

# 10 Tips to Beat the Heat at Disneyland: A Disneyland Park Review

by Shayla McRae, PassPorter Guest Contributor

Last year my family went to [Disneyland Resort](#) during August and the temperature exceeded 100 degrees!

☐ Although it was hot we didn't let this hinder our enjoyment at the happiest place on earth. There are many places that have either lots of shade, or air-conditioning. Plan to take cool down breaks, especially during the afternoon. Keep these in mind and try to find a spot before anyone in your family overheats.

Here are some things we found helpful to beat the heat while enjoying the day at Disneyland Resort.

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☐1. Stay Hydrated: pack water, bring a refillable water bottle (my family prefers the ones with a filter), buy rehydrate drops or tablets to add to your water. Also at many of the restaurants you can ask for a free cup of water.

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☐2. Dress appropriately: wear light comfortable clothing, wear cool fabrics (I coordinated dryfit t-shirts for my family), and wear sandals heat escapes your body through your feet and the top of your head. Bring a spray bottle or buy a Spray/Fan Disney sells, you could also bring a washcloth from your room, get it wet and wear it around your neck.

☐3. Get an early start and ride rides with an outdoor queue: Take advantage of the cool mornings and light crowds by arriving at rope drop then ride rides with outdoor cues. At Disneyland I suggest [Astro Orbiter](#), [Finding Nemo Submarine Voyage](#), [Matterhorn Bobsleds](#), all of [Fantasyland](#), [Big Thunder Mountain Railroad](#), and [Jungle Cruise](#). At California Adventure most of the rides are outdoor, I would avoid this park on a very hot day.

4. Enjoy lunch in a cool spot: Most of the restaurants are indoors. Some cool quick service spots at Disneyland include; Redd Rockett's Pizza Port, Hungry Bear Restaurant, Golden HorseShoe, and French Market.☐

\* ☐☐ [Redd Rockett's Pizza Port](#) - an indoor establishment with pizza and salad portions large enough to share with the family.☐

\* ☐☐ [Hungry Bear Restaurant](#) - Underneath the restaurant is a completely shaded area. It has a view of rivers of America and the Disneyland ducks. There are bathrooms here too. [The Golden Horseshoe](#) - This old time saloon is air conditioned and has a lot of seating. Enjoy an ice cream sundae or order an off menu treat of ice

cream nachos, enough for the whole family![]

\* [] [French Market](#) - has a shaded patio and hosts The Royale Street Bachelors, a 3-piece band, performing fun and funky tunes on the centrally located stage in the middle of the patio throughout the day.  
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[] At California Adventure there are a few cool quick service spots at including; [Fiddler, Fifer & Practical Cafe](#), [Flo's V8 Cafe](#), and [Smokejumpers Grill](#).[]

\* [] [Fiddler, Fifer & Practical Cafe](#) host Starbucks, offering grab and go sandwiches, fruit bowls, salads, and bakery treats. Indoors with air conditioning and lots of seating options, this is a great spot for a quick lunch.[]

\* [] [Flo's V8 Cafe](#) is my family's favorite. Charming Route 66 decor and classic comfort food make this a hit for everyone. Be sure to grab a classic milkshake too![]

\* [] [Smokejumpers Grill](#) gives guest the feel of being in the forest, inspired by those that fight forest fires. Smokejumpers Grill provides a large indoor seating area serving burgers, chicken nuggets, and salads.  
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[] 5. Take a hotel break and leave the park: One of the advantages at Disneyland Resort is most of the hotels are very close. Take advantage of that and take an afternoon break at the hotel.  
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[] 6. Enjoy a show: This is a great way to get off your feet especially if you don't want to leave the park. At Disneyland, the [Enchanted Tiki Room](#) in Adventureland is my favorite. Grab a pineapple Dole whip and have a seat while enjoying the air conditioning and the low lighting. Other shows include; [The Disneyland Story Presenting Great Moments with Lincoln](#), [Main Street Cinema](#), and the Golden Horseshoe. At California Adventure, [Frozen Live](#), [Disney Junior Live on Stage](#), [Turtle Talk with Crush](#), and [Animation Academy](#) (not a show but an interactive experience where you can learn to draw a character).  
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[] 7. Ride indoor attractions with mostly indoor cues. At Disneyland; ["it's a small world"](#), [Pirates of the Caribbean](#), [Indiana Jones Adventure](#), the [Haunted Mansion](#), [Space Mountain](#), [Star Tours](#), just to name a few. At California Adventure, [The Little Mermaid](#), [Soarin](#), [Tower of Terror](#), and [Monsters Inc](#).  
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[] 8. Visit Indoor walk-through attractions: The [Star Wars Launch Bay](#) and [Super Hero HQ](#) in Tomorrowland at Disneyland is air conditioned and hosts meet and greets, interactive exhibits, and video games. The [Disney Animation](#) building in Hollywood Land at California Adventure is air conditioned and hosts Animation Academy, Sorcerer's Workshop, and Turtle Talk with Crush. Also clips of Disney animated films are projected on the walls and ceiling; with plenty of floor space and

couches this is a great place to take a break from the heat.

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□9. Shop! Take advantage of the air conditioned stores and use this time to do your souvenir shopping. At Disneyland: the Disneyland Emporium is a large store at the beginning of Main Street, another large store is Star traders in Tomorrowland both you can spend lots of time in. The shops along Main Street are connected. Start at one end of Main Street and leisurely walk through the air conditioned shops. At California Adventure: is the large Elias & Co. Where you can find a variety of Disney park merchandise. Also here, like Disneyland, the shops along Buena Vista Street are connected.

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□10. Enjoy a cool treat! At Disneyland: lots of slushy frozen drinks can be found throughout the park, a dole whip float at the [Tiki Juice Bar](#), Mint Julep at the [Mint Julep Bar](#), ice cream at [Gibson Girl Ice Cream Parlor](#), and of course a Mickey Ice Cream Bar and other frozen treats found at kiosks throughout the park. At California Adventure: enjoy an ice cream from all over the park including [Clarabelle's](#), Ghiradelli's, [Cozy Cone Motel](#), or [Paradise Pier Ice Cream Company](#). Also enjoy a icy drink such as a smoothie from [Schmoozies](#) or Red's Apple Freeze from Cozy Cone Motel. Mickey Bars and fruit bars can also be found at kiosks throughout the park.

*About The Author: Shayla McRae grew up going to Disneyland every year. Now living in Oregon with her husband and two boys, she tries to get back to a Disney Park every year. With family living in California and Florida she always has an excuse to squeeze in a visit to the parks.*

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