



How Intense Is It?

Every ride, sorted by thrill level — the drops, launches, and spins, and the gentle stuff for everyone else.

Height limits tell you who can ride. This tells you what a ride actually does — so motion-sensitive adults, cautious kids, and anyone who'd rather skip the drops can plan ahead. Icons flag what to expect.

▼ Drop » Launch / Speed ⦿ Spinning ☾ Dark ∞ Inversions ≈ Water

★ TIER 1 — BIG THRILLS ★ (drops, launches, dark, fast — think twice if you're sensitive)

- ★ **Tiana's Bayou Adventure** (Magic Kingdom) ▼ ≈ a 50-ft flume drop; you'll get wet.
- ★ **TRON Lightcycle / Run** (Magic Kingdom) » launch coaster, fast, but smoother than Space Mountain.
- ★ **Space Mountain** (Magic Kingdom) ☾ » a jerky coaster in near-total darkness; the rough one.
- ★ **Guardians of the Galaxy: Cosmic Rewind** (EPCOT) » ⦿ ☾ reverse launch + spinning vehicles; the top motion-sickness trigger on property.
- ★ **Rock 'n' Roller Coaster** (Hollywood Studios) » ∞ the only WDW coaster with inversions, plus a hard launch.
- ★ **The Twilight Zone Tower of Terror** (Hollywood Studios) + ▼ ⦿ repeated sudden drops in the dark.
- ★ **Expedition Everest** (Animal Kingdom) ▼ ☾ a coaster with a backward section and one big drop.
- ★ **Avatar Flight of Passage** (Animal Kingdom) ⦿ an intense flying simulator; can unsettle motion-sensitive riders.
- ★ **Mission: SPACE (Orange)** (EPCOT) ⦿ » a spinning centrifuge with real G-forces (air-sickness bags are in the vehicle). Choose the Green version for a gentle, no-spin ride.

★ TIER 2 — MODERATE ★ (some thrill — most people are fine)

- ★ **Seven Dwarfs Mine Train** (Magic Kingdom) ▼ a mild family coaster with gentle swaying and small dips.
- ★ **Big Thunder Mountain Railroad** (Magic Kingdom) ▼ a classic mine-train coaster; small drops and quick turns.
- ★ **Slinky Dog Dash** (Hollywood Studios) » a jamily coaster with little airtime hills and a small launch.
- ★ **Test Track** (EPCOT) » coaster-style, up to 65 mph.
- ★ **Star Tours** (Hollywood Studios) ⦿ a jerky motion simulator with screens.
- ★ **Millennium Falcon: Smugglers Run** (Hollywood Studios) ⦿ a motion simulator; mild-to-moderate, screen-based.
- ★ **Soarin' Around the World** (EPCOT) a gentle hang-glide simulator; the sense of height is the main factor.
- ★ **Remy's Ratatouille Adventure** (EPCOT) ⦿ ☾ trackless with spinning and screens; benign-looking but a sneaky motion trigger.
- ★ **Kali River Rapids** (Animal Kingdom) ≈ ⦿ a spinning raft with a drop; you will get soaked.
- ★ **Kilimanjaro Safaris** (Animal Kingdom) a bumpy open-truck ride over rough terrain.
- ★ **Mad Tea Party** (Magic Kingdom) ⦿ spinning teacups (you control how much).
- ★ **Frozen Ever After** (EPCOT) ▼ mostly a gentle boat ride, with one small backward drop.

★ TIER 3 — GENTLE ★ (calm — great for little ones, grandparents, and queasy stomachs) ★

- ★ **"it's a small world"** (Magic Kingdom)
- ★ **The PeopleMover** (Magic Kingdom) slow, breezy, a few small dips.
- ★ **Haunted Mansion** (Magic Kingdom) ☾ dark and spooky, but the motion is slow and smooth.
- ★ **Pirates of the Caribbean** (Magic Kingdom) ☾ dark, with one small drop.
- ★ **Peter Pan's Flight** (Magic Kingdom) ☾
- ★ **Jungle Cruise** (Magic Kingdom)
- ★ **The Many Adventures of Winnie the Pooh** (Magic Kingdom)
- ★ **Under the Sea – Journey of The Little Mermaid** (Magic Kingdom)
- ★ **Mickey & Minnie's Runaway Railway** (Hollywood Studios) ☾ trackless and playful, no big motion.
- ★ **Spaceship Earth** (EPCOT) ☾ slow and dark, with a gentle backward descent.
- ★ **Living with the Land** (EPCOT) a calm boat ride.
- ★ **The Seas with Nemo & Friends** (EPCOT)
- ★ **Gran Fiesta Tour** (EPCOT) a gentle boat ride.
- ★ **Mission: SPACE (Green)** (EPCOT) the no-spin, light-motion version.
- ★ **Na'vi River Journey** (Animal Kingdom) a slow, beautiful boat ride.
- ★ **Alien Swirling Saucers** (Hollywood Studios) ⦿ a mild kiddie spinner.

GOOD TO KNOW

- ★ Rides close for refurbishment — always confirm availability in the My Disney Experience app before you plan your day around one.

MOTION-SICKNESS WATCH

Prone to motion sickness? The usual suspects: Mission: SPACE Orange, Guardians Cosmic Rewind, Mad Tea Party, Star Tours, Avatar Flight of Passage, and screen-heavy rides like Remy's.

What helps:

- ★ Pick Mission: SPACE Green.
- ★ Keep your eyes on a fixed point.
- ★ Ride earlier in the day.
- ★ Remember Rider Switch lets anyone sit one out without waiting in line twice.

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