

# Walt Disney World: Not Just For Kids

by Tacey Atkinson, PassPorter Guest Contributor

You have to have children to enjoy Walt Disney World, right?

Horsefeathers! I am here to dispel that myth. There are some of us who either have no children or whose children are grown up, and we still love Disney as much as those experiencing it through the eyes of a 4-year-old. There are so many things for **adults to enjoy at Walt Disney World!**

Let's start with the **Disney resorts**. Because we are adults, do we have to stay at the Deluxe resorts with spas and the works? I don't think so at all. I love to stay at [Disney's Pop Century Resort](#). It gives me a fix of nostalgia while being modern and funky at the same time. It has the whimsy of Disney's All-Star Resorts with the adult feel of Disney's Coronado Springs Resort. I love to stroll through the lobby, looking at the things that I grew up with. It's a fun, friendly atmosphere and I love it!

Now, let's head off to **Downtown Disney**. Here I would highly recommend the Downtown Disney West Side. The place I never miss on our annual trip is The House of Blues Gospel Brunch. This is the best food on property for an all you can eat breakfast buffet, in my humble opinion. There is something for everyone -- a fruit selection, salad bar and the omelet station which has the most delectable fixings I have ever experienced. The performance is second to none. I mean where else can you get a rousing choir that gets you clapping and foot stomping during an incredible breakfast? I highly recommend this to all my friends.

We are good and full, so let's head off to **Disney's Animal Kingdom** for a performance that in my opinion is even better than [Cirque De Soleil's La Nouba](#) at Downtown Disney. I am speaking about the Festival of the Lion King. This is well choreographed, supremely acted and sung, and the way the cast involves the audience makes sure young and old have a great time. It is funny, heart-warming and visually satisfying. I have seen The Lion King on Broadway and I still prefer the Animal Kingdom version. If you are looking for a fun, relaxing, indoor spectacular, this is the place to be.

Now that we've seen a great show and brunch has been over for some time, let's head over to [Disney's Grand Floridian Resort & Spa](#) for **afternoon tea**. Now while there are teas for the little ones such as the Wonderland Tea Party, it is not necessary to exclude yourself from the decadence of high tea in such plush surroundings. The [Garden View](#)

[Tea](#) offers a huge assortment of teas, pastries and other treats. Anyone seeking a respite from the hustle and bustle that tends to be a Disney vacation really should give this a try. What a great place for a quiet recharge!

Once your tea is done, grab the monorail from the Grand Floridian to [Disney's Polynesian Resort](#), where I feel as though I've been whisked away to a Polynesian island. The **atmosphere is so tropical and lush**. I love to sit by the shore of Seven Seas Lagoon and people watch, and if you are feeling adventurous, rent yourself a boat and float in the middle of the lake to enjoy the peace and privacy of it all.

Now that we are all recharged, let's check out [Disney's Hollywood Studios](#). **One Man's Dream**, the story of Walt Disney and the magic he created throughout his life, is a fitting tribute to the man who started it all. You could easily stay here hours, lingering over the many exhibits and learning more about Walt's fascinating life. There's even the video of Walt introducing EPCOT here. While the reality of Epcot may be very different from the vision he talked about in the video, watching it, you can understand how much vision one man possessed.

Speaking of Epcot, it's getting dark, so let's head off to today's final destination before heading back to our resort: Epcot! Here you'll find [IllumiNations: Reflections of Earth](#), the **best fireworks show I have seen in a long time**. The music, the barges, the torches around the lake; everything just sets the mood to make it the perfect end to a Disney day. On a side note, I do suggest that you test which way the wind is blowing because if it's blowing toward you and you are near the waters edge, you may be covered in smoke. So always go to the opposite side of the lake then the direction that the wind is blowing.

Well, I hope you have enjoyed this small glimpse into why **Disney isn't just for kids**. There is nowhere else in the world I can ever imagine going for vacation. So the next time your friends say, "Disney World? That's a place for kids!" you can reply "HORSEFEATHERS!"

*About The Author: Tacey is a huge Disney fan - so much so that her friends call her "Snow," in tribute to her favorite princess. She makes an annual trek to Walt Disney World.*

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