

## Plan: EPCOT One-Day Touring Plan for Adults

You are currently viewing a touring plan from **TouringPlans.com**, published by GuySelga. We make tools to save you money and time in **Walt Disney World, Disneyland, or Universal Studios Orlando**.

To plan your own vacation with tools like:

- Expert-created computer-optimized **premium plans** to save up to 4 hours in line per day
  - **Crowd Calendar** to pick which days to visit which parks
  - **Ticket Calculator** to find the cheapest authentic tickets for Walt Disney World
  - **Hotel Room Views** so you can choose the best room on WDW property for your money

and lots more, subscribe at <https://touringplans.com/join>.

**PARK**  
EPCOT Starts at Main Entrance

**A Premium Touring Plan from TouringPlans.com**  
*Viewed on April 12, 2026*

### PLAN SUMMARY

The standard one-day touring plan of Epcot from the current Unofficial Guide. Includes Guardians of the Galaxy: Cosmic Rewind, Remy's Ratatouille Adventure, Soarin' Around the World, and more. Plan to arrive at EPCOT's main entrance around 50 minutes before official opening (and 70 minutes ahead on holidays and other busy days). Get maps and the Times Guide when you arrive.

### PLAN SUMMARY

To use Lightning Lane with this plan: The most useful Lightning Lane reservations for this plan are for Remy's Ratatouille Adventure, Test Track, and Soarin' (in that order). Get the first available reservation for one of those, and fit that return time window into the plan. If using Single Lightning Lane Attraction Selections, try to get a Guardians reservation for as close to park opening as possible, and a Frozen Ever After reservation for around 2 p.m.



## Your Plan Steps

### STEP

#### 1) Guardians of the Galaxy: Cosmic Rewind

**Notes:** If Guardians is NOT using a virtual queue, you'll find the shortest lines at the moment the park opens.

#### 2) Test Track presented by General Motors

**Notes:** Test Track is often not running early in the morning and late at night. Before you walk all the way over there, ask a Cast Member (or check our Lines app or the My Disney Experience app) to see if it's operating.

#### 3) Mission: SPACE Orange

**Notes:** If your group includes teens, ride Mission: Space. Skip it otherwise.

#### 4) Spaceship Earth

#### 5) Soarin' Around the World

#### 6) Living with the Land

#### 7) Rest

**\*\* Staying inside the park**

**Notes:** Eat lunch. Sunshine Seasons at The Land pavilion is the best - and closest - choice.

#### 8) The Seas Main Tank and Exhibits

**Notes:** Tour The Seas' main tank and exhibits.

#### 9) Journey of Water, Inspired by Moana

**Notes:** Walk through Journey of Water on your way between The Seas and other attractions.

**10) Mexico Pavilion**

**Notes:** *Skip the boat ride to save time.*

**11) Frozen Ever After**

**Notes:** *Tour the Norway pavilion and ride Frozen Ever After.*

**12) China Pavilion**

**Notes:** *Tour the China pavilion but skip the film; it's not rated highly by any age group.*

**13) Germany Pavilion**

**14) Italy Pavilion**

**15) The American Adventure**

**Showtimes:** 11:45am, 12:30pm, 1:15pm, 2:00pm, 2:45pm, 3:30pm, 4:30pm, 5:30pm, 6:30pm, 7:30pm

**16) Eat dinner**

**\*\* Staying inside the park**

**Notes:** *Eat dinner*

**17) Japan Pavilion**

**Notes:** *Tour the exhibits and department store as well.*

**18) Morocco Pavilion**

**19) France Pavilion**

**20) Remy's Ratatouille Adventure**

**21) Canada Far and Wide in Circle-Vision 360**

**Notes:** *Tour the Canada pavilion and see this film.*