
P.O. Box 24665  
Doha, Qatar  
Telephone: (974) 494 8888  
Fax: (974) 494 8282

[www.fourseasons.com/doha](http://www.fourseasons.com/doha)

 Doha International Airport:  
15 minutes (12 km/7.5 miles)



### PROPERTY

Soaring 18 storeys above the Arabian Gulf, Four Seasons Hotel Doha is the most prominent landmark on the city's sparkling Corniche – and the centre-piece of the prestigious West Bay business and residential complex. With its own beach, stunning views and a full-service, 110-berth marina at its feet, Four Seasons is fashioned to the highest international standards. Capped by two handsome arabesque crowns, the Hotel's neo-classical design blends local materials and influences into a design inspired by Spain's Alhambra. Combining the highest technologies with understated elegance and warmth, Four Seasons introduces a new calibre of intuitive, personalised service to this vibrant city.

### TRANSPORTATION

Doha International Airport is 12 km (7.5 miles) and 15 minutes from the Hotel, and served by many major airlines. Rental cars can be arranged at the airport, as well as through the Concierge at the Hotel. In addition, the Hotel offers a limousine service. Valet parking is available.

### DESTINATION

Strategically located on the Arabian Gulf, the area that is now known as Qatar benefited commercially for centuries from its proximity to the many civilizations that flourished around the Mediterranean region. The State of Qatar became independent in 1971, after years of rule by the Portuguese, the Ottomans and the British. Since the discovery of oil in 1939, Qatar has become a regional economic powerhouse, with one of the world's largest energy reserves. Doha is its dynamic capital; located on Qatar's east coast, it has developed into an exciting centre – culturally and commercially – with growing global connections. The city encompasses a modern seaport, museums, an old fort, many mosques, lively markets and the Corniche – a palm-lined, exquisitely landscaped, seven-km (4.4-mile) promenade fronting the Arabian Gulf.

Conveniently located in the newest section of Doha – which includes the Qatar International Exhibition and Convention Centre, the business district and the diplomatic quarter – Four Seasons Hotel Doha is welcoming and luxurious. It places visitors close to business in the capital, as well as to desert or sea explorations and diversions such as sports, shopping, museums and dining.

The surrounding area offers a wide range of excursions and activities:

#### *Within a 15-minute drive of the Hotel*

- The Qatar National Museum is housed in the old Emir's Palace, which won the prestigious Aga Khan Award for restoration and rehabilitation of Islamic Architecture in 1980. Boasting arched facades and beautifully painted wooden ceilings, the museum's highlights include 200,000-year-old artifacts from the Palaeolithic Age, and collections dedicated to seafaring and traditional celestial navigation methods, Islam, desert life, astronomy, the oil industry and the traditional lifestyle of the Qatari people.
- In the centre of Doha, the Al-Kout Fort – also known as the Doha Fort – is a Moorish-style fort built in the 1880s. It has been converted into a

centre for the display of traditional crafts and paintings.

- The City Centre Mall is the biggest shopping mall in the region, offering world-famous brands and, perfect for families, an ice skating rink and movie theatres.
- Behind the Corniche, Doha's souks are a collection of traditional markets and bazaars that crowd together along narrow winding alleyways. The three main areas are the Old Souk, the New Souk and the Gold Souk – where gold is sold by the gram, based on carat content.
- The Ethnographic Museum – also known as the Wind Tower House – is housed in one of Qatar's few remaining examples of a "wind tower", which is a square tower on the roof that permits the flow of fresh air into the rooms below, a surprisingly effective way to lower temperatures. Built in 1935, the house has been restored to provide a look at life in Qatar before the oil era.
- South of Doha, Al-Wakrah is a busy fishing centre, offering plenty of opportunities to see the fishing dhows in action. In an old fort, the Al-Wakrah Museum features the maritime life and the natural history of the area, as well as fine examples of art and architecture.
- Home of the Qatar Masters PGA tournament, Doha Golf Club offers an 18-hole Championship course, a nine-hole floodlit Academy course and a floodlit driving range. The Golf Academy features a state-of-the-art teaching and practice facility with a multinational team of PGA teaching professionals.

#### *Within a 30-minute drive of the Hotel*

- Al Wajbah Fort is Qatar's oldest fort. A famous battle took place here, in which the Qatari people, led by the then ruler, Sheikh Qasim bin Mohammed Al Thani, defeated the Ottoman force in 1893.
- North of Doha, Umm Salal Mohammed's fort is a relatively small but typical Gulf fort. Nearby, a small mosque with an old minaret has been restored to its original state.

