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A new route to synthesize septanoside derivatives, from protected 2-hydroxyglycals, is reported. Ring expansion of a pyranoside to a septanoside was achieved through key reactions of a cyclopropanation, ring opening, oxidation and reduction. Glycoseptanoside derivatives, namely, methyl-7-hydroxymethyl-α-D-glucoseptanoside (methyl α-D-glycero-D-taloseptanoside) and methyl hydroxymethyl-α -D-galactospetanoside (methyl α-D-glycero-L-galactoseptanoside), were synthesized in an overall yield of 35% and 46%, respectively, from protected 2-hydroxy glycal.