



TRIP GLOBAL

4 Days in Paris: A Day-by-Day Itinerary

Paris, France · May · 4 days

Tailored for couples - includes romantic spots, intimate dining, and couple-friendly activities

Four days in Paris, starting on the Île de la Cité with Sainte-Chapelle and Notre-Dame, then Rue Mouffetard, the Louvre and a last day up in Montmartre. Save room for falafel at L'As du Fallafel on day three.

Open the interactive trip: live map, photos and links

Before you go:

Get a France eSIM: data on landing

What this trip might cost, per person for 4 days, flights extra:

Budget \$390-480 · Mid-range \$650-870 · Comfort \$1,100

Opening hours, prices and transport change. Please double-check bookings and times before you go.

YOUR TRIP AT A GLANCE

1

DAY 1

Sainte-Chapelle, Notre-Dame and the Seine

Left Bank (5th/6th arrondissement) · 4 nights

2

DAY 2

Marché Mouffetard and the Panthéon

3

DAY 3

The Louvre, Tuileries and Falafel

4

DAY 4

Sacré-Cur and Montmartre

?

AFTER THE LAST DAY

Before you go: Paris

Sainte-Chapelle, Notre-Dame and the Seine

Arrival day: an easy start close to your stay

Sunrise 6:10 AM

Golden hour 8:39 PM

Sunset 9:25 PM

Your base for 4 nights: Left Bank (5th/6th arrondissement)

Begin at Sainte-Chapelle, stroll the riverside path around the Île de la Cité, see Notre-Dame, and finish with dinner at Le Comptoir de la Gastronomie.

GO

12:30 PM · 1 hour

Paris Charles de Gaulle Airport to Left Bank

Take the RER B train from CDG directly to Saint-Michel station (35 minutes, 11.45 euros). Walk 10 minutes uphill through narrow streets to your hotel in the 5th or 6th.

- RER B train · 35-40 minutes · \$12-14 per person
- Orlybus + Metro · 50-60 minutes · \$8-10 per person
- Private transfer/taxi · 30-45 minutes (traffic depends) · \$55-75 per person

[Book a transfer](#)

1

2:00 PM · 1.5 hours

Sainte-Chapelle

\$12.50 per person · Open 9 AM-7 PM

A 13th-century chapel that exists almost entirely for its stained glass: 15 towering windows of biblical scenes, glowing like jewels. No crowds at 2 PM on a weekday. A 15-minute walk from your hotel across the Seine.

Insider tip: Climb the narrow spiral staircase to the upper chapel where the glass is most intense; bring sunglasses if it's bright.

[Book tickets](#)

[Open in Google Maps >](#)

2

3:45 PM · 1 hour

Île de la Cité riverside walk

Free

Stroll the quiet north bank of the island between Sainte-Chapelle and Notre-Dame, passing medieval gardens and riverside benches. Watch swallows and barges. A peaceful contrast to the crowds. Connected directly to Sainte-Chapelle.

Insider tip: Walk on the Quai de l'Horloge side (north), not the busy Quai aux Fleurs, for a quieter experience.

[Open in Google Maps >](#)

3



4:50 PM · 45 minutes

Notre-Dame de Paris

Free (exterior viewable; interior closed for renovation until)

Notre-Dame has been open again since December 2024 and is free to enter (a free time slot booked online skips the queue). From the vast parvis (square) you see the building's scale and medieval detail. On foot from the riverside walk.

Insider tip: Stand at the far end of the parvis, near Rue de la Charité, for the best unobstructed view without the selfie-stick crowds.

[Open in Google Maps >](#)

4

7:15 PM · 1.5 hours

Le Comptoir de la Gastronomie

\$16-33 per person for dinner · Open 12 PM-11 PM

Charcuterie, cheese, and wine in a compact Left Bank shop-café (6 Rue de la Monnaie, 5th). Grab a planche and a glass of wine at the counter, or sit upstairs for dinner. A minute from Sainte-Chapelle, 20 minutes on foot from Notre-Dame.

Insider tip: Go before 7:30 PM to avoid the after-work crowd. Order jambon de Bayonne and Comté.

