

**The 13th  
All-American Council**

# **Survival Guide For Orlando**

*Things to know, Places to go  
Sights to see & Where to eat*



# **City Desk Hours of Operation**

**July 20** - Saturday 3 pm - 9 pm

**July 21** - Sunday 1 pm - 10 pm

**July 22** - Monday 10 am- 3 pm

**July 23** - Tuesday 10 am- 10 pm

**July 24-26** - Wednesday, Thursday & Friday  
10 am - 2 pm

## **Survival Tips**

*Average Temperatures:*

June - September

Days - Upper 80s F to mid 90s F

Nights - Upper 60s F to mid 70s F

### **Sun safety**

If you are going to be out in the sun all day,  
choose a sunscreen with an SPF of at least 30.

For shorter outings, use one with an SPF of at least 15.

No matter what the instructions say, re-apply sunscreen every  
hour or so, especially if you are swimming or perspiring a lot.

And don't forget the old-fashioned methods.

A hat with a 4-inch brim will protect your face, one of the  
places most vulnerable to the sun.

**NOTE:** The sun is strongest between 10 a.m. and 3 p.m.,  
although burning can occur even  
in the early morning or late afternoon.  
Overcast days should not be taken lightly.  
Ultraviolet rays can burn through fog or haze.

### **Drink plenty of fluids**

Dehydration can lead to weakness, fatigue,  
and eventually heat stroke due to the body's reduced  
ability to regulate its temperature.

You drink about 16 ounces two hours before exercising  
or spending time in the hot sun, 8 ounces every  
15 or 20 minutes while exercising,  
and another 16 ounces after exercise.

So whether you're lounging by the pool or  
waiting in line at the theme parks,  
be sure to gulp down plenty of fluids,  
such as water, sports drinks, juices  
and non-carbonated beverages.

***Enjoy Your time in Orlando  
while at the Council!***

# Transportation Options

About town - Besides taxi and limousine service to anywhere in the Greater Orlando area, the city's Lynx bus system provides economical public transportation around Orlando. Bus stops are marked with a "paw" print of a Lynx cat.

The I-Ride trolleys serve popular International Drive with scheduled stops every 15 minutes. The 54 stops are designated with numbered "I-RIDE" location markers.

I-RIDE Trolleys operate year-round, seven days a week, from 8:00 a.m. - 10:30 p.m.

## ***How Much Does it Cost to Ride the I-RIDE Trolley?***

Cash Fare

- Single fare is .75 cents
- Senior citizen (65 and over) fare is .25 cents
- All children age 12 and under RIDE FREE when accompanied by a paying adult
- Exact change is required, \$1.00 accepted
- Drivers do not carry cash Unlimited Passes

<b>One Day Pass:</b>	\$2.00 per person
<b>Three Day Pass:</b>	\$3.00 per person
<b>Five Day Pass:</b>	\$5.00 per person
<b>Seven Day Pass:</b>	\$7.00 per person
<b>Fourteen Day Pass:</b>	\$14.00 per person

### ***Passes not sold on Trolleys***

Single Ride Full Fare \$1.00

One dollar gets you one great trip.

Transfer Fee 10¢. If you need more than one bus to reach your destination, just ask your driver for a transfer when you board the bus.

Good in one direction, for three connections.

You must catch the next arriving bus when making each transfer or your transfer will be invalid.

Transfers not issued when riding on a discounted fare.

Xpress Link Single Ride Full Fare \$2.00 Forget the stress and go Express.

For Seniors, customers with disabilities, and Medicare card holders. Customers age 65 and older or with disabilities are eligible for AdvantAge fares.

Seniors must present proof of age with a valid photo I.D. when purchasing a pass or paying a fare.

Customers with disabilities must present a valid LYNX I.D. or Medicare card when purchasing a pass or paying a fare.

# Things to See

## Attractions

### ***Busch Gardens***

A family amusement experience includes naturalistic zoological habitats, exciting rides, and thrilling live entertainment. One of Florida's prime vacation destinations, the 335-acre park is a combination of attractions and sights. Located in Tampa, which is about 90 minutes from Orlando. 888-800-5447

### ***Discovery Cove***

In a tropical setting that includes thatched-roof huts, cabanas and white-sand beaches, Discovery Cove includes a mix of adventures and unique experiences. Located across the street from SeaWorld in Orlando, guests interact with Atlantic bottlenose dolphins in crystal-clear dolphin lagoons, and also enjoy the Tropical River, Ray Lagoon, Coral Reef, a free-flight Aviary, and a naturalistic resort-style pool complete with waterfalls.  
1-877-4-DISCOVERY

### ***DisneyQuest®***

Indoor interactive theme park - Where Disney adventures and your imagination come together in a totally interactive way. For information call 407-828-4600 Open 10:30 a.m. to midnight. Rain or shine. 407-828-4600.

