



Mid Florida Milers Walking Club

LBV/Disney Springs 7K and 10 km Walks©

Administrative Information for the LBV/Disney Springs Walks Event SE21/Y0841 Questions today? (407) 304.6394

Masks are required when you register at Pirates Cove.

Disney Springs has specific rules to minimize any spread of COVID-19 virus. These include: limited parking; your temperature taken before being allowed in; all over age three are required to wear a face mask; social distancing rules enforced; normal operations will be modified; hours reduced; capacity monitored, increased sanitary policies and hand-washing stations. By visiting Disney Springs, you voluntarily assume all risks related to exposure to COVID-19.

Map: <http://tinyurl.com/Lake-BuenaVista-MFM>; GPS: 28.3834527,-81.5006590

To Pirate's Cove Adventure Golf, 12545 State Rd 535. From Orlando I-4W or Tampa I-4E, take Exit 68 and travel north (right from Orlando/left from Tampa) on SR 535 (Apopka-Vineland Rd.) to the first traffic light. Turn right into the Crossroads Shopping Center. Continue straight to the Pirate's Cove Adventure Golf Course. Walk Box is at the counter.

For OSB use, If on Disney property, take a bus to Disney Springs transportation hub. From the Disney terminal, exit toward the walkway nearest the garage and World of Disney. Enter Walkway toward lake to front of World of Disney at instruction #21 (10K) and #15 (7K). Wheelchairs/strollers are OK. Pets are not allowed. There are restrooms in abundance in Disney Springs. 57 eating locations in Disney Springs are available. Contact Joyce, shadesfan@aol.com.

This map and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.

AVA Special Programs: Carousels Across America, Walk the USA A-Z: O.

The 10K and the 7K routes are in one file.

As with all remote start walks your assistance to keep the route and information current is requested. Issues, comments? Email mlanpher@cfl.rr.com.

COVID-19: Current status of this and other Mid-Florida Milers YREs will be found at our web site or POC: www.midfloridamilers.org.


Log into the OSB system (my.ava.org) to “finish/complete” your online registration after the walk. You pay \$2 by credit card and have access to the walk instructions/directions immediately. When you later enter ‘completed’, you pay \$1 for the printable stamped insert card.



