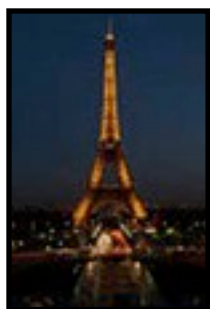




PARIS ITINERARY

“YOU FOCUS ON THE FUN, WE FOCUS ON THE FOOD”

PARIS GLUTEN FREE SUGGESTED 7 DAY ITINERARY



Please note this can be arranged according to your personal preferences. With regard to GF planning, we will work with the hotels, refer restaurants that offer GF options and locate markets to help you obtain GF snacks.

Please note: *Our service is fee based so GF planning is an extra cost.*

Day 1: Transfer from CDG Airport to the hotel of your choice. Early evening dinner at local restaurant. After dinner Paris Illuminations tour – seeing the beauty of [Paris](#) by moonlight. Must keep you up late enough to get on your new time clock!

Day 2: Take this day to explore the city. There are lots of options:

- Hop On, Hop Off bus- – take the full tour then go back and get off wherever you want. You can do this by Bus or Bus and Boat.
- Guided Tour of Paris – private or group. Themed or not (Historical, Classical, Napoleon) You can choose from tours on foot, by bus or by boat.
- Bike Tour



Day 3: Morning tour of the [Louvre](#) Museum- we can arrange for a guided group tour or a private experience. And why not try Lunch at [Café Marly](#) in the Museum itself ? Or if morning is not your thing, we can arrange this for the afternoon.



Notre Dame Cathedral

Spend the rest of the day doing anything Parisian! Perhaps choose a guided tour of the [Cemetery Pere LaChaise](#) - home to 70,000 souls including [Jim Morrison](#), [Oscar Wilde](#), [Chopin](#) and [Balzac](#). Some of the most expensive real estate in the world. OR a tour of [Notre Dame](#) OR tour the [Opera Garnier](#). The choices are endless! Again, we can arrange for you to be part of a group or have a private experience.



Pere LaChaise

Choose another local restaurant for dinner and perhaps take in a [Lido Show](#) or [Moulin Rouge](#) (with or without dinner)

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Day 4: If you are into creating your own Gluten Free French cuisine, we can arrange for morning cooking classes at a selected culinary venue.

Including 3 - course meal with beverage. After lunch head over to the [Galeries Lafayette](#) for Fashion Show at 3:00 pm (depends upon day of the week.) See the latest Paris couture for the season. Or perhaps take advantage of a Guided Shopping Experience through the myriad of shops on the [Champs Elysees](#) with an English speaking guide



If fashion is not your focus – perhaps chocolate and wine might hit the spot. We can arrange for private or group chocolate tasting and wine explorations or take a trip over to the Gluten Free bakery where just looking at their selections will make you happy to be Gluten Free!

Day 5: Today may be the day that you take a tour outside of the city- Choose from many exciting options, among them:



- [The Chateaus of the Loire Valley](#)
- [Versailles](#)
- [Mont St. Michel](#)
- [Bruges, Belgium](#) – the Venice of the North
- [Beaches of Normandy](#)
- [Bordeaux wine](#) country
- [Fountainebleau](#)
- [Reims Champagne](#)
- [Chartre](#)
- [Provence](#)
- [Burgundy](#)



If more than one of these catches your eye, we can always extend your trip to include several days outside the city.

Again, these excursions can be done as a part of a group or planned exclusively for you as a private trip.

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Day 6: This can be your last day if a week is all you can spare. Take this time to catch up on shopping, eating or just people watching.

Your Farewell Evening can be wonderfully spent on a GF [Bateaux Parisiens](#) Dinner Cruise on the [River Seine](#) or, if you prefer, at time of planning, feel free to extend this to as many days as you wish! You cannot spend too much time in one of the most Beautiful Cities in the World!

Day 7: After breakfast you will transfer from your hotel to the airport for your flight home. You will be sad to go, we are sure!



Many travelers consider Paris (and Europe, as a whole) to be a three season destination and winter is a no-no. This is far from the truth. While it is cooler, and sometimes a bit rainy, Paris (as well a number of other European destinations) are quite attractive during the winter. The crowds are missing and the pricing is lower. The holidays in Europe are an amazing experience. The lights, the celebrations, the special markets. And, for those of you who love to shop, January is Sale Time and the bargains are everywhere. If you live in the Northeast, the weather will undoubtedly be better in France, Italy, Spain, Greece and the UK than at home.

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