### ***Disney Epcot®***

Epcot is dedicated to the ageless delight of discovery. An exciting and fun place for the whole family, filled with high-tech playthings and countless delights from around the world.  
1-800-WDISNEY

### ***Disney Animal Kingdom Theme Park®***

At Disney's Animal Kingdom® Theme Park, expect the unexpected as you encounter wild animals, dinosaurs, loveable characters, spectacular shows and attractions. Come on, explore!

### ***Disney-MGM Studios***

Disney-MGM Studios celebrates the fascinating world of show business with thrilling attractions, glamorous shows and backstage tours highlighting your favorites from movies, television, theater, music and animation.

### ***Disney Magic Kingdom® Park***

The world of 'make believe' comes alive in the Magic Kingdom Park where new adventures, fantasy, and fun surround you in seven wonderful lands of enchantment with over 40 incredible attractions and shows.

### ***Islands of Adventure***

Universal Orlando

You have not been to Orlando until you have been to Universal Orlando Resort with an unbelievable variety of new things to do, new places to see, and new thrills to enjoy. At Universal Orlando, you'll find the world's TWO most amazing theme parks side by side...a dazzling new entertainment complex...and 3 world-class on-site hotels, all in one convenient location. 888-389-4783

### ***Kennedy Space Center Visitors Complex***

Take a tour of Kennedy Space Center including the Apollo/Saturn V Center, Launch Complex 39 Observation Gantry and the International Space Station Center. Also, experience an IMAX film. 321-449-4400

### ***SeaWorld® Orlando***

There's no place in the world like SeaWorld Orlando...touch and feed dolphins, count the teeth on a shark and come face-to-face with polar bears. Challenge Kraken, Orlando's only floorless coaster. And, just try to stay dry when the world famous Shamu comes a splashing! At SeaWorld, it doesn't get any closer than this. 407-351-3600

### ***Wet'n Wild***

Wet'n Wild, America's best-attended water park, is a great way to enjoy fun in the sun. Wet'n Wild features the best variety of multi-passenger thrill rides in Orlando. And in the spring of 2001, The Storm whirls its way into the water park scene! Riders will be washed down a towering chute, swirled around a bowl at high speeds and tumbled into a splash landing! Kids love the elaborate Children's Playground, an unrivaled addition that features miniature versions of the park's most popular rides. 800-992-9453

## ***Museums and Parks***

### ***Orlando Museum of Art***

The Orlando Museum of Art exhibits wonderful selections from its permanent collections of African art, American art and art of the ancient Americas, and offers a variety of temporary exhibitions and programs. Interactive gallery activities and the Museum Shop will appeal to visitors of all ages. 2416 North Mills Avenue 407-896-4231

### ***Orlando Science Center***

Journey through the human body, observe life in a Florida cypress swamp, and unearth dinosaur mysteries - all in a single visit! Orlando Science Center also offers breathtaking giant screen films, planetarium shows, hands-on exhibits and live theater presentations. Everywhere you look, there are opportunities to explore, experiment, and discover 777 East Princeton Street 407-514-2000

### ***Harry P. Leu Gardens***

Sightseeing takes a natural turn at Harry P. Leu Gardens. The gardens include 50-acres of tropical plants, formal rose garden, and camellias. Visit the Leu House Museum, a restored late nineteenth century home, which is listed on the National Register of Historic Places. 1920 North Forest Avenue 407-246-2620

## ***Shopping***

### ***Belz Factory Outlet World***

5401 West Oakridge Road  
Orlando, FL 32819

407-354-0126 As the largest factory outlet center in America, Belz Factory Outlet World - Orlando features more than 170 outlet stores in two fully-enclosed, air conditioned malls and four annexes. Shoppers will find great deals on name brand merchandise from Adidas, Bass, Calvin Klein, Casual Corner, Dockers, Footlocker, The Gap, Guess, Nautica, Nike, Oneida, OshKosh B'Gosh, Reebok, Samsonite, Sunglass Hut, Timberland, Tommy Hilfiger and more.

