



ALL ABOUT ATTRACTIONS

EVERYTHING YOU WANT TO KNOW
ABOUT THE RIDES OF
WALT DISNEY WORLD

DON'T MISS: HEIGHT REQUIREMENTS,
RIDER SWITCH, AND MORE!



Rides with

Height Requirements

The below attractions have a minimum height that guests must meet in order to ride. Younger guests will be measured - sometimes twice - at the Cast Members' discretion to be sure they can safely board the attraction. Review the list and prepare your kids appropriately. Be sure to read our Rider Switch page, too!



32"

Magic Kingdom

- Tomorrowland Speedway

Hollywood Studios

- Alien Swirling Saucers

38"

Magic Kingdom

- Seven Dwarfs Mine Train

- Hollywood Studios
- Millennium Falcon: Smugglers Run
- Slinky Dog Dash

- Animal Kingdom
- Kali River Rapids

35"

Magic Kingdom

- The Barnstormer

40"

Magic Kingdom

- Big Thunder Mountain RR
- Tiana's Bayou Adventure

Epcot

- Mission: Space
- Soarin'
- Test Track

Hollywood Studios

- Star Tours
- Rise of the Resistance
- Tower of Terror

42"

Epcot

- Guardians of the Galaxy: Cosmic Rewind

44"

Magic Kingdom

- Space Mountain

Animal Kingdom

- Avatar Flight of Passage
- Expedition Everest

48"

Magic Kingdom

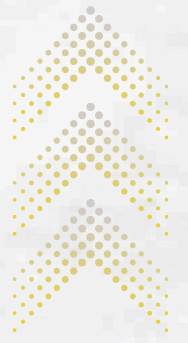
- TRON Lightcycle/Run

Hollywood Studios

- Rock 'n Roller Coaster

Rides with Fright

Proceed with Caution!



ANIMAL KINGDOM

Expedition Everest
steep hills, reverse travel, a large animatronic

EPCOT

Mission Space
G-forces on the orange mission, closed-in ride vehicle that may cause claustrophobia

Guardians of the Galaxy: Cosmic Rewind
reverse launch

HOLLYWOOD STUDIOS

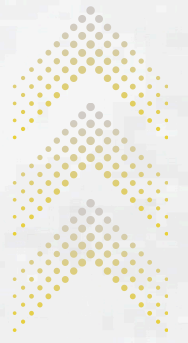
Twilight Zone Tower of Terror
realistic special effects, falling motion of ride vehicle

Rock 'n Roller Coaster
zero to 60 launch, three inversions

MAGIC KINGDOM

Haunted Mansion
spooky special effects, visual puns, darkness

Motion Sickness Warning



If a guest is prone to motion sickness, the below attractions at Walt Disney World may cause discomfort. Guests with motion sensitivity may want to plan to take preventative steps (medication, hydration, etc.) when choosing to ride or avoid these attractions completely. Everyone is different, but the rides below involve one or more of these triggers: spinning, tight turns, screens/simulators.

MAGIC KINGDOM

Astro Orbiter
Big Thunder Mountain Railroad
Buzz Lightyear's Space Ranger Spin
Dumbo the Flying Elephant
Mad Tea Party
Seven Dwarfs Mine Train
Space Mountain

EPCOT

Guardians of the Galaxy: Cosmic Rewind
Mission Space
Remy's Ratatouille Adventure
Soarin' Around the World
Test Track

ANIMAL KINGDOM

Avatar: Flight of Passage
Expedition Everest
Triceratop Spin

HOLLYWOOD STUDIOS

Alien Swirling Saucers
Millenium Falcon: Smugglers Run
Rise of the Resistance
Rock 'n Roller Coaster
Slinky Dog Dash
Star Tours
Toy Story Mania!
Twilight Zone Tower of Terror

RIDER SWITCH GUIDE

The best of both worlds



What is Rider Switch?

An important tool at your disposal during your time at Walt Disney World is the "Rider Switch" program. Rider Switch allows friends and family of any guests who don't meet the boarding requirements of a ride - or who don't wish to experience a particular attraction - to ride in turns.

To Use Rider Switch

Take the following steps to utilize Rider Switch when approaching an attraction:

1. First, check with a Cast Member to be sure Rider Switch is offered at the attraction (rides without height requirements are less likely to offer rider switch).
2. Upon arriving at the attraction, approach the Cast Member with your entire group in tow. If you have a Lightning Lane reservation, proceed to that Cast Member; if you don't, go to the standby line. Your party will be asked to divide in to two groups.

"Party 1" should include those riding the attraction first, while "Party 2" consists of non-riders and their supervising Guests.