[Open in Google Maps >](#)

If you land early (optional, close to your stay, before the plan above)

Marché Raspail: Farmers' market on Boulevard Raspail in the 6th (Tuesday and Friday mornings; organic on Sundays). Browse fruit, herbs, and pastries if you arrive before noon. 10 minutes walk from your hotel.

Musée Delacroix: A tiny 19th-century studio-apartment in a quiet courtyard off Rue Furstenberg in the 6th. A quick, calm visit if you have time before 2 PM. 8 minutes walk from the hotel.

PREFER A GUIDE? · 1-2 HOURS

Seine evening boat cruise

See the city's bridges, islands, and lit monuments from the water without the daytime tourist crush.

[Book this tour](#)

[Open Day 1 as a route in Google Maps](#)

Where to stay in Left Bank (5th/6th arrondissement)

Book a small hotel or apartment in the 5th or 6th arrondissement between Boulevard Saint-Germain and the Seine. You're steps from the Metro, walking distance to Sainte-Chapelle, and surrounded by local cafes and boulangeries.

Port-Royal Hotel

Budget · Hotel · \$

Budget classic since 1946. Small rooms, shared bathrooms downstairs. Clean, honest, locals drink coffee here.

[Book now](#)

[Google Maps >](#)

Relais de la Marais

Budget · Guesthouse · \$

Family-run, Rue Mouffetard location. Simple rooms, local breakfast spot downstairs, genuine neighbourhood feel.

[Book now](#)

[Google Maps >](#)

Familia Hotel

Budget · Guesthouse · \$

5th arrondissement. Family-run, balconies, quiet. Good value, older charm.

[Book now](#)

[Google Maps >](#)

Port-Royal Hôtel

Budget · Hotel · \$

No-frills Left Bank classic. Clean, cheap, close to RER B for getting around Paris.

[Book now](#)

[Google Maps >](#)

Hôtel Cluny Square

Mid-range · Hotel · \$\$

Heart of the 5th, two blocks from Sorbonne. Quiet courtyard, good breakfast, 65 euros breakfast included.

[Book now](#)

[Google Maps >](#)

Les Dames du Panthéon

Mid-range · Guesthouse · \$\$

Run like a home. Rue Valette has views of Panthéon. No lift, but staff help with bags. Genuine.

[Book now](#)

[Google Maps >](#)

[All stays in Left Bank \(5th/6th arrondissement\)](#)

[Holiday rentals](#)

Where to eat

Café de Flore

French café · Breakfast · \$\$\$

Tourist magnet, but go anyway. Croissant and coffee at a corner table on Boulevard Saint-Germain.

[Google Maps >](#)

Le Petit Pontoise

French bistro · Lunch · \$\$

Five minutes from Notre-Dame. Croque monsieur and dry white wine. Book ahead or eat at the bar.

[Google Maps >](#)

L'Atlas

Moroccan · Dinner · \$\$

Back on Left Bank, Rue de la Bûcherie. Tagine or couscous. Candles, low ceilings, calm after a long day.

[Google Maps >](#)

DAY 1: SAINTE-CHAPELLE, NOTRE-DAME AND THE SEINE (CONTINUED)

TOURS & DAY TRIPS FROM PARIS

FULL DAY

Market-to-table food tour

Walk through a neighborhood market with a local, then cook and eat a proper French lunch together.

Book now

FULL DAY

Versailles day trip with gardens

May's gardens are blooming and less packed than summer; you'll spend time in the palace and sprawling grounds without feeling rushed.

Book now

Marché Mouffetard and the Panthéon

Sunrise 6:10 AM

Golden hour 8:39 PM

Sunset 9:25 PM

Sleep in Left Bank (5th/6th arrondissement) · night 2 of 4

Browse the stalls at Marché Mouffetard in the morning, walk up to the Panthéon, then take your time on Rue Mouffetard and end at Café de la Mairie.

1

8:00 AM · 1.5 hours

Marché Mouffetard

Free

Paris's oldest street market, packed with produce stalls, cheese vendors, and locals doing real shopping. Go early before the crowds and the heat. It's a 10-minute walk downhill from your base, or take the Metro line 7 from Place Monge.

Insider tip: Go before 9:30 AM to avoid the tourist crush. Skip the tourist-trap cafés on the main street; grab a coffee and croissant from a local boulangerie instead.

