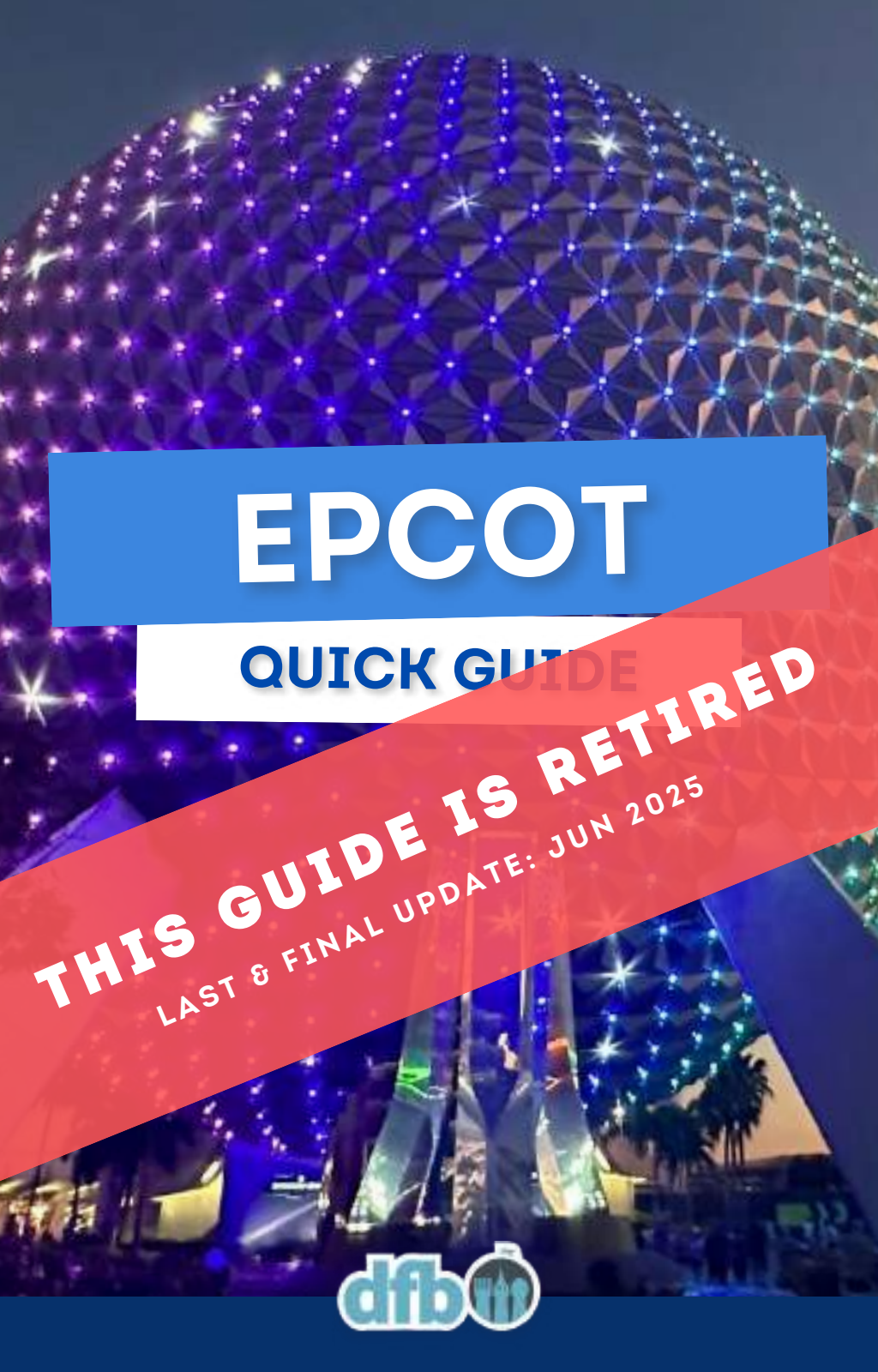


EPCOT

QUICK GUIDE

THIS GUIDE IS RETIRED

LAST & FINAL UPDATE: JUN 2025

This guide has been retired. But good news–we've got another great one to help you plan your next Disney trip.

CHECK OUT OUR PLANNING WORKSHEETS



INTRODUCTION

EPCOT has experienced some rather drastic changes and updates in recent years — so we're gonna tell you HOW to conquer this park now that all those construction walls have finally come a-tumblin' down.

EPCOT is made up of four different neighborhoods: World Celebration, World Nature, World Discovery, and World Showcase. (That's a whole lot of WORLDS all shoved into one park!) Throughout these neighborhoods, you'll be able to experience 11 different countries, OUTER SPACE, and several rides, shows, restaurants, and more.