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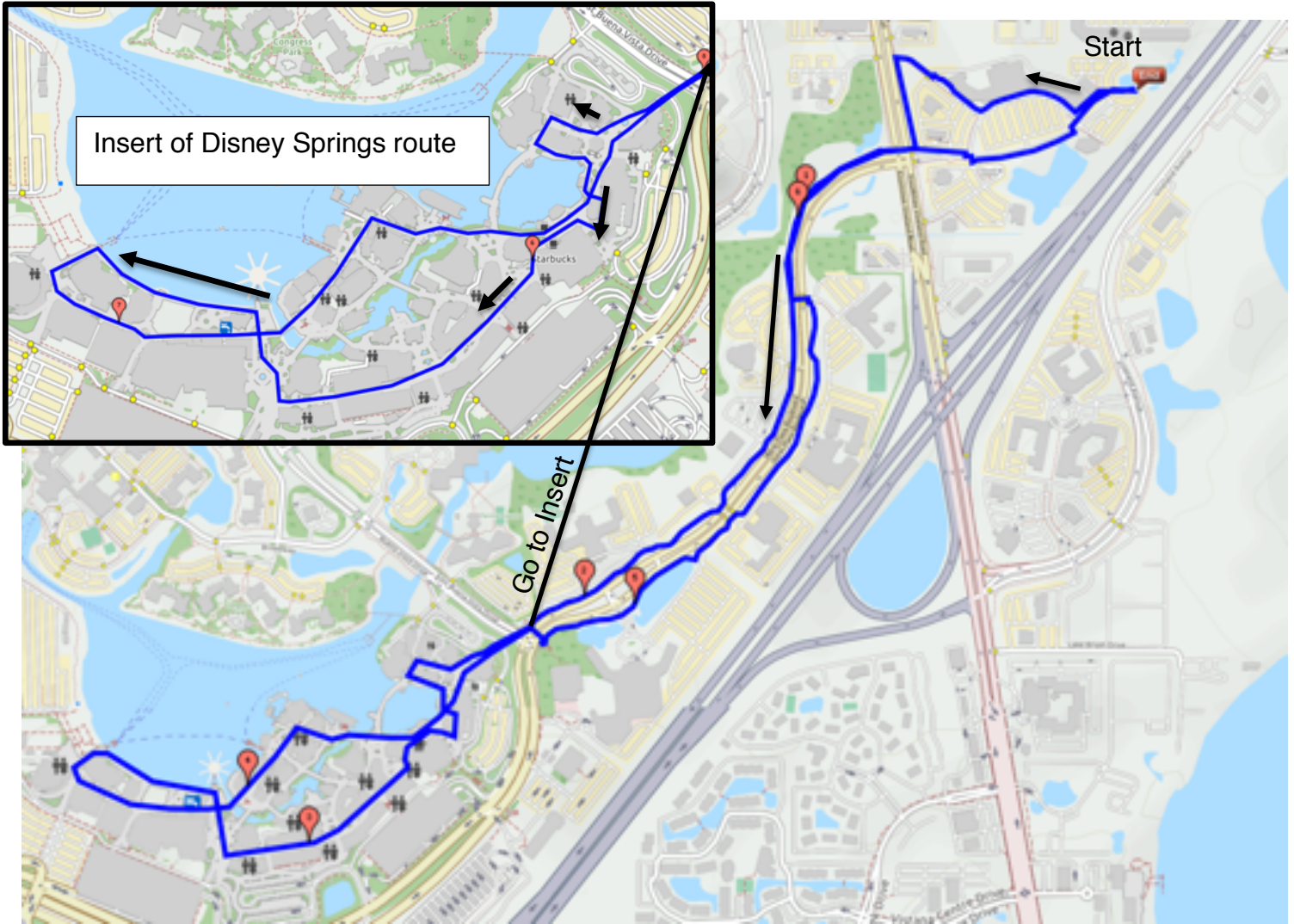
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Info	Restrooms: Start, Disney Springs. Questions call 407.304.6394.
	<i>AVA Special Programs: Carousels, Ice Cream Parlors, Walk the USA A-Z: O</i>
	Emergency-911; Incident Notification: 407.304.6394, 407.375.2387
1.	Use the sidewalk and, carefully, the parking lot to Sweet Tomatoes/TGI Fridays.
2.	Continue to Fridays & RIGHT along stores.
3.	Straight ahead past Fuddrucker's & bear RIGHT past Buffalo Wild Wings.
4.	LEFT at crosswalk at "The Knife", and continue to main road.
5.	LEFT on Apopka Vineland (no sign).
6.	RIGHT on Hotel Plaza Blvd. past hotels.
POI	<i>Hotel row provided the accommodations for visitors when Magic Kingdom opened in 1971.</i>
7.	Cross bridge via steps or elevator into Disney.
8.	RIGHT at large windmill Tinker Toy & Earl of Sandwich. Pass carousel.
9.	LEFT at Rainforest Café.
10.	LEFT at "Duncan" stand before bridge/lake.
11.	Bear RIGHT at train. Turn RIGHT at tables for Margaritas (small building) on lake.
12.	LEFT after passing Margaritas up a short ramp. Straight at top of ramp towards walkway w/Ghirardelli's on the right (ice cream yet?).
13.	RIGHT at Photo Pass into passageway toward Cristal.
14.	RIGHT at Basin (Store) to front of World of Disney.
15.	LEFT in front of World of Disney passing Starbucks.
16.	LEFT at Lego Store.
17.	RIGHT into Disney Springs Town Center & continue straight, passing restrooms & Lime Garage on the left. Pass Zara. Walk through