[Open in Google Maps >](#)

2



10:00 AM · 1.5 hours

Book ahead

Panthéon

\$11 per person · Open 10 AM-5:15 PM

Neoclassical dome dominating the Left Bank. The interior holds tombs of Voltaire, Rousseau, and Marie Curie; the crypt is vast and sobering. Take the stairs up to the colonnade for uncluttered views over Paris. A 15-minute walk from Marché Mouffetard, or Metro line 7 one stop to Cardinal Lemoine, then 5 minutes on foot.

Insider tip: Buy tickets online (EUR 11) to skip the queue. Climb to the colonnade just before noon for sharp light and fewer selfie-stick crowds.

[Book tickets](#)
[Open in Google Maps >](#)

3

12:00 PM · 1 hour

Rue Mouffetard

Free

Winding medieval street lined with bookshops, vintage finds, and casual bistros. It's the soul of the Latin Quarter and connects directly from the Panthéon downhill towards your base. No entry fee; just stroll and absorb the neighbourhood character.

Insider tip: Duck into Shakespeare and Company's sister shop, Abbey Bookshop (rue de la Bûcherie), if you like old books. It's tiny but genuinely left-bank and free.

[Open in Google Maps >](#)

4

1:30 PM · 1.5 hours

Café de la Mairie

\$6.50-13 per person for coffee/snack · Open 7 AM-2 AM

Unpretentious neighbourhood café facing Place Saint-Sulpice, serving proper bistro food (croque monsieur, omelettes, wine) without tourist markup. The terrace fills up fast. A 10-minute walk west from Rue Mouffetard.

Insider tip: Sit outside, order the plat du jour (around EUR 15), and watch locals and students take over the square. Go early or late to avoid the crowds.

[Open in Google Maps >](#)

5

3:30 PM · 1.5 hours

Jardin des Plantes

Free

Large botanical garden with river views and wide paths. Skip the greenhouses if you're tiring; walk the riverside edge instead for light, air, and a gentle descent back toward your base. A 20-minute walk south and east from Saint-Sulpice.

Insider tip: Enter at Quai de la Tournelle to catch the Seine views. Time this for late afternoon; the light softens the Left Bank buildings opposite.

[Open in Google Maps >](#)

6

7:00 PM · 2 hours

Rue de la Mouffetard

Free

Return to the market street as it closes down and locals emerge for apéritifs. Small bistros and wine bars line the route. Pick one that appeals (no reservation needed for casual spots) and eat where the evening crowd dines. A 15-minute walk or Metro from Jardin des Plantes.

Insider tip: Try Le Petit Pontoise (number 9) for classic bistro food, or scan the street for smaller places with locals inside. Skip chains and tourist menus.

[Open in Google Maps >](#)

[Open Day 2 as a route in Google Maps](#)

DAY 2: MARCHÉ MOUFFETARD AND THE PANTHÉON (CONTINUED)

Where to eat

Café de Flore

French bistro · Breakfast · \$\$

Literary haunt since 1887. Croissant and café crème on the terrace, people-watch the boulevard.

[Google Maps >](#)

L'Avant Comptoir

French tapas · Lunch · \$\$

Tiny standing bar, standing room only. Jambon ibérico, croquettes, natural wine. Arrive before noon.

[Google Maps >](#)

Le Petit Pontoise

French classic · Dinner · \$\$

Corner bistro, locals at the bar. Duck confit, steak frites. Reserve ahead or eat late after 9:30pm.

[Google Maps >](#)

The Louvre, Tuileries and Falafel

Sunrise 6:10 AM

Golden hour 8:39 PM

Sunset 9:25 PM

Sleep in Left Bank (5th/6th arrondissement) · night 3 of 4

Spend the morning at the Louvre, walk through the Jardins des Tuileries, stop at Galerie Thaddaeus Ropac, then grab a falafel at L'As du Fallafel.

PREFER A GUIDE? · 2-3 HOURS

Louvre skip-the-line tour

You'll avoid the notorious queues and get insider context on the masterpieces instead of just staring from a distance.

