7-Day French Polynesia Itinerary: Tahiti, Moorea & Bora Bora

French Polynesia's three most iconic islands, one loop: Tahiti's black-sand coast, Moorea's shark-and-ray-filled lagoon beneath jagged peaks, and Bora Bora's overwater bungalows under Mount Otemanu — with real hotels, tour operators, and prices for every stop.

DURATION	BEST TIME TO GO	FROM
7 Days	**May – October** dry season, calmer lagoons and lower humidity	**$4,350 USD / person** for 2 people

Day 1 Arrive in Tahiti

Fly into Faa'a International Airport (PPT) on Tahiti's northwest coast — Papeete and the resort strip are a short drive away.

Private Airport Transfer — Faa'a Airport (PPT) to Hotel

~15–20 minutes · From $25–$35 USD one-way per vehicle

A quick, fixed-rate ride from the terminal to the resort strip west of Papeete — book ahead online.

Welcome Pickups · www.welcomepickups.com/tahiti/airport-transfer

Overnight — InterContinental Tahiti Resort & Spa

From $460–$580 USD / night, for 2 people

A lagoon-front resort minutes from the airport, with an overwater bar and Tahiti's only over-water breakfast deck.

InterContinental Tahiti Resort & Spa · www.ihg.com/intercontinental/hotels/us/en/faa-a/pptpf/hoteldetail

Dinner on Your Own — Vaiete Square Food Trucks

Est. $12–$20 USD / person

Papeete's waterfront roulottes fire up nightly on Vaiete Square — grilled mahi mahi and crepes at shared tables.

Day 2 Circle Tahiti & Ferry to Moorea

A half-day loop covers Tahiti's classic sights before an afternoon ferry crossing to Moorea, visible across the strait.

Private Half-Day Circle Island Tour

~5 hours · From $580 USD per group (up to 7 people)

A private van loop past the Arahurahu Marae, Maraa Grotto's fern-draped caves, the Faarumai Waterfalls, and Point Venus.

Tahiti Welcome Tours · www.tahititourisme.com/equipment/tahiti-welcome-tours

Ferry — Aremiti Ferry, Papeete to Moorea

~30–45 minutes · 1,650 XPF (about $14 USD) one-way per adult

Fast ferries run frequently between Papeete's ferry terminal and Moorea's Vaiare dock.

Aremiti Ferry · +689 40 50 16 16 · www.aremitiexpress.com

Overnight — Sofitel Kia Ora Moorea Beach Resort

From $780–$950 USD / night, for 2 people

Thatched overwater bungalows strung along a coral-garden lagoon on Moorea's northeast shore, with Mount Rotui rising directly behind the beach.

Sofitel Kia Ora Moorea Beach Resort · www.sofitel-moorea-kiaora.com

Day 3 Moorea Lagoon — Sharks, Rays & a 4x4 Safari

Moorea's lagoon and interior are best covered on the water in the morning and by 4x4 in the afternoon.

Lagoon Snorkeling Safari — Sharks & Stingrays

3 hours · $80 USD / person

A lagoon cruise to shallow sandbars to snorkel with blacktip reef sharks and stingrays, plus a coral-garden stop.

Moorea Miti Tours · +689 87 23 43 02 · www.mooreamititours.com

Private 4x4 Safari Tour — Belvedere & Pineapple Road

~4 hours · From $70 USD / person

An open-sided 4x4 climbs to the Belvedere lookout over Cook's and Opunohu Bays, with stops on the Pineapple Road.

Safari Mario Moorea ·
www.viator.com/tours/Moorea/4-Hours-of-Pure-fun-in-4x4-discovering-Moorea-and-its-history/d5182-20944P1

Overnight — Sofitel Kia Ora Moorea Beach Resort

From $780–$950 USD / night, for 2 people

Second night in the same overwater bungalow — no need to repack before tomorrow's flight to Bora Bora.