Before you head into the park, make sure you download the free My Disney Experience App so you can keep track of ride wait times, reservations, park tickets, digital maps, and PhotoPass pictures.

WHAT'S NEW

Communicore Hall and Communicore Plaza are some of the newest areas in EPCOT. Look for entertainment at Communicore Plaza, like ¡Celebración Encanto!

At Communicore Hall, you'll find special displays and snacks during festivals. Throughout the rest of the year, look for favorite snacks from past festivals and lots of indoor seating. Plus, stop by to meet Mickey & friends.

On July 22, 2025, Test Track officially reopens at EPCOT, now reimagined as Test Track 3.0, with a fresh twist inspired by the classic World of Motion pavilion. Inside the ride, you'll hear a refreshed soundtrack featuring "It's Fun to Be Free," smell pine trees in a forest scene, and experience updated lighting, storytelling, and over 29,000 points of light representing the future of mobility.

GETTING TO THE PARK

If you're staying at Disney's Art of Animation Resort, Pop Century Resort, Riviera Resort, or Caribbean Beach Resort, then you'll have access to the **Disney Skyliner** — which can take you right on over to the park via sky gondola.

If you're staying at Disney's Polynesian Village Resort, Grand Floridian Resort & Spa, or Contemporary Resort, then you'll have access to the **Disney Monorail.**

You will have to take the monorail initially over to the **Transportation and Ticket Center**, and then **transfer over to the specific EPCOT monorail there.** Once you make that transfer, you'll be well on your way!

If you're staying at Disney's BoardWalk Inn, or the Yacht and Beach Club Resorts, your resort will literally be STEPS away from EPCOT's **International Gateway** (aka: the back entrance of the park).

Some of those resort rooms, however, might still be a bit of a walk away from the International Gateway — so, if you want to save your steps, you can hitch a ride aboard one of the **FriendShip boats** instead.

If you're staying at ANY of the other Disney World resorts (that are NOT within walking distance and do NOT have Skyliner or monorail access), then you can take a **complimentary Disney bus** over to the park.

You may also drive your own car and park at EPCOT. Parking is free for Disney World Resort hotel guests and Annual Passholders, but $30 for all others.









FESTIVALS

EPCOT is home to 4 festivals that take place each year. There are only a few weeks each year when a festival is *not* taking place!

The Festival of the Arts focuses on 3 artistic disciplines: Visual, Culinary, and Performing Arts. During this event, you can admire artwork, indulge in unique dishes and drinks at the various food booths, and watch concerts featuring Disney on Broadway stars. This festival happens at the beginning of the year.

The Flower & Garden Festival celebrates the art of gardening through character topiaries, a butterfly house, and food booths that put an emphasis on fresh, seasonal ingredients. Internationally-known artists, as well as local bands, take the stage during the Garden Rocks concert series. Flower & Garden is a longer fest that usually happens from about March to early June.

The Food & Wine Festival typically features over 25 food booths — as well as an Eat to the Beat concert series, family-friendly activities, and MORE. The Food & Wine Festival is also a long fest that typically takes place from August to mid-November.

The Festival of the Holidays features food booths celebrating holiday recipes from around the world. The centerpiece of this end-of-the-year festival is Candlelight Processional, which is a traditional retelling of the Christmas Story, featuring a celebrity narrator accompanied by a full choir and orchestra.

EPCOT RIDES (PART ONE)

RIDE	LOCATION	HEIGHT	WAIT TIME
Frozen Ever After	Norway	None	High
Gran Fiesta Tour Starring the Three Caballeros	Mexico	None	Low
Guardians of the Galaxy: Cosmic Rewind	World Discovery	42 inches	High
Journey Into Imagination With Figment	World Celebration	None	Low
Living with the Land	World Nature	None	Low
Mission: SPACE	World Discovery	40 inches	Mid
Remy's Ratatouille Adventure	France	None	High

EPCOT RIDES (PART TWO)

RIDE	LOCATION	HEIGHT	WAIT TIME
The Seas with Nemo and Friends	World Nature	None	Low
Soarin' Around the World	World Nature	40 inches	Mid
Spaceship Earth	World Celebration	None	Low
Test Track	World Discovery	40 inches	High



BEST RESTAURANTS

The **Rose & Crown Dining Room** is a cozy pub that serves British classics like shepherd's pie and fish & chips. (Stop by Yorkshire County Fish Shop to get delicious fish & chips to go!)



Via Napoli has — hands down — the BEST pizza in EPCOT!
Although the pizzas can be pretty pricey, the larger sizes are big enough to feed a whole group.

Garden Grill is a character dining experience where you'll enjoy comfort foods (like salad, mashed potatoes, meat, and pie) in a dining room that slowly rotates past scenes from the Living with the Land ride!



