

S.No.	Region	Capital	Type	Area (km)	Population	Other local name(s)	Seats in Regional council	INSEE No.	President of the Regional Council
1	Auvergne-Rhône-Alpes (Auvergne-Rhône-Alps)	Lyon	Metropolitan	69,711	8,042,936	Occitan: Auvèrnhe-Ròse-Aups Arpitan: Ôvèrgne-Rôno-Arpes	204	84	Laurent Wauquiez (LR)
2	Bourgogne-Franche-Comté (Burgundy-Free County)	Dijon	Metropolitan	47,784	2,805,580	Arpitan: Borgogne-Franche-Comtât	100	27	Marie-Guite Dufay (PS)
3	Bretagne (Brittany)	Rennes	Metropolitan	27,208	3,354,854	Breton: Breizh Gallo: Bertaèyn	83	53	Loïg Chesnais-Girard (PS)
4	Centre-Val de Loire (Centre-Loire Valley)	Orléans	Metropolitan	39,151	2,573,180		77	24	François Bonneau (PS)
5	Corse (Corsica)	Ajaccio	Metropolitan	8,680	340,440	Corsican: Corsica	63	94	Jean-Guy Talamoni (CL)
6	Grand Est (Great East)	Strasbourg	Metropolitan	57,441	5,556,219	German: Großer Osten	169	44	Jean Rottner (LR)
7	Hauts-de-France (Upper France)	Lille	Metropolitan	31,806	6,004,947		170	32	Xavier Bertrand (LR)
8	Île-de-France (Island of France)	Paris	Metropolitan	12,011	12,997,058	Breton: Enez-Frañs	209	11	Valérie Pécresse (LR)
9	Normandie (Normandy)	Rouen	Metropolitan	29,907	3,325,032	Norman: Normaundie Breton: Normandi	102	28	Hervé Morin (LC)
10	Nouvelle-Aquitaine (New Aquitaine)	Bordeaux	Metropolitan	84,036	6,010,289	Occitan: Nòva Aquitània / Nava Aquitània / Novela Aquitània Basque: Akitania Berria	183	75	Alain Rousset (PS)
11	Occitanie (Occitania)	Toulouse	Metropolitan	72,724	5,933,185	Occitan: Occitània Catalan: Occitània	158	76	Carole Delga (PS)
12	Pays de la Loire (Loire Countries)	Nantes	Metropolitan	32,082	3,806,461	Breton: Broioù al Liger	93	52	Christelle Morançais (LR)
13	Provence-Alpes-Côte d'Azur (Provence-Alps-Azure Coast)	Marseille	Metropolitan	31,400	5,081,101	Provençal: Provença-Aups-Còsta d'Azur (Prouvènço-Aup-Costo d'Azur)	123	93	Renaud Muselier (LR)
14	Guadeloupe	Basse-Terre	Overseas	1,628	384,239	Antillean Creole: Gwadeloup	41	01	Ary Chalus (GUSR)
15	Guyane (French Guiana)	Cayenne	Overseas	83,534	281,678		51	03	Rodolphe Alexandre (PSG)
16	La Réunion (Réunion)	Saint-Denis	Overseas	2,504	861,210	Reunion Creole: La Rényon	45	04	Didier Robert (LR)
17	Martinique	Fort-de-France	Overseas	1,128	364,508	Antillean Creole: Matinik	51	02	Claude Lise (RDM)

18	Mayotte	Mamoudzou	Overseas	374	262,895	Shimaore: Maore Malagasy: Mahori	26	06	Soibahadine Ibrahim Ramadani (LR)
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