3. The supervising Guests of Party 2 - which can include a maximum of 3 people - will have their admission media/tickets scanned and must wait while Party 1 proceeds through the line to experience the attraction. Party 2 can do anything while they wait: ride something nearby that has a short wait, grab a snack, take a bathroom break, blow bubbles, meet a character!

4. After Party 1 experiences the attraction, they'll do the "rider switch" and assume supervision of the non-riding Guests.

5. The supervising Guests of Party 2 should then return to the appropriate attraction entrance to have their admission media/tickets re-scanned by a Cast Member for the Rider Switch entitlement. At this point, Party 2 may enter the appropriate attraction return line (usually the Lightning Lane) and board without waiting in the regular queue.



View the complete list of rides that utilize Rider Switch

[RIDER SWITCH](#)

Magic Kingdom

Attractions



- The Barnstormer (35" height requirement) - Small roller coaster for kids new to coasters
- Big Thunder Mountain Railroad (40" height requirement) - Western mining-themed coaster. Fun - if a bit bumpy - ride!
- Buzz Lightyear's Space Ranger Spin - Combination space travel-themed indoor ride and shooting gallery. A real winner
- Dumbo the Flying Elephant - Disney's signature ride for children. Don't miss the play area with interactive elements inside the circus building
- The Hall of Presidents - Behold the Presidents of the United States in a stirring show tracing the nation's history
- it's a small world - Classic Disney indoor boat ride. Small boats carry visitors on a tour around the world with singing and dancing dolls showcasing the dress and culture of each nation
- Jungle Cruise - Outdoor boat ride. Fun, relaxing, and full of "dad jokes"
- Mad Tea Party - Midway-type spinning ride. You can make your teacup spin faster by turning the wheel in the center. Motion sickness warning

Magic Kingdom

Attractions



- Magic Carpets of Aladdin - Much like Dumbo but aboard a Magic Carpet. Watch out for the spitting camel positioned to spray jets of water on riders! Meet Jasmine & Aladdin nearby at Agrabah Bazaar
- The Many Adventures of Winnie the Pooh - Ride in a "Hunny Pot" through the pages of a huge picture book into the Hundred Acre Wood. Meet Pooh and Tigger nearby throughout the day
- Mickey's Philharmagic - 3-D movie featuring Mickey and Donald along with many other favorites. Terrific indoor show!
- Monsters, Inc. Laugh Floor - Interactive animated comedy show. Behind-the-scenes Disney employees voice the characters and often interact with audience members. A kid favorite!
- Peter Pan's Flight - This dark, indoor ride takes you on a relaxing trip in a flying pirate ship over old London and "off to Never Land!" A Disney parks classic
- Pirates of the Caribbean - Indoor pirate-themed adventure boat ride. Prepare children for a short, unexpected slide down a flume towards the beginning of the ride (easy-going after that)

Magic Kingdom

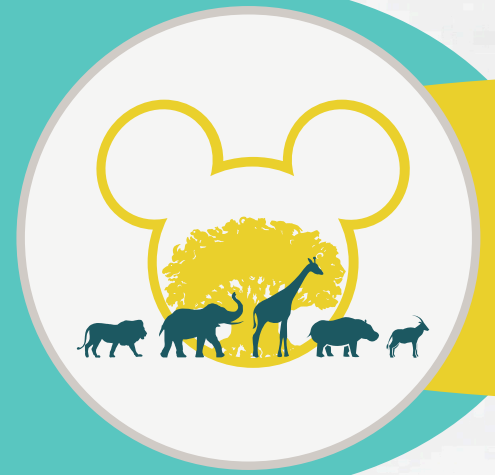
Attractions



- Princess Fairytale Hall - Official Disney princess meet & greet. Each side features a pair of princesses; signage outside lets you know who is meeting
- Seven Dwarfs Mine Train (38" height requirement) - Terrifically-themed roller coaster that is enjoyed by nearly all guests. Moderate speed and not-too-scary hills make this a fun family attraction
- Space Mountain (44" height requirement) - Classic Disney coaster through the stars! Involves sudden blackouts, abrupt turns & plummets (but no inversions). Most children who are tall enough will enjoy this ride but the most cautious members of your party may want to skip. The ride vehicle is low to the ground; some guests may have trouble getting in and out
- Tiana's Bayou Adventure (40" height requirement) - Embark on an enchanting, musical adventure inspired by "The Princess and the Frog." There is a 50-foot drop on this exciting flume ride, and guests can expect to get wet!
- Tomorrowland Speedway (32" height requirement, 54" to drive unassisted) - Self-guided mini cars on a contained track. Let your kid take the wheel (you may need to control the foot pedal)
- TRON Lightcycle/Run (48" height requirement) - One of the fastest coasters at any Disney theme park in the world! Guests ride on a cycle shaped ride vehicle and speed through "the Grid." Darkness, speed, twists, and turns - this ride has it all for the thrill-seekers in the group. Note: the ride vehicle may not be comfortable for all guests - there is a modified car

