

Advice for the Theme Park Weary

When you only have a long weekend planned at Walt Disney World® Resort, you'll definitely want to hit the theme parks every day and get the most out of your vacation. But for those with the luxury of a week or more who tend to get a bit theme park weary, here are a few suggestions:

Book a spa treatment. What better way to soothe fragile nerves and sore feet than a session at one of Walt Disney World Resort spas. Senses – A Disney Spa at Disney's Grand Floridian Resort, Senses – A Disney Spa at Disney's Saratoga Springs Resort, and the Mandara Spa at the Walt Disney World Dolphin all offer luxurious treatments that are a perfect addition to your vacation.

Relax at your resort's pool. Disney's resort pools are justifiably renowned for their spectacular theming particularly Stormalong Bay at Disney's Yacht and Beach Club Resorts, a 3-acre mini waterpark, or the boulder lined beauty at Disney's Wilderness Lodge featuring waterfalls and its very own geyser.

Spend time on Disney's waterways. Disney has miles of lakes and lagoons to explore. You'll find that most Disney resorts have a marina where many types of watercraft are available for hire. Sailboats, pontoon and canopy boats, Sea Raycers, even a 52-foot yacht. Take your pick. Perhaps the biggest bang for your buck is to be had at Disney's Contemporary Resort where, in addition to the above, you'll also find parasailing, waterskiing, tubing, and wakeboarding on beautiful Bay Lake.

Cool Off at a Disney Waterpark. Disney has two wonderful waterparks: Disney's Blizzard Beach, a perfect place for daredevils, and Disney's Typhoon Lagoon, where you'll find a whopper of a surf pool along with tamer attractions. Spend your day hopping from one crazy waterslide to another or just kick back and relax on a lounge chair or rented cabana.

Head to Downtown Disney. For a change of pace there's Downtown Disney® Area. Here you'll find scads of shops and restaurants plus a 24-screen theater, DisneyQuest® Indoor Interactive Theme Park with five floors of virtual games and adventures, even a Cirque du Soleil. Adults will want to pick a great restaurant for dinner like Wolfgang Puck Dining Room or Portofino and then head to Raglan Road to party down with live Irish music on tap.

Make the Rounds Resort Hopping. Spend a few hours ogling at Disney's wonderfully themed resorts. Best of all, it doesn't cost a thing. Board the monorail at the Transportation and Ticket Center and hop off at each of the three Magic Kingdom® Resorts. First Disney's Polynesian Resort, a tropical wonderland, then Disney's Grand Floridian Resort, the grande dame, and lastly Disney's Contemporary Resort where you'll enjoy the Grand Concourse with the monorail silently gliding overhead. Out back of the Contemporary Resort catch the Blue Flag Launch to Disney's Wilderness Lodge modeled after an early 1900s national park lodge. Then by boat to the Magic Kingdom and a ferry to the TTC where you started. It's a grand circle that can't be beat.

Provided the following credit is given, you are welcome to reprint this article for free.

Cara Goldsbury is the author of *The Luxury Guide to Disney Vacations* and *The Luxury Guide to Walt Disney World® Resort*. She is Chief Executive Concierge at **Glass Slipper Concierge®** and has appeared as a leading Disney expert on two Travel Channel specials, *Disney Splurge!* and *Disney Royalty*. She has also been cited numerous times in national news articles, in such notable publications as *Forbes Traveler*, as an expert on the *Walt Disney World® Resort*. Visit Cara at wdwLuxuryGuide.com.