### **Orlando Premium Outlets**

8200 Vineland Avenue  
Orlando, FL 32821

407-238-7787 Upscale outlet shopping has arrived in Orlando!  
Mediterranean-style village setting with a world-class collection of 110 designers and name brands offering savings of 25%-65%. I-4 to exit 27, left on Vineland Avenue (Little Lake Bryan).

### **The Florida Mall**

8001 South Orange Blossom Trail, #420  
Orlando, FL 32809

407-851-7234 The largest shopping attraction in Orlando, with Saks Fifth Avenue, Dillard's, JCPenney, and Sears plus well-known specialty stores. Spouses and tour group programs, multilingual guest services, and more.

### **Belz Designer Outlet Center**

5211 International Drive  
Orlando, FL 32819

407-352-9611 Located in the heart of International Drive, Belz Designer Outlet Center features more than 40 upscale and designer stores with prices up to 75% off. Shoppers will find great deals on name brands.

### **Gooding's Supermarkets**

8255 International Drive, Ste 120  
Orlando FL 32819 407-370-4209

Gooding's on I-Drive is an upscale supermarket servicing the needs of nearby businesses and visitors to our area offering groceries, beer and fine wine and a selection of attraction merchandise. Open 24/7.

### **Eckerd Store #2652**

(1.7 miles from hotel)  
5402 CENTRAL FLA PKWY  
ORLANDO, FL 32821 (407) 239-6065

#### **Pharmacy Hours:**

Mon-Fri 9 to 9  
Sat 9 to 7  
Sun 10 to 6

### **Florida Liquors**

(1.03 miles from hotel)  
5448 Central Florida Pkwy  
Orlando, FL 32821  
407-239-8979  
Hours: 10AM-9:30PM Daily

### **ABC Fine Wines & Spirits**

(1.4 miles from hotel)  
6169 Westwood Blvd  
Orlando, FL 32821  
407-352-1509  
Hours: 10 AM to Midnight M-Sat  
11AM to 11PM Sunday

## **Dining**

*There are hundreds of restaurants within a 10 mile radius of the hotel, here's a brief list.  
For more information visit the City Desk.*