Space 220 is one of the hardest Advance Dining Reservations to grab in Disney World because this highly-themed spot sends guests up into "space" where they dine in the Centauri Space Station.

Regal Eagle Smokehouse is a Quick Service restaurant with American BBQ inspired by different regions of the country. Think: Memphis Dry-Rub Pork Ribs, a Texas Beef Brisket Sandwich, and Kansas City Half-Smoked Chicken.

At **Le Cellier,** you'll dine in a classic Canadian wine cellar while chowing down on top-notch selections like Canadian Cheddar Cheese Soup, Filet Mignon, and Poutine.

BEST SNACK SPOTS

Some of our favorite snacks at **Karamell Kuche** are the caramel popcorn, caramel butter bars, and caramel cupcakes. (See the theme?)

If you're looking for a nice frozen treat as make your way around World Showcase, stop by **Kabuki Cafe** right outside the Japan Pavilion for some Kakigōri (aka: a shaved ice treat topped with fruit syrup and sweetened condensed milk).

Les Halles Boulangerie-Patisserie is a tucked-away bakery full of French-inspired eats, both savory and sweet.

At **Connections Cafe**, you can order a Liege Waffle made with brioche dough and powdered sugar. But at the nearby **Connections Eatery** you can get a spruced-up Liege Waffle with Brioche Dough, Pearl Sugar, Strawberries, Whipped Cream, and Chocolate Sauce.

Kringla Bakeri Og Kafe has a bakery case filled with delectable Norwegian treats.

Joy of Tea is an unassuming kiosk in the China pavilion that'll hook you up with two nice-sized pork egg rolls.

L'Artisan des Glaces is a hidden gem snack stop where you can create the ice cream martini of your dreams!







PAVILION EXHIBITS

Many of the World Showcase Pavilions feature **exhibits that honor part of that country's culture**. This includes the American Heritage Gallery (American Adventure), Bijutsu-kan Gallery (Japan), Gallery of Arts and History (Morocco), House of the Whispering Willows Gallery (China), Mexico Folk Art Gallery (Mexico), and the Stave Church Gallery (Norway).

LUMINOUS

The good thing about Luminous is that you can get a good view of the show from pretty much any of the World Showcase pavilions. That being said, you'll still want to **find a spot where you can get a clear view of the center of World Showcase Lagoon** for the parts of the show that highlight lasers and water features.





LIGHTNING LANES

Generally speaking, you don't really NEED to invest in Multi Pass for EPCOT, since the wait times aren't too terribly bad for most of the rides here. However, if you DO end up buying Multi Pass, **the BEST rides to book Lightning Lanes for FIRST are Frozen Ever After and/or Remy's Ratatouille Adventure.**

If you want to skip the standby line at Guardians of the Galaxy: Cosmic Rewind, you'll want to look at purchasing a Lightning Lane Single Pass for the ride.



MAKING THE MOST OUT OF FESTS

If you want to prioritize festival offerings above everything else during your next EPCOT visit, you'll want to create a list of must-eats AND must-sees before you go. This schedule will give you a loose springboard to work with, but keep in mind that every festival is different. Our DFB Festival Guides can help you get a detailed look at what to expect so you can plan the most epic festival day ever.







MORNING

Arrive and pick up a free festival passport	9:00 AM
Purchase a festival scavenger hunt to complete as you make your way around the World Showcase.	9:30 AM
Check out outdoor art while waiting for the food booths to open (ie: topiaries, chalk art).	10:00 AM
Explore special exhibit at CommuniCore Hall.	10:40 AM
Food booths are open! Time for lunch!	11:00 AM
While tasting, pick up some exclusive fest merch.	12:00 PM

AFTERNOON

Don't forget to complete your scavenger hunt as you explore the park. Pick up your prize at the designated shops.	1:00 PM
Ride Living with the Land for fest overlay.	1:45 PM
Look for festival PhotoPass Magic Shots!	2:30 PM
Grab a fest drink and/or snack before getting in line for the concert series.	3:00 PM
Get in line for the concert series (times may vary — but get there early if you want good seats)!	4:00 PM
Watch the concert series performance	5:30 PM
Time to taste around more booths!	6:10 PM
Head to Spaceship Earth to watch the festival-themed light show.	7:00 PM
Park closes/Luminous begins!	9:00 PM



THE BEST HALF-DAY ITINERARY

If you're only going to be in Disney World for a limited amount of time, then you might need to double up on some park days — so here's how to get the most out of your morning in EPCOT before moving on to the next park. Our itinerary assumes you are not staying on property and are arriving a little before the park opens (AKA: in time for rope drop).







