Hi there!

Thanks for downloading this sneak peek of PassPorter’s Open Mouse for Walt Disney World and the Disney Cruise Line guidebook. Inside you’ll find 40 genuine sample pages, straight from the master files. Here is a list of what we’ve included:

- Praise and What’s New pages
- Title and copyright page (oh boy!)
- About the Authors/Peer Reviewers
- Table of Contents (three pages)
- Letter from the Publishers
- Introduction to Planning Your Special Adventure (from Chapter 1)
- The Disney Parks and the Disney Cruise Line (from Chapter 1)
- Your Special Travel Challenge (from Ch. 2)
- What We Cover (from Chapter 2)
- Guest Assistance Card page #1 (from Ch. 2)
- Allergies and Asthma page #1 (from Ch. 2)
- Autism Spectrum Disorders page #2
- Hearing page #3
- Is There a Doctor in the House? (from Ch. 2)
- Mobility page #2 (from Chapter 2)
- IN FOCUS: Traveling With a Vision Impairment (from Chapter 2)
- Getting There and Back! (from Chapter 3)
- Reader Tips and Stories (from Chapter 3)
- Making Special Reservations (from Ch. 4)
- All-Star Resorts page #4 (from Chapter 4)
- Pop Century page #3 (from Chapter 4)
- Yacht & Beach Club page #1 (from Ch. 4)
- Special Requirements on the Disney Cruise Line page #1 (from Chapter 4)
- Touring the Parks Intro (from Chapter 5)
- Attraction Seating Types (from Chapter 5)
- Magic Kingdom map page #1 (from Ch. 5)
- Finding Your Place at Disney-MGM Studios (from Chapter 5)
- Charting the Attractions in the Sunset Boulevard Area (from Chapter 5)
- Understanding and Using the Eatery Descriptions and Ratings (from Chapter 6)
- Magic Kingdom eateries page #3 (from Ch. 6)
- Resources page #2 (from Chapter 7)

We’ve provided a sample from each chapter, as well as samples of each type of page found in the field guide (text, worksheet, diagram, photo, etc.) We should note that these are only samples and the pages are out of context, so information is naturally missing. Please also keep in mind that the quality in this file is lower than that of the actual book, as we needed to keep this file small for downloading. The photos are particularly low in quality, but rest assured they look much better in print.

We encourage you to learn more about the PassPorter’s Open Mouse guide at http://www.passporter.com/wdw/openmouse/guidebook.asp.

If you have any questions, e-mail us at openmouse@passporter.com.

HOT TIP:
Order PassPorter’s Open Mouse at 20-30% Off! See details on the next page.
How to Get Your Own Copy

You can find PassPorter’s Open Mouse guidebook in three general places once it is released in September 2007.

1. Direct at http://www.passporter.com/wdw/openmouse/guidebook.asp or call toll-free 1-877-929-3273. This is the fastest and usually least expensive way to obtain a copy, plus you get personal service from the authors! Use the code “peek” to get 20% off the field guide! If you already have a copy of PassPorter, you can register it to receive a 30% discount off the list price! Register at http://www.passporter.com/register.asp.

2. Online at Internet booksellers like Amazon.com, BarnesAndNoble.com, and Borders.com. Every online bookstore carries PassPorters. Books will be available here 2–4 weeks after they are released at the passporter.com web site mentioned above.

3. Offline at your local bookstore—look in the travel/cruising section. If for some reason you don’t see it on the shelf, you can usually special order it for free. The ISBNs for PassPorter’s Open Mouse are 1-58771-048-X (ISBN-10) or 978-1-58771-048-3 (ISBN-13). Guidebooks will be available at bookstores about 2–4 weeks after they are released at the passporter.com web site mentioned above.

PassPorter’s Open Mouse for Walt Disney World and the Disney Cruise Line
Easy-Access Vacations for Travelers with Extra Challenges
by Deb Wills and Debra Martin Koma

• 448 pages
• Includes photos, maps, charts, and worksheets
• Covers 24 special challenge categories
• Award-winning!
# Praise for Open Mouse

[Passporter’s Open Mouse] is the ultimate sourcebook for Disney World visitors with unique problems and needs. Well organized and crisply written, the comprehensive volume covers everything from the needs of nursing mothers to disabled access to autism. Almost anyone with a special need will find both understanding and excellent advice between the covers of this landmark work.

— Bob Sehlinger
Author of “The Unofficial Guide to Walt Disney World”

<table>
<thead>
<tr>
<th>Amazingly insightful and encouragingly helpful ... delves into a huge gamut of special needs. A must-have for special needs guests visiting Walt Disney World!</th>
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<tr>
<th>[Open Mouse] is the de facto encyclopedia on special needs at Disney World and it is unlikely that their achievement will ever be duplicated, let alone surpassed.</th>
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<tr>
<td>— Kelly Monaghan, Intrepid Traveler (<a href="http://www.intrepidtraveler.com">http://www.intrepidtraveler.com</a>)</td>
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<tr>
<th>SO INFORMATIVE! You didn’t miss a thing, covering every “special need” imaginable. Thank you!!</th>
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<td>— Nancy Buchieri in Georgia</td>
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<th>I love this book because it has made me feel comfortable knowing how to navigate dining in the World with my severely food allergic children.</th>
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<td>— Kerri Woolbert in Massachusetts</td>
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<th>I have never seen such a comprehensive guide for travelers with special challenges before. Thank you for such a thorough investigative guide!</th>
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<td>— Lynn Carruthers in Michigan</td>
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<tr>
<th>You covered just about every possibility and that is very comforting for families with special needs kids. This was an excellent investment and a great help to us.</th>
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<td>— Kelli W. in Maryland</td>
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Benjamin Franklin Award Finalist and ForeWord Book of the Year Award Finalist
What’s New in This Edition

Major Enhancements:

✓ More than 25 brand new pages filled with valuable information, advice, details, reviews, ratings, and photos.
✓ More photos than our previous edition—many of which include the Open Mouse authors and peer reviewers in the picture, too!
✓ “IN FOCUS” profiles offer a closer look at Disney vacationers with a variety of special challenges.
✓ New section on epilepsy available in the Ongoing Medical Treatment section.
✓ Expanded section on diabetes also available in the Ongoing Medical Treatment section.
✓ Enhanced information for the vision-impaired, including helpful Boarding Tips.
✓ New Attraction Seating Charts for the Magic Kingdom, Epcot, Disney-MGM Studios, and Disney’s Animal Kingdom attractions.
✓ Expanded attraction charts for all parks.
✓ “Queue-Tip!” activities from The Disney Queue Line Survival Guidebook for passing the time while waiting in line.
✓ More tips from our peer reviewers for a wider variety of perspectives and experiences.
✓ Smoking areas marked on all resort maps now that Disney resorts have all nonsmoking guest rooms.

Fun Features and Information:

✓ Thousands of small tweaks to further improve our guide.
✓ Current rates, prices, dates, and photos.
✓ Expanded index to make it easier to find things.
✓ More new reader tips, magical memories, and stories.
✓ New peer reviewers to ensure accuracy and thoroughness.

Visit http://www.passporter.com/wdw/openmouse/guidebook.htm for a complete list of what’s new and changed in this edition!
Deb Wills saw Walt Disney hosting his Sunday evening “Wonderful World of Color” television show and promptly fell under the spell of the Disney magic. As a child, she visited the 1964–65 World’s Fair in New York and enjoyed the original debuts of attractions like It’s a Small World and the GE Carousel of Progress. Her first visit to the Magic Kingdom in 1972 signaled the start of a life-long relationship with the popular vacation resort. After she graduated from college, Deb made many repeat visits to Walt Disney World and the Fort Wilderness Campground in her capacity as a rehabilitation assistant with a vacation travel program for special needs adults. Since then, Deb has paid countless visits to the “World” and has sailed on the Disney Cruise Line 13 times. More than 11 years ago, she began the independent Disney Travel Guide web site known as AllEars.net, and in 1999, began publishing ALL EARS®, a weekly electronic newsletter that goes to more than 86,000 subscribers. When PassPorter publishers Jennifer and Dave Marx approached her with the idea of co-authoring a book about traveling to Walt Disney World with special needs, Deb jumped at the opportunity, realizing that it was the perfect link between her past and present interests. Deb has been a peer reviewer of the award-winning PassPorter’s Walt Disney World guidebook series since 2000 and in 2004 joined the review group for PassPorter’s Disney Cruise Line and Its Ports of Call. As a breast cancer survivor, she is active in raising funds and awareness through the Avon Breast Cancer Crusade and Susan G. Komen Foundation. A native of New Jersey, Deb now resides in the Washington, D.C., suburbs.

Debra Martin Koma, a freelance writer and editor, fell in love with Walt Disney World on her first visit there—as an adult. She’s returned to her Laughing Place more than 40 times in the ensuing years, enjoying new and exciting experiences with every visit. For the past eight years, she has enthusiastically shared her passion with others as Senior Editor of Deb Wills’ web site AllEars.net and the weekly electronic newsletter ALL EARS®, writing in-depth reports on a variety of subjects, including the Epcot International Food and Wine Festival, Disney restaurants and resorts, and overlooked attractions in the theme parks. Debra, who has written for many local and national publications, has also been a peer reviewer of PassPorter’s Walt Disney World guidebook since 2001. Through her work with PassPorter and AllEars.net, Debra has helped “share the magic” with hundreds of thousands of people. Having grown up with siblings who had a variety of health issues, Debra eagerly signed on when Jennifer and Dave approached her about writing this book, seeing it as a chance to spread a little pixie dust to people who face special challenges when traveling. A native of Pittsburgh, Debra currently resides in Northern Virginia, just outside Washington, D.C., with husband Brian, teenage son Alex, and furry, four-legged son, Dexter.
PassPorter Peer Reviewer Team

Our Expert Peer Reviewers—These experts—each with their own experience with special needs—painstakingly checked our text to ensure PassPorter’s accuracy, readability, and thoroughness. Thank you for helping to make PassPorter the best it can be!

Sandra Bostwick is an occupational therapist, college professor, lecturer, and writer. Her educational consulting and coaching practice helps people with challenges excel. She visits Walt Disney World yearly for pixie dust refills.

Kimberly Button is a former Disney cast member and Disney Cruise crew member and author of The Disney Queue Line Survival Guidebook. She has chronic fatigue syndrome, fibromyalgia, chemical sensitivities and food allergies.

Dianne Cook is an RN and a Certified Diabetes Educator, working in a hospital setting for 25 years. Married to Tom for 24 years; they have two boys, Andrew (16) and Matthew (14), and have visited Walt Disney World 28 times.