- Umm Salal Ali is famous for its field of old grave mounds, which probably date from the 3rd millennium BC.
- Khor Al-Udeid (“The Inland Sea”), is in the most southeasterly part of the country, and can only be reached by four-wheel drive vehicles. Here, Qatar’s most impressive sand dunes rise as high as 40 metres (131 ft.), and are especially dramatic when viewed at sunrise or sunset. This unique inlet from the Arabian Gulf is popular with divers, bird watchers, naturalists and those who just want to absorb the desert’s majestic beauty.

*Within a 1-hour journey from the Hotel*

- Al-Khor, on the northeast coast, was the centre of the pearl diving industry until the 1940s; today, fishermen still use its traditional harbour. Based in the Old Customs House, the Al-Khor Museum displays historic artifacts from the region.
- Al-Zubara, 100 km (62 miles) north-west of Doha, is an important archaeological site, with ruins of coastal fortifications dating back to the 17th or 18th century and the excavated remains of an ancient city. The fort standing today was built in 1938 by Sheikh Abdullah Bin Jassim Al-Thani, on the ruins of a former fort, and has been converted into a museum to display some of the excavated findings.
- About 110 km (68 miles) from Doha, the Al-Rakiyat Fort was constructed sometime during the 17th and 19th centuries and restored in 1988. Made of mud and stone, this fort, as with many others in Qatar, is shaped as a rectangle with four corner towers – typical of the Gulf’s military architectural style.
- In Al Jassasiya, a series of low rocky outcrops, overlooking the north-eastern coast, bear hundreds of scattered engravings – some thought to date back to prehistoric times. Known for its fine beaches, Al-Jassasiya and its neighbour, Furwairat, are popular for weekend excursions.
- On Qatar’s west coast, 15 km (9 miles) north of Dukhan, the ancient Murwab Fort was built during the 14th century AD.

*Seasonal Activities and Events*

- A reflection, perhaps, of their one-time dependence on the sea for their livelihood, Qataris enjoy both sailing and watching sailing races, from Doha’s Corniche. One of the most popular races is the traditional boat race, in dhows.
- Camel racing is one of Qatar’s favourite, and most exciting, sports. One of the most prestigious races is the Challenge Race, which features the best riders from throughout the region.
- Arabs in the Arabian Gulf region have practised falconry for close to 2000 years, and it is still a popular sport among the wealthy throughout the winter. Special falconry fairs are held to display their skills.

CLIMATE

Qatar enjoys days full of sun and clear, star-filled night skies throughout the year.

Month	Highs		Lows	
January	20°C	69°F	13°C	67°F
February	21	71	15	59
March	25	78	17	64
April	31	88	21	71
May	37	99	26	80
June	40	104	28	84
July	40	104	30	86
August	39	103	30	87
September	37	99	28	83
October	33	93	25	77
November	28	83	20	69
December	23	74	16	61

GUEST ROOMS AND SUITES

The Hotel’s 232 guest rooms, including 57 suites, are the most luxurious guest accommodations in the city. Located on the 3rd to 18th floors, each room and suite combines homelike comfort with an exclusive ambience, accentuated by expansive views of the Corniche and the Arabian Gulf from windows and private step-out balconies. An exceptionally wide range of suites caters to the varying requirements of individual guests, vacationing families, high-ranking dignitaries and heads of state.

Each room has a king or two twin beds. Standard amenities include high-speed Internet access, a DVD/CD player concealed in a handsome armoire, direct dial, dual-line telephones, in-room safe

and fully stocked refreshment station. A separate work area allows guests to remain productive, with an executive desk and up-to-the-minute technology. The ensuite marble bathrooms are bright and spacious, with Four Seasons signature features – deep-soaking tub with separate glass-walled shower, large vanity and WC with telephone in a separate alcove, terry robes, hair dryer and fine toiletries.

*Standard, Deluxe and Premier Rooms*

Located on the 3rd to 17th floors, these rooms measure a generous 44 m<sup>2</sup> (474 sq. ft.). Their floor-to-ceiling windows and step-out balconies offer delightful views over the city and the Arabian Gulf. The décor is welcoming and residential.

*Four Seasons Executive Suites and Deluxe Four Seasons Executive Suites*

These elegant suites, enhanced by French Empire-style furnishings, offer a variety of inviting views of the city and the Arabian Gulf. Measuring a spacious 72 m<sup>2</sup> (775 sq. ft.), they are well suited for informal meetings or in-room entertaining. The king bedroom is completely separated from the living room, which is furnished with a sofa bed and comfortable armchairs. Both the living room and the bedroom lead out on to step-out balconies, and each room has a 42" plasma television. The bedroom also features a walk-in closet and the marble bathroom features a double vanity.

