

7-Days France Travel Itinerary

Dreaming of France? Prepare for a week filled with iconic landmarks, charming villages, world-class cuisine, beautiful countryside, and unforgettable cultural experiences. From the romantic streets of Paris to the sun-soaked French Riviera, this itinerary combines France's most famous highlights with authentic local experiences.



Explore France Your Way (Solo or With Friends or Family)

Whether you're traveling solo, as a couple, or with family and friends, this 7-day itinerary offers the perfect mix of city exploration, history, food, culture, and scenic landscapes.

You'll experience the elegance of Paris, the beauty of Provence, and the glamour of the French Riviera—all connected by France's excellent high-speed rail network.

Day 1-3: Paris



Day 1: Arrival in Paris - Icons & First Impressions

- **Morning**

Arrive in Paris and settle into a central neighborhood such as:

- Le Marais for charming streets and cafés
- Saint-Germain-des-Prés for classic Parisian atmosphere
- Montmartre for local character and city views

→ [Find social stays](#) & [Central hotels here](#)

- **Midday & Afternoon**

Begin your adventure at the iconic Eiffel Tower before enjoying a walk along the Seine River.

Continue through the gardens of Trocadéro and discover nearby cafés and bakeries.

→ [Join Paris Highlights Walking Tour](#)

- **Evening:**

Experience your first Parisian evening with dinner at a traditional bistro and admire the city's illuminated landmarks.

→ [Join Evening Seine River Cruise](#)

Or

→ [Join Gourmet Dinner Cruise with Live Music](#)



Solo Trip Tip: Food tours and walking tours are among the easiest ways to meet fellow travelers while exploring Paris.

Day 2: Classic Paris & Art

- **Morning**

Visit the world-famous Louvre Museum and discover some of France's greatest artistic treasures.

→ [\[Louvre Guided Tour with Reserved Access\]](#)

- **Midday & Afternoon**

Explore the elegant Tuileries Garden before strolling along the renowned Champs-Élysées.

Visit the impressive Arc de Triomphe for panoramic city views.

Or... Do You Like Champagne? 🍾

→ [\[Join Champagne Day Tour with 8 Tastings & Lunch\]](#)

- **Evening**

Enjoy a classic French dinner and perhaps a wine tasting experience.

→ [\[Join Paris Food Tour with 10 Tastings & Wine\]](#)

Day 3: Montmartre & Hidden Paris

- **Morning**

Explore the artistic neighborhood of Montmartre and visit the beautiful Sacré-Cœur Basilica.

- **Midday & Afternoon**

Spend the afternoon discovering local cafés, hidden streets, artisan shops, and Parisian neighborhoods away from the main tourist crowds.

→ [\[Join Montmartre Walking Tour\]](#)

Or there is an option for endless fun at [\[Disneyland Paris\]](#)

- **Evening**

Enjoy a memorable farewell evening in Paris with panoramic night tour or a cabaret performance.

→ [\[Join Panoramic Night Bus Tour\]](#)

Or

→ [\[Join Famous Moulin Rouge Cabaret Show\]](#)

Day 4-5: Provence



Day 4: Paris to Provence

- **Morning**

Take the high-speed TGV train south to Provence.

- **Midday & Afternoon**

Arrive and settle into one of Provence's charming historic towns.

Explore picturesque streets, local markets, and outdoor cafés.

Taste Local Wines

→ [\[Join Provence Wine Tour\]](#)

- **Evening**

Enjoy a relaxed Provençal dinner featuring local wines and regional specialties.



Day 5: Villages, Lavender & Countryside

- **Morning**

Discover some of Provence's most beautiful villages:

- Gordes
- Roussillon

- **Midday & Afternoon**

Visit local markets, vineyards, and lavender fields (seasonal).

Take time to enjoy the slower pace of life that makes Provence famous.

→ [\[Join Provence Valensole Lavender Full-day Tour\]](#)

- **Evening**

Watch the sunset over the countryside before enjoying another traditional Provençal meal.

Day 6-7: French Riviera



Day 6: Nice & Coastal Beauty

- **Morning**

Travel to the French Riviera and settle into Nice.

Walk along the famous Promenade des Anglais and enjoy stunning Mediterranean views.

- **Midday & Afternoon**

Explore Old Town Nice, colorful markets, and seaside cafés.

→ [\[Join The Best of the French Riviera Full-day Tour\]](#)

- **Evening**

Enjoy dinner overlooking the Mediterranean and experience the relaxed Riviera atmosphere.



Day 7: Riviera Highlights & Departure

- **Morning**

Take a half-day trip to some of the Riviera's most beautiful destinations:

Èze, Monaco, Monte-Carlo

→ [\[Join Eze, Monaco & Monte-Carlo Half-day Trip\]](#)

- **Midday & Afternoon**

Enjoy your final French lunch by the sea before shopping for souvenirs or relaxing at the beach.

- **Evening**

Transfer to the airport and conclude your French adventure.

France Is Waiting For You! FR

France offers an unforgettable combination of culture, history, food, architecture, and natural beauty. In just seven days, you'll experience the romance of Paris, the charm of Provence, and the elegance of the French Riviera.

This itinerary balances iconic landmarks with authentic local experiences, making it perfect for first-time visitors while still leaving flexibility to travel at your own pace.



Smart Travel Tips for France



Socializing made easy

If you're traveling solo (or just want to meet people), small-group experiences are your best friend—think cooking classes, walking tours, or even a pub crawl. It's the fastest way to turn a solo trip into a shared one.

→ [\[Join activities & tours\]](#)



Getting around efficiently

France's TGV high-speed trains make travel between major destinations fast, comfortable, and convenient. If want to go around in Paris for a few days, you can try using Hop-On Hop-off Bus

→ [\[Move around Paris with Hop-On Hop-Off bus\]](#)



Staying connected

A local eSIM helps with navigation, train schedules, restaurant bookings, and translation apps.

→ [\[Get France eSIM\]](#)



What to pack

Bring comfortable walking shoes, as you'll spend plenty of time exploring cities and historic villages.

Pack layers, as temperatures can vary between Paris, the countryside, and the Mediterranean coast.

→ [🔗 \[Check the Essential Travel Packing List\]](#)

Plan & Book Your Trip

To make planning easier, here are the platforms most travelers use to book everything in one place:

-  Find the best flight deals and routes
→ [\[Book your flights\]](#)
-  Compare hotels, hostels, and social stays
→ [\[Book your accommodation\]](#)
-  Lock in top tours and experiences (walking guide tours, food tours, day trips)
→ [\[Browse activities & tours\]](#)
-  Exploring places more comfortably? Renting a car gives you the most flexibility
→ [\[Rent a car\]](#)

- *Written by Guess Where It Is*