

# REST DAY

one-day itinerary

*the perfect day*



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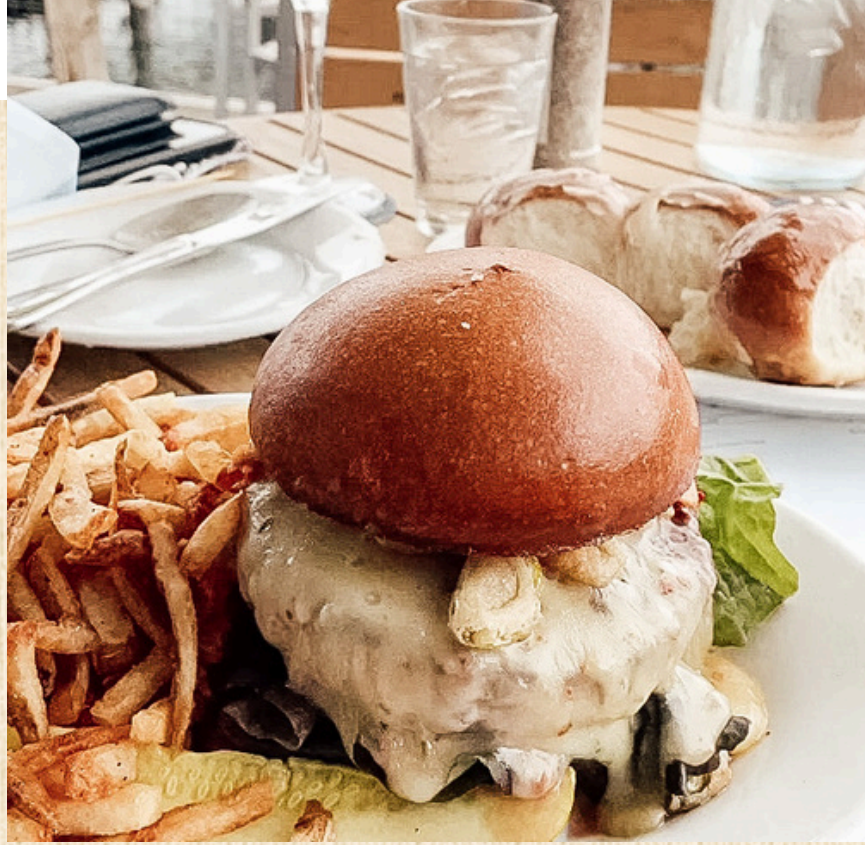
*the perfect day*

This guide is based on our episode:  
**“Rest Day Itinerary”**  
which walks you through our best  
recommendations the whole way  
through a relaxing day  
in the most Magical place on Earth!

Happy planning!



# rest days 101



- rest days are important and trust us, you're going to want and NEED them!
- plan 1 rest day for every 2 park days
- glossary of terms
  - disney tired- everything hurts and the sheer thought of another step seems impossible. The chaffing and the "disney rash" have reared their ugly heads and you want nothing more than a pool lounge and something cold to drink.
  - resort hopping- hopping around to different resorts using the disney transportation. \*note- you cannot pool hop
  - disney springs- open air shopping, entertainment and dining destination. home to many great restaurants (the boathouse, gideon's, polite pig and chef art smith's homecoming), world of disney, basin and the lego store.
  - monorail crawl- explore restaurants, resorts and/or bars at the 3 monorail resorts
  - skyliner crawl- explore restaurants, resorts and/or bars at the skyliner resorts
  - monorail resorts- contemporary, polynesian, grand floridian
  - skyliner resorts- pop century, art of animation, caribbean beach, beach/yacht club, boardwalk inn and the riviera
  - disney boardwalk- resort area between hollywood studios and EPCOT
  - disney boardwalk resorts- beach/yacht club, boardwalk inn, swan & dolphin



# slow mornings



## sleep in... then breakfast

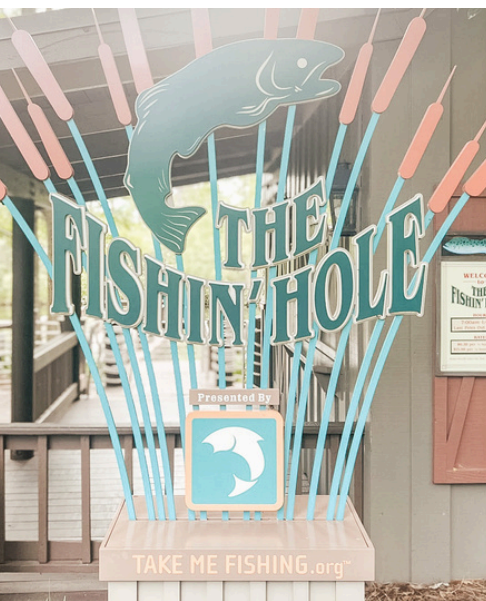
grab a reservation for a character meal (or just breakfast) based on a time that makes sense for your family and based on a location that makes sense for where you are staying

- monorail resort options
  - ohana (poly)- lilo and stitch
  - kona cafe (poly)- home to tonga toast
  - chef mickey's (contemporary)- mickey and friends
  - steakhouse 71 (contemporary)
- skyliner resort options
  - topolino's (riviera)- mickey, minnie, donald & daisy
  - cape may cafe (beach club)- mickey, minnie, donald & goofy
- honorable mentions:
  - boma (animal kingdom lodge), olivia's cafe (old key west) and whispering canyon (wilderness lodge)



# relaxing options

## pick your play time



- resort pool
- typhoon lagoon or blizzard beach
- golfing- mini, regular golf or foot golf
- spa day
  - grand floridian spa
  - mandara spa at the walt disney world swan hotel (boardwalk area)
- tri-circle d ranch located at fort wilderness
- fishing
- catch a movie at disney springs
- shopping at your resort or disney springs
- resort hopping via disney transportation
- arcade
- community hall activities
- horse drawn carriage rides
  - port orleans riverside or fort wilderness
- rent a surrey bike



# perfect endings



## dinner...and a show?

- get a dining reservation on the boardwalk and walk around afterwards to enjoy the nightly entertainment
  - we all love trattoria al forno
- dinner at disney springs
- watch the latest cirque du soleil show at disney springs
- grab a dining reservation during the fireworks
  - ohana, california grill
- campfire and s'mores at your resort
- movies on the lawn/pool at your resort
- book a fireworks cruise to see happily ever after or luminous the symphony of us





# monorail

bar crawl

## Stop 1: Disney's Polynesian Resort

- get on the list at trader sam's grog grotto (opens at 3)
- tambu tambu lounge- we recommend the potstickers and the polynesian mai tai

## Stop 2: Disney's Grand Floridian Resort & Spa

- enchanted rose- we recommend the truffle fries and the island rose

## Stop 3: Disney's Contemporary Resort

- steakhouse 71 lounge- we recommend the pb&j wings or the stack burger and the last concourse

## Stop 4: Disney's Polynesian Resort

- hopefully you've been called back to trader sam's at this point. we recommend the pan-fried dumplings and the uh-oh

## A real SMARTIE will...

- check your my disney experience app and start your journey 3/4 hours before the fireworks at magic kingdom- that way you can end your night watching happily ever after on the beach at the polynesian