[Book this tour](#)

1



8:30 AM · 2.5 hours

[Book ahead](#)

Louvre Museum

\$18.50 per person · Open 9 AM-6 PM (Wed/Fri until 9:45 PM)

The paintings everyone knows, Mona Lisa, Winged Victory, Delacroix's Liberty, plus rooms of lesser-known works you'll actually have time to breathe in if you get there early. From your hotel, cross Pont des Arts (the pedestrian bridge) then follow signs; 15 minutes on foot.

Insider tip: Arrive before 9 AM to skip queues. Hit the Denon wing first (Mona Lisa side) while it's still quiet.

[Book tickets](#)
[Open in Google Maps >](#)

2

11:15 AM · 1 hour

Jardins des Tuileries

Free

A long, formal garden stretching from the Louvre west to Place de la Concorde. It's all gravel paths, sculptures, and people-watching from iron chairs. Walk straight through from the museum's main courtyard; 20 minutes end to end.

Insider tip: Rent a chair for 2 euros and sit by the central pond for a rest and coffee from a roving vendor.

[Open in Google Maps >](#)

3

12:30 PM · 1 hour

Galerie Thaddaeus Ropac

Free (gallery) · Open 10 AM-6 PM (closed Sundays/Mondays)

A contemporary art gallery in a grand old building on the edge of the Marais. Shows rotate, but the space itself, cream walls, high ceilings, planted courtyard, is worth the visit. Exit the Tuileries at the east end near Rue de Rivoli, walk through the Place du Palais-Royal arcade, then 10 minutes into the Marais.

Insider tip: Free entry. Check their current show online; if it doesn't appeal, swap for Galerie Perrotin (3 Place de Thorigny), also in the Marais and always worth a look.

[Open in Google Maps >](#)

DAY 3: THE LOUVRE, TUILERIES AND FALAFEL (CONTINUED)

4

1:30 PM · 45 minutes

L'As du Fallafel

\$11-16 per person for meal · Open 12 PM-11 PM

A bright, casual street-side spot on Rue des Rosiers in the Marais where the falafels are crispy and the hummus is smooth. The queue moves fast. From the gallery, it's a 5-minute wander through narrow streets.

Insider tip: Order the fallafel sandwich; ask for extra tahini sauce. It costs under 6 euros.

[Open in Google Maps >](#)

5

3:00 PM · 1.5 hours

Book ahead

Musée Picasso Paris

\$15 per person · Open 9 AM-6 PM (Fri until 9:45 PM)

Five centuries of the Picasso collection in a 17th-century mansion. It's less crowded than the Louvre and shows his work chronologically, so you can follow his thought. A 10-minute walk east from Rue des Rosiers.

Insider tip: The courtyard has good light; grab a coffee there after. Audioguide is free on your phone via their app.

[Book tickets](#)

[Open in Google Maps >](#)

6

4:45 PM · 1 hour

Place des Vosges

Free

A serene brick-and-stone arcade square ringed with galleries, cafes, and bookshops. The arcades stay cool even in May. From Musée Picasso, it's a 5-minute walk north.

Insider tip: Sit in the gardens (in the centre) and people-watch. At this time of day, locals outnumber tourists.

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7

8:15 PM · 30 minutes

Pont Marie

Free

A quiet bridge over the Seine with clear views east and west. The light at 8:39 PM turns the water and stone buildings warm gold. From Place des Vosges, walk south to the bridge; 10 minutes.

Insider tip: Stand on the east side of the bridge facing upstream for the best glow on the buildings. Bring your phone; don't be that person with a selfie stick.

[Open in Google Maps >](#)

8

9:00 PM · 1 hour

Le Comptoir Général

\$9-16 per person for drinks · Open 12 PM-2 AM

A hidden wine and charcuterie bar tucked into a courtyard on Rue Turenne. Natural wines, no fuss, good snacks. From the bridge, backtrack a few minutes west; 8-minute walk.

Insider tip: No reservations; go early or after 9 PM. Order the house charcuterie plate and ask the bartender for a wine recommendation.

[Open in Google Maps >](#)

Open Day 3 as a route in Google Maps

Where to eat

Café Kitsuné

French-Japanese fusion · Breakfast · \$\$

Palais Royal arcade spot. Matcha lattes, pastries, minimal fuss. Go early.

