



7220 TRAVEL

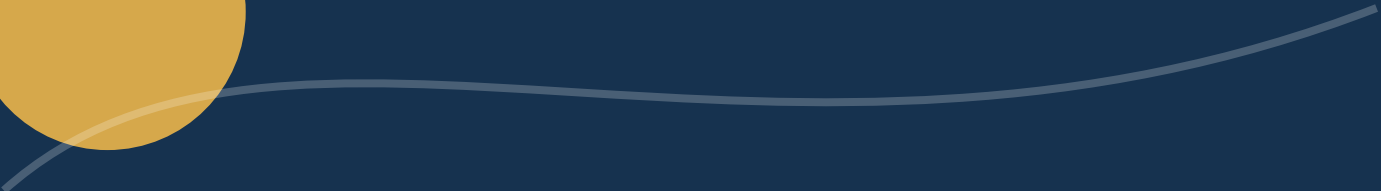
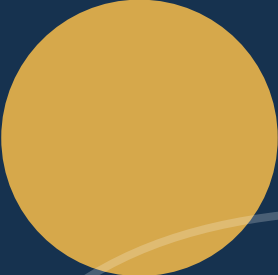
CALIFORNIA

7-Day Family Road Trip Guide

Coast, National Parks & Classic California Cities

Family & Group Travel Experts

7220travel.com



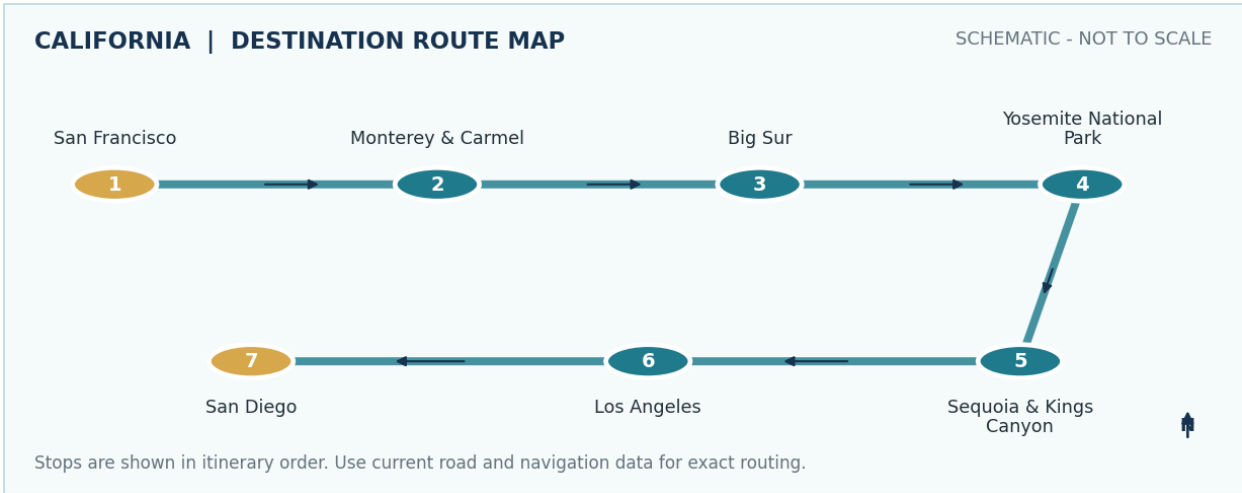
California: Your 7-Day Game Plan

This guide turns 7220 Travel's California itinerary into an easy, printable road-trip plan. The goal is simple: give your family a strong route and the best anchors for each day, while leaving enough breathing room to make the trip yours.

Trip style Family road trip	Pace Active but flexible	Best for Families & multigenerational groups
Transportation Rental car / personal vehicle	Length 7 days	Theme Coast, National Parks & Classic California Cities

The Route at a Glance

Day 1: San Francisco • Day 2: Monterey & Carmel • Day 3: Big Sur • Day 4: Yosemite National Park • Day 5: Sequoia & Kings Canyon • Day 6: Los Angeles • Day 7: San Diego



7220 Travel planning principle: Choose the three experiences your family cares about most, then let the rest of the trip support those priorities. A good vacation does not have to win social media.

