



7220 TRAVEL

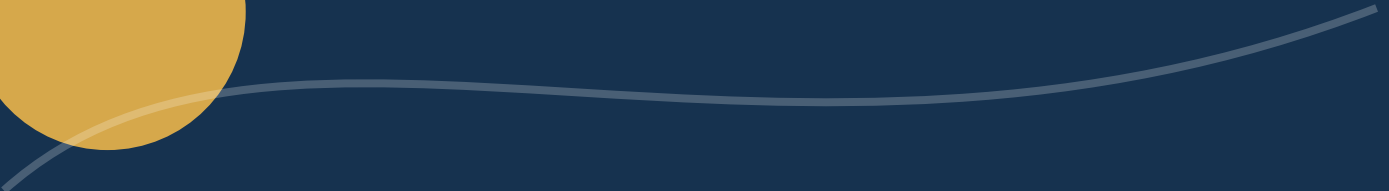
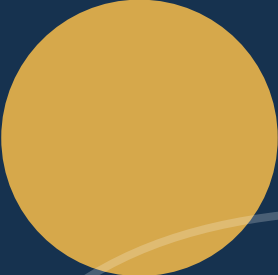
FLORIDA

7-Day Family Road Trip Guide

Theme Parks, Historic Coast & Tropical Florida

Family & Group Travel Experts

7220travel.com



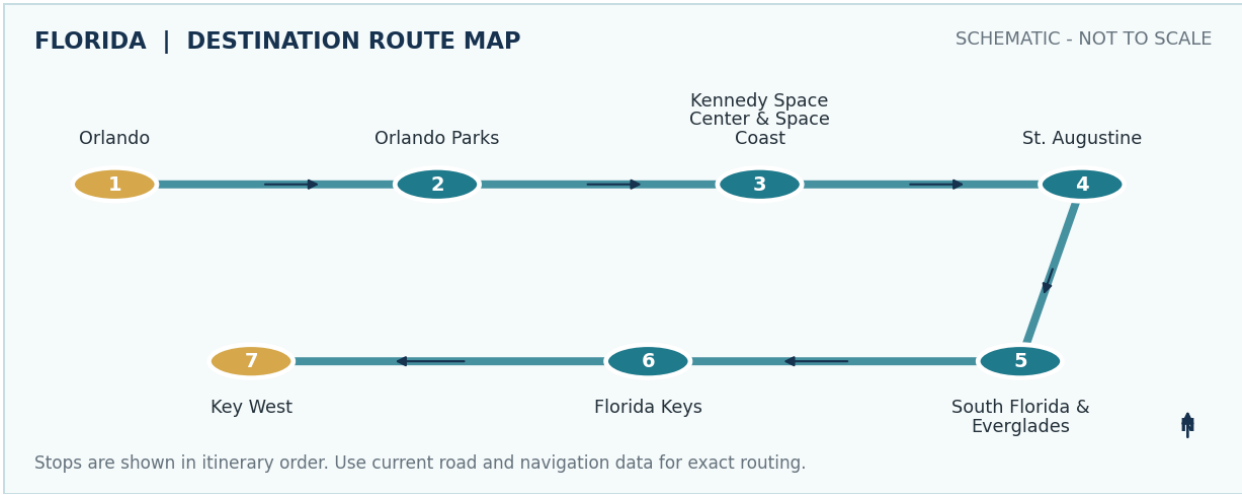
Florida: Your 7-Day Game Plan

This guide turns 7220 Travel's Florida itinerary into an easy, printable road-trip plan. The goal is simple: give your family a strong route and the best anchors for each day, while leaving enough breathing room to make the trip yours.

Trip style Family road trip	Pace Active but flexible	Best for Families & multigenerational groups
Transportation Rental car / personal vehicle	Length 7 days	Theme Theme Parks, Historic Coast & Tropical Florida

The Route at a Glance

Day 1: Orlando • Day 2: Orlando Parks • Day 3: Kennedy Space Center & Space Coast • Day 4: St. Augustine • Day 5: South Florida & Everglades • Day 6: Florida Keys • Day 7: Key West



7220 Travel planning principle: Choose the three experiences your family cares about most, then let the rest of the trip support those priorities. A good vacation does not have to win social media.