[Google Maps >](#)

L'Arbre à Cannelle

French bistro · Lunch · \$\$

Rue de Rivoli side. Steak frites, good wine list. Solid neighbourhood feel.

[Google Maps >](#)

Chez Janou

Provençal French · Dinner · \$\$

Marais edge. Bouillabaisse, pastis. Warm, busy. Book or come before 7:30pm.

[Google Maps >](#)

Sacré-Cur and Montmartre

Sunrise 6:10 AM

Golden hour 8:39 PM

Sunset 9:25 PM

Sleep in Left Bank (5th/6th arrondissement) · night 4 of 4

Climb up to Sacré-Cur, wander Place du Tertre and the Musée de Montmartre, then stroll back down Rue Lepic for a last look around.

1

6:45 AM · 1.5 hours

Sacré-Cur Basilica

Free (basilica exterior free; small donation suggested) · Open 6 AM-10:30 PM

The white dome dominates Paris from the north. You'll climb the steps at dawn when it's peaceful, see the interior mosaics, and get uncluttered views across the city. Metro Line 2 to Anvers, then a 15-minute uphill walk through quiet streets.

Insider tip: Arrive by 7 AM. Skip the funicular; the steep stairs on Rue Foyatier are faster and free.

[Open in Google Maps >](#)

2

8:30 AM · 45 minutes

Place du Tertre

Free

The old artist square, now full of portrait painters and tourists, but quieter before 9 AM. You'll see the village feel that drew Picasso and Utrillo. A 5-minute walk downhill from Sacré-Cur.

Insider tip: Go early, leave by 9 AM. The energy shifts once the crowds arrive and the hustle starts.

[Open in Google Maps >](#)

3

9:30 AM · 1.5 hours

Musée de Montmartre

\$11 per person · Open 10 AM-6 PM (closed Mondays)

A small house museum in a quiet garden showing the neighbourhood's bohemian past through paintings, posters and old photographs. You'll get the real Montmartre story without the chaos. A 3-minute walk from Place du Tertre.

Insider tip: Open from 10 AM. The garden is the best part; sit there with your coffee before going inside.

[Book tickets](#)

[Open in Google Maps >](#)

4

11:15 AM · 1 hour

Rue Lepic

Free

A sloping market street lined with small shops, fromageries, and cafés where locals actually live. You'll walk downhill browsing produce, cheese and wine without any tour groups. A 5-minute walk from the museum.

Insider tip: Pick up a baguette and cheese here for an impromptu picnic lunch later, or duck into a corner café.

[Open in Google Maps >](#)

5

12:30 PM · 1.5 hours

Book ahead

L'Ami Jean

\$22-38 per person for lunch · Open 12 PM-2 PM, 7 PM-10:30 PM (closed Sundays/Mondays)

A tiny, no-frills bistro with checked tablecloths and genuine neighbourhood regulars. Order the blanquette de veau or duck confit. It's a 10-minute walk down from Rue Lepic, tucked into the quieter east side of Montmartre.

Insider tip: Book ahead or arrive by 12:15 PM. The wine list is cheap and good; ask for a Beaujolais recommendation.

[Open in Google Maps >](#)

6

2:15 PM · 45 minutes

Square Suzanne-Buisson

Free

A hidden garden square where local Montmartrois sit and read. Quiet, leafy, with a small playground and benches. You'll catch your breath and watch real neighbourhood life. A 5-minute walk from L'Ami Jean.

Insider tip: Bring a book. This is where you sit while afternoon light filters through plane trees.

[Open in Google Maps >](#)

7

3:15 PM · 45 minutes

Square Marcel-Bleustein-Blanchet

Free

Another tucked-away neighbourhood square with a café and sculptures, less polished than the postcard Montmartre. A 10-minute walk downhill toward Abbesses Metro.

Insider tip: Sit at the café with a coffee. From here, you can walk to Abbesses Metro in 8 minutes.

[Open in Google Maps >](#)

8

8:00 PM · 1.5 hours

Book ahead

Montparnasse Tower Observation Deck

\$20.50 per person · Open 9 AM-12:30 AM

56 storeys of unobstructed 360-degree views. You'll see Sacré-Cur from a distance, the Seine loops, and the whole sprawl of Paris at golden hour. Metro from Abbesses back to your base area, then Line 4 or 6 to Montparnasse. About 35 minutes total travel.

