

Take A Rest, You Deserve It



TOP 10 WAYS TO TAKE BREAKS IN DISNEY PARKS

- #1. Find Quiet Benches & Shaded Areas
- #2. Use Indoor Attractions as Cool-Down Breaks
- #3. Visit CommuniCore Hall & Plaza in EPCOT
- #4. Take Snack & Water Breaks
- #5. Return to Your Resort Midday
- #6. Pre-Plan Food with Mobile Order
- #7. Explore Shops or Indoor Exhibits
- #8. Watch Indoor Shows During Peak Heat
- #9. Rent a Cabana or Private Seating Area
- #10. Use Rider Switch for Attractions

Final Thoughts from London

“Taking intentional breaks in the parks keeps you energized, happy, and ready to enjoy every magical moment Disney has to offer.”