

Disney World

Ride Checklist

for Toddlers

A simple guide to help you plan and enjoy rides with **little ones**.

- ✓ All 4 Parks Covered
- ✓ Height Requirements Chart
- 🐭 Top Toddler Ride Picks



Toddler Friendly Rides

Magic Kingdom

- "it's a small world"
- Peter Pan's Flight
- The Many Adventures of Winnie the Pooh
- Under the Sea – Journey of the Little Mermaid
- Dumbo the Flying Elephant
- Mad Tea Party
- Prince Charming Regal Carrousel
- Buzz Lightyear's Space Ranger Spin
- Tomorrowland Transit Authority PeopleMover
- Astro Orbiter
- Jungle Cruise
- Pirates of the Caribbean (small drop)
- The Magic Carpets of Aladdin
- Haunted Mansion (dark + spooky themes)

EPCOT

- Spaceship Earth
- Journey Into Imagination with Figment
- The Seas with Nemo & Friends
- Living with the Land
- Frozen Ever After (small drop)
- Gran Fiesta Tour
- Remy's Ratatouille Adventure (may feel intense)

Animal Kingdom

- Na'vi River Journey
- Kilimanjaro Safaris
- Wildlife Express Train (Rafiki's)

Hollywood Studios

- Mickey & Minnie's Runaway Railway
- Toy Story Mania

Rides with Height Requirements

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Magic Kingdom

The Barnstormer	35" 89 cm
Big Thunder Mountain Railroad	40" 102 cm
Seven Dwarfs Mine Train	38" 97 cm
Space Mountain	44" 102 cm
Tiana's Bayou Adventure	40" 102 cm
Tomorrowland Speedway	32" 82 cm
TRON Lightcycle / Run	48" 122 cm

EPCOT

Guardians of the Galaxy: Cosmic Rewind	42" 107 cm
Mission: SPACE	40" 102 cm
Soarin' Around the World	40" 102 cm
Test Track	40" 102 cm

Hollywood Studios

Alien Swirling Saucers	32" 81 cm
Millenium Falcon: Smugglers Run	38" 97 cm
Rock 'n' Roller Coaster	48" 122 cm
Slinky Dog Dash	38" 97 cm
Star Tours – The Adventure Continues	40" 102 cm
Star Wars: Rise of the Resistance	40" 102 cm
The Twilight Zone Tower of Terror	40" 102 cm

Animal Kingdom

Avatar Flight of Passage	44" 113 cm
Expedition Everest	44" 113 cm
Kali River Rapids	38" 97 cm

Information is accurate as of March 2026. Attractions, height requirements, and park details may change. Please confirm all information on the official Walt Disney World website before your trip.

Magic Kingdom Attractions

Fantasyland

- ☐ "it's a small world" (All ages)
- ☐ Peter Pan's Flight (All ages)
- ☐ The Many Adventures of Winnie the Pooh (All ages)
- ☐ Prince Charming Regal Carrousel (All ages)
- ☐ Under the Sea – Journey of the Little Mermaid (All ages)
- ☐ Dumbo the Flying Elephant (All ages)
- ☐ Mad Tea Party (All ages)
- ☐ Seven Dwarfs Mine Train (38")
- ☐ Enchanted Tales with Belle (All ages)
- ☐ Mickey's PhilharMagic (All ages)

Tomorrowland

- ☐ Buzz Lightyear's Space Ranger Spin (All ages)
- ☐ Tomorrowland Speedway (32" passenger, 54" alone)
- ☐ Astro Orbiter (All ages)
- ☐ PeopleMover (All ages)
- ☐ Space Mountain (44")
- ☐ Tron Lightcycle/Run (48")

Shows & Experiences

- ☐ Mickey's PhilharMagic
- ☐ Enchanted Tales with Belle
- ☐ Country Bear Musical Jamboree
- ☐ The Hall of Presidents
- ☐ Swiss Family Treehouse
- ☐ Walt Disney's Enchanted Tiki Room
- ☐ Walt Disney's Carousel of Progress
- ☐ Monsters Inc. Laugh Floor
- ☐ Meet Mickey at Town Square Theater
- ☐ Princess Fairytale Hall (meet princesses)
- ☐ Storybook Circus splash/play area (seasonal)
- ☐ Festival of Fantasy Parade (check schedule)

Adventureland

- ☐ Jungle Cruise (All ages)
- ☐ Pirates of the Caribbean (All ages)
- ☐ Magic Carpets of Aladdin (All ages)

Frontierland

- ☐ Tiana's Bayou Adventure (40")
- ☐ Big Thunder Mountain Railroad (40")

Liberty Square

- ☐ Haunted Mansion (All ages)

Top Toddler Picks

Dumbo
Winnie the Pooh
Small World
Little Mermaid
Peter Pan
Carousel
Buzz Lightyear
Jungle Cruise