	covered Market Building (more buying?) & exit with Wolfgang Puck on the left.
18.	RIGHT at Planet Hollywood.
19.	Pass Starbucks to lake & blue balloon.
20.	LEFT at lake, continue on walkway, keeping lake on right.
21.	LEFT at boat landing at end of path to Cirque De Soleil.
22.	LEFT at Cirque Du Soleil (white) building. Walk in front of NBC Experience. Continue past Splitsville, Paleo, AMC theater & more. Many places for gifts on the right.
23.	Pass Starbucks & cross large bridge. Pass Maria's & Enzos, STK, & Hanger Bar to The Boathouse. <i>Come back to see neat old wooden boats at Dockside Bar.</i>
24.	RIGHT at Boathouse to plaza and bear LEFT .
25.	RIGHT at paddleboat. Continue past T-Rex, the bridge on left, and Lego Store.
26.	Pass World of Disney and Ghirardelli Chocolate Shop (last chance) on the right.
27.	Continue past Once Upon a Toy and exit Disney Springs via the bridge steps or elevator.
28.	RIGHT across 2 nd bridge over Hotel Plaza Blvd. toward Hilton.
29.	Exit & RIGHT at bottom of stairs on sidewalk away from bridge with Hotel Plaza Blvd. on left & Hilton on the right.
30.	LEFT at Doubletree Suites at 2d light crossing Hotel Plaza Blvd.
31.	RIGHT on sidewalk w/Hotel Plaza Blvd on right.
32.	Cross Apopka Vineland into Crossroads Center. Walk to stop sign; cross to sidewalk by Taco Bell.
33.	LEFT on sidewalk.
34.	LEFT at end at Crosswalk & RIGHT to sidewalk and return to vehicle.
	THANKS for walking with the Mid-Florida Milers Link to all MFM YREs



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LBV / Disney Springs 10 km Year Round Event©

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AVA Special Programs: Carousels, Walk the USA A-Z: O

 Emergency-911; Incident Notification: 407.304.6394, 407.375.2387

1.	Use the sidewalk and, carefully, the parking lot to Sweet Tomatoes.
2.	Continue to Fridays & RIGHT along stores.
3.	Straight ahead past Fuddrucker's & bear RIGHT past Buffalo Wild Wings.
4.	LEFT at crosswalk at "The Knife", and continue to main road.
5.	RIGHT on SR 535 (no sign) along sidewalk passing Black Angus to Olive Garden.
6.	RIGHT on Palm Parkway; pass Black Fire to Stay America.
7.	LEFT on Lake Ave. crossing Palm.
8.	LEFT on Vinings Way Blvd.; next left. Pass Blue Tree Resort.
9.	LEFT on Apopka Vineland at Wawa.
10.	RIGHT at Palm Parkway crossing Apopka Vineland. 7/11 on right corner.
11.	LEFT on Apopka Vineland crossing CR535.
12.	RIGHT on Hotel Plaza Blvd. past hotels.
POI	<i>Hotel "row" provided the accommodations for visitors when Magic Kingdom opened in 1971.</i>
13.	Cross bridge via steps or elevator into Disney.
14.	RIGHT at large windmill Tinker Toy & Earl of Sandwich. Pass carousel.
15.	LEFT at Rainforest Café.
16.	LEFT at "Duncan" stand before bridge. Lake on right.
17.	Bear RIGHT at train. Turn RIGHT at tables for Margaritas (small building) on lake.
18.	LEFT after passing Margaritas up a short ramp. Straight at top of ramp towards walkway w/Ghirardelli's on the right (ice cream yet?).
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23.	RIGHT into Disney Springs Town Center & continue straight, passing restrooms & Lime Garage on the left. Pass Zara. Walk through covered Market Building (more buying?) & exit with Wolfgang Puck on the left.
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37.	RIGHT on sidewalk w/Hotel Blvd on right.
38.	Cross Apopka Vineland into Crossroads Center. Walk to stop sign; cross to sidewalk by Taco Bell.
39.	LEFT on sidewalk.
40.	LEFT at end at Crosswalk & RIGHT to sidewalk and return to finish



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 Link to all MFM YREs



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