
THE PARISIALITE PRESENTS

My Dream Day in Saint-Germain

After over 10 years living on the Left Bank,
this is my dream day in Saint-Germain — the
one I plan for my own birthday every year.

A CURATED ITINERARY FROM MORNING TO MIDNIGHT

Pilates · Café · Musée · Déjeuner · Soir · Shopping · Apéro · Dîner · Drinks

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The Itinerary

From morning pilates to midnight drinks

8h30	PILATES <u>Reformation Pilates</u>	<u>82 Rue Bonaparte,</u> 75006	
10h00	PETIT-DEJEUNER <u>Ladurée</u>	<u>21 Rue Bonaparte,</u> 75006	<i>Head upstairs to the Salon de Thé</i>
11h30	SHOPPING <u>Simrane</u>	<u>23 Rue Bonaparte,</u> 75006	
12h15	CULTURE <u>Musée Delacroix</u>	<u>6 Rue de Furstemberg,</u> 75006	
13h30	DÉJEUNER <u>Le Voltaire</u>	<u>27 Quai Voltaire,</u> 75007	
15h30	SOIN VISAGE <u>Biologique Recherche</u>	19 Rue de Tournon, 75006	
17h30	SHOPPING <u>Officine Universelle Buly</u>	<u>6 Rue Bonaparte,</u> 75006	
18h30	PAUSE CAFÉ <u>Café Nuances</u>	<u>22 Rue du Vieux Colombier,</u> 75006	
19h00	SHOPPING <u>Le Bon Marché</u>	<u>24 Rue de Sèvres,</u> 75007	
20h15	APÉRO <u>Au Sauvignon</u>	<u>80 Rue des Saints Pères,</u> 75006	
21h30	DÎNER <u>Aux Prés</u>	<u>27 Rue du Dragon,</u> 75006	
23h30	DRINKS <u>Bar Joséphine</u>	<u>45 Boulevard Raspail,</u> 75006	<i>In the Hôtel Lutetia</i>

Bon à savoir

A few notes to plan your perfect day

RESERVATIONS REQUIRED

Book in advance for: Reformation Pilates, Biologique Recherche, Le Voltaire, and Aux Prés (both restaurants are small and popular).

MUSÉE DELACROIX HOURS

Closed on Tuesdays. Opens at 12pm on weekdays, 10am on weekends.
Adjust the timing based on your visit day.

MAKE IT YOUR OWN

This itinerary is meant to inspire, not overwhelm. Pick what speaks to you and leave room to wander.

Want More Saint-Germain Secrets?

My complete Saint-Germain Shopping Guide includes 30+ curated boutiques, personal favorites, and insider tips I've discovered over 10 years.

[Explore the Full Guide](#)