Insider tip: Buy tickets online to skip queues. Arrive by 8:15 PM for the best golden light on the city below.

[Book tickets](#)

[Open in Google Maps >](#)

9

9:30 PM · 1.5 hours

Book ahead

Le Petit Pontoise

\$13-24 per person for dinner · Open 12 PM-2 PM, 7 PM-10:30 PM

Cosy corner bistro in the 5th, near Rue Mouffetard, serving solid French comfort food and natural wines. Back on your own turf for a relaxed dinner. A 10-minute walk or short Metro hop from Montparnasse.

Insider tip: The terrine and steak frites are reliable. Order a glass of Côtes du Rhône and sink into an old wooden chair.

[Open in Google Maps >](#)

Open Day 4 as a route in Google Maps

Where to eat

Café des Deux Moulins

French Café · Breakfast · \$

Croissants and coffee in the Amélie film spot. Arrive by 8am to beat crowds.

[Google Maps >](#)

L'Été en Pente Douce

French Bistro · Lunch · \$\$

Tiny terrace on a Montmartre backstreet. Duck confit, cool local crowd, book ahead.

[Google Maps >](#)

Le Consulat

French Brasserie · Dinner · \$\$

Iconic corner spot for steak frites and Bordeaux. Sit outside, watch the square turn golden.

[Google Maps >](#)

Do I need to book the Louvre and Musée d'Orsay ahead?

Yes, especially in May. Book online at louvre.fr and musee-orsay.fr a few days before. Lines without tickets can be 1-2 hours. Skip-the-line tours also work but cost more.

Where should I skip and what shouldn't I miss?

Skip the sacré-cœur basilica queue and instead catch the view from Montmartre's side streets. Don't miss a 2-3 hour wander through the Marais, a Seine walk at dusk, and at least one museum that matters to you.

Should I do a food tour or cooking class?

A half-day market tour (Latin Quarter or Marais) is excellent value and teaches you how Parisians eat. Cooking classes are longer and pricier; worth it only if cooking is a real passion.

Is May crowded? Should I avoid any days?

May is busy but not peak summer. Weekday mornings at museums beat weekends. Avoid major sights mid-morning to late afternoon if you hate crowds; early morning and after 4pm are quieter.

What's the weather like in Paris in May?

Expect 15-20°C (59-68°F), with the occasional warm day and rare rain. Pack layers, a light jacket, and comfortable walking shoes; sunglasses and sunscreen are worth bringing.

Do people speak English in Paris?

Spoken here: French. English is spoken in hotels, restaurants, and major attractions, but less commonly in neighborhood shops and cafes. Learning a few polite phrases goes a long way.

Useful phrases:

- Bonjour (bohn-zhoor): hello/good day
- S'il vous plaît (see voo pleh): please (formal)
- Merci (mair-see): thank you
- L'addition, s'il vous plaît (lah-dee-syohn, see voo pleh): the bill, please
- Parlez-vous anglais? (par-lay-voo ahn-gleh): do you speak English?

Is Paris safe for visitors?

Paris is safe for tourists, but pickpocketing happens on the Metro and in crowded areas like the Eiffel Tower, keep valuables close and watch your bags.

What's the emergency number in France?

Call 112 for police, ambulance or fire. It's free and works from any phone, including a foreign mobile.

Do you tip in France?

Service is included in restaurant bills, so tipping isn't expected. Round up a few euros for casual cafes or leave 5-10% for excellent service at nicer restaurants if you want to.

What do only locals know about Paris?

- Skip the Eiffel Tower's main queue and book tickets online in advance, or climb the stairs to the second floor instead of taking the lift, faster and cheaper.
- Lunch is the big meal of the day; restaurants offer two-course menus at 12-18 EUR that beat dinner prices by far.
- Browse flea markets (Marché aux Puces de Saint-Ouen on weekends) and street bouquinistes along the Seine for affordable books, prints, and curiosities.
- The Musées de France pass doesn't exist, but individual museum tickets stay under 15 EUR; many are free on first Sundays.