**Price Code:** \$ = Under \$9  
\$\$ = \$10-\$19  
\$\$\$ = \$20 & up

## **Breakfast**

### ***B-line Diner in Peabody Hotel***

9801 International Drive  
Orlando, FL 32819 407-345-4460 Open 24hrs \$\$

### ***Cracker Barrel Old Country Store***

5859 Caravan Court  
Orlando, FL 32819  
407-248-6260 \$-\$\$

### ***International House of Pancakes***

9990 International Drive  
Orlando, FL 32819  
407-352-9447 \$

### ***Le Peep***

4666 Kirkman Rd.  
Orlando, FL 32811  
407-291-4580 \$

### ***TooJay's***

7600 Dr. Phillips Blvd.  
Orlando, FL 32819  
407-355-0340 \$

### ***On The Run At Mobil Vie De France Bakery & Deli***

9858 International Drive  
Orlando, FL 32819  
407-354-3322 \$

## **Lunch**

### ***Bennigan's - Bee Line/Convention Center***

6109 Westwood Boulevard  
Orlando, FL 32821  
407-352-5657 \$\$

### ***Chamberlin's Market & Cafe***

7600 Dr. Phillips Boulevard  
Orlando, FL 32819  
407-352-2130 \$

### ***Flippers Pizza-Westwood Boulevard***

6125 Westwood Boulevard  
Orlando, FL 32821  
407-345-0113 \$

### ***Friday's Front Row Sports Grill***

8126 International Drive  
Orlando, FL 32819  
407-363-1414 \$

**Golden Corral**

8032 International Drive  
Orlando, FL 32819  
407-352-6606 \$

**Houlihan's Restaurant**

9150 International Drive  
Orlando, FL 32819  
407-856-0122 800-222-5866 \$\$

**Italianni's**

8148 International Drive  
Orlando, FL 32801  
407-345-8884 \$\$

**Samba Room**

**Cuban**

7468 West Sand Lake Road  
Orlando, FL 32819  
407-226-0550 \$\$

**Southern China Seafood Buffet**

8255 International Drive  
Orlando, FL 32819  
407-226-5977 \$

**Dinner**

**American**

**Dan Marino's Town Tavern**

9101 International Dr.  
Orlando, FL 32819  
407-363-1013 \$\$

**Dux**

9801 International Drive  
The Peabody Orlando  
Orlando, FL 32819  
407-345-4550 \$\$\$

**Hard Rock Cafe**

6050 Universal Blvd  
Universal Studios Escape  
Orlando, FL 32819  
407-351-7625 \$\$

**Jimmy Buffett's Margaritaville**

6000 Universal Blvd.  
Universal Studios Escape  
Orlando, FL 32819  
407-224-2155 \$\$

**NASCAR Cafe**

6000 Universal Blvd # 743  
Universal Studios CityWalk  
Orlando, FL 32819  
407-224-7223 \$\$

**Stonewood Tavern and Grill**

5078 Dr. Phillips Blvd.  
Orlando, FL 32819  
407-297-8682 \$\$\$



Asian

**Hanamizuki Japanese Restaurant**

8255 International Drive, #136  
Orlando, FL 32819  
407-363-7200 \$\$\$

**Ming Court Innovative Oriental Cuisine**

9188 International Drive  
Orlando, FL 32819  
407-351-9988 \$\$\$

**Roy's Restaurant**

7760 West Sand Lake Road  
Orlando, FL 32819  
407-352-4844 \$\$\$

**Siam Orchid Restaurant**

7575 Universal Boulevard  
Orlando, FL 32819  
407-351-0821 \$\$

Cajun Creole

**LuLu's Bait Shack**

9101 International Drive, Suite 2220  
Orlando, FL 32819  
407-351-9595 \$\$

Continental

**Arthurs 27**

Wyndham Palace Resort & Spa  
Lake Buena Vista, FL 32830  
407-827-3450 \$\$\$

**The Boheme**

325 S. Orange Ave.  
Westin Grand Bohemian  
Orlando, FL 32801  
407-581-4700 \$\$\$

**Manuel's On The 28th**

390 N. Orange Ave.  
Orlando, FL 32801  
407-246-6580 \$\$\$

Indian

**New Punjab Indian Restaurant**

7451 International Drive  
Orlando, FL 32819  
407-352-7887 \$\$

Italian

**Christini's Ristorante Italiano**

7600 Dr. Phillips Boulevard  
Orlando, FL 32819  
407-345-8770 \$\$\$

**DiVino's Italian Restaurant**

8445 International Drive, #142  
Orlando, FL 32819  
407-345-0883 \$\$\$

Latin/South American/Caribbean

**Bahama Breeze**

8849 International Drive  
Orlando, FL 32819  
407-248-2499-not open for lunch \$\$

Mediterranean

**Cafe Tu Tu Tango**

8625 International Drive  
Orlando, FL 32819  
407-248-2222 \$\$

**Cedar's Restaurant**

7732 West Sand Lake Road  
Orlando FL 32819  
407-351-6000 \$\$

Seafood

**The Crab House - Next to Mercado**

8291 International Drive  
Orlando, FL 32819  
407-352-6140 800-394-3839 \$\$

**Boston Lobster Feast - International Drive**

8731 International Drive  
Orlando FL 32819  
407-851-4001 \$\$\$

**Charlie's Lobster House**

8445 International Drive  
Orlando, FL 32819  
407-352-6929 \$\$\$

**Fish Bones Restaurant**

6707 Sand Lake Road  
Orlando, FL 32819  
407-352-0135 \$\$

Steakhouses

**Charley's Steak House**

8255 International Drive  
Orlando, FL 32819  
407-851-8400 \$\$\$

**Del Frisco's Steak House**

729 Lee Road  
Orlando, FL 32810  
407-645-4443 \$\$\$

**Morton's of Chicago**

7600 Dr. Phillips Boulevard, Suite 132  
Orlando, FL 32819  
407-248-3485 \$\$\$

**The Palm**

5800 Universal Blvd.  
Orlando, FL 32819  
407-503-7256 \$\$\$

**Ronnie's Steak House**

7500 International Drive  
Orlando, FL 32819  
407-313-3000 \$\$\$

**Ruth's Chris Steak House**

7501 Sand Lake Road  
Orlando, FL 32819  
407-226-3900 \$\$\$

**Shula's Steak House**

1200 Epcot Resort Blvd.  
Walt Disney World Dolphin  
Orlando, FL 32830  
407-934-1362 \$\$\$

