

# The geographical description of orlando



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BUSTER**

State of Florida is located on the Gulf Coast in the south-eastern United States. It is bordered to the west by the Gulf of Mexico, to the north by Alabama and Georgia, and to the east by the Atlantic Ocean. Orlando is a major city in the central region of the U. S. state of Florida. The geography of Orlando is mostly wetlands, consisting of many lakes and swamps. The terrain is generally flat, making the land fairly low and wet. In the area there are hundreds of lakes and the largest one is Lake Apopka. Central Florida's bedrock is mostly limestone and very porous. The Orlando area is susceptible to sinkholes.

Orlando International Airport is the busiest airport in Florida. Located 10.5 km (6.5 miles) southeast of Orlando, the airport is served by more than fifty airlines. In the airport there are more than 100 retail shops, food and beverage outlets, and the airport is a self-contained environment with full service banking, currency exchange, salon and post office. Duration of the flight from Scotland can take between 11 – 18.5 hours, possibly with a connecting flight from London. The Rosen Inn is located west of the airport and the transfer time from the airport to the hotel is approximately 20 minutes.

## **Local Time Zone**

Orlando is in the Eastern Time Zone and it is 5 hours behind of Greenwich Mean Time (GMT) during the Eastern Standard Time and 4 hours behind of GMT during Daylight Saving Time. In Orlando the Daylight Saving Time (DST) started on Sunday, 13 March and will end on Sunday, 6 November.

## **Description of Tour Operator**

Virgin Tour Operator has won several awards such as British Travel Award in 2007 and it is named ' Best Tour Operator to USA/Canada'. The company was voted by the customer and received its third " Best Package Holiday Company Long Haul" award. Virgin Tour Operator offers excellent holiday packages to Florida and everywhere around the world. Virgin Holidays is the largest, extremely popular, and most successful transatlantic tour operator, it beats rival operators such as Thomas Cook and Jetlife.

## **Description of Selected Holiday**

Walt Disney World

Seaworld Orlando

Rosen Inn Hotel

Epcot

Universal Orlando Resort

Orlando International Airport  
The holiday I have chosen as it was requested is in Orlando. The hotel that I selected is located in International Drive, which is one of Orlando's most lively and dynamic areas and is right in the centre of some of the world's most famous theme parks and attractions, including museums, mini-golf courses and restaurants ranging from fast food to gourmet cuisine. It's also a shopper's paradise with designer outlet stores, shops and boutiques. The area can be explored by foot or by jumping on the I-Ride Trolley which served all the attractions along international Drive.

## **Rosen Inn Hotel**

Within the hotel guests can enjoy Plaza Garden Restaurant, Lite Bite Deli with a late opening, Zebras Sports Bar and Grille with entertainment and bar menu until midnight. The smoking area is open on the outdoor patio deck. Smooth Java Coffee Bar is featuring Starbucks premium coffee products, fresh fruit smoothies and a variety of pastries. Food is served until midnight. The hotel has three swimming pools, electronic games room and children's playground. Car hiring with free parking and breakfast are also included. Pointe Orlando shopping complex is on the opposite side offering some great clothes shops and twenty-one cinema screens. Free scheduled shuttle takes guests to the best attractions of the International Drive area. Universal Orlando Resort is 10 minute, Walt Disney Resort is 20 minute and SeaWorld Orlando is 5 minutes away from the accommodation. Resort representatives are available 7 days.

## **Room Information**

All rooms have two double beds, featuring pillow-topped mattresses, radio alarm clock, refrigerator, microwave, coffee maker, electronic safe, iron and ironing board, TV with free Disney Channel and Premium Movie Channel. In-room pay-cinema channels are also available and there is a complimentary wireless internet in the rooms and throughout public areas of hotel. Rooms are air-conditioned and non-smoking.

## **Climate**

Orlando has a subtropical and very humid climate. The average annual temperature is a comfortable 72.4 °F (22.4 °C). Average annual rainfall amounts to over 50 inches per year, keeping central Florida lush and green

throughout the year. Prevailing winds are southerly at 9 mph. The average elevation of the region is 127 feet above sea level.

There are two major seasons each year:

Hot and rainy, lasting from June until late September. During this time the temperatures can be uncomfortably hot.

Dry, warm season, from October through May; bringing less frequent rainfall, yet still with warm temperatures. Occasionally night time temperatures can plunge surprisingly low.

Thunderstorms are common between May and September and tend to be short but heavy, offering some respite from the heat. Summer is also hurricane season from June to November.

Of course everything is air conditioned in Orlando, the theme parks sell inexpensive umbrellas and rain parkas, and there are the water parks. Summer travel to Orlando Florida is still fun and winter travel is wonderful.

## **Theme Parks**

Universal Orlando Resort & Int'l Drive North Area

This is another exciting full day activity. At this real, working film and TV production facility visitors can go behind the scenes and jump right into the action of their favourite movies. Visitants can plunge into darkness on the psychological thrill ride, Revenge of the Mummy; see, hear and feel the action through the miracle of OgreVision in Shrek 4, save the earth from

aliens on the interactive ride MEN IN BLACK Alien Attack, or experience the Universal's newest coaster Hollywood Rip Ride Rockit.