Sofitel Kia Ora Moorea Beach Resort · www.sofitel-moorea-kiaora.com

Day 4 Fly to Bora Bora

A short inter-island hop trades Moorea's green peaks for Bora Bora's ring of motu around a single turquoise lagoon.

Free Morning — Beach or Spa

Self-guided

Use the morning for a final swim over the lagoon's coral gardens or a treatment at the resort spa before the early-afternoon flight.

Flight — Air Tahiti, Moorea (MOZ) to Bora Bora (BOB)

~50 minutes · From $230–$260 USD one-way / person

Air Tahiti's inter-island turboprops connect Moorea's Temae Airport directly to Bora Bora's Motu Mute Airport.

Air Tahiti · www.airtahiti.com

Resort Boat Transfer — Motu Mute Airport to Hotel

~15–45 minutes by lagoon boat · Typically included by the resort

Bora Bora's airport sits on its own motu — arrival means stepping straight from the plane onto your resort's private boat for a scenic crossing of the lagoon.

Overnight — Conrad Bora Bora Nui

From $850–$1,100 USD / night, for 2 people

Overwater villas on a private motu facing Mount Otemanu, with a floating breakfast program and a large overwater pool.

Conrad Bora Bora Nui · www.hilton.com/en/hotels/pptbnci-conrad-bora-bora-nui

Day 5 Bora Bora Lagoon — Sharks, Rays & Coral Gardens

Bora Bora's lagoon is the main event — a half-day boat safari covers its best shallow-water wildlife stops.

Eco Shark & Ray, Coral Garden Snorkel Safari

2.5 hours · $103 USD / person

Three stops for hand-free encounters with blacktip reef sharks and stingrays, plus a coral-garden drift snorkel.

Moana Adventure Tours · +689 87 78 27 37 · moanaadventuretours.com

Dinner — Bloody Mary's

Est. $50–$75 USD / person

A sand-floored, thatched-roof institution on Povai Bay since 1979, with a chalkboard menu of the day's catch.

Bloody Mary's · +689 40 60 34 08 · www.bloodymarys.com

Overnight — Conrad Bora Bora Nui

From $850–$1,100 USD / night, for 2 people

Second night on the motu, with the lagoon lit up by torches along the pontoon walkways after dark.

Conrad Bora Bora Nui · www.hilton.com/en/hotels/pptbnci-conrad-bora-bora-nui

Day 6 Matira Beach & a Sunset Sail

A slow day built around Bora Bora's one public beach and a catamaran out onto the lagoon for sunset.

Free Day — Matira Beach

Self-guided

Bora Bora's only public beach, a long curve of pale sand with calm, shallow water and casual snack stands.

Vitamin Sea Catamaran Sunset Cruise

2 hours, 4:15 PM departure (Mon–Thu) · $225 USD / person

A small-group sail across the lagoon as the sun drops behind Mount Otemanu, with rum punch and fresh fruit on deck.

Vitamin Sea Sport · www.tahiti.com/activities/vitamin-sea-catamaran-sunset-cruise-5374

Overnight — Conrad Bora Bora Nui

From $850–$1,100 USD / night, for 2 people

Final night over the water before tomorrow's flights home.

Conrad Bora Bora Nui · www.hilton.com/en/hotels/pptbnci-conrad-bora-bora-nui

Day 7 Departure

A free morning before the boat and flight sequence home — build in extra time for the lagoon crossing.

Free Morning — Beach or Overwater Deck

Self-guided

A last swim off the overwater deck or a walk along the beach before checkout — Bora Bora mornings are calm and worth lingering in.

Resort Boat Transfer & Flight — Bora Bora to Papeete

Boat ~15–45 min + flight ~50 min · Boat typically included by resort; flight from $230–$260 USD / person

The reverse of arrival day — a resort boat to Motu Mute Airport, then an Air Tahiti flight back to Faa'a.

Air Tahiti · www.airtahiti.com