Bonny June Eby is a 37-year-old woman with multiple autoimmune diseases. She visits Disney World at least twice a week. She is also mom to a 6-year-old with autism, epilepsy, a feeding tube, cerebral palsy, and other special needs.

Lydia Economou has loved Walt Disney World since her first trip with roommates after college. She is married with three children: Nicholas, Andrew, and Sophia. Her son, Andrew, is lactose intolerant and has asthma.

Melanie Emmons has struggled with obesity all of her life and has lost about 100 pounds since having lap-band surgery. Her first trip to Disney World was her honeymoon (with her 6’7” husband), and she’s returned at least 20 times.

Joanne and Tim Ernest are veterans of more than 20 trips to Walt Disney World and three Disney cruises and are PassPorter moderators. For the past 5 1/2 years, Joanne has suffered from acute peripheral neuropathy.

Betsy Hicks is a diet counselor and co-owner of Pathways Medical and Holistic Health Center. Her 14-year-old son, Joey, has autism and dietary challenges. Disney has been a yearly part of his therapy for the past five years.

LauraBelle Hime is a PassPorter moderator and the proud owner of annual passes for the last four years. She enjoys touring despite painful fibromyalgia, but the biggest challenge has been her granddaughter Alexis’ many allergies.

Michelle Hohmann has traveled to Disney World and sailed Disney Cruise Line numerous times with her teen daughter, who was diagnosed with ADHD and Asperger’s syndrome. She is co-owner of a cruise specialty travel agency.

Masayo Kano is an international traveler from Japan who has loved Disney since her first trips to Tokyo Disneyland in ‘91 and to Disney World in ‘93. She’s been 10+ times since. She’s married to Mamoru, who also loves Disney.
PassPorter Peer Reviewer Team  
(continued)

<table>
<thead>
<tr>
<th>Name</th>
<th>Description</th>
<th>Image</th>
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<tr>
<td><strong>Susan Koppel</strong></td>
<td>vacationed at Disney before becoming a mom to Alex and Mikie. Her family has experienced Disney with food allergies, GERD, Crohn's, mobility issues, sensory issues, fears, motion sickness, autism, and size issues.</td>
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<tr>
<td><strong>Deb Kendall</strong></td>
<td>has had fibromyalgia for 15+ years. She resides in Texas and has visited Disney World 10 times and Disneyland 100+ times growing up in California. She's learned a new way to enjoy Disney because of fibromyalgia.</td>
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<tr>
<td><strong>Lori Kloman Williamson</strong></td>
<td>is a long-time Walt Disney World fan who has made multiple trips since 1971. She has spent a great deal of time traveling to Disney World with her visually impaired husband and best friend.</td>
<td></td>
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<tr>
<td><strong>Susan Koppel</strong></td>
<td>vacationed at Disney before becoming a mom to Alex and Mikie. Her family has experienced Disney with food allergies, GERD, Crohn's, mobility issues, sensory issues, fears, motion sickness, autism, and size issues.</td>
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<tr>
<td><strong>Cathy McConnell</strong></td>
<td>is a Disney fan and travel agent who has been on more than 20 trips to Disney World and 12 Disney cruises. She is the mother of a teen son who is profoundly deaf and is active in deaf advocacy groups.</td>
<td></td>
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<tr>
<td><strong>Chet McDoniel</strong></td>
<td>is an Accredited Cruise Counselor with CruisingCo.com/ MouseEarVacations.com. He has no arms and shortened legs. He travels in an electric wheelchair and just loves Walt Disney World and Disney Cruise Line!</td>
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<td><strong>Bruce Metcalf</strong></td>
<td>works at a major Central Florida theme park where his job includes making life easier for those with challenges. An accident that put him in a wheelchair for three months helped focus his attention.</td>
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<td><strong>Jean Miller</strong></td>
<td>a senior citizen, began her love of Disney while living near Disneyland for a year in the early '60s. A regular visitor to Disney World since its opening, she now spends several weeks each winter at Ft. Wilderness.</td>
<td></td>
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<tr>
<td><strong>Josh Olive</strong></td>
<td>is a 6'6&quot;, 400-lb. man whose inner child is bigger yet. He’s been a BIG fan of Walt Disney World since his first visit in 1979, and he's now a 15-trip veteran.</td>
<td></td>
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<tr>
<td><strong>Pam Passwater</strong></td>
<td>a senior with psoriatic arthritis and asthma, has visited Walt Disney World 30+ times. As volunteer travel coordinator for St. Louis Dream Factory, she helps seriously ill children plan dream trips to Florida.</td>
<td></td>
</tr>
<tr>
<td><strong>Kathy Sauviac</strong></td>
<td>is a mother of four with ALS who has extensive personal experience at Disney. She gets around with a power wheelchair while using a ventilator and other equipment. She is accompanied by her service dog, Skye.</td>
<td></td>
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<tr>
<td><strong>Carol Scopa</strong></td>
<td>first visited Walt Disney World in 1975 and visits Mickey and friends at least once every year. A paraeducator, Carol has spent the last 20 years working with children with special needs and learning disabilities.</td>
<td></td>
</tr>
<tr>
<td><strong>Mike Scopa</strong></td>
<td>is a columnist for MousePlanet, blogger on AllEars.net, and co-host of the WDWTODAY Podcast. Since 1975, he has visited Walt Disney World “between 1 and 100 times” and helps special needs families plan Disney trips.</td>
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PassPorter Peer Reviewer Team
(continued)

**Beth Shorten**, self-proclaimed Queen of Allergies, is a lifelong Disney fan. Disney World is one of the few places in which she feels comfortable dining. Beth is the mother of James, born just before the first edition of this book.

**Kitty Smith** is a vegan who fell in love with Walt Disney World on her honeymoon 10 years ago. Twelve trips later, she’s still in love. She can often be found dishing out veggie dining advice at AllEars.net.

**Michelle Spurrier** is an early childhood special education teacher. Walt Disney World became the favorite family vacation spot in 1997 for Michelle, her husband, and two sons. Michelle has made 13 trips to Walt Disney World.

**Amy Warren Stoll** has been to Walt Disney World more than 20 times since her first trip in 1996. She’s also cruised with Disney Cruise Line. She hasn’t let epilepsy keep her from enjoying her favorite solo trips!

**Tim Sullivan** is a visually impaired traveler who has been enjoying his trips to Walt Disney World since he was four. He is lucky enough to have a fabulous trio of travel “Princesses” in his wife and two daughters.

**Alissa Tschetter-Siedschlaw** is a total Disney junkie! She has four kids whose challenges include with Autism Spectrum Disorder, mild cerebral palsy, behavioral issues, anxiety, and g-tube feeds. She is expecting a baby in the fall.

**Shawn Varney** is a Disney lover with a moderate hearing loss, corrected with digital hearing aids. He and his family have been to Disney more than 10 times. He is married to PassPorter Editor Sara Varney and they have one son, Ryan.

**Blossom Zell** is a special education teacher, working with students of many disabilities, including autism, PDD, mental retardation, Tourette Syndrome, and ADHD, to name a few. She is the parent of two boys with special challenges.

A special thanks to these important folks “behind the scenes” at PassPorter Travel Press:

**Senior Editor and Project Manager:** Jennifer Marx

**Publishing Vision:** Dave Marx

**Printer:** Malloy, Inc.

**Online Coordinator and Newsletter Editor:** Sara Varney

**Proofreader:** Sandy Livingston

**Office and Research Assistants:** Nicole Larner and Chad Larner

**Sorcerers’ Apprentices:** Kim Larner, Carolyn Tody, and Tom Anderson
Acknowledgments

While you see only the authors’ names on the front cover, the book you hold in your hands would not be possible without the countless people who have been there for us during this incredible adventure.

All of you gave us the inspiration and motivation to produce the best guidebook for special needs travelers that we possibly could.

A “world” of thanks to PassPorter’s readers, who’ve contributed thousands of tips and stories since PassPorter’s debut. A special thanks to those who generously allowed us to include their contributions in this edition: Bob Sehlinger, Rich Steck, Judi Janofsky, Kelly Monaghan, Nancy Buchieri, Kenri Woolbert, Lynn Carruthers, Kelli W. (page i), Sandy Bostwick (page 5), Sheri Bushong, Therese Taylor, Pat Bubolo (page 6), Melanie Evans (page 13), Carol Scopa (page 15), Ann Berry (page 18), Larry Heidenberg (page 23), Kalli Mulchi, Kathleen Kelly (page 25), Sandy Bostwick (page 27), Alissa Tschetter-Siedschlau, Sam and Spring Slagle (page 29), Carrie Bass (page 30), Laura Schmitt (page 34), Leanne Phelps (page 36), Robert Feder (page 38), Chet McDoniel (page 41), Masayo Kano (page 45), Kelly LaFramboise (page 59), Amy Warren Stoll (page 63), Patricia Ravert (page 70), Joanne Ernest (page 73), Melissa Goetz (page 80), Tim Sullivan (page 91), Lori Kloman Williamson (page 94), Jennifer Grudnosi (page 95), Abby Harrington, Mae Cavalcanto (page 97), Michelle Steiner (page 100), Leanne Phelps (page 102), Joanne Ernest (page 103), Sandy Bostwick (page 106), Abby Harrington, Kalli Mulchi, and Melanie Evans (page 112), Sue Mickelson (page 136), Betsy Hicks (page 151), Michelle Hohmann (page 180), Pam Passwater (page 184), Joanne Ernest (page 189), Amy Warren Stoll (page 192), Ray Sharpton (page 198), Jean Miller (page 199), Ray Sharpton (page 200), Lori Jones (page 201), Lauren Whitemore, David Kelso, Maggie Ercoli, Ray Sharpton (page 202), Bonny Eby (page 225), Sandy Bostwick (page 229), Kimberly Button (page 238), Kathy Sauviac, Mikki Steiner (page 243), Bonny Eby (page 245), Jean Miller, Pam Passwater (page 252), Kimberly Button (page 259), Deb Kendall (page 261), Kimberly Button (page 264), Masayo Kano (page 266), Carol Scopa (page 268), Bonny Eby (page 281), Donna Jagodzinski (page 287), Jill Blejwas, Tamara Osborne, Maggie Ercoli (page 329), Ellen, Sandy Bostwick, Carol Scopa, Josh Olive (page 330), Kitty Smith (page 335), Amy Stoll (page 349), Betsy Hicks (page 351), Masayo Kano (page 367), Peter Johnson (page 383), Chet McDoniel (page 385), Susie Koppell, Michelle Hohmann, Kitty Smith, Kathy Sauviac, Blossom Zell, Carol Scopa (page 388), Mary Mahaney, Renee Kilgarriff, Susan Koppell (page 389), Tamara Osborne, Laura Schmitt, Joy Jacobs (page 390), Josh Olive (page 394), Cheryl Giffear-Sywykiw, Sam and Spring Slagle, Deb Kendall, Jean Miller, and Joshua Olive (page 410). May each of you receive a new magical memory for every reader your words touch.