*Ambassador Suites*

Overlooking the Arabian Gulf, these spacious suites measure 79 m<sup>2</sup> (850 sq. ft.), with a king bedroom. The elegant décor includes French Empire-style furnishings and George IV ceiling light fittings. Perfect for guests travelling on business, these luxurious suites lend themselves to privacy for work or relaxation. The large living room features a wet bar, a dining area for two, a sofa bed, a fax machine and an adjacent guest powder room. The bedroom has a 42" plasma television, a walk-in closet and en-suite marble bathroom with a double vanity. The living room and bedroom each has its own step-out balcony. These suites are convertible into a two-bedroom suite with the addition of Premier twin room.

**Gulf Suites**

These elegant and comfortably furnished suites, measuring 132 m<sup>2</sup> (1,421 sq. ft.), have a welcoming, residential feel, with French Empire furnishings. With unrivalled views over the Arabian Gulf from the 9th and 10th floors, they feature a large living room and a dining area for up to six guests. For ease of private dining, a separate pantry – directly accessible from the corridor for catering – is equipped with a cooking range, oven, fridge, microwave and dishwasher. There is one large king bedroom with a full marble bathroom and a powder room for guests off the entrance foyer. Both the bedroom and living room lead onto their own step-out balconies. A Gulf Suite may be connected to a Premier king room to create a two-bedroom suite.

**West Bay Two- and Three-Bedroom Suites**

Situated on the 17th and 18th floors, sharing one of the Hotel's crowned turrets, these two duplex suites measure 208 m<sup>2</sup> (2,239 sq. ft.) and 308 m<sup>2</sup> (3,315 sq. ft.) respectively. Ideal for executive or family travel, each suite is designed on a grand scale, with a regal reception area, an extensive outdoor terrace off the living room, individual step-out terraces from the dining room, study and guest bedrooms, dining for six with a large corridor-accessible pantry, an office and a powder room on the first floor. The living room and all bedrooms – which are located on the suites' second floors – feature a 42" plasma television. Both master bedrooms have a king bed and a dressing room.

**State Suites**

Measuring 260 m<sup>2</sup> (2,799 sq. ft.), the five elegant State Suites offer panoramic views over the city and the Arabian Gulf from the Hotel's upper floors. Their exceptional amenities for executive or family travel include an oversized living area with a grand piano, a separate dining room that seats up to 10 guests with large corridor-accessed, fully equipped pantry, private office space and a guest powder room. The living room and both bedrooms each offer a 42" plasma screen television. The master bedroom features a king bed, a dressing room and its own marble

bathroom. The second bedroom has twin beds and there is an option to connect to a third bedroom, to create a 304-m<sup>2</sup> (3,272-sq. ft.) three-bedroom suite.

**Royal Suite**

A palatial two-level private residence on the 17th and 18th floors of the Hotel's other turret, the Royal Suite measures 484 m<sup>2</sup> (5,210 sq. ft.) and offers glorious 360-degree views of Doha. With two king bedrooms on the upper floor, the suite fosters a unique sense of exclusivity and serenity. The lavish décor of elegant furnishings and specially commissioned modern art is backdropped by an exquisite mix of rustic blues and yellows and 3.6-m (12-ft.) ceilings. The suite's lower floor features an oversized living room, a dining room – for 14 guests – with vaulted ceilings, pantry, guest waiting room, private office and a powder room. Each bedroom has its own private terrace; a large dressing room is adjacent to the master bedroom. A private elevator links the two floors.

**IN-ROOM/SUITE AMENITIES**

- 100% cotton oversized bath towels
- CD and DVD players
- Complimentary toiletries
- Down duvets and pillows
- Fax hook-up
- Fully stocked private bar
- Hair dryer
- In-room safe
- Make-up/shaving mirror
- Non-allergenic foam pillows available
- Thick terry towel bathrobes
- Twice-daily housekeeping service
- 42" plasma screens in Suites

**GUEST SERVICES AND FACILITIES**

- 24-hour In-Room Dining
- 24-hour laundry/dry-cleaning
- 24-hour multilingual concierge service
- Complimentary overnight shoeshine
- Express check-in and check-out
- Gift shop
- Kids For All Seasons programme
- Non-smoking rooms
- One-hour pressing
- On-site car rental
- Salon services
- Valet parking
- Wheel-chair accessible rooms

**WELCOME AMENITIES AND VIP GIFTS**

Special arrangements can be made for clients to purchase welcome amenities for their VIP guests. Catering Conference Services will be happy to assist in these arrangements.

**FOOD & BEVERAGE**

Introducing new standards in service and gastronomy, Four Seasons Hotel Doha is the city's preferred destination for fine dining. In addition to indoor and terrace seating overlooking the water, the Hotel offers an inspiring selection of international cuisine, from contemporary to classical, including traditional afternoon teas and a thoughtfully chosen list of popular vintages. The imaginative menus are superbly executed and presented with Four Seasons flair in the Hotel's seven restaurants and lounges, In-Room Dining (available 24 hours a day) and for banquets and special events.