### Walt Disney World Resort Area

At Disney's Hollywood Studios is one of the best in popular entertainment. Visitors can experience what it feels like to be on the stage as a star from their own adventure and share it as part of the Magical Gatherings experience.

### Walt Disney World Resort Area

Disney storytelling comes to life in a kingdom where visitors can see real and imaginary animals, thrilling attractions, shows and the majesty of the nature. This is another excellent day out offering lots of fun, wonder and adventure.

## **Discovery Cove**

### SeaWorld & International Drive South Area

Discovery Cove is a day of adventure and a lifetime of memories. Visitors can swim with dolphins, wade with mysterious rays, snorkel among thousands of tropical fish, and safely come eye-to-eye with sharks and barracudas, hand-feed exotic birds. Families can relax on genuine beaches and enjoy an all-inclusive day of discovery.

## **Universal's Islands of Adventure**

### Universal Orlando Resort & Int'l Drive North Area

It is an adventurous full day visit where visitors can experience five uniquely themed islands such as Seuss Landing, The Lost Continent, Jurassic Park,

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Toon Lagoon and Marvel Super Hero Island. Excursionists can battle villains in 3-D on The Amazing Adventures of Spider-Man, defy gravity as The Incredible Hulk Coaster takes them on a high-speed roller coaster rampage, escape the jaws of a T-Rex on the Jurassic Park River Adventure, brave white-water rapids on Popeye & Bluto's Bilge-Rat Barges or take a spin through the mischievous world of The Cat in the Hat. As newness The Wizarding World of Harry Potter provides visitors with a one-of-a-kind experience complete with multiple themed attractions, shops and a restaurant.

#### Walt Disney World Resort Area

Epcot is another fantastic full day visit where families have to opportunity to see fascinating cultures and numerous wonders of the world through dazzling shows, interactive experiences and amazing attractions.

### **SeaWorld Orlando**

#### SeaWorld & International Drive South Area

In SeaWorld Orlando is an adventurous full day theme park where families can encounter up-close animal experiences, unforgettable performances, and the next generation of thrills. SeaWorld's all-new killer whale show connects guests to the sea, and killer whales, with a new level of energy and excitement while it educates and inspires them to make a difference in this world. Visitors can feed sea lions or get on the flying roller coaster. Orlando helps vacation adventures become lifelong memories. There is an onsite restaurant offering good selection of food to all families.

## **Other attractions**

### **Gatorland**

14501 South Orange Blossom Trail, Orlando

Gatorland is located around 6.5 miles from the hotel. It is a 110-acre theme park and wildlife preserve, combining “ Old Florida” charm with exciting, new exhibits and entertainment. It provides affordable-priced family fun with thousands of alligators, crocodiles, a children’s water park, aviary, breeding marsh with observation tower, petting zoo, nature walk, educational wildlife programs, gift shop, Florida’s best train-ride, restaurant, and much more.

### **Central Florida Zoo & Botanical Gardens**

3755 NW US Highway 17/92, Sanford,

It is located around 30 miles from the hotel. It boasts over 400 animals, 23 acres of native gardens, an Insect Zoo and Reptile House, a children’s zoo with animals, ZOOM Air Aerial Adventures, a splash playground, live animal encounters and many educational opportunities and demonstrations.

### **Lake Eola Park**

195 N Rosalind Avenue, Orlando

Lake Eola Park is a popular destination in the downtown area with beautiful surroundings, ideal for walking. Other activities available to park visitors include renting swan-shaped paddle boats, electric gondola boats, feeding the live swans and other birds inhabiting the park.



## **Dangers of the weather**

Key rules for coping with heat are to drink plenty of water to avoid dehydration and to slow down and cool off when feeling fatigued, a headache, a high pulse rate or shallow breathing. Overheating can cause serious, even life-threatening conditions such as heat stroke.

### **Dangers of heat include:**

**Heat cramps:** Exercising in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.

**Heat syncope or fainting:** Anyone not used to exercising in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the cure is to take it easy.

**Heat exhaustion:** Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Body temperature might rise, but not above 38. 8°C. In some cases victims should be hospitalized. Heat exhaustion is more likely after a few days of a heat wave than when one is just beginning. The best defence is to take it easy and drink plenty of water. Don't take salt tablets without consulting a physician.

**Sunstroke:** In some cases extreme heat can upset the body's thermostat, causing body temperature to rise to 40°C or higher. Symptoms are lethargy, confusion and unconsciousness. Even a suspicion that someone might be suffering from sunstroke requires immediate medical aid. Sunstroke can kill.

## **How to avoid?**

It is strongly recommended to protect eyes from the rays of the sun by wearing sunglasses or a wide brim hat when being outdoors for an extended period of time.

Avoid staying in direct sunlight between 10 a. m. and 16 p. m. During that period is suggested to stay in the shades.