To everyone who shared their stories, tips, and experiences, and to those who filled out our survey, we want you to know that we read each and every word and, while we are unable to name all of you here, please know that you had an impact on the writing of this book.

To our incredible review team for all their superb ideas, suggestions, and insightful comments, we can’t thank you enough. We were so lucky to find you.

To our friends who provided all manner of support, from information-gathering to photo-taking to providing insight to just plain encouraging us to carry on, we owe you all so much: Cathy Bock, Mary Brennan, Craig Canady, Kenny Cottrell, Jennifer Edwards, Beth Ann Floro, Meli Emmons, Laura Gilbreath, Chet Hall, Gloria Konsler, Jack Marshall, Andrea McKenna, Linda MacLeod, Dotti Saroufim, Di and Marc Schwartz, Jack Spence, Donna Staffanson, and Nancy Tynes.

Our deep appreciation to our publishers, Jennifer and Dave Marx, for having the faith in us to write a book that would meet their standard of excellence.

We also owe a huge debt of gratitude to Walt Disney, for his dreams, and to Disney cast members everywhere, who continue to make his dreams a reality, especially for those travelers who have special challenges.
Debra Martin Koma would also like to thank:

♥ My husband and son, who have been patient and understanding (well, most of the time), while I went on numerous “fact-finding missions” to Orlando and spent countless hours huddled in front of my computer: Brian and Alex, you are simply the best. I thank you first of all, because everything starts with you.

♥ My mother, father, and sister: Mom, Dad, and Jackie, thanks for teaching me to be compassionate and for helping to shape the person I am today. You have always had faith in me—for that, I will never be able to thank you enough.

♥ My dear friend and co-author Deb Wills, my other sister: Your warmth, generosity, and kindness, not to mention your boundless energy, are an inspiration to me.

♥ My many teachers, editors, friends, and family members, who encouraged, challenged, and supported me along the way.

Deb Wills would also like to thank:

♥ Debbie Koma: Your patience and guidance during this adventure has been invaluable. You’ve been there each step of the way and together we have once again made this book a reality! Thank you for your friendship, loyalty, kindness, and unending support. You are my best friend. Here’s to our next adventure!

♥ Linda Eckwerth, for her love, patience, and unwavering support of my many projects, including the second edition of this book. You are always there for me and I thank you.

♥ The staff and clients at the facility where I volunteered in Lynchburg, Virginia, during my college years.

♥ The staff and clients at Centers for the Handicapped in Maryland—who taught me what it meant to have a “special need” and with whom I shared the Magic Kingdom and Fort Wilderness in the 1970s.

♥ To Barb Herrera and the many readers who helped create and enhance the various special challenges areas on AllEars.net—you have lightened the load of many travelers and you have my deep gratitude.

♥ My dad, for teaching me what’s really important in life and instilling in me the values I have today.

♥ My mom, who passed on her love of Walt Disney to me in the late ’50s and who experienced my first Disney attraction with me at the New York World’s Fair in 1964. Mom, you weren’t with us long enough to see Florida’s Magic Kingdom, but I think of you every time I see the Castle and I know you are smiling down on me. I dedicate this book to you!
## Contents

### Planning Your Special Adventure....1
- The Disney Parks and Cruise Line ................. 2
- Should You Go? ........................................ 3
- Finding Information ..................................... 4
- Planning With Your PassPorter ................... 5
- Planning Tips and Stories ............................ 6

### Your Special Travel Challenge ...... 7
- What We Cover ............................................ 9
- Guest Assistance Card (GAC) ................... 10
- Service Animals ............................................. 12
- Mental Health Disorders ............................ 13
- Attention Deficit Hyperactivity Disorder ... 14
- Addiction Recovery ........................................... 19
- Allergies (Food & Other) and Asthma ...... 21
- Autism Spectrum Disorders (ASD) .......... 25
- Chronic Fatigue/Fibromyalgia.................. 32
- Diet ............................................................. 34
- Down Syndrome and Cognitive Disabilities ... 38
- Fears ............................................................ 40
- Foreign Language ........................................... 45
- Hearing ....................................................... 49
- Heart Health .............................................. 52
- Infants ........................................................ 55
- Ongoing Medical Treatment ..................... 61
- Mobility ....................................................... 68
- Motion Sensitivity ........................................ 73
- Physical Therapy/Rehabilitation ............... 76
- Pregnancy and Fertility ............................... 79
- Religion ....................................................... 82
- Seniors ........................................................ 84
- Size .............................................................. 88
- Vision ........................................................... 91
- Special Needs Tips and Stories ................. 97

### Getting There (and Back!) .................... 99
- Personal Identification ............................... 100
- A Special Time To Go ................................ 101
- Getting There by Personal Vehicle .......... 102
- Getting There by Plane ................................ 103
- Getting There by Bus and Train ................ 107
- Are We There Yet? .................................... 108
- Traveling Tips and Stories ....................... 112

### List of Maps and Charts

### What's Your Special Challenge? .......... 8

### Conversion Charts ................................. 48

### Temperature/Rainfall Chart .............. 101

### Orlando International Airport Map ...... 105

### Packing List ........................................ 110
Contents (continued)

Staying and Cruising in Style..... 113
Special Lodging for Special Guests ..... 114
Making Special Reservations .......... 117
Resort Key .............................................. 119
All-Star Resorts .............................. 123
Disney’s Animal Kingdom Lodge Resort . 127
BoardWalk Inn & Villas Resort .......... 131
Caribbean Beach Resort ................. 135
Contemporary Resort ..................... 139
Coronado Springs Resort ............... 143
Fort Wilderness Resort & Campground .. 147
Grand Floridian Resort & Spa ........... 151
Old Key West Resort ...................... 155
Polynesian Resort ......................... 158
Pop Century Resort ....................... 162
Port Orleans ............................... 165
Saratoga Springs Resort & Spa ........ 170
Wilderness Lodge & Villas Resort ....... 174
Yacht & Beach Club & Villas Resorts ... 178
Shades of Green ............................. 183
Swan and Dolphin Resorts .............. 184
Disney Vacation Club ..................... 186
Other Hotels ................................. 187
Disney Cruise Line ......................... 188
The Last Resort (Tips and Memories) .... 202

Touring the “World” ................. 203
Touring With Special Challenges ....... 204
Attraction Seating Types ............... 207
Getting Around the Resort and Parks . 208
Wheels! ............................................... 211
Park Passes ....................................... 214
Touring Advice ............................... 216
Character Meet and Greets ............ 217
Attraction Descriptions and Ratings ... 218
Magic Kingdom .............................. 219
Getting to Magic Kingdom ............. 221
Making the Most of Magic Kingdom ... 224
Entertainment at the Magic Kingdom .. 225
Finding Your Place at Magic Kingdom . 226
Epcot ............................................. 247
Getting to Epcot .............................. 248
Making the Most of Epcot ............... 249
Entertainment at Epcot ................. 252
Finding Your Place at Epcot .......... 253
IllumiNations: Reflections of Earth .... 268

Maps and Charts (continued)

Resort Comparison Chart ............. 122
All-Star Resorts Map ................... 125
Disney’s Animal Kingdom Lodge Map .. 129
BoardWalk Inn & Villas Map .......... 133
Caribbean Beach Map .................. 137
Contemporary Map ..................... 141
Coronado Springs Map ............... 145
Fort Wilderness Map ................... 149
Grand Floridian Map ................. 153
Old Key West Map ..................... 157
Polynesian Map ......................... 160
Pop Century Map ....................... 163
Port Orleans Maps ..................... 168
Saratoga Springs Map ............... 172
Wilderness Lodge & Villas Map ....... 176
Yacht & Beach Club & Villas Maps .. 181

Pass Comparison Chart ............ 215
Magic Kingdom Map ................... 222
Magic Kingdom Attraction Charts ... 230
Epcot Map ................................. 250
Epcot Attractions Charts .......... 256
A Letter From the Publishers

We’ve often said, “Eventually, everyone goes to Walt Disney World.” And over the years we’ve been writing the PassPorter’s Walt Disney World guidebook, it’s become quite obvious that everyone does go to Walt Disney World. Time after time, readers write us to ask, “I have/my family member has (insert any and every condition/impairment known to humanity). How can we get the most out of our Disney vacation?” That Disney is the destination is surely no accident, thanks to Disney’s sterling approach to hospitality, established a half-century ago by Walt Disney himself. Everyone is Disney’s honored guest, and every Disney employee (“cast member”) who interacts with guests is schooled in how to treat every one of those guests with respect and to make their Disney experience the best it can be. While you could find other institutions that may outdo Disney hospitality and accessibility in some regards, they exist in a world where attention to an individual’s special challenges is spotty at best. Only at Walt Disney World can you visit for a day, a week, or even longer and experience the same high level of respect and accessibility no matter where you go—at the hotel, the theme park, on amusement rides, in the theater, waiting for a parade, at the water park, on the buses, and in the restaurants. Disney “gets it,” and knowing that, families that rarely venture from home will make the pilgrimage to Orlando to share in the magic. And we’re honored to help!

This amazing book is the result of countless hours of work by a team of amazing writers, editors, and expert peer reviewers. Open Mouse is so named because the information in this guidebook opens up the “Mouse” to more travelers with a wider range of special challenges, and as a result, we’ve needed far more help than usual. Our thanks go to many people, starting, naturally, with Deb Wills and Debra Martin Koma for deciding to take on this Herculean task. Arrayed behind “The Debs” are dozens of people who read and reread every word, and contributed advice, knowledge, vacation tips, and favorite memories to a project that reflects their experience, love, and compassion. Last but not least, there is the hard-working PassPorter team behind the scenes: proofreader Sandy Livingston, who makes sure every “i” is dotted and “t” is crossed; our phenomenal office staff, the brother-and-sister team of Chad and Nicole Larner, who really do play well together; our Online Coordinator and Newsletter Editor Sara Varney, who passes along special articles and tips; and our amazing message board moderators (our “Guides”). Many thanks to all!