Day-by-Day Itinerary

Day 1: Orlando

- Choose one major theme-park day or a relaxed resort day.
- Visit Disney Springs or another entertainment district.
- Keep arrival day flexible.

Day 2: Orlando Parks

- Spend a full day at the park that matters most to your family.
- Use advance reservations and mobile planning tools.
- Build in a midday rest if traveling with kids.

Day 3: Kennedy Space Center & Space Coast

- Tour Kennedy Space Center Visitor Complex.
- Walk Cocoa Beach or the waterfront.
- Watch for launch opportunities when scheduled.

Road note: About 1 hour from Orlando.

Day 4: St. Augustine

- Explore Castillo de San Marcos.
- Walk the historic district.
- Take an evening ghost, trolley or food tour.

Road note: About 2 hours from the Space Coast.

Day-by-Day Itinerary, Continued

Day 5: South Florida & Everglades

- Travel south.
- Choose an Everglades airboat or ranger-led experience.
- Look for alligators and wading birds.

Road note: This is a longer relocation day.

Day 6: Florida Keys

- Drive the Overseas Highway to Key Largo or Islamorada.
- Snorkel, paddle or visit a marine sanctuary.
- Enjoy sunset over Florida Bay.

Day 7: Key West

- Explore Old Town and Mallory Square.
- Visit the Southernmost Point area and historic sites.
- Depart Key West or return to Miami.

Road note: Allow extra time on the Overseas Highway.

Before You Go

- Confirm attraction hours, timed-entry rules and seasonal closures before you travel.
- Build in buffer time. A 7-day road trip works best when every stop is not treated like a race.
- Keep water, snacks, a basic first-aid kit and offline maps in the car.
- For beach days, carry sun protection, refillable water bottles and a dry bag for phones and keys.

Make This Trip Yours

Circle or write down the three things your family would be most disappointed to miss. Those are your anchors. Everything else can flex around weather, energy levels, traffic and the unexpected moments that often become the best memories.

#1 Must-Do Experience	_____
#2 Must-Do Experience	_____
#3 Must-Do Experience	_____
One Meal We Really Want	_____
One Place to Slow Down	_____



Want help turning this route into your family's actual vacation?

7220 Travel can help with lodging, routing, cruises, resorts, family trips and group travel.

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Source: 7220 Travel's 7-Day United States itinerary collection. The destination route map is schematic and not intended for turn-by-turn navigation. Attraction hours, reservation systems, road access, prices and seasonal conditions can change.

Florida Packing List

A family-road-trip checklist designed to pair with your 7220 Travel 7-Day Guide.

Packing mindset: Pack for heat, humidity and sudden showers. Lightweight fabrics and a compact rain layer will earn their space.

CLOTHING & LAYERS

- ☐ 7 days of underwear + socks
- ☐ Sleepwear
- ☐ One extra top/outfit for delays or spills
- ☐ Lightweight, breathable tops
- ☐ Quick-dry shorts/pants
- ☐ Light sweater for strong air-conditioning

FOOTWEAR

- ☐ Broken-in walking shoes
- ☐ Activity-appropriate trail/hiking shoes if planned
- ☐ Comfortable sandals/secondary shoes

WEATHER & OUTDOOR

- ☐ Compact rain jacket or poncho
- ☐ High-SPF sunscreen
- ☐ Insect repellent
- ☐ Cooling towel or bandana
- ☐ Small daypack
- ☐ Basic sun protection for every outdoor day

ROAD TRIP & TECH

- ☐ Driver license/ID + insurance info
- ☐ Phone + charging cable + car charger
- ☐ Portable battery pack
- ☐ Offline maps / saved reservations
- ☐ Reusable water bottle
- ☐ Small cooler + road-trip snacks