**RESTAURANTS*****Brasserie on the Beach***

With its private conversation nooks, Brasserie on the Beach is perfect for breakfast, lunch and dinner. Infused with a warm, informal elegance, it features an all-day French menu – with Middle Eastern influences – accented by a wood-burning oven in the open kitchen. The cold buffet offers an innovative wide range of Lebanese Mezza along with popular regional dishes. A children's menu is also available. Seats 130 inside, 42 outside.

***Il Teatro***

The luxurious, tranquil ambience combined with fine contemporary Italian cuisine ensures Il Teatro's place as Doha's restaurant of choice for dinner and special occasions. Drawing inspiration from the best food traditions across Italy, dishes are prepared with the freshest possible produce, it offers guests a unique dining experience – backed by an excellent selection of Italian wines. Open for lunch and dinner, Il Teatro also offers the seclusion of the private dining room for 12. Seats 80 inside, 40 outside.

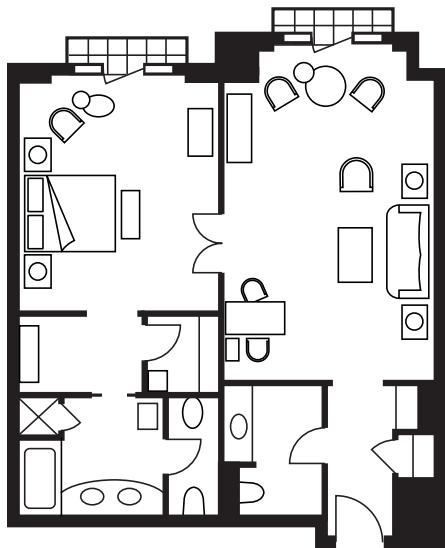


STATE SUITE

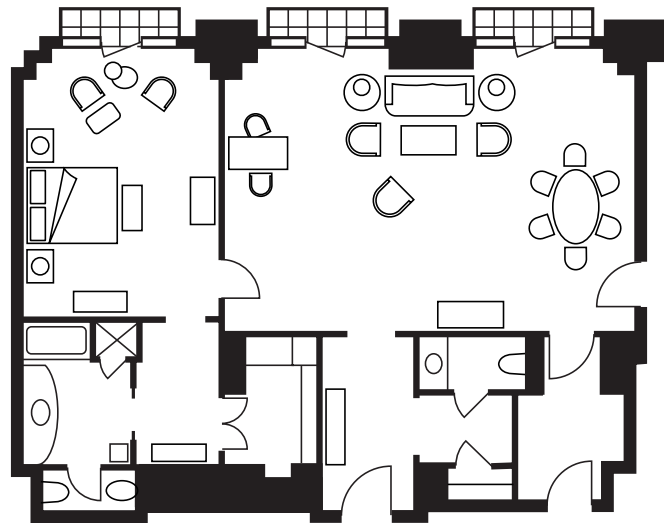
FOUR SEASONS EXECUTIVE SUITE

STANDARD ROOM

Guest Room Inventory					
Room	Number		Size		Special Features
	King	Twin	(m <sup>2</sup> )	(sq. ft.)	
Standard Rooms King	18	2	44	474	An assortment of views over Doha and the Arabian Gulf, located on the 3rd and 4th floors
Deluxe Rooms	23	2	44	474	Located on the 3rd to 8th floors, some with unobstructed Gulf views
Premier Rooms	113	17	44	474	Located on the 4th to 17th floors, with a variety of city and Gulf views
Four Seasons Executive Suites – King	13		72	775	City view, with side view over Gulf; 42" plasma screen televisions in living room and bedroom
Deluxe Four Seasons Executive Suites	13		72	775	Unobstructed Gulf views
Ambassador Suites	21		79	850	Extra spacious; full Gulf views; French Empire-style furnishings; convertible into a two-bedroom suite
Gulf Suites	2		132	1,421	Unrivalled views of the Gulf; large living room; dining for six, with a separate pantry; convertible into a two-bedroom suite
West Bay Two-Bedroom Suite	1		208	2,239	Duplex suite on top floor, sharing one of the Hotel's turrets; ideal for executive or family; regal and expansive, with dining for six
West Bay Three-Bedroom Suite	1		308	3,315	As above, with a third, twin-bedded room
State Suites	5		260	2,799	Supremely elegant two-bedroom suite with panoramic views of city and Arabian Gulf; grand piano in oversized living room; dining for 10; convertible to a 3-bedroom suite
Royal Suite	1		484	5,210	A lavish, two-level private residence with 360-degree views; over-size living room and dining for 14; guest waiting room and private office; private elevator to upper level and two king bedrooms
<b>Total</b>	<b>232</b>				



AMBASSADOR SUITE



GULF SUITE

**Seasons Tea Lounge**

Offering the city’s premier address for social and intimate gatherings, Seasons Tea Lounge is perfect for socialising pre- or post-dinner, or for relaxing after a day of business meetings. Its light fare includes a wide range of specialty coffees and teas, Arabic sweets or cocktails, traditional English afternoon teas and a late night dessert buffet. The Lounge’s cosy tranquillity – in contrast to the bustle of the lobby – is enhanced by rich wood panelling, a profusion of easy chairs and sofas, and inspiring views of the Arabian Gulf. A harpist or pianist entertains during the service of afternoon tea. Seats 66.