Finally, like Walt Disney World and the Disney Cruise Line, this book is also a permanent work in progress. It will never be perfected or completed as long as our readers keep sharing their advice and encouragement and as long as Disney keeps growing and changing. Be sure to let us know how we can serve you better—you’re our guests!
Chapter 1: Planning Your Adventure

Topic: Introduction to Planning

Planning Your Special Adventure

“PassPorter’s Open Mouse to Walt Disney World and the Disney Cruise Line” is unlike any other travel guide you may have encountered—it’s as unique as you are. Oh sure, it’s corny and it’s been said before: Everybody’s special. But you are not just any traveler. You have special requirements that set you apart—challenges and needs that, if they’re not addressed, can turn the vacation of a lifetime into an ordeal you’ll want to forget.

You are a traveler with special challenges. You are why we wrote this book.

So why do we call this book PassPorter’s Open Mouse? Well, just like an open house event invites everyone to come and enjoy themselves when they want and how they want Walt Disney World and the Disney Cruise Line welcome all travelers, regardless of the special challenges they may face.

In our opinion, there’s no place more open and inclusive than “the World” for travelers needing some sort of special attention. Not only are there features that appeal to young and old alike, but there seems to be a general willingness among the people who work there to go the extra mile ... for everyone, not just for the VIPs. If something doesn’t work well, chances are good they’ll figure out a way to make it work. If there’s an inconvenience, there’s bound to be someone who will try to make it less so.

Because every traveling party has at least one member with at least one challenge, we’ve tried to make this book, like Walt Disney World and the Disney Cruise Line, as open and inclusive as possible. Whether someone in your group has a special dietary requirement, a physical limitation, a medical issue, or something else entirely, we want to make sure you feel comfortable coming to this “open house” or, as we like to put it, “Open Mouse.”

Maybe you’ve always dreamed of taking a vacation to Walt Disney World or cruising with Disney but were reluctant, thinking that once you got there, your special situation would not be accommodated. We can show you how you, too, can enjoy a Disney vacation, no matter what needs or requirements you might have.
The Disney Parks and Disney Cruise Line

If you’ve never been to the Walt Disney World Resort, you may not realize just how much ground it actually covers. We’re always amazed when we hear someone say they want to go to “Disney World” when they really mean the Magic Kingdom, the first Disney theme park in Orlando (opened in 1971), the one with the highly recognizable icon, Cinderella Castle.

While the Magic Kingdom is undeniably a major piece of this beautiful Disney puzzle, there is so much more. There are four major theme parks: the Magic Kingdom, Epcot, the Disney-MGM Studios, and Disney’s Animal Kingdom. There are more than 20 resort hotels with recreation facilities that run the gamut from tame (bicycles) to wild (race car driving). There are also scores of restaurants of every style and cuisine. In addition, there are two water parks, Blizzard Beach and Typhoon Lagoon. There’s a shopping and nighttime entertainment complex, called Downtown Disney, which has three components—Marketplace, Pleasure Island, and the West Side. There are four miniature golf courses, and for the more grown up among us, 18-hole professional-quality golf courses. And that’s just for starters!

There is so much to see and do at Walt Disney World that even a full week wouldn’t be enough time to cover it thoroughly. That’s why as you use this book, you’ll notice that we emphasize again and again to pace yourself, know your limitations, take your time, and take plenty of breaks—do not try to do it all. Don’t bite off more than you can chew! Instead, research and plan ahead so that you can be as well prepared as possible for your vacation.

If you’ve never cruised with the Disney Cruise Line, you may not realize that you have a number of choices here, too. First of all, there are two nearly identical ships: the Disney Wonder and the Disney Magic. You have the choice of standard 3-, 4-, or 7-night cruises, as well as specialty cruises, with a variety of ports of call and land excursions. Again, reading up on the subject is the best way to prepare. The more you become familiar with the choices available to you, the better trip you will have.

Our Coverage of the Disney Cruise Line

For the most part, we integrate our coverage of the Disney Cruise Line throughout this book rather than give it a separate chapter because most vacationers taking a Disney cruise also visit Walt Disney World. If your focus is solely on cruising and you want to read just the relevant sections, flip to the index and look up Disney Cruise Line—you can use it like a mini table of contents!
It’s true that everybody’s unique in one way or another, but some of us have unique requirements based on our physical or psychological challenges. Perhaps we’re wheelchair users, or perhaps we are recovering from surgery. Perhaps we’re new moms taking care of our infants, or we have children who are physically or emotionally challenged. Maybe we have a hearing or vision loss, or we’re on a special diet, or we have fears or other health concerns that require special attention. Walt Disney World is able to accommodate you … in most cases.

In this chapter, we discuss the various special challenges that many of us have, the general services that Disney makes available, and coping strategies for a visit to “The World.”

A good way to begin planning your Disney vacation is by contacting Walt Disney World Special (Medical) Reservations at 407-939-7807 (TTY 407-939-7670). Disney’s special reservations cast members are trained in the facilities and services available to Disney guests with special needs and can advise you on many aspects of your trip. They will also send you copies of Disney’s “Guidebook for Guests With Disabilities” for each of the theme parks or refer you to the online guides at http://www.disneyworld.com.

Even so, Disney’s materials only cover certain aspects of the most obvious conditions—they don’t thoroughly address all issues. The requirements of parents traveling with infants, for example, or of children and adults with less-than-obvious travel challenges, such as the autism spectrum disorders or even seniors, are not discussed in Disney’s material.

That’s where the information in this guidebook proves helpful. We have researched a wide variety of topics and have tried to identify the services and accommodations at your disposal while you’re vacationing at Walt Disney World. We have also talked extensively with people who have vacationed at Disney or have traveled with family members and/or friends who have required special considerations and can share their tips and accumulated wisdom.
### What’s Your Special Challenge?

**Know Your Code!**

<table>
<thead>
<tr>
<th>Special Need</th>
<th>Icon</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attention Deficit Hyperactivity Disorder (ADHD)</td>
<td>A</td>
<td>14</td>
</tr>
<tr>
<td>Addiction Recovery</td>
<td>R</td>
<td>19</td>
</tr>
<tr>
<td>Allergies (Food and Other) and Asthma</td>
<td>G</td>
<td>21</td>
</tr>
<tr>
<td>Autism Spectrum Disorders (ASD)</td>
<td>U</td>
<td>25</td>
</tr>
<tr>
<td>Chronic Fatigue Syndrome</td>
<td>C</td>
<td>32</td>
</tr>
<tr>
<td>Cognitive Disabilities</td>
<td>I</td>
<td>38</td>
</tr>
<tr>
<td>Diabetes</td>
<td>T</td>
<td>61</td>
</tr>
<tr>
<td>Diet</td>
<td>D</td>
<td>34</td>
</tr>
<tr>
<td>Down Syndrome</td>
<td>F</td>
<td>38</td>
</tr>
<tr>
<td>Fears</td>
<td>E</td>
<td>40</td>
</tr>
<tr>
<td>Fertility</td>
<td>C</td>
<td>79</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>C</td>
<td>32</td>
</tr>
<tr>
<td>Foreign Language</td>
<td>O</td>
<td>45</td>
</tr>
<tr>
<td>Fragile X</td>
<td>I</td>
<td>38</td>
</tr>
<tr>
<td>Hearing</td>
<td>H</td>
<td>49</td>
</tr>
<tr>
<td>Heart Health</td>
<td>♠</td>
<td>52</td>
</tr>
<tr>
<td>Infants</td>
<td>B</td>
<td>55</td>
</tr>
<tr>
<td>Medical Treatment</td>
<td>T</td>
<td>61</td>
</tr>
<tr>
<td>Mental Health</td>
<td>T</td>
<td>61</td>
</tr>
<tr>
<td>Mobility</td>
<td>M</td>
<td>68</td>
</tr>
<tr>
<td>Motion Sensitivity</td>
<td>Q</td>
<td>73</td>
</tr>
<tr>
<td>Physical Therapy</td>
<td>P</td>
<td>76</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>E</td>
<td>79</td>
</tr>
<tr>
<td>Rehabilitation</td>
<td>P</td>
<td>76</td>
</tr>
<tr>
<td>Religion</td>
<td>W</td>
<td>82</td>
</tr>
<tr>
<td>Seniors</td>
<td>S</td>
<td>84</td>
</tr>
<tr>
<td>Service Animals</td>
<td>X</td>
<td>12</td>
</tr>
<tr>
<td>Size</td>
<td>L</td>
<td>88</td>
</tr>
<tr>
<td>Vision</td>
<td>V</td>
<td>91</td>
</tr>
</tbody>
</table>

Don’t see your special challenge listed? Go to the next page to learn how we developed this list.
Chapter 2: Your Special Travel Challenge

What We Cover

As you glance down our list of special challenges on the previous page, you may be wondering, “But what about me? Why is my situation not listed?” It was not our intention to exclude anyone. Space and time constraints prevent us from listing each and every type of traveler who might have a condition that warrants some special attention.

Based on our extensive research, including conversations we had with hundreds of travelers, we’ve addressed the most common challenges experienced by vacationers to Walt Disney World and the Disney Cruise Line. We’ve therefore included sections on autism spectrum disorders, attention deficit hyperactivity disorder, size issues, hearing and vision impairments, and mobility disabilities.

We have also tried to group together related conditions, where appropriate. For example, allergies and asthma often go hand in hand, as do chronic fatigue syndrome and fibromyalgia. In many cases there’s overlap, in that various situations share similar characteristics or, more precisely, can be accommodated by the same methods. Vacationers with rheumatoid arthritis, multiple sclerosis, cerebral palsy, muscular dystrophy, and even broken legs all most likely experience some limitations on their mobility and therefore should read the section on mobility. We understand that those with these conditions may also have other challenges, and we expect that you know which other sections of the book will apply to you, such as the section on special diets and/or physical therapy.

We hope that, rather than feeling left out, you’ll be able to find ample information that applies to you and your specific situation in these pages. We realize that in the real world, one size does not fit all ... and we hope we help you see how a Disney vacation can fit you to a T!
Guest Assistance Card (GAC)

Many visitors to Walt Disney World have conditions that may not be readily apparent to the casual observer. Those with autism spectrum disorders, attention deficit hyperactivity disorder (ADHD), and heart conditions are just some of the vacationers who may require special consideration for their “invisible ailments.” Walt Disney World will provide a Guest Assistance Card (see next page on how to obtain one) that provides certain assistance or accommodations for those who carry it. These accommodations may include the following, based on your special requirement:

✔ Using an auxiliary entrance if you cannot wait in line due to health problems, cognitive disabilities, autism, ADHD, and related fears. You’ll likely still wait, possibly even longer than if you’d waited in the queue—you’ll just wait in a different location.

✔ Waiting in a shaded spot out of the sun if the attraction’s queue has you standing in the sun for an excessive amount of time.

✔ Using your stroller as a wheelchair in queues and through the same auxiliary entrances that wheelchairs and ECVs are allowed to use.

✔ Sitting up front at shows if you have visual impairments.

