

Adult Disney Trip 3-Day Itinerary

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3-Day Adult Disney World Itinerary

Day 1 – Epcot & Disney Springs

- Start at Epcot rope-drop: Soarin' Around the World and Test Track.
- Late morning: Guardians of the Galaxy: Cosmic Rewind (Individual Lightning Lane).
- Lunch at World Showcase (try small plates and drinks).
- Afternoon: Lounge-hop – La Cava del Tequila (Mexico) & Rose & Crown Pub (UK).
- Evening: Epcot International Festival (seasonal) or fireworks.
- Late night: Head to Disney Springs for cocktails at The Edison or Wine Bar George.

Day 2 – Hollywood Studios & BoardWalk

- Rope-drop Star Wars: Rise of the Resistance (Virtual Queue/LL).
- Morning: Tower of Terror and Rock 'n' Roller Coaster (if available).
- Lunch: Sci-Fi Dine-In Theater or Brown Derby Lounge.
- Afternoon: Relax at Baseline Tap House or Oga's Cantina.
- Evening: Sunset Boulevard shows or Fantasmic!
- Night: Disney's BoardWalk for dueling pianos at Jellyrolls & fireworks view.

Day 3 – Animal Kingdom & Magic Kingdom Finale

- Morning: Kilimanjaro Safaris (best animal activity times).
- Mid-morning: Avatar Flight of Passage (Lightning Lane).
- Lunch at Nomad Lounge or Yak & Yeti small plates.
- Afternoon break: Resort-hop via Skyliner (visit Riviera or Coronado Springs).
- Evening: Magic Kingdom classics – Pirates of the Caribbean, Haunted Mansion, and fireworks.
- Nightcap: Trader Sam's Grog Grotto at Polynesian Resort.