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Epcot Attractions

World Celebration

- ❑ Spaceship Earth (All ages)
- ❑ Journey Into Imagination (All ages)
- ❑ Meet Mickey & Friends (Characters)
- ❑ Disney & Pixar Short Film Festival (All ages)

World Discovery

- ❑ Mission: SPACE (40")
- ❑ Test Track (40")
- ❑ Guardians of the Galaxy (42")

World Nature

- ❑ The Seas with Nemo (All ages)
- ❑ Turtle Talk with Crush
- ❑ The Seas Aquarium
- ❑ Journey of Water (Moana)
- ❑ Living with the Land (All ages)
- ❑ Soarin' (40")

World Showcase

- ❑ Frozen Ever After – Norway (All ages, small drop)
- ❑ Gran Fiesta Tour – Mexico (All ages)
- ❑ Remy's Ratatouille Adventure – France (All ages)
- ❑ Character Meet & Greet (check times)

Top Toddler Picks

The Seas with Nemo
Living with the Land
Journey of Water
Gran Fiesta Tour
Frozen Ever After

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Animal Kingdom *Attractions*

Discovery Island

- Zootopia: Better Zoogether (All ages)
- Adventures Outpost – Mickey & Minnie

Africa

- Kilimanjaro Safaris (All ages)
- Gorilla Falls Exploration Trail (Walk-through)
- Rafiki's Planet Watch (All ages)
- Festival of the Lion King (Show)

Pandora – The World of Avatar

- Na'vi River Journey (All ages)
- Avatar Flight of Passage (44")

Asia

- Expedition Everest (44")
- Kali River Rapids (38")
- Maharajah Jungle Trek (Walk-through)
- Feathered Friends in Flight (Show)

Dinoland U.S.A.

- Finding Nemo: The Big Blue... and Beyond! (Show)

Top Toddler Picks

Kilimanjaro Safaris
Na'vi River Journey
Festival of the Lion King
Zootopia: Better Zoogether!

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Hollywood Studios

Attractions

Hollywood Boulevard

- Mickey & Minnie's Runaway Railroad (All ages)

Animation Courtyard

- The Little Mermaid – A Musical Adventure (Show)

Echo Lake

- Indiana Jones Epic Stunt Spectacular! (Show)
- Star Tours – The Adventure Continues (40")
- For the First Time in Forever: A "Frozen" Sing-Along Celebration (Show)
- Meet Olaf

Commissary Lane

- Meet Mickey & Minnie

Star Wars: Galaxy's Edge

- Star Wars: Rise of the Resistance (40")
- Millennium Falcon: Smugglers Run (38")

Toy Story Land/ Pixar Place

- Alien Swirling Saucers (32")
- Slinky Dog Dash (38")
- Toy Story Mania (All Ages)
- Meet Jessie, Woody, Buzz and Edna Mode

Sunset Boulevard

- Disney Villains: Unfairly Ever After (Show)
- The Twilight Zone Tower of Terror (40")
- Beauty and the Beast – Live on Stage (Show)
- Fantasmic! (Nighttime show)

Top Toddler Picks

Toy Story Mania
Frozen Sing Along
The Little Mermaid
Beauty and the Beast

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Water Parks

Height Requirements

Typhoon Lagoon

Toddler Area



- Ketchakiddee Creek (48" or shorter)
 - Bay Slides (60" or shorter)

 - Castaway Creek (All ages)
 - Gangplank Falls (All ages)
 - Keelhaul Falls (All ages)
 - Mayday Falls (All ages)
 - Miss Adventure Falls (All ages)
 - Storm Slides (All ages)
 - Typhoon Lagoon Surf Pool (All ages)
 - Crush 'n' Gusher (48")
 - Humunga Kowabunga (48")
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Blizzard Beach

Toddler Area

- Tike's Peak (48" or shorter)

 - Cross Country Creek (All ages)
 - Melt-Away Bay (All ages)
 - Runoff Rapids (All ages)
 - Ski Patrol Training Camp (All ages)
 - Snow Stormers (All ages)
 - Teamboat Springs (All ages)
 - Toboggan Racers (All ages)
 - Downhill Double Dipper (48")
 - Slush Gusher (48")
 - Summit Plummet (48")
 - Chairlift (32")
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Toddler Tips

Waiting in Line

Bring snacks, small toys, or use Lightning Lane for longer waits

Darkness & Small Drops

Some rides (Pirates, Frozen) have small drops
Many rides are dark — prep toddlers ahead of time

Rider Switch

Parents can take turns riding bigger attractions without waiting twice

Lightning Lane

Consider using for rides with long waits such as:

- Peter Pan (Magic Kingdom)
- Remy (Epcot)
- Frozen (Epcot)
- Na'Vi River (Animal Kingdom)

Take Breaks

Plan rides early morning
Take midday breaks to avoid meltdowns

Top Toddler Tip

For more info about visiting
Walt Disney World with
toddlers visit our website

[DisneyWithToddlers.com](https://www.DisneyWithToddlers.com)