Important Note: The GAC is not a “front of the line” pass, and you will probably be asked to obtain a FASTPASS if applicable and available.

Wheelchair/ECV users don’t need a GAC—your wheelchair/ECV is enough to alert the cast members at attractions to your special needs. If you encounter a cast member who insists that you need a GAC to access the wheelchair loading area, just politely ask that they call Guest Relations. But if you intend to park your wheelchair/ECV at an attraction and walk inside on your own, you may need a GAC to allow you to use the accessible seating and/or boarding areas.

Talk to the cast member stationed outside an attraction to request special assistance. The auxiliary entrance may be the FASTPASS entrance (when it exists). Be aware that many of the auxiliary entrances skip the theming found in the regular attraction queue and may even skip the attraction’s preshow.

Bright Idea: Be sure that each person who needs a GAC gets his or her own individual card. This way, if your party splits up, each of the travelers still has their own GAC.
Allergies (Food and Other) and Asthma

Aaaachooo! Are you beset by allergies? Whether you’re reacting to the dust and pollen in the air or the milk in your main dish, allergies or asthma can be a worry. And yet, with planning, allergies needn’t get in your way!

**Food allergies:** For the most part, Walt Disney World has an excellent reputation for meeting the needs of its guests who have special dietary requirements. The key to coping here is in planning and preparation. If you alert the Disney restaurants to your particular allergens, both when you make your advance reservations and 72 hours before you dine, the chefs have a chance to prepare for your needs. Even if you have forgotten to call ahead, all you need to do in most dining situations is talk with your server. Most times, the server will send a chef out to consult with you as to how your foods will be prepared. If you need your dishes to be lactose- or gluten-free, for example, the chef can suggest tasty alternatives. For more details on dealing with most food allergies, refer to our section on Diet (see pages 34–37).

**Bright Idea:** If you want to call the individual restaurant to make a special request, phone 407-WDW-DINE (407-939-3463) to obtain contact details.

**Other allergies:** If your allergy/asthma is triggered by inhalants, such as pollen, molds, dust, and grasses, consider the timing of your visit to Central Florida. Obviously, the spring and summer months, when everything is in full bloom, are going to be worse for you than the cooler late autumn and winter months. Keep in mind, though, that Florida is farther south than much of the country, its “spring” starts early, and all kinds of pollens can be present almost any time of the year there. To get the daily pollen counts, consult the local newspaper or TV weather broadcasts, or visit http://www.pollen.com. If you’re allergic to bee stings or other insect bites, remember to bring the appropriate treatment with you—Florida has lots of bugs! If necessary, don’t forget to carry your epinephrine in case of a severe allergic reaction. (Don’t forget to check the expiration date!) To prevent bites, it’s a good idea to have insect repellent, long sleeves, and long pants, especially in the evenings. If you do get bitten, Benadryl or some other antihistamine would come in handy.

**Bright Idea:** If your allergy is severe, wear a medical alert bracelet or necklace that identifies the allergen and treatment. These are available at many pharmacies, through your doctor’s office, or from http://www.medicalert.org.
Chapter 2: Your Special Travel Challenge

Autism Spectrum Disorders (continued)

If at all possible, travel in the off-season, as there will be fewer crowds and cooler temperatures. Also, during the summer months, thunderstorms are the norm each afternoon. If the loud noise will adversely affect your traveler who has ASD, avoid June through August.

Here are several things to help make the vacation go more smoothly:

✔ Handicapped Parking Permit/Tag—If you plan to rent/drive a car in Florida, be sure to bring your permit from home. Not only will this grant you access to closer parking spaces at the theme parks and resorts, but you can also valet park for free at participating Disney resort hotels (but don’t forget the gratuity).

✔ Electrical outlet covers—Some hotels will provide these upon request. Phone ahead and ask to speak to Housekeeping.

✔ Earplugs—The sounds in some attractions and fireworks shows can be quite loud and scary, as can the automatic toilets found in most Disney restrooms. Earplugs or headphones can muffle the noise. Some folks even suggest the ear protectors/sound reducers worn by construction workers.

✔ Favorite snacks and foods—Avoid potential problems when waiting for food or with a picky eater—be sure to have favorite snacks and foods with you. If necessary, make a grocery stop on your way to Disney. (We list nearby grocery stores on page 407.)

✔ Favorite comfort “toy” or item from home to ground the traveler who has ASD. Don’t wash it before you leave unless absolutely necessary—it’s good for it to smell like home. And don’t forget to put your name and contact information on it in case it gets lost!

✔ A sensory “grab bag” filled with inexpensive, new toys that stimulate your child. A trip to a dollar store with $20 will do the trick.

✔ A picture story/itinerary with stickers that can be placed on things you’ve done. Share it with your traveler so they know what they will do each day. They can fill in the sections once you’ve gone on the attraction or dined at the restaurant.

✔ Personal identification—In the event the ASD traveler gets separated from you, be sure they are carrying identification and information as to where you are staying and how you can be contacted (see page 100). If you have a digital camera, take a photo each morning before you go out; it will be easier to remember clothing and appearance.

✔ Penlight—When attached to a lanyard around a person’s neck, it can provide a small amount of light, which is reassuring on dark rides.
Is There a Doctor in the House?

What do you do if you get sick while you’re visiting the Most Magical Place on Earth? If your illness does not require immediate care, there are a couple things you can do:

✔ If you’re in the parks, visit the First Aid Station (see page 206).
✔ If you’re at your resort, call the Lobby Concierge. They’ll give you information on the options open to you.

There are three locations of Florida Hospital Centra Care close to Disney property—complimentary transportation is available (note that you will be returned to where you were picked up), and most insurance plans are accepted. Here are the locations:

✔ Lake Buena Vista Centra Care (near Crossroads Shopping Center and Hotel Plaza Blvd.), 12500 South Apopka-Vineland Road, 407-934-2273. Open weekdays 8:00am–midnight, weekends 8:00 am–8:00 pm.
✔ Formosa Gardens Centra Care (near the junction of World Drive and Highway 192), 7848 West 192, 407-397-7032. Open weekdays 8:00 am–8:00 pm, weekends 8:00 am–5:00 pm.
✔ Kissimmee Centra Care (near Medieval Times and Bass Road), 4320 W. Vine Street, 407-390-1888. Open weekdays 8:00 am–8:00 pm.

If you’d prefer to consult with a doctor before you head to a clinic or hospital, you can call Centra Care In-Room Services at 407-238-2000 for a free telephone screening.

Other options recommended by Disney:

✔ Doctors on Call Service (DOCS), 407-399-3627
✔ EastCoast Medical, 407-648-5252—a 24-hour-a-day call center staffed by registered nurses and medical ancillary staff.

But what if you need help now? You may think to call 911, but if you’re using a cell phone that relays to your home area code, that might not be the most expedient way to get help. Those who have had to deal with this type of situation recommend contacting the nearest Disney cast member first. If you’re in the theme or water parks, they’ll know the fastest way to contact an emergency rescue team right away. If you’re in a resort, call 911 or the front desk, which will contact emergency services for you.

If you’re out and about when an emergency arises, or if you have a car at your disposal, you may want to go to a hospital emergency room. The closest hospital to Walt Disney World is the Florida Hospital Emergency Department at Celebration Health (407-303-4000). This facility accepts all medical plans for emergency care. To get there, take either Epcot Center Drive or Osceola Parkway east to I-4, I-4 west to exit 64A, then right on Parkway Boulevard, then right on Celebration Place. Watch for “Emergency Room” signs. Driving south on World Drive to the Celebration exit is much farther and takes quite a bit longer. Taking Sherbeth Road from Animal Kingdom/AK Lodge to 192 and then east is slower than taking Osceola Pkwy and I-4. (See chapter 7 for more details.)

That said, it’s not always advisable to drive yourself—time saved in the short run must be balanced against the lack of medical staff and lifesaving equipment during the drive. Think twice before you “swoop and scoop.”

Dental emergency? Call the Celebration Dental Group at 407-566-2222.
Most airlines allow **preboarding for passengers needing extra time**, so you'll be able to get settled in before the rest of the passengers start boarding. When you reach the gate on departure day, be sure to inquire with your airline exactly how this works.

Once you arrive in Orlando, there are several transportation options for **reaching your resort**. If you need an accessible mode of transportation, you have some different options:

1. Use Disney’s Magical Express (see page 108), which can accommodate wheelchairs with advance notice—indicate your need at the time you book your Magical Express request.
3. While it’s expensive, you can rent an accessible van (see chapter 7). This is your only option if you must remain in your wheelchair.

Remember to **bring your handicap parking permit/tag for parking** your vehicle. Those with this tag receive complimentary valet parking at Walt Disney World, where available. If you rent a wheelchair from a local vendor, remember that you need to bring your handicapped parking permit/tag from home, along with the permit registration and appropriate ID. If you park in the regular parking lot at the parks, you will not be able to get the wheelchair on the tram. There are a limited number of wheelchairs available in the parking lot to get you to the turnstiles. We have found these are not often available as the day goes on.

If you or someone in your group **drives to Walt Disney World**, you’ll be able to pack anything special you need with you. If you have an accessible vehicle, this will make your experience a little easier, since you are familiar with that mode of transportation.

If you are **able to transfer from your wheelchair** into a car and your budget allows, we suggest town car transportation from the airport. They are basically the same price as a taxi, and you travel in greater comfort with less wait.

Don’t let **pride** get in your way. If you exhaust yourself early trying to walk around, nobody will have a magical time at Disney.

**Traveling with a service animal:** See page 12.
If you met Tim Sullivan in the parks, you wouldn’t realize he has special challenges. In fact, before he began to use his cane all the time at Walt Disney World, you would have wondered why this man suddenly bumped into you. “Can’t he see me here?” you might have thought. The truth is, no, he can’t. Tim has retinitis pigmentosa, which is tunnel vision, coupled with no low-light vision. As Tim explains, “Straight ahead I’m fine, but to the sides and in dark attractions or at night, I have difficulty. This gives me the most problems in crowds, where I simply do not see all the people. Crowds seem to confuse my vision. Also,” he adds, “when a ride is dark, I see little to none of it. My eyes just will not process everything.”

According to Tim, people with special challenges like his should make their first stop on their first day in any of the theme parks at Guest Relations to get a Guest Assistance Card (GAC). “The GAC is good for your entire visit to Walt Disney World,” he notes, and it outlines any assistance you may need while visiting the park. “More importantly,” he adds, “it identifies that you in fact have some special needs or challenges that require attention.” Tim uses the GAC to provide him an alternative entrance to attractions, where available. This enables him to navigate easier and sometimes even avoid bumps with other guests and bruises from the queue railings. He suggests that you bring some sort of documentation that proves or explains your visual impairment, if you have it. You don’t always need it, he notes, but it quickly proves that you do actually need the help you’re requesting.