Day-by-Day Itinerary

Day 1: San Francisco

- See the Golden Gate Bridge.
- Explore Fisherman's Wharf and the waterfront.
- Ride a cable car or visit Golden Gate Park.

Day 2: Monterey & Carmel

- Drive south along the coast.
- Visit Monterey Bay Aquarium.
- Explore Carmel-by-the-Sea and 17-Mile Drive.

Road note: About 2 hours from San Francisco.

Day 3: Big Sur

- Drive Highway 1 where road conditions allow.
- Stop at Bixby Creek Bridge and coastal overlooks.
- Choose an easy redwood or beach walk.

Day 4: Yosemite National Park

- Travel inland to Yosemite.
- See Tunnel View, Yosemite Falls and Valley landmarks.
- Take a family-friendly trail.

Road note: Expect a significant driving day.

Day-by-Day Itinerary, Continued

Day 5: Sequoia & Kings Canyon

- Walk among giant sequoias.
- See General Sherman Tree.
- Choose scenic overlooks and short trails.

Road note: Check seasonal road conditions before travel.

Day 6: Los Angeles

- Head south to Los Angeles.
- Choose Hollywood, Griffith Observatory or a studio experience.
- Enjoy a beach or neighborhood evening.

Day 7: San Diego

- Visit Balboa Park or the San Diego Zoo.
- Spend time on the waterfront or at La Jolla.
- Depart San Diego or extend your stay.

Road note: About 2-3 hours from Los Angeles, traffic dependent.

Before You Go

- Popular national parks can require timed entry, shuttle use or advance reservations. Check official park guidance early.
- Confirm attraction hours, timed-entry rules and seasonal closures before you travel.
- Build in buffer time. A 7-day road trip works best when every stop is not treated like a race.
- Keep water, snacks, a basic first-aid kit and offline maps in the car.
- For beach days, carry sun protection, refillable water bottles and a dry bag for phones and keys.

Make This Trip Yours

Circle or write down the three things your family would be most disappointed to miss. Those are your anchors. Everything else can flex around weather, energy levels, traffic and the unexpected moments that often become the best memories.

#1 Must-Do Experience	_____
#2 Must-Do Experience	_____
#3 Must-Do Experience	_____
One Meal We Really Want	_____
One Place to Slow Down	_____



Want help turning this route into your family's actual vacation?

7220 Travel can help with lodging, routing, cruises, resorts, family trips and group travel.

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Source: 7220 Travel's 7-Day United States itinerary collection. The destination route map is schematic and not intended for turn-by-turn navigation. Attraction hours, reservation systems, road access, prices and seasonal conditions can change.

California Packing List

A family-road-trip checklist designed to pair with your 7220 Travel 7-Day Guide.

Packing mindset: California road trips cross very different microclimates. Coastal mornings, inland heat and mountain conditions can all happen in one week.

CLOTHING & LAYERS

- ☐ 7 days of underwear + socks
- ☐ Sleepwear
- ☐ One extra top/outfit for delays or spills
- ☐ Breathable layers
- ☐ Warm coastal layer
- ☐ Quick-dry hiking clothes

FOOTWEAR

- ☐ Broken-in walking shoes
- ☐ Activity-appropriate trail/hiking shoes if planned
- ☐ Comfortable sandals/secondary shoes

WEATHER & OUTDOOR

- ☐ Rain/wind shell
- ☐ Sunscreen + hat
- ☐ Swimsuit
- ☐ Extra water capacity
- ☐ Small daypack
- ☐ Basic sun protection for every outdoor day

ROAD TRIP & TECH

- ☐ Driver license/ID + insurance info
- ☐ Phone + charging cable + car charger
- ☐ Portable battery pack
- ☐ Offline maps / saved reservations
- ☐ Reusable water bottle
- ☐ Small cooler + road-trip snacks