**The Library Bar and Cigar Lounge**

Adjacent to the Lobby, the elegantly casual Library Bar and Cigar Lounge is a place to unwind over pre-dinner or late night drinks. Popular with local residents as well as Hotel guests, the club-like bar offers an imaginative selection of cocktails, single malts, wines and Champagnes by the glass, Spanish *tapas* and lovely Gulf views. Premium cigars may be enjoyed in the Cigar Lounge. Live entertainment includes a harpist, a pianist and a jazz trio. Seats 36, with 5 at the bar and 17 in the Cigar Lounge.

**Pool Grill**

Overlooking the pool and the vast expanse of the Arabian Gulf, the Pool Grill offers a sanctuary for unwinding, alfresco. Guests relax over refreshing cocktails, casual Asian favourites, table top grills and inspired pool-side light fare. A children’s menu is also available. Seats 48.

**Arabica**

Located around the fountain in the Hotel’s lower lobby, Arabica serves flavourful specialty coffees, including a selection of delectable signature coffees. Seats 32, including 5 bar seats.

**Après Spa Café**

Within the Spa and Wellness Centre, the Après Spa Café is a tranquil spot to refresh and recharge after a workout. Guests enjoy inspiring views of the Arabian Gulf and a simple menu, prepared with the freshest of ingredients. Favourites include a delicious selection of energizing drinks and healthy juice combinations. Seats 28 indoors and 16 outdoors.

**Food and Beverage Hours of Operation**

**Brasserie on the Beach**

Breakfast	6:30 am – 11:00 am
Lunch Buffet	Noon – 3:00 pm
Lunch à la carte	Noon – 5:00 pm
Friday Brunch	11:30 am – 4:00 pm
Dinner Buffet	6:30 pm – 10:00 pm
Dinner à la carte	6:00 pm – midnight