His best advice for touring the parks is to “know that with a visual impairment you will be slowed down, so don’t expect to ‘see’ as much nor do as much. Pick what is most important to you, and make sure you enjoy those things. Take your time moving around the parks and stop and smell the roses—definitely go for quality over quantity.”

In addition, Tim offers these touring tips:

- Staying late at the parks is a great idea. From my experience, many people tend to go home toward the end of the evening, so the park empties out and you’ll have an easier time getting around. Also, with fewer people there, it is easier for you to get onto rides and attractions, increasing your fun level at the park.

- Cast members usually don’t mind vision-impaired persons touching and feeling various aspects of the “set dressings” for rides. My brother-in-law, who is blind, gets the biggest kick out of some of that stuff. With anything, though, be sure to check with a cast member before fondling everything in sight... there might be something they do not want you to touch, so better be safe than sorry.

- If you go to any of the shows, arrive early and ask the cast members if you can be seated prior to the admission of the rest of the crowd. This will help alleviate some of the craziness that ensues when the masses stampede to get the best seats, but will also ensure that you get the best seating that you will need to suit your vision impairment. The GAC helps here! There are usually specially reserved sections in both the front and rear of the theaters.

- Even though I do not always see everything on the rides, there is always something for me to enjoy. Swooping over the streets of London in a pirate ship is magical no matter how much of the ride I can actually see, so make sure you do not bypass anything just because you don’t think there will be something for you. Disney always makes sure they attack as many of the senses as they can with their rides.
You’ve decided that you are going to visit the Mouse, and now it’s time to make your travel plans.

Just what is the best way to travel to Walt Disney World? Well, so much of that depends on you and your requirements. There are obviously pros and cons to each method of travel, which we address a bit in this chapter. We also tell you other special things you need to know to make the journey with ease and confidence.

In addition to our suggestions and tips, you’ll also find special phone numbers and web site addresses to assist you in planning your trip.

No matter which mode of transportation you choose, all travelers should keep the following items on their person or in their carry-on luggage to avoid losing them:

✔ Be sure to bring enough (including extra) of any prescription medications you need, in their original bottles, as well as a copy of the prescription(s), in case you need to get refills. Make a separate list of these medications, including the dosages. If you’re a traveler from the United States and the prescription is with a pharmacy chain, getting a refill at a local branch should not be hard. Remember to bring any eyeglass/contact lens prescriptions, too.

✔ Keep a summary of your medical history with you at all times, including the names and phone numbers of your doctor(s). Include a copy of your electrocardiogram if you have heart health concerns. Bring a letter from your doctor(s) describing your health condition and any special relevant information.

✔ Bring lists of contacts and phone numbers in case of emergency.

✔ Carry identification for each person that includes their name, emergency information, and where you are staying in Florida. We’ve found the Who’s Shoes ID to be great for youngsters and for those travelers unable to verbalize or remember their information—for more details, see http://www.whosshoesid.com.
I suggest parents make identification cards for their kids. Our local school uses Ident-a-Kid (http://www.ident-a-kid.com), and their representatives visit the school every year to update the identification cards. They take a picture and thumbprint of the child (any age) and get their status (height, weight, hair color, eye color, etc.). The parent gets an identification card that looks a bit like a driver’s license for the child. We misplaced our son at a Disney on Ice event last March, and even with all the panicking we went through (the longest 10 minutes of my life), I was glad to have that identification card to show to staff. Even another attendee looked at the identification card and watched the exit for us. I buy multiple identification cards each year. My husband and I each keep a card, and I give them to the grandparents also. Best of all, the identification cards were very inexpensive—$7 for one card, $12 for four.

—contributed by Abby Harrington

When traveling by plane, I pack a portable DVD player and snacks for my 12-year-old daughter, who is on the autism spectrum. There have been times when the weather was bad and our flight was delayed several hours. This helped keep her happy.

—contributed by Kalli Mulchi

My 8-year-old daughter has mild to moderate cerebral palsy—she can walk, but tires easily, tends to fall or lose her balance on uneven terrain, and generally lacks fine motor coordination on the right side of her body. If you are making hotel reservations directly through Disney, have a friendly conversation with the cast member to explain your circumstances and request a room that will work for you. I’ve found that Disney is very sensitive and understanding. I usually call back after making the initial reservation to make a payment/deposit and reconfirm that our requests are noted in the system.

—contributed by Anonymous

We did a huge family trip with three elderly people, including my father, who has Alzheimer’s. I toured with all three while the rest of the family hit the larger attractions. My father’s Alzheimer’s makes him very stressed in larger crowds. I had to deal with dehydration, crowd management issues (my father), and a bad knee (my mother). I had constant worries that the crowds would shove my sister’s mother-in-law, who is older than my parents and very tiny. In addition to off-season trips, I suggest calling your local Red Cross to have a Vial of Life mailed for each person in your party. It is free and may save your life. This small tube has your medical information, and you keep in your freezer at home. Some emergency medical responders are trained to look for this vial. It contains your medical history, doctor’s information, medications, allergy information, and emergency contact information. It is the size of an M&M candy tube and light to carry. Pack it in your bag, and if something happens, just hand over the tube. This prevents any panic trying to remember doctor’s information and medication. When you return home, place it back in the freezer, and update your information periodically.

—contributed by Melanie Evans
Making Special Reservations

Once you have an idea of where you want to stay at Disney, it’s time to make reservations. You don’t need to use a travel agent, but if you have a great travel agent, by all means consult him or her. Here’s the lowdown on making reservations when you have special requests:

If you have common special requests (i.e., close to bus stop, etc.), make your reservations for all Walt Disney World resort hotels at 407-WDW-MAGIC (407-939-6244) or 800-828-0228 (Walt Disney Travel Company). When you make your reservations, explain your special requirements and request that they be noted on your reservation form. Remember to state if your request is due to medical reasons—they will try to guarantee that your request is honored. Disney representatives can offer assistance in English, Spanish, Japanese, French, Portuguese, and German. If you have Internet access, you can research rooms and make reservations at http://www.disneyworld.com (click on “Resorts”).

If, however, your special requests are unusual and/or involve more than the need for an accessible room, ask to speak with Walt Disney World Resort Special Reservations or call directly at 407-939-7807 and press “1” (voice) or 407-939-7670 (TTY). This department works with you to determine what accommodations are available in the hotel(s) you are interested in and then books your reservation. They also note on your reservation what accommodations you need. If you have a travel agent, make sure they know to talk to the Special Reservations folks when making your arrangements.

Remember to mention all of your special requests when making your Disney resort hotel reservations. Here are some request ideas:

✔ Unable to walk long distances or have other mobility concerns? Request a room near a bus stop or near central services.
✔ Have a traveler with an aversion to loud noises? Request a quiet room away from pool/elevator and common areas.
✔ Have a wheelchair, or are you a person of size? Request a room with a king bed, which is generally more spacious. (King rooms may carry an additional charge.)
✔ Fear of heights? Request a lower floor.
✔ Traveling with an infant? Request a crib or bed rails. Some resorts have high chairs available, too.
✔ Traveling with someone with medications that need to be kept cold? Request a refrigerator for medical reasons, if not standard in your room.
✔ Does someone in your party have a visual impairment? Request a first-floor room that is near the bus stop and/or food court.
✔ Are you a little person or short of stature? Request a step stool for the room.
Quiet Spots
As big as these resorts are, there are a few quiet spots to be found. At All-Star Movies, look for the hammocks behind the palm trees near Fantasia. All-Star Music has picnic tables in the Country Fair courtyard and a small garden with benches in Broadway. All-Star Sports has a large covered pavilion in the back. You’ll also find at least one small landscaped area with benches at each resort.

To help you get away from the loud hustle and bustle of the food court, tables and chairs outside may be quieter. These are subject to weather conditions and also tend to be smoking areas. You can always bring your food back to the room.

Transportation
Disney transportation to the parks from these resorts is via buses. For other destinations, transfer at a nearby theme park (daytime) or at Downtown Disney (evening).

Waits for buses to and from the All-Stars can be long, especially at park opening and closing times. The queues wind around and can get very crowded—in fact, it is not uncommon to have standing room only on the buses. Sometimes a single bus will service all three of the All-Star Resorts. All-Star Sports is the first stop in both directions in this case.

Estimated Transportation Times

<table>
<thead>
<tr>
<th></th>
<th>Magic Kingdom</th>
<th>Epcot</th>
<th>Disney-MGM Studios</th>
<th>Disney’s Animal Kingdom</th>
<th>Downtown Disney</th>
</tr>
</thead>
<tbody>
<tr>
<td>direct bus</td>
<td>~20 min.</td>
<td>direct bus</td>
<td>~10 min.</td>
<td>direct bus</td>
<td>direct bus</td>
</tr>
<tr>
<td></td>
<td></td>
<td>direct bus</td>
<td>~10 min.</td>
<td>direct bus</td>
<td>~15 min.</td>
</tr>
</tbody>
</table>

Approximate time you will spend in transit from resort to destination during normal operation.

Our Ratings
The All-Star Resorts are great for the budget, but not for amenities. They rank low to medium, primarily due to their layout and very basic amenities.

[A]/[U][S] Can be very busy and noisy in the pools and central areas.

[C]/[♥][T]

[M]/[P]/[E] Unless you are in a preferred building, have a car, or use a wheelchair, we do not recommend the All-Star Resorts due to their sprawling design.

[D]/[W] Food court chefs can accommodate with minimum 72 hours’ notice. Kosher foods are available on a regular basis at the food courts here.

[V] Consider preferred buildings for proximity to main building and services.

[F] Larger-than-life icons could scare some.

[S] For a more relaxing experience, consider staying at a moderate, deluxe, or Disney Vacation Club resort.

[L] Be sure to request a king bed.

Disney’s All-Star Movies/Music/Sports Resorts
1901/1801/1701 W. Buena Vista Dr., Lake Buena Vista, FL 32830
Phone: 407-939-7000/407-939-6000/407-939-5000
Disney's Pop Century Resort

(continued)

2007 standard room rates begin at $82 in value season, $99 in regular season, $109 in summer season, $119 in peak season, and $129 in holiday season (seasons are indicated on page 101). Preferred rooms (see preferred buildings marked on map above) run $12 or so more per room. All rooms at this resort are subject to 12.5% tax.
Disney’s Yacht & Beach Club & Villas Resorts

The Yacht Club and Beach Club are sister resorts, perched on the bank of Crescent Lake, directly across from Disney’s BoardWalk. The Beach Club Villas, a Disney Vacation Club (DVC) resort, joined these resorts in 2002. All are within walking/wheeling distance of both Epcot and the Disney-MGM Studios.

