



The Ultimate 1-Week Itinerary for the South of France

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The **South of France** is a dream destination, renowned for its stunning landscapes, charming villages, and vibrant culture. From the lavender fields of Provence to the glamorous beaches of the French Riviera, this region offers an unforgettable experience for every traveler.

If you're planning a week-long getaway to this enchanting part of the world, this detailed itinerary will guide you through the best sights, activities, and culinary delights that the South of France has to offer.

Day 1: Arrival in Nice



Start your journey in Nice, the largest city on the French Riviera. After arriving at Nice C te d'Azur Airport, pick up your rental car and head to your accommodation. Spend your first day exploring the Promenade des Anglais, where you can stroll along the beautiful waterfront and soak in the Mediterranean sun.

What to Do in Nice:

- Old Town (Vieux Nice): Wander through the narrow streets filled with colorful buildings, local shops, and caf s.
- Castle Hill (Colline du Ch teau): Hike up to this viewpoint for panoramic views of Nice and its coastline.
- Dinner at La Merenda: Savor traditional Ni oise cuisine at this cozy restaurant known for its fresh ingredients.

Day 2: Day Trip to Monaco



On your second day, take a short drive to Monaco, a city-state famous for its luxury and glamour. The drive along the coast offers breathtaking views of the Mediterranean Sea.

What to Do in Monaco:

- Visit the Prince's Palace: Explore the official residence of the Prince of Monaco and catch the changing of the guard ceremony.
- Monte Carlo Casino: Try your luck or simply admire the stunning architecture of this iconic casino.
- Lunch at Café de Paris: Enjoy a meal while people-watching in this glamorous setting.
- Stroll through the Exotic Garden: Discover a variety of unique plants and enjoy stunning views over Monaco.

Day 3: Antibes and Cannes



After Monaco, head to Antibes, known for its beautiful beaches and historic charm. Spend some time exploring before making your way to Cannes, famous for its film festival.

What to Do in Antibes:

- Picasso Museum: Visit this museum housed in a former castle showcasing works by Picasso.
- Cap d'Antibes: Take a scenic walk along this coastal path for breathtaking views.

In Cannes:

- La Croisette Boulevard: Stroll along this iconic promenade lined with luxury shops and restaurants.
- Dinner at Le Maschou: Enjoy a delicious meal featuring local specialties.

Day 4: Exploring Provence â?? Gordes and Roussillon



Leave the coast behind and venture into the heart of Provence. Your first stop is Gordes, one of France’s most beautiful villages perched on a hilltop.

What to Do in Gordes:

- Explore Village Streets: Wander through cobblestone streets lined with stone houses.
- Visit Abbaye de S nanque: Discover this tranquil abbey surrounded by lavender fields (best visited in late June).

Next, head to Roussillon, famous for its ochre cliffs:

- Ochre Trail (Sentier des Ocres): Walk along this scenic trail that showcases stunning red and yellow hues.

Day 5: Lavender Fields and Lourmarin



No trip to Provence is complete without a visit to its iconic lavender fields. Start your day early by heading to Valensole Plateau, where you can see endless rows of blooming lavender (best from late June to early July).

What to Do in Lourmarin:

- After enjoying the lavender fields, drive to Lourmarin, a charming village known for its picturesque streets.
- Have dinner at La Louche À Beurre, followed by dessert at Glaces RavÃ for some delightful ice cream.

Day 6: Saint-Paul-de-Vence and Ã?ze



On your sixth day, visit Saint-Paul-de-Vence, an artistâ??s haven filled with galleries and boutiques. Spend time exploring this medieval village before heading to Ã?ze.

What to Do in Saint-Paul-de-Vence:

- Fondation Maeght: Explore this modern art museum featuring works by renowned artists.
- Stroll through art galleries and enjoy lunch at La Colombe d'Or.

In Ã?ze:

- Visit Le Jardin Exotique: Discover exotic plants while enjoying breathtaking views of the coastline.
- Dinner at ChÃ?teau Eza for an unforgettable dining experience with stunning vistas.

Day 7: Relaxation in Nice

Return to Nice for your final day. Spend it relaxing on the beach or indulging in some last-minute shopping.

What to Do in Nice:

- Beach Time: Relax on one of Nice's public or private beaches.
- Shopping: Explore local boutiques or visit the Cours Saleya market for fresh produce and souvenirs.
- Farewell Dinner at Le Chantecler, a Michelin-starred restaurant offering exquisite French cuisine.

Conclusion

The South of France is a region that captivates with its beauty, culture, and culinary delights. This one-week itinerary provides a perfect blend of relaxation, exploration, and indulgence.

Whether you're wandering through lavender fields or lounging on sun-kissed beaches, each day promises new adventures and unforgettable memories. Embrace the charm of Provence and the glamour of the French Riviera as you embark on an extraordinary journey through one of Europe's most enchanting destinations!

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- (604) 659 4150
- (877) 211 1411
- info@travelmasters.ca

Head Office

- 9.00 AM – 5.00 PM PST
- MON – FRI
- 400-22 East 5th Ave, Vancouver, BC V5T 1G8

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Author

david-alejandrop