FAMILY & PERSONAL

- ☐ Prescription medications
- ☐ Basic first-aid/blister kit
- ☐ Toiletries
- ☐ Sunglasses
- ☐ Laundry bag / packing cubes
- ☐ Wipes/hand sanitizer
- ☐ Copies/screenshots of key confirmations

CALIFORNIA TRIP-SPECIFIC EXTRAS

- ☐ Beach sandals + swimsuit
- ☐ Warm layer for San Francisco/coastal mornings
- ☐ Trail shoes for Yosemite/Sequoia days
- ☐ Reusable tote/day bag for city stops

Seasonal adjustment: Check the forecast, elevation, park/road alerts and planned activities shortly before departure. Add heavier cold-weather gear for winter/shoulder-season travel and scale back insulation during reliably hot periods.

Outdoor reminder: customize your gear to the activity. For hikes and remote stops, carry appropriate navigation, sun protection, extra layers, light, first aid, food and water rather than relying only on a phone.

This checklist is general travel guidance, not a substitute for current weather, park, road, airline or activity-specific requirements.

California: When to Go & Where to Stay

A route-based planning page designed to pair with your 7220 Travel 7-Day Itinerary.

BEST OVERALL WINDOW	April-June and September-October
Why it works: Good road-trip balance between coastal weather, mountain access and summer-level crowds.	Seasonal tradeoff: Mountain roads can close in winter; summer brings peak demand, heat inland and occasional wildfire/smoke impacts.

WHERE TO STAY ALONG THE 7-DAY ROUTE

DAY 1	San Francisco: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 2	Monterey & Carmel: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 3	Big Sur: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 4	Yosemite National Park: Choose the closest practical gateway town or park-adjacent lodge/cabin. Prioritize early access and less driving over nightlife.
DAY 5	Sequoia & Kings Canyon: Choose the closest practical gateway town or park-adjacent lodge/cabin. Prioritize early access and less driving over nightlife.
DAY 6	Los Angeles: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 7	San Diego: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.

BOOKING STRATEGY

- Park-area lodging is often the first inventory to disappear. For summer and school-break travel, begin there before locking the rest of the route.
- In major cities, parking and resort/destination fees can change the true nightly cost. Compare the all-in cost, not just the room rate.

7220 Travel tip: If your priority is a specific park lodge, beach location or special experience, build the route around that hardest-to-get reservation first.

Timing and lodging guidance is general planning advice. Always confirm current park access, road conditions, local events, weather patterns and property policies before booking.

California: Tolls & Cashless Roads

A route-specific companion page for your 7220 Travel 7-Day Itinerary.

TOLL EXPOSURE	PRIMARY SYSTEM
MODERATE / OPTIONAL	FasTrak

WHAT THIS MEANS FOR THIS ITINERARY

Your 7-day route does not require a toll on every leg, but Bay Area bridge crossings and Southern California toll/express lanes can easily appear in navigation options.

- Bay Area toll bridges are cashless. If you cross the Bay instead of staying on the Peninsula, expect an electronic bridge toll.
- Orange County toll roads and Los Angeles/San Diego express lanes may be offered as time-saving alternatives.
- FasTrak is California's statewide toll-payment system; do not assume an out-of-state E-ZPass will work.

BEST PAYMENT SETUP	RENTAL-CAR WATCH-OUT
FasTrak is the simplest setup for repeated California toll use. Some facilities also offer license-plate or one-time payment options.	Check the rental company toll program before using a toll road. If using your own FasTrak, follow the agency rules for adding the rental plate and exact rental dates.

7220 Travel toll rule: Do not put two active interoperable transponders in the same vehicle. Pick one payment method, confirm that the license plate is correct, and read rental-car toll terms before the first cashless gantry.

VERIFY BEFORE YOU DRIVE

Official traveler information: <https://www.bayareafastrak.org/en/home/toll-locations.shtml>

Rates, lane rules, accepted transponders and payment methods can change. Re-check the official toll authority shortly before departure. For broader multi-state coverage, pair this page with the 7220 Travel U.S. Toll Roads Traveler Guide.