Like the BoardWalk across the lake, these resorts were designed to evoke the feel of the seashore in the early 1900s. The Yacht Club is the gray clapboard half of the building, with a dilapidated ship on its beach. The Beach Club’s side is sky blue, with a white sandy stretch of beach. Adjacent to the Beach Club, in a separate seafoam green structure, are the Beach Club Villas.

Check-In

The Yacht and Beach Club have separate entrances and separate front desks. Neither has a low counter for check-in. Beach Club and Beach Club Villas guests check in at the Beach Club’s front desk. Check-in time at both resorts is 3:00 pm.

Parking is available, but the lot is a lengthy (though level) walk/wheel from the lobby. Valet parking is available ($10/day or complimentary to DVC members staying at the Villas using points or to those with a handicapped parking permit). Bell Services will assist you with your luggage, but note that some rooms are located quite a long distance from the front desk. Ask if a resort wheelchair is available to save you the steps.

Guest Rooms

Standard rooms (634 at the Yacht Club, 580 at the Beach Club) are 380 sq. ft. (35.3 sq. m.) and are decorated in pastel colors. The Yacht Club has a decidedly more nautical feel to the decor (anchors, compasses, and the like), while the Beach Club and Villas are rather more casual seaside in tone. Rooms have one king-size or two queen-size beds, a daybed, double sinks, a makeup mirror, a small table and chairs, refrigerator, coffeemaker with coffee packets, and an armoire with a television and a minibar. Some slightly smaller rooms have a king-size Murphy bed and an extra sink and counter. Some rooms have balconies or patios. Other room amenities include room service, hair dryers, iron and ironing board, newspaper delivery, turndown service (on request), wall safe, toiletries, and voice mail. Both the Yacht Club and the Beach Club offer a concierge service with slightly larger rooms on the fifth floor. In addition, 40 special suites (20 in each resort) range in size from a junior suite to a two-bedroom suite to the ultimate Presidential Suite.

Upon request, the Yacht and Beach Club can provide the following special items:

✔ Rollaway beds ($15 plus tax per day)
✔ Bed boards and rails
✔ Cribs
✔ International electrical adapter
✔ Smoke detectors for hearing impaired
✔ Heating pads
✔ Down pillows
Special Requirements on the Disney Cruise Line

Special Requests
When you're making your special requests for the cruise, remember that everything is handled by the Disney Cruise Line reservations staff on land. In other words, these are not the same people who will be traveling with you on the ship. That's why it's so important to double-check that all requests have been recorded once you receive your final boarding documents. Then, once you are onboard, and before the ship sails, visit Guest Services (deck 3 midship) to verify that all your requests have been noted. The crew members onboard will do everything possible to accommodate you, but they must get the information from Disney Cruise Line reservations first—otherwise, they won't know just what it is that you require and make sure it's around.

Allergies
For many cruisers, traveling south means different vegetation and flowers. If you are sensitive to pollen, grasses, etc., be sure to bring your allergy medication with you. Bedcovers in the staterooms are changed after every cruise, along with your bed linens. If you require any special cleaning, discuss this when you make your reservations.

Disney restricts smoking to certain areas of the ship and enforces it. No smoking is allowed in the main dining areas or staterooms. Smoking is allowed in the dance club, adults-only lounge, and open areas, such as decks 9 and 10. No smoking is allowed in the Mickey pool area. Guests can smoke on their verandahs, however, and the smoke can travel.

ADD/ADHD/ASD
The Disney Cruise Line DVD is a great way to become familiar with the ship and your upcoming voyage—you can request the free DVD by calling 888-325-2500 or visiting online at http://www.disneycruise.com.

All outside railings facing the water have solid bottoms to discourage climbing.

Be sure to bring earplugs and/or sound cancellation headphones for loud areas (such as the open decks and buffet areas).

All verandah staterooms have a second lock high up on the verandah door that must be unlocked to access the verandah.

Be sure to visit Guest Services once you board if you will need special accommodations during the mandatory safety drill.

You might encounter lines and/or waits in these spots:
- ✔ At check-in at the terminal. Lines are usually short unless the cruise is “sold out.”
- ✔ Waiting to board the ship prior to embarkation time. While Disney boards by numbered groups, some folks still get in line. There is no real reason to do this unless you want to make sure you get a reservation at Flounder’s Reef or Palo, the adults-only restaurant.
- ✔ During the safety drill. You will be required to wait at your designated location until all staterooms have checked in and the “all clear” is given.
- ✔ On excursions. While Disney excursions are very organized, you often have to gather and wait several times. Also, some excursions may have a fair amount of travel time, so ask before booking.
- ✔ For character photographs. Lines can be long during the evening hours when everyone wants a photo with Donald and Daisy or Mickey and Minnie.
- ✔ At Guest Services, especially during your last 24 hours onboard.
- ✔ At the buffet meals.
Touring the Parks

Perhaps you’ve never considered a trip to the Walt Disney World Resort before—maybe you thought your challenges would be too limiting. We’re here to show you how it can be done.

Yes, Walt Disney World is a big place, and yes, taking on its theme parks can seem a daunting task. What about the crowds? What about the lines? How can I get around? What if I don’t fit in the seat? These are all valid questions and concerns for anyone, but especially for you if you have special health- or lifestyle-related requirements.

We’ve tried to take the guesswork out of touring the Disney theme parks. We’ve not only rated each attraction, but we’ve assessed them for their user-friendliness. We’ve looked at the size and type of seating, the nature of the attraction, the location of the queues, fear factors, and any special accommodations that the attractions offer. In addition, we’ve talked to real people who’ve experienced these rides and shows themselves, to learn firsthand what works and what doesn’t. From their shared knowledge, we’ve also compiled tips and stories that we hope will help enhance your vacation.

In this chapter, we familiarize you with some Disney buzzwords and discuss some key Disney features that can help make your experience more enjoyable. We also talk about your transportation options and other mobility concerns. Finally, we break down the attractions at the four major theme parks, as well as the water parks and other fun places to visit in the Disney universe.
Chapter 5: Touring the Parks

Topic: Attraction Seating Types

To experience an attraction at Walt Disney World, you may have to walk, stand, fasten a seat belt, wear a harness, etc. We describe the basic terms here so you understand them as you read our individual attraction details:

**Bench Seat**—A seat with no arms that may fit anywhere from two to 20+ people in the row. Bench seats may or may not have backs. Examples are Kilimanjaro Safaris and Country Bear Jamboree (with backs) and Flights of Wonder (without backs). Some bench seats have grooves or low handlebars.

**Harness**—A padded mechanism that comes down over your shoulders to keep you in place in your vehicle. Examples: Rock ‘n’ Roller Coaster and Mission: SPACE.

**Low/high lap bars**—A low bar is one that is pressed into your lap to restrict your movement. A high bar rests (more gently) on your lap or may not even be lowered at all. Examples: Big Thunder Mountain Railroad (low lap bar) and Haunted Mansion (high lap bar).

**Seat belt**—Lap or lap-and-shoulder belt very similar to car seat belts. Examples: Twilight Zone Tower of Terror, Dinosaur, and Dumbo The Flying Elephant have lap belts; some Test Track seats have lap-and-shoulder belts.

**Small space**—This term means different things to different folks, but basically, it indicates space is limited in some manner. Examples: Mad Hatter’s Tea Party, Dumbo The Flying Elephant, and Astro Orbiter.

**Standing**—An attraction that requires you to stand for a significant portion of the presentation. Some 360-degree movies that require standing offer “lean rails” for you to rest against. Examples: Reflections of China and O Canada!

**Theater seating**—The type of seating you would find in a movie theater. Seat sizes vary in width and leg room. Wheelchair/ECV areas are provided in attractions with theater seating. Examples: Honey I Shrunk the Audience and Mickey’s PhilharMagic.
Finding Your Place at Disney-MGM Studios

Attraction Seating Chart

<table>
<thead>
<tr>
<th>Attraction</th>
<th>Seating/Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backlot Tour</td>
<td>standing/bench</td>
</tr>
<tr>
<td>Beauty and the Beast</td>
<td>bench (with backs)</td>
</tr>
<tr>
<td>The Great Movie Ride</td>
<td>bench (with backs)</td>
</tr>
<tr>
<td>Honey I Shrunk the Kids</td>
<td>playground</td>
</tr>
<tr>
<td>Indiana Jones Epic Stunt Spectacular</td>
<td>bench (no backs)</td>
</tr>
<tr>
<td>Journey Into Narnia</td>
<td>standing</td>
</tr>
<tr>
<td>Lights, Motors, Action! Extreme Stunt Show</td>
<td>bench (no backs)</td>
</tr>
<tr>
<td>The Magic of Disney Animation</td>
<td>theater/stool</td>
</tr>
<tr>
<td>Muppet*Vision 3-D</td>
<td>theater</td>
</tr>
<tr>
<td>One Man’s Dream</td>
<td>walking/wheeling and theater</td>
</tr>
<tr>
<td>Playhouse Disney Live!</td>
<td>floor seating</td>
</tr>
<tr>
<td>Rock ‘n’ Roller Coaster</td>
<td>harness</td>
</tr>
<tr>
<td>Sounds Dangerous</td>
<td>theater</td>
</tr>
<tr>
<td>Star Tours</td>
<td>theater with seat belt</td>
</tr>
<tr>
<td>The Twilight Zone Tower of Terror</td>
<td>bench with back and seat belt</td>
</tr>
<tr>
<td>Voyage of the Little Mermaid</td>
<td>theater</td>
</tr>
</tbody>
</table>