Animal Kingdom

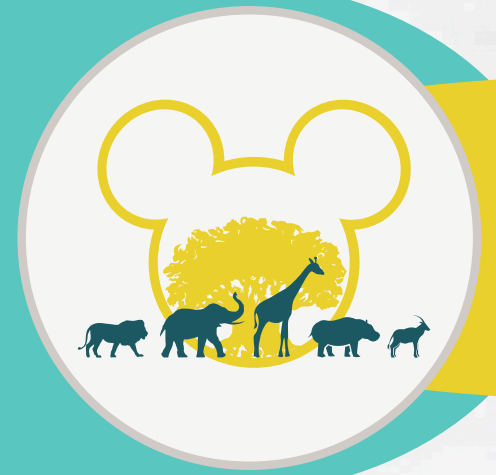
Attractions



- Avatar Flight of Passage (44" height requirement) - Headliner attraction that features a flight simulator where guests ride a banshee, based on the movie "Avatar." Some guests experience motion sickness and a very snug restraint system may not be comfortable for or accommodating of all guests. If you're worried, test out the ride vehicle at the entrance to the line
- Na'vi River Journey - Indoor boat ride. Travel through the bioluminescent jungle on a sacred river, discovering the creatures of the rainforest and meeting the Na'vi shaman of songs
- The Animation Experience - Character drawing class hosted by a real Disney animator. Guests are taught to draw one of Disney's most famous animal characters in a 25-minute class. Fun for all!
- Expedition Everest (44" height requirement) - High-speed, outdoor roller coaster. Best for the thrill-seekers in the party
- Festival of the Lion King - Theater-in-the-round stage show. A mini Broadway show based on "The Lion King."

Animal Kingdom

Attractions



- Finding Nemo - The Musical - Elaborate stage show with puppets, dancers, and special effects. A great indoor break
- Kali River Rapids (38" height requirement) - Skim across an erupting geyser, drift below a canopy of lush vegetation, and be whisked along fast-moving rapids. Includes a 20-foot plummet where you WILL GET WET
- Kilimanjaro Safaris - Jeep ride through an "African wildlife reservation". Here you can spot hippos, zebras, giraffes, lions, rhinos, and more. A quintessential part of your Animal Kingdom day, the landscape and animals are stunning
- Feathered Friends in Flight - Amphitheater show featuring birds from around the world performing tricks and entertaining all
- Zootopia: Better Zoogether! - **OPENED 11/7/25!** 4-D show in the Tree of Life Theater, celebrating Zoogether Day with Judy Hopps and Nick Wilde



Epcot

Attractions



- Soarin' (40" height requirement) - Flight simulator ride. Here you'll feel like you're hang-gliding around the world with special effects that include wind, sound, and even smell! The ride itself is thrilling but perfectly smooth - a favorite for all
- Living with the Land - Indoor boat ride through the past, present, and future of US farming and agriculture. A lot of the produce grown here is served to guests in the restaurants at Epcot. Not a thrilling ride, but a good way to pass time indoors
- Disney & Pixar Short Film Festival - Air-conditioned theater showing Disney and Pixar animated 4-D short movies, 10-15 minutes long
- Journey into Imagination with Figment - Fantasy-adventure ride through a lab with Figment, unofficial mascot of Epcot. Figment takes you on a tour of the imagination institute with the help of your five senses. You may find yourself singing the attraction song long after you ride
- Spaceship Earth - Slow-moving dark ride through past, present, and future. Audio-Animatronic scenes depict mankind's development in communications from cave paintings to the internet. A classic Epcot attraction



Epcot

Attractions



- Test Track (40" height requirement) - Automobile test track simulator ride. May be too intense for some but is often a favorite of tweens and teens. Guests go for an actual drive on Chevrolet's test track - with acceleration of up to 65 mph
- Mission Space (Green or Orange) (40" height requirement) - Space flight simulation ride. Each guest plays the role of someone in a flight crew and is required to perform certain functions during the flight. Orange Mission will experience G-forces and may cause discomfort. A less intense Green Mission takes guests on an orbital adventure around Earth
- Guardians of the Galaxy: Cosmic Rewind (42" height requirement) - Headliner attraction where guests will take off on an intergalactic chase through space and time with the Guardians of the Galaxy. Features the first ever reverse-launch on a Disney coaster and rotates 360 degrees! Motion sickness warning (but so much fun!)
- The Seas with Nemo & Friends - Ride through a tunnel in The Seas' main tank. Here you will board a "clam-mobile" for a journey through the aquarium, reliving scenes from "Finding Nemo"
- Turtle Talk with Crush - An interactive show where the sea turtle, Crush, from "Finding Nemo" answers audience questions. A kid favorite