Strong physical activities should be postponed to periods when the temperature is at normal level and not above the bearable limit.

It is essential to protect the skin from UV rays by using sun creams with high SPF values or umbrella.

## **Jet Lag**

Jet lag is the temporary disruption of the ' body clock' when flying across several time zones. This causes the traveller's internal clock to be out of sync with the external environment.

## **Causes of Jet Lag**

When traveling across a number of time zones, the body clock goes out of sync with the destination time, and so it experiences daylight and darkness contrary to the rhythms it has grown accustomed to.

The body's natural pattern therefore becomes upset as the rhythms which dictate when the person should eat and sleep no longer correspond to the environment of the destination.

Jet lag occurs, because the body cannot automatically realign these rhythms. The speed at which the body readjusts itself to new daylight and darkness hours and eating and sleeping patterns is entirely dependent upon the individual. So while it may take a few days for certain people to readjust to a new time zone, others seem to experience little disruption to their body's natural sleeping pattern.

The symptoms of jet lag can be quite varied such as fatigue, exhaustion, inability to sleep, disorientation, lost desire to eat, headaches, stomach aches and a general feeling of fuzziness.

## **How to reduce?**

Taking shoes off to ease pressure on feet, blindfolds, ear plugs, neckrests and blow-up pillows are all useful in helping to get quality sleep while flying.

Walking up and down the aisle, standing for spells, and doing small twisting and stretching exercises in the seat, all help to reduce discomfort, especially swelling of legs and feet.

The dry air in aircraft causes dehydration. Drinking plenty of non-alcoholic fluids counters this. Water is better than coffee, tea and fruit juices.

Get plenty of exercise in the days prior to departure and try to avoid sickness such as the flu, colds and so on.

## **Amenities of the area**

### **Local transport**

I-RIDE Trolley bus system is the only that services on International Drive and it is very popular by tourists.

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The regional public bus system that operates in Central Florida is called LYNX. The bus stops can be recognised by either a pink bus or a paw symbol on a round sign. Standard bus fare is \$2 per person one way, with free transfers and daily passes also can be bought on the vehicles for \$4.50. Weekly passes need to be purchased in advance from the website or outlets in the area and they cost \$16. In addition, LYNX also offers a free bus system within Downtown Orlando called LYMMO. If you plan on using LYNX it is strongly recommended that you visit the official website for route information: [www.golynx.com](http://www.golynx.com) or call 407-841-LYNX.

## **Money**

In the U. S dollar system one dollar equals 100 cents. One British pound is worth about \$1.62 but this amount can be changed depending on the daily exchange rate. Currency changing facilities can be found at the airport, and many places offers money exchange in the International Drive such as major banks or the Visitor Centre.

## **Food and Drink**

Orlando is becoming one of the top gastronomic places; the city offers a wide range of cuisine from all over the world. There are more than 4000 restaurants, breakfast buffets, steakhouses and so on. There are full-service restaurants at every theme park. However, some areas like International Drive offer a high conception of dining outlets. Well-known chains can be found such as Hard Rock Café, Outback Steakhouse, Planet Hollywood etcetera. One of Orlando's main dishes is the traditional African gumbo, but Moroccan Cous cous can also be mentioned which is made of beef or chicken with vegetables, Dim sum which is fried bread stuffed with meat, vegetables

or fruit; the Mofongo which is fried banana with pork cracklings and garlic; and many other fantastic options.

## **Other information**

### **Culture**

Orlando is influenced by many different cultures. For example there are evident Portuguese and Spanish cultural influences; the languages are still spoken in Orlando. In the city cultural opportunities offer a mix of modern and traditional entertainment for tourists such as live orchestral music, opera and ballet. The city has two professional ballet companies. Museums, theatres and galleries are also great choices for visitors. There are many cultural events which acknowledge the rich ethnic background of the people of Orlando. The heritage of nature and wildlife is also very noticeable in Orlando and it is home to some beautiful parks, lakes and bird and animal sanctuaries.

### **History**

Florida was named and discovered by Juan Ponce de Leon in 1513 while he was looking for the mythical “ Fountain of Youth” and claimed it for Spain. Florida was held by England and Spain at different times and later, in 1819 it was eventually sold to the United States. Before Orlando was only known for its citrus industries, cattle and cotton. Nowadays it had become one of the most executive tourist destinations.

### **Tipping**

Tipping can be confusing in any country. Normally the tip is given to the staff is 15 – 20 %. Service personnel who tipped are like bartenders, drivers on

public transports, table servers at dining venues, or beauticians. Porters are traditionally tipped \$1 per bag. Many restaurants already include tips on the bill for groups of six or more. Therefore, it's better to ask the staff if the tip has already been added to the check.

## **Souvenirs**

There are lots of shops in International Drive, most of them Chinese-owned, and they are offering gifts for cheaper price than Walt Disney stores or the shops in the theme parks. In the souvenir shops T-shirts, tags, jewellery, pyjamas, costumes and a lot more can be purchased. It is guaranteed that everyone finds something unique and nice.