MORNING

Scan into the park (and take a picture with Spaceship Earth — a must)	9:00 AM
Ride Frozen Ever After	9:20 AM
Grab a pastry from Kringla Bakeri Og Kafe	10:20 AM
Head to Soarin' Around the World	10:35 AM
Ride Spaceship Earth	11:35 AM
Grab food inside World Showcase (Consider: Yorkshire County Fish Shop)	12:20 PM
Use Single Pass for Guardians of the Galaxy: Cosmic Rewind (can be purchased in advance).	1:10 PM
Explore World Showcase until you're ready to move on to your next adventure!	2:00 PM



EPCOT FOR KIDS

Some rumors might suggest that EPCOT is more of the “adult” Disney World park — but that’s not entirely true! EPCOT is still a BLAST for young kids to explore... you just need to know what to prioritize!







MORNING

Scan into the park	9:00 AM
Head to Remy’s Ratatouille Adventure	9:20 AM
Go ride Journey Into Imagination with Figment.	10:20 AM
Meet Figment! (Times vary)	10:50 AM
Play in the “living waters” of Journey of Water: Inspired by Moana.	11:30 AM
Ride The Seas with Nemo and Friends and explore The Seas aquariums.	12:10 PM
Lunch Break! (Nearby: Connections Eatery)	12:50 PM

AFTERNOON

Meet Mickey & friends at CommuniCore Hall	1:45 PM
Ride Gran Fiesta Tour Starring The Three Caballeros	2:45 PM
Snack break! (Nearby: Kringla Bakeri Og Kafe)	3:35 PM
Start exploring World Showcase (and collect Kidcot postcards in each pavilion)	4:15 PM
Play a few rounds of Ducktales World Showcase Adventure (via Play Disney Parks app)	5:15 PM
Dinner at Garden Grill (Reservations required)	6:00 PM
Get in line for Frozen Ever After	7:00 PM
Find a spot for Luminous	8:30 PM



THE PERFECT DAY AT EPCOT

To make the most of any park visit, a well-thought-out plan is key! EPCOT typically opens each day around 9 AM. Those staying at a Disney resort can enter the park 30 minutes early. Our itinerary assumes you are not staying on property and are arriving right when the park opens (AKA: in time for rope drop). We'll be prioritizing all the rides but skipping the Multi Pass purchase.







MORNING

Scan into the park	9:00 AM
Remy's Ratatouille Adventure	9:30 AM
Frozen Ever After	10:30 AM
Coffee Break! (Nearby: Kringla Bakeri Og Kafe)	11:30 AM
Soarin' Around the World	12:15 PM
Lunch Break! (Nearby: Sunshine Seasons)	1:20 PM

AFTERNOON

Living with the Land	2:10 PM
Mission: SPACE (go on green mission if you get motion sickness easily)	3:00 PM
Spaceship Earth	4:00 PM
The Seas with Nemo and Friends	4:45 PM
Break: Explore the Seas Pavilion	5:15 PM
Journey Into Imagination with Figment	5:45 PM
Use Cosmic Rewind Lightning Lane (Single Pass can be purchased 3 days in advance)	6:30 PM
Dinner! (Consider: Connections Eatery)	7:25 PM
Journey of Water: Inspired By Moana	8:00 PM
Luminous (times may vary)	9:00 PM



AROUND THE WORLD IN ONE DAY

For this EPCOT itinerary, we're going to stay inside World Showcase and prioritize the main attractions within each pavilion. Remember: Select World Showcase experiences won't open until 11 AM each day, but the pavilion rides — along with a few restaurants that serve breakfast-y items (ie: Les Halles Boulangerie-Patisserie) — will open earlier. (Don't forget to grab snacks and drinks from the various countries as you stroll around!)







MORNING

Scan into park	9:00 AM
Frozen Ever After & snack from Kringla Bakeri Og Kafe (Norway)	9:30 AM
Remy's Ratatouille Adventure (France)	10:45 AM
Shop around UK's shops (United Kingdom)	12:00 PM
Lunch Break! (Nearby: Le Cellier (Canada); reservations required)	12:30 PM

AFTERNOON

Download Play Disney Parks App and try DuckTales World Showcase Adventure as you explore the pavilions.	1:45 PM
Gran Fiesta Tour Starring the Three Caballeros (Mexico)	2:00 PM
Browse House of Good Fortune (China)	3:00 PM
Grab a sweet treat from Karamell Kuche (use mobile order to save time in line) (Germany)	3:45 PM
Have a glass of wine or gelato treat in Italy (21+)	4:30 PM
Watch the American Adventure (check My Disney Experience app for updated showtimes)	5:30 PM
Shop at the Mitsukoshi Department Store (Japan)	6:15 PM
Try a frozen mint tea from Oasis Sweets & Sips (Morocco)	7:00 PM
Create a progressive dinner by tasting around the festival food booths. Use this time to catch anything you missed in the countries - shows, exhibits, displays, shops, etc!	7:30 PM
Luminous (times may vary)	9:00 PM