Epcot

Attractions



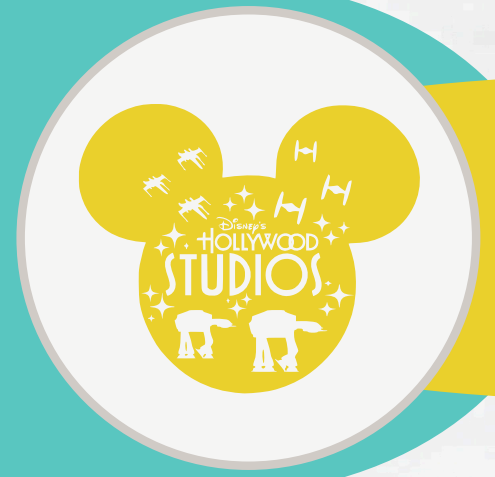
- Remy's Ratatouille Adventure - A family-friendly 3-D ride through Paris. Shrink down to rodent-size and enjoy the sights - and smells! - of Remy's kitchen setting from "Ratatouille"
- Frozen Ever After - A song-filled journey in a slow-moving boat ride with backward and forward plunges down short waterfalls. You will see your favorite "Frozen" characters and hear your favorite songs from the original movie - you may also get wet!
- Gran Fiesta Tour starring The Three Caballeros - Indoor boat ride. Take in the sights of Mexico with Donald Duck and friends. Lines for this ride are nearly always short so working it in to your tour of the World Showcase is easily accomplished
- The American Adventure - 30-minute animatronic show bringing America's past to life. Indoor, seated, and air-conditioned!

Throughout the year:

- Epcot International Festival of the Arts (Jan to Feb)
- Epcot International Flower & Garden Festival (March to early summer)
- Epcot International Food & Wine Festival (Mid/late-summer to mid-Nov)
- Epcot International Festival of the Holidays (late Nov to Dec)

Hollywood Studios

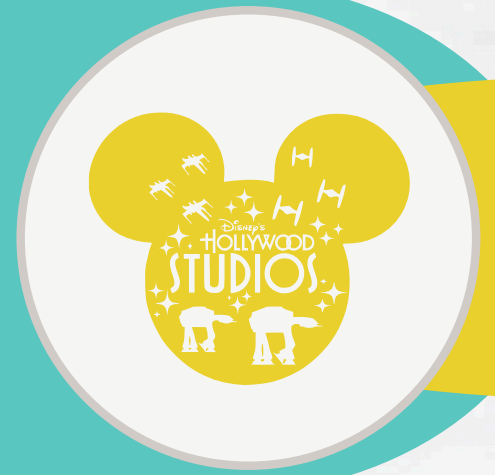
Attractions



- Toy Story Mania - Fan-favorite 3-D ride through an indoor shooting gallery. The pull string cannon on your ride vehicle takes advantage of computer-generated imagery to toss rings, shoot balls, and even throw pies. Aim high, aim low, for the best scores
- Alien Swirling Saucers (32" height requirement) - Spinning midway-style ride. A trackless tilt-a-whirl that is fun for all, especially the youngest guests who might not be tall enough to ride nearby Slinky Dog Dash
- Slinky Dog Dash (38" height requirement) - Outdoor roller coaster. Lots of hills but no loops or high speed curves; most similar to Seven Dwarfs Mine Train in thrill-level. Long lines build early and stay that way throughout the day
- The Twilight Zone Tower of Terror (40" height requirement) - Indoor thrill ride with intense drops. Visually intimidating to young children and contains intense, realistic special effects that can be scary for many ages. Best for those who don't mind a thrill!
- Star Wars: Rise of the Resistance (40" height requirement) - A combined trackless dark ride, walk-through, motion simulator, and drop ride system. Riders are in the middle of an altercation between the Resistance and the First Order, with lots of special effects

Hollywood Studios

Attractions



- Millennium Falcon: Smugglers Run (38" height requirement) - A motion simulator attraction in Star Wars: Galaxy's Edge. Guests enter the iconic Millennium Falcon starship for a secret interactive smuggling mission, with each passenger playing a role in the completion of the mission. Your flight team's collective efforts do impact the ride!
- Star Tours (40" height requirement) - 3-D motion simulator. Take a ride through space with Star Wars characters. Motion sickness warning
- Mickey & Minnie's Runaway Railroad - The first Mickey Mouse-themed ride-through attraction at a Disney theme park, this trackless "dark ride" is based on the stylized world from the television series. Don't miss!
- Beauty and the Beast - Live on Stage - Live musical, featuring Disney characters performed in an open-air theater. Arrive ~30 minutes early to get a seat if you don't use Lightning Lane