**Il Teatro**

Lunch	Noon – 3:00 pm
Dinner	6:30 pm – midnight

**Seasons Tea Lounge**

	8:00 am – midnight
Afternoon Tea	3:00 pm – 6:00 pm

**The Library Bar and Cigar Lounge**

	5:00 pm – 2:00 am
Tapas Menu	5:00 pm – midnight

**Pool Grill**

Lunch	11:00 am – 5:00 pm
Beverage Service	9:00 am – 5:00 pm

**Arabica**

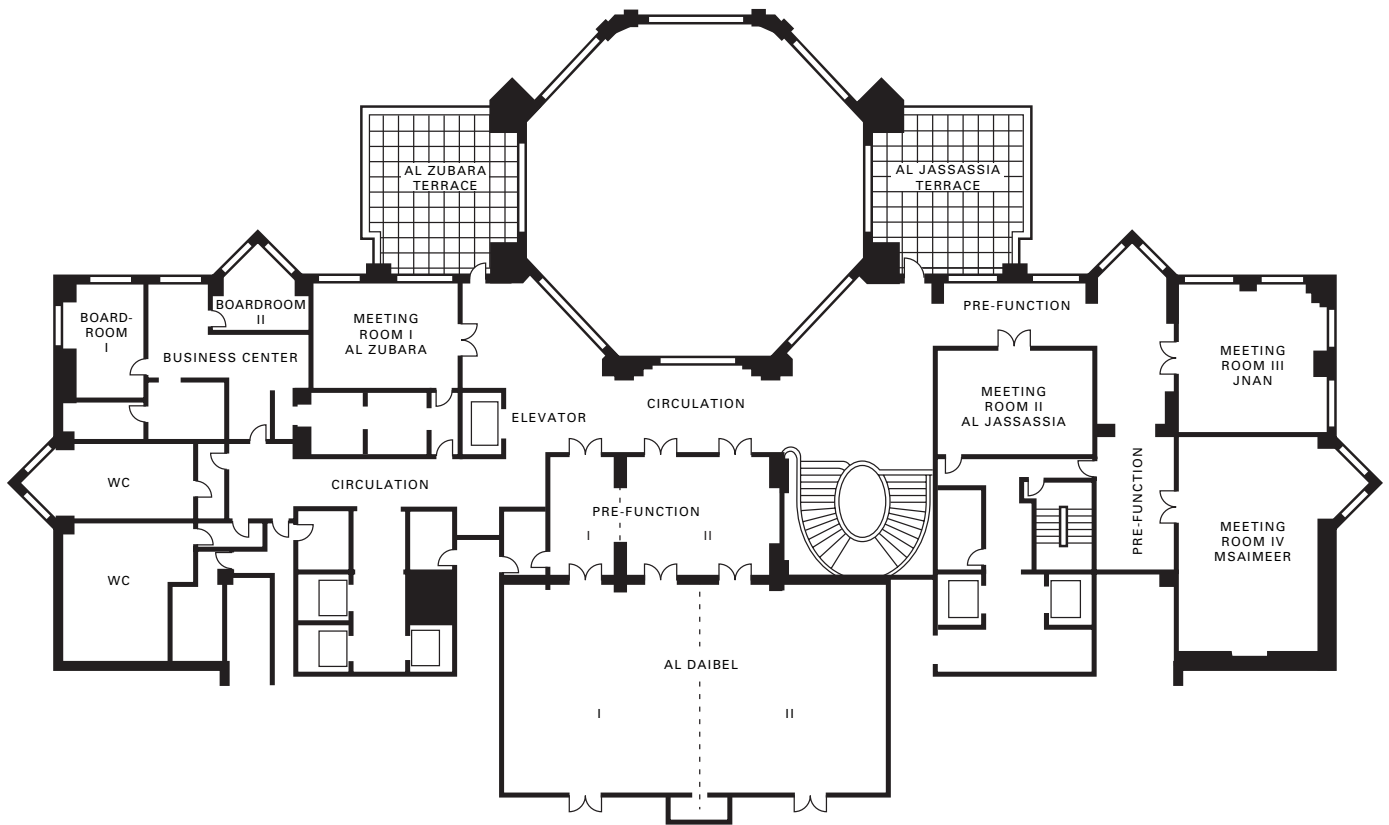
10:00 am – 10:00 pm

**Après Spa Café**

8:00 am – 10:00 pm

**In-Room Dining**

24 hours a day



#### CONFERENCE AND BANQUET FACILITIES

Equipped to entertain technologically demanding business meetings as comfortably as the grandest of galas, the city's finest meeting and function venues include 1,670 m<sup>2</sup> (17,980 sq. ft.) of residential-style indoor space. The sumptuous décor includes wall panels of silk or rich oak wood, chandeliers, silk drapes, decorative mirrors and European-style consoles. Four Seasons Hotel Doha is able to host a wide range of events, from small meetings to large conferences and society weddings – for groups from 15 to 700 people.

The spectacular grandeur of the 758-m<sup>2</sup> (8,156-sq. ft.) Al Mirqab Ballroom sets it apart: accented by rich marble and granite, it features 7.3-m (24-ft.) ceilings, and a handsome marble entrance that defines the elegant formality of the space. The Ballroom is divisible into three intimate rooms, each with individual access from the lobby or through a private VIP entrance, and will accommodate up to 700 for a reception or 500 for a dinner.

Ideal for wedding receptions, the Ballroom opens into a large pre-function area – also divisible into three – which lends itself to receiving lines or group registration and coffee breaks. It

opens onto a large 751-m<sup>2</sup> (8,086 sq. ft.) outdoor terrace with an entrancing view of the Arabian Gulf.

Every event enjoys unparalleled levels of cuisine and service, with experienced Four Seasons support always on hand, ready to respond promptly to every need.

#### Technical Assistance

An on-site technical team is dedicated to looking after the needs of every function. All meeting space at the Hotel is fully equipped to support the most demanding presentation and communication requirements, with advanced lighting, AV and staging capabilities, telecommunications and electrical hook ups.

#### Electrical Outlets

Telecommunications and electrical hook-ups are designed to meet or exceed industry standards. Local voltage is 110 to 220v. Adapters are available through the Concierge.

#### MUSIC AND ENTERTAINMENT

Catering Conference Service specialists can arrange music and entertainment to complement any part of your function or event. From classical and jazz, we will be able to meet your needs.