FAMILY & PERSONAL

- ☐ Prescription medications
- ☐ Basic first-aid/blister kit
- ☐ Toiletries
- ☐ Sunglasses
- ☐ Laundry bag / packing cubes
- ☐ Wipes/hand sanitizer
- ☐ Copies/screenshots of key confirmations

FLORIDA TRIP-SPECIFIC EXTRAS

- ☐ Two swimsuits so one can dry
- ☐ Waterproof phone pouch
- ☐ Cooling towel
- ☐ Packable sandals plus comfortable walking shoes

Seasonal adjustment: Check the forecast, elevation, park/road alerts and planned activities shortly before departure. Add heavier cold-weather gear for winter/shoulder-season travel and scale back insulation during reliably hot periods.

Outdoor reminder: customize your gear to the activity. For hikes and remote stops, carry appropriate navigation, sun protection, extra layers, light, first aid, food and water rather than relying only on a phone.

This checklist is general travel guidance, not a substitute for current weather, park, road, airline or activity-specific requirements.

Florida: When to Go & Where to Stay

A route-based planning page designed to pair with your 7220 Travel 7-Day Itinerary.

BEST OVERALL WINDOW	November-April
Why it works: Lower humidity and cooler temperatures make a multi-stop road trip easier.	Seasonal tradeoff: June-October is hotter, wetter and overlaps hurricane season; afternoon thunderstorms are common.

WHERE TO STAY ALONG THE 7-DAY ROUTE

DAY 1	Orlando: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 2	Orlando Parks: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 3	Kennedy Space Center & Space Coast: Stay near the waterfront or main access corridor so beach/boat time does not get swallowed by parking and cross-town driving.
DAY 4	St. Augustine: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 5	South Florida & Everglades: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 6	Florida Keys: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 7	Key West: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.

BOOKING STRATEGY

- Coastal inventory can have minimum-stay rules and sharp weekend price jumps; compare weekday placement before finalizing the route.
- In major cities, parking and resort/destination fees can change the true nightly cost. Compare the all-in cost, not just the room rate.

7220 Travel tip: If your priority is a specific park lodge, beach location or special experience, build the route around that hardest-to-get reservation first.

Timing and lodging guidance is general planning advice. Always confirm current park access, road conditions, local events, weather patterns and property policies before booking.

Florida: Tolls & Cashless Roads

A route-specific companion page for your 7220 Travel 7-Day Itinerary.

TOLL EXPOSURE	PRIMARY SYSTEM
HIGH	SunPass / E-ZPass

WHAT THIS MEANS FOR THIS ITINERARY

Orlando, South Florida and the drive toward the Keys can involve the Florida Turnpike and multiple cashless expressways. Toll exposure is common on this itinerary.

- Many Florida toll facilities are all-electronic, so there may be no cash booth.
- SunPass and E-ZPass are accepted on Florida toll roads; SunPass PRO also works across a broad multi-state network.
- TOLL-BY-PLATE is available on eligible facilities but can cost more than transponder tolling.

BEST PAYMENT SETUP	RENTAL-CAR WATCH-OUT
Use a compatible transponder whenever practical. Travelers who already have E-ZPass generally do not need a separate Florida transponder just for a vacation.	Florida rental-car toll programs are a major source of surprise fees. Read the rental agreement before leaving the lot and use only one active toll-payment method.

7220 Travel toll rule: Do not put two active interoperable transponders in the same vehicle. Pick one payment method, confirm that the license plate is correct, and read rental-car toll terms before the first cashless gantry.

VERIFY BEFORE YOU DRIVE

Official traveler information: <https://www.sunpass.com/en/about/pro.shtml>

Rates, lane rules, accepted transponders and payment methods can change. Re-check the official toll authority shortly before departure. For broader multi-state coverage, pair this page with the 7220 Travel U.S. Toll Roads Traveler Guide.