Attractions With Restrictions/Warnings

<table>
<thead>
<tr>
<th>Attraction</th>
<th>Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fantasmic!</td>
<td>May be too intense for children and some adults.</td>
</tr>
<tr>
<td>The Great Movie Ride</td>
<td>Special effects may be too intense for children and some adults.</td>
</tr>
<tr>
<td>Rock ‘n’ Roller Coaster</td>
<td>48 in. (122 cm.). For safety, you should be in good health and free from high</td>
</tr>
<tr>
<td></td>
<td>blood pressure, heart, back, or neck problems, motion sickness, or other</td>
</tr>
<tr>
<td></td>
<td>conditions that could be aggravated by this adventure. Expectant mothers</td>
</tr>
<tr>
<td></td>
<td>should not ride.</td>
</tr>
<tr>
<td>Sounds Dangerous</td>
<td>Some intense special audio effects.</td>
</tr>
<tr>
<td>Star Tours</td>
<td>40 in. (102 cm.). For safety, you should be in good health and free from high</td>
</tr>
<tr>
<td></td>
<td>blood pressure, heart, back, or neck problems, motion sickness, or other</td>
</tr>
<tr>
<td></td>
<td>conditions that could be aggravated by this adventure. Expectant mothers</td>
</tr>
<tr>
<td></td>
<td>should not ride.</td>
</tr>
<tr>
<td>The Twilight Zone Tower of</td>
<td>40 in. (102 cm.). For safety, you should be in good health and free from high</td>
</tr>
<tr>
<td>Terror</td>
<td>blood pressure, heart, back, or neck problems, motion sickness, or other</td>
</tr>
<tr>
<td></td>
<td>conditions that could be aggravated by this adventure. Expectant mothers</td>
</tr>
<tr>
<td></td>
<td>should not ride.</td>
</tr>
</tbody>
</table>
Charting the Attractions in the Sunset Boulevard Area (continued)

<table>
<thead>
<tr>
<th>Rock ‘n’ Roller Coaster Starring Aerosmith [G-3]</th>
<th>7</th>
<th>10</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>This high-speed coaster goes from 0 to 60 mph (96.5 kph) in 2.8 seconds! There are lots of twists and turns, inversions, and sharp drops—all completely in the dark. Music is fed, very loudly, through speakers in headrest. Harness holds you in place. The shaded outdoor queue winds around—once inside, you must stand during a brief preshow video featuring Steven Tyler and his Aerosmith cohorts. A companion restroom is located in the plaza. [A][U][I][I] The noise and excitement levels in this ride are very high—it could cause overstimulation. [A][U][C][♥][T][Q][P][E][S] There are several inversions during this ride—you can really get shaken up, so avoid it if you have motion sickness; heart-, neck-, or back-related issues; or if you’re pregnant. [F] The ride is completely in the dark. Anyone with a fear of heights or falling should also avoid this ride. [M] Wheelchair/ECV users should use FASTPASS; otherwise enter through the standby queue. ECV users must transfer to a wheelchair—speak with a cast member to obtain one. You must transfer out of your wheelchair to ride, but you have only 30 seconds to accomplish this. If you’d like to practice boarding beforehand, you can use a stationary vehicle kept in a private area. If you anticipate difficulty boarding, ask the cast member about a special boarding car, which may be available. Keep in mind that if an emergency evacuation is necessary on this ride, you’ll have to deal with stairs and narrow walkways or else wait until someone can help you. [B] Use Rider Switch. [B][L] You must be at least 48 in./122 cm. to ride. Front seats of the “limos” seem to be roomier, as do odd-numbered rows. Adjustable u-bar restraint seems to accommodate most body types. [X] Service animals are not allowed. [V] Very dark; exiting preshow may be disorienting.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Twilight Zone Tower of Terror [H-4]</th>
<th>10</th>
<th>10</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>A haunted hotel houses a “malfunctioning” elevator that drops you again and again, unpredictably. The outdoor queue is partially shaded, but progresses up a hill through a tangle of unkempt trees. Preshow and boiler room waiting areas are both very dark! There are intense special effects, including some lightning. There are also a number of sharp, sudden drops, so avoid if you have motion sickness; heart-, neck-, or back-related issues; or if you’re pregnant. [A][U][C][♥][T][Q][P][E][S] Use FASTPASS to minimize wait times. [Q] Ears to the World available during the preshow. [H] Film portions of preshow are captioned. [F] The ride is almost completely in the dark, except for a moment when the doors open, allowing you to look out onto the theme park below. Anyone with a fear of heights or falling should avoid this ride. [M] Wheelchair/ECV users should use FASTPASS; otherwise speak to a cast member at the attraction entrance. ECV users must transfer to a wheelchair—speak with a cast member to obtain one. You must transfer out of your wheelchair to ride. [B] Use Rider Switch. [B][L] You must be at least 40 in./102 cm. to ride. Seats have retractable belts. While the belts are long enough, the space allotted on the bench may be a tight squeeze for people of larger size. To give yourself a little more room, do NOT sit near a wall—request an aisle seat. Be aware that as you lift out of your seat during the ride, you may land on hardware uncomfortably. [X] Service animals are not permitted.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Understanding and Using the Eatery Descriptions and Ratings

Our capsule reviews of Disney eateries cover all table-service restaurants, as well as counter-service eateries at the parks, and most food outlets at the resorts. We even include most snack carts. We offer the information you need to know for your specific situation, plus our ratings.

**Description Key**

<table>
<thead>
<tr>
<th>Eatery Name [D-2]</th>
<th>B/L/D/S</th>
<th>$</th>
<th>Type</th>
<th>Cuisine</th>
<th>Noise factor</th>
<th>Seating</th>
<th>Avg. wait</th>
<th>Hours</th>
</tr>
</thead>
</table>
| 1 Each chart has an empty checkbox in the upper left corner—use it to check off the eateries that interest you (before you go) or those at which you ate (after your return).
2 Map coordinates—match them up to park maps in chapter 5 for locations.
3 Meals are indicated by letters: B (breakfast), L (lunch), D (dinner), and S (snack).
4 Dollar figures represent the average cost of a full adult dinner. Table-service meal costs include appetizer, entrée, dessert, soft drink, tax, and tip. Whenever possible, we also provide in parentheses the average cost of a lighter dinner, such as a sandwich, pizza, or entrée salad plus dessert, soft drink, tax, and tip. Average counter-service meal costs include entrée (with fries when appropriate), dessert, soft drink, and tax. Average counter-service snack prices include a snack, soft drink, and tax. Use these only as a guide.
5 Eateries with a reasonable selection of healthy items (low-fat/low-sodium/low-calorie) are indicated with a tape measure symbol. These are also friendly to weight watchers!
6 The two white boxes on the right show ratings on a scale of 1 (poor) to 10 (loved it!). The first rating is Deb Wills’s and the second is Deb Koma’s. We offer our personal ratings to show how opinions vary, even between two like-minded people. You can also use our ratings as a point of reference—Deb Wills likes eateries with extensive theming and foods that aren’t too exotic or spicy. She also enjoys eating vegetarian meals, but avoids seafood—she has a severe shellfish allergy. Deb Koma’s tastes run the gamut, from basic meat and potatoes to seafood to unusual, spicy dishes, but she tries to eat healthily, avoiding heavy sauces and overly rich desserts. Both authors consider it a real treat to relax with a glass of wine and a fine meal at the end of a tough day touring the theme parks.
7 The boxes on the right beneath the numeric ratings give basic information: eatery type, cuisine, noise factor, seating, average wait time, and the eatery’s hours.

---

© Deb Wills

No-sugar-added dessert at Citricos
### Magic Kingdom Eateries

#### (continued)

<table>
<thead>
<tr>
<th><strong>Liberty Tree Tavern</strong> [C–3]</th>
<th><strong>L/D</strong> $33</th>
<th><strong>4</strong></th>
<th><strong>6</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Colonial America is the theme at this warm and cozy tavern. All-you-can-eat character meal at dinnertime (adults $27.99/children 3-9 $12.99); no characters at lunch. Lunch menu features wider selection, including vegetarian and low-fat options. Main dinner items: turkey, flank steak, ham. Only restrooms here are very small and up a narrow staircase—must go outside and around corner to reach accessible restrooms. [A] [U] Very noisy, but character meals are better meet-and-greet opportunities than the parks. [D] Vegetarian selections include salads and “Amber Waves of Grain,” a veggie/grain combo. Readers report that chefs here are particularly sensitive to guests with special diets. Mac and cheese available. [M] Ramp is located to the left of the lobby. Once inside, speak to a cast member for seating directions. [F] Dinner has costumed characters who make the rounds—avoid if you have a fear of costumed characters. [R] Dinner is an all-you-can-eat meal. [S] Can be quite noisy at dinner with lots of small children. [S][V] Low lighting and uneven flooring.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Main Street Bakery</strong> [D–5]</th>
<th><strong>B $11, L $11, S</strong></th>
<th><strong>8</strong></th>
<th><strong>8</strong></th>
</tr>
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<tr>
<td>Just follow your nose to this mecca of all manner of fresh baked goodies—but be aware it’s very crowded at park opening as everyone else is doing the same. Also serves up specialty sandwiches and coffees. [D] Specialty sandwiches include vegetarian selections such as tomato-mozzarella with basil. No-sugar-added selections available, as well as fresh fruit. [M] Queue is difficult to navigate in wheelchair/ECV.</td>
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<tr>
<th><strong>Pecos Bill Café</strong> [A–4]</th>
<th><strong>L $12, D $12, S</strong></th>
<th><strong>7</strong></th>
<th><strong>6</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Rustic cowboy hangout with standard fast food—it even has an expanded fresh fixings bar, which sets it apart from its counterparts. Lots of seating—try the area in back for fewer crowds/less noise. Some seats are backless but padded. Main items: burgers, hot dogs, fresh chicken salad. [D] A few low-fat options, such as chicken salad and chicken wrap. Salad available without chicken or cheese, making it a good vegan choice. [F] Beware of the low-flying birds outdoors, which may swoop down and take food off trays! [Ö] Pictorial menu for foreign-language speakers. [M] Two registers in middle are wheelchair/ECV accessible.</td>
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**Best Bets in Magic Kingdom for Special Dietary Needs**

- ✔ The table-service restaurants (Liberty Tree Tavern, Crystal Palace, Tony’s Town Square, and Cinderella’s Royal Table), for their ability to take advance reservations and advance special requests.
- ✔ Cosmic Ray’s Starlight Café, for its no-advance-notice kosher menu.
- ✔ Toontown Market, for its variety of fresh fruit.
- ✔ Pecos Bill Café, for its health-conscious salad and wrap offerings.
- ✔ Columbia Harbour House, for its vegetarian options, including its vegetarian chili.
Special Message Boards or Areas


Special Needs Sites

ADHD [A]
ADHD/ADD and related disorders (they also have a magazine): http://www.additudemag.com

CHADD—Children and Adults With Attention-Deficit/Hyperactivity Disorder: http://www.chadd.org/

Answers to your questions about ADD: http://addvance.com

National Institutes of Mental Health: http://www.nimh.nih.gov/publicat/adhd.cfm

Attention Deficit Disorder Association: http://www.add.org

Addiction Recovery [R]

Alcoholics Anonymous: http://www.alcoholics-anonymous.org

Alcoholics Anonymous Orange County, FL meetings: http://aaorlandointergroup.org

Alcoholics Anonymous Osceola County, FL meetings: http://osceolaintergroup.org

Gamblers Anonymous: http://www.gamblersanonymous.org