#### RECEIVING/MAINTENANCE

##### Receiving

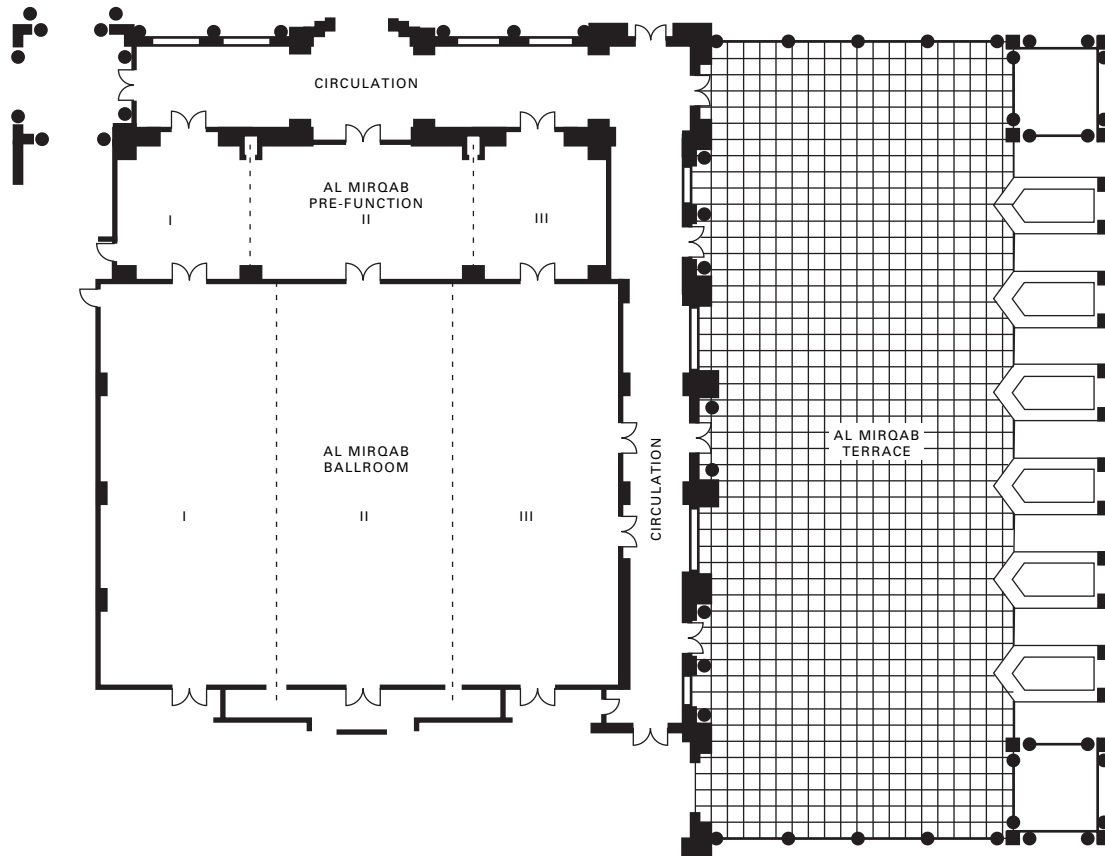
Special arrangements for the delivery of oversized packages or environmentally sensitive equipment should be made through the Conference Services Manager.

##### Maintenance

The Engineering Department is available 24 hours a day for general assistance with lighting, room temperature control and minor repairs.

#### BUSINESS SERVICES

Located on the Hotel's second floor, the Business Centre's proximity to meeting rooms ensures that secretarial and business support is readily available. In addition to two private boardrooms that will accommodate meetings of up to 8 people, the Business Centre offers computers, printers, a scanner, high-speed Internet access and photocopying and faxing facilities. Together with the multilingual Concierge service, it provides business services that meet the round-the-clock needs of busy guests.



Room	Dimensions (m)	Size		Ht. (m)	CAPACITIES					
		(m <sup>2</sup> )	(sq. ft.)		Reception	Banquet	Theatre	Classroom	Hollow Square	U- Shape
Al Mirqab Ballroom	24.0 x 31.6	758	8,156	7.3	700	500	600	350	120	110
Al Mirqab I	10.4 x 24	250	2,692	7.3	230	150	180	110	40	35
Al Mirqab II	10.7 x 24	258	2,772	7.3	230	150	180	110	40	35
Al Mirqab III	10.4 x 24	250	2,692	7.3	230	150	180	110	40	35
Al Mirqab Pre-function	8.9 x 30.3	270	2,907	4	250	-	-	-	-	-
Al Mirqab Pre-function I	8.4 x 8.9	74	802	4	65	-	-	-	-	-
Al Mirqab Pre-function II	8.9 x 13.6	121	1,303	4	110	-	-	-	-	-
Al Mirqab Pre-function III	8.4 x 8.9	74	802	4	65	-	-	-	-	-
Al Mirqab Terrace	16.6 x 45.2	751	8,086	-	700	500	-	-	-	-
Al Daibel	11.8 x 22.5	265	2,858	3.9	245	175	210	120	44	40
Al Daibel I	11.2 x 11.8	133	1,429	3.9	120	85	100	55	24	20
Al Daibel II	11.2 x 11.8	133	1,429	3.9	120	85	100	55	24	20
Al Daibel Pre-function	7.1 x 13.7	97	1,043	3.9	85	-	-	-	-	-
Al Daibel Pre-function I	4.6 x 7.1	32	348	3.9	25	-	-	-	-	-
Al Daibel Pre-function II	7.1 x 9.1	65	695	3.9	55	-	-	-	-	-
Meeting Room I – Al Zubara	5.9 x 8.5	50	540	3.5	45	30	40	20	18	15
Meeting Room II – Al Jassassia	6.2 x 8.7	54	583	3.5	45	30	40	20	18	15
Meeting Room III – Jnan	8.4 x 8.8	74	796	3.5	65	48	60	32	22	19
Meeting Room IV – Msaimeer	8.0 x 12.9	102	1,102	3.5	90	60	80	44	26	23
Boardroom I	4.2 x 6.9	29	312	3.5	-	-	-	-	-	-
Boardroom II	4.9 x 5.3	26	276	3.5	-	-	-	-	-	-

