

Jogging Around Disney's Port Orleans Resort

Tips For A Safe Trip

 Use caution when crossing roadways and intersections

 Be alert, jogging/walking trails are shared by our guests using bicycles and golf carts

 Wear light colored clothing during dawn and dusk hours

 Remain on designated jogging/walking trails at all times

 Certain trails close at dusk, please observe where posted

 For your protection please do not feed or handle any wildlife or plants found in our natural environment

Be sure to drink plenty of water

Use sunscreen if appropriate

• A stretching or warm up routine may help prevent injuries