1 m = 3.2808 ft. 1 m<sup>2</sup> = 10.7639 sq. ft.

## SPOUSE PROGRAMS

The Hotel offers a variety of activities that will interest the spouses of meeting participants. The Concierge will provide detailed information on specially tailored spouse programs.

*On-site*

- Customised spa experience
- Cooking with the Masters – workshops with a Four Seasons chef
- Personal tennis training

*Off-site*

- Dune buggy tours at Khor Al Udeid
- Shopping tours in the elegant City Centre or Landmark Mall
- Guided tours of mosques and forts
- Golfing at the Doha Golf Club
- City tours including the dhow harbour, the Old Souq, the Equestrian Club and the Falcon Market

## CHILDREN'S AND FAMILY PROGRAMMES

Four Seasons Hotel Doha offers a perfect base for families visiting the area and always extends an especially warm welcome to its young guests, beginning with milk and cookies on arrival. Complimentary cribs, bottles and rollaway beds are available upon request. Children's menus and colouring books and crayons are available in all the restaurants; In-Room Dining features a children's menu as well.

*Complimentary Activities*

Children aged from three to ten may take advantage of the *Kids for all Seasons* programme, available daily from 9:00 am to 4:00 pm. In addition, the Concierge will help children and their parents with activities to create special memories for the entire family – from making reservations for a family dinner to suggesting outings to places as diverse as Palm Tree Island, the Wind Tower House, Qatar's National Museum or the City Centre Mall, and arranging for a babysitter.

## RECREATIONAL FACILITIES

*On-Site**Spa and Wellness Centre*

Spanning three elegant storeys, the luxurious Spa & Wellness Centre offers tranquil surroundings, intuitive care and an integrated, holistic approach to each guest's well-being. From 9:00 am to 9:00 pm, the Hotel's guests enjoy an enticing range of massage and spa treatments and exquisitely pampering body wraps, inspired by cultures and philosophies from around the world. Promoting relaxation, invigoration and renewal, the luxurious facilities comprise eleven elegant treatment rooms, including two private suites for couples, a colour-therapy room, a hydrotherapy pool, a Kneipp foot bath, a Roman-style Laconium dry sauna and a meditation room. A private, deluxe suite for two includes its own steam room, plunge pool, Swiss shower and relaxation area. A salon offers expert hair styling and beauty services.

*Fitness Centre*

Guests enjoy unlimited access to the aerobics studio, cardiovascular and weight training areas, two indoor squash courts, hydrotherapy pool and resistance pools. The cardiovascular equipment is equipped with individual audiovisual monitors and wireless headsets. The men's and women's lounge areas each offer sauna, steam, cold and warm plunge pools, Swiss shower and ice room. Open daily from 6:00 am to 11:00 pm, certified multilingual trainers are on hand to help guests get the most out of their workout, and a variety of complimentary fitness classes are offered. After their workout, guests may relax in the *Après Spa* café. The Club's state-of-the-art equipment includes:

- free weights
- treadmills
- elliptical cross trainers
- life cycles

*Beach and Pool*

The Hotel's private beach, with its striking crenellated beach towers – together with the lively marina and the adjoining three-level beachfront rock grotto pool, provides a unique resort-like ambience for guests to enjoy. Within a luxuriant garden oasis, the pool area features an expansive pool deck, whirlpools and water features, shaded lounge seating, private cabanas, swimming pool and a separate children's pool and play area. Attendants at poolside and on the full-service beach are ready to assist, by providing a spritz of cooling water and fresh towels.

*Tennis*

Tennis enthusiasts appreciate the two outdoor Har-Tru courts, which are lit for night play. Private lessons may be arranged. Racquets and tennis balls are available from the Club reception.

*Off-Site**Golf*

Guests may play at Doha Golf Club, with its 18-hole championship course that hosts the PGA European Tour event and Qatar Masters, a 10-minute drive from the Hotel. Preferred tee times may be booked at the Concierge.