How To Install Windows 7 In OS X Using Parallels Desktop – A Complete Walkthrough

This tutorial will guide you every step of the way through installing Windows 7 on your Mac using Parallels Desktop for Mac. Parallels Desktop for Mac allows you to run other Operating Systems (like Windows 7) in a virtual environment, while OS X is running at the same time. Though Windows 7 won't run as fast in Parallels Desktop as it does via Boot Camp, it is a very easy way to get Windows 7 running on your Mac.

1. If you're using < **Parallels Desktop** for the first time, an **Introduction** window will appear. Otherwise, click **File** -> **New Virtual Machine…**. Click **Continue**.

2. On the **Operating System Detection** screen, select either the **Real CD/DVD-ROM Drive** option if you have Windows 7 burned to DVD (and make sure the disk is in your DVD drive). If you're using an .iso image, select **CD/DVD Image**, click the **Choose…** button, navigate to your Windows 7 .iso file, select it and click **OK**. When you're ready, click **Continue**.
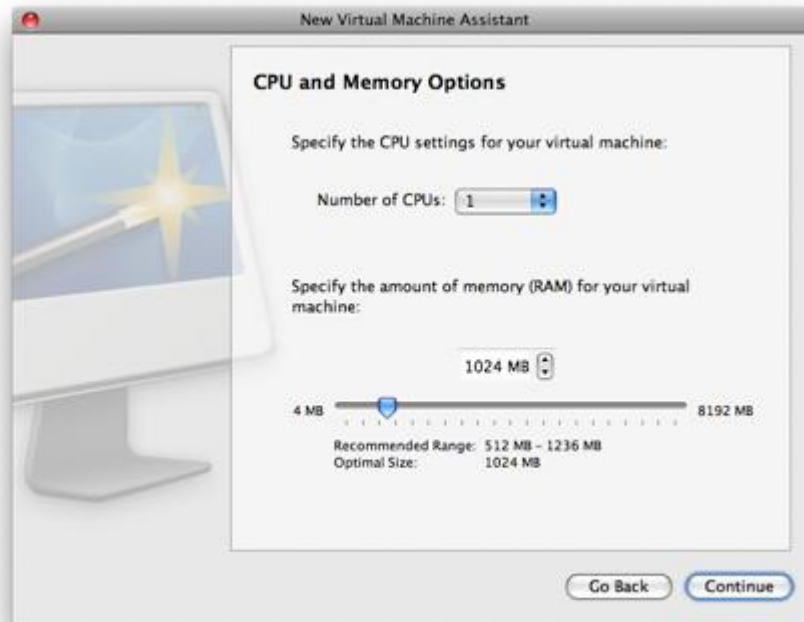
3. The automatic detection will probably fail. From the **Type:** drop-down, select **Windows**. From the **Version:** drop-down, select **Windows 7 (experimental)**. Click **Continue**.

4. From the **Virtual Machine Type** window, select **Custom** and then
   click **Continue**.

5. Choosing the **Number of CPUs:** will depend on your Mac. I opted for 1, which is always a safe bet. You'll want to allocate at least 1GB (1024MB) of RAM for your Virtual Machine, as Windows 7 will run quite slowly if you set it any lower. Click **Continue**.

6. Select **New image file** on the **Hard Disk Options** screen, and once again click **Continue**.

7. Specify a size for your virtual hard drive, and select **Expanding disk (recommended)**. This will allow you to create a file that grows in size as you add files and programs to Windows 7, rather than creating the full "size" of your virtual hard drive immediately. Yet again, click **Continue**.

8. Select **Shared Networking (Recommended)** as the **Networking Type** and click **Continue**.

9. On the **Optimization Options** screen, select **Virutal Machine (Recommended)** if you want Windows 7 to have more resources while it's running, or **Mac** if you want OS X to have more resources while Windows 7 is running. Click **Continue**.
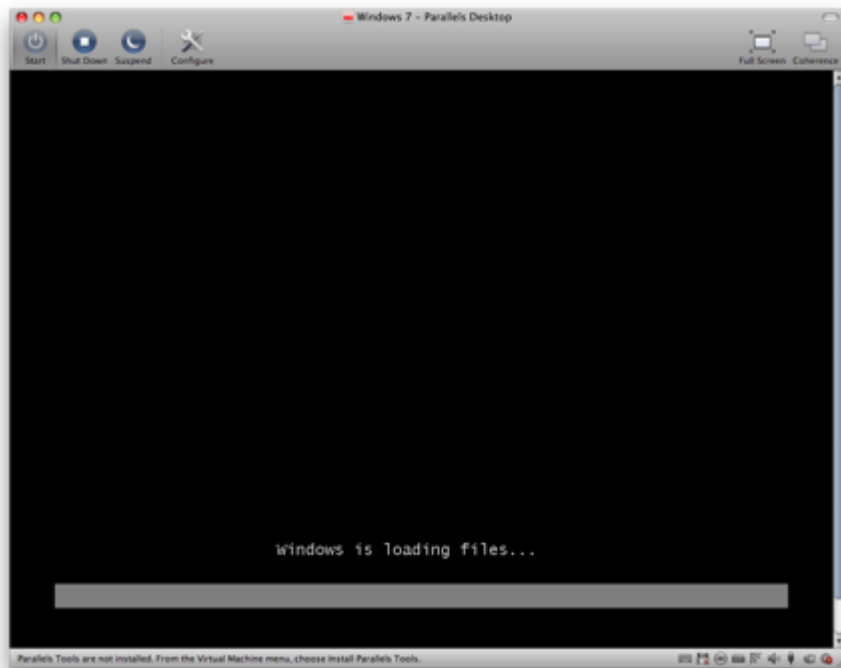

10.   Finally, enter a name for your virtual machine (something 'obvious' like "Windows 7" would be ideal). If you want to enable File Sharing and User Profile Sharing, leave those boxes checked. Click the small arrow next to **More Options** and decide if you want to have a launch icon on your Desktop for Windows 7, and if you want to share your virtual machine with other users on your Mac. When you're ready, click **Create**.

11. Again, the same as in step #2, select **Real CD/DVD-ROM Drive** if you've burned Windows 7 to DVD (and make sure it's in your DVD drive) or **CD/DVD Image** if you're using an .iso or image file of Windows 7. Click **Done** to begin the installation.

12. Windows 7 will begin loading files and start the installation.

13. Select the appropriate language, time and keyboard layout for you. Click **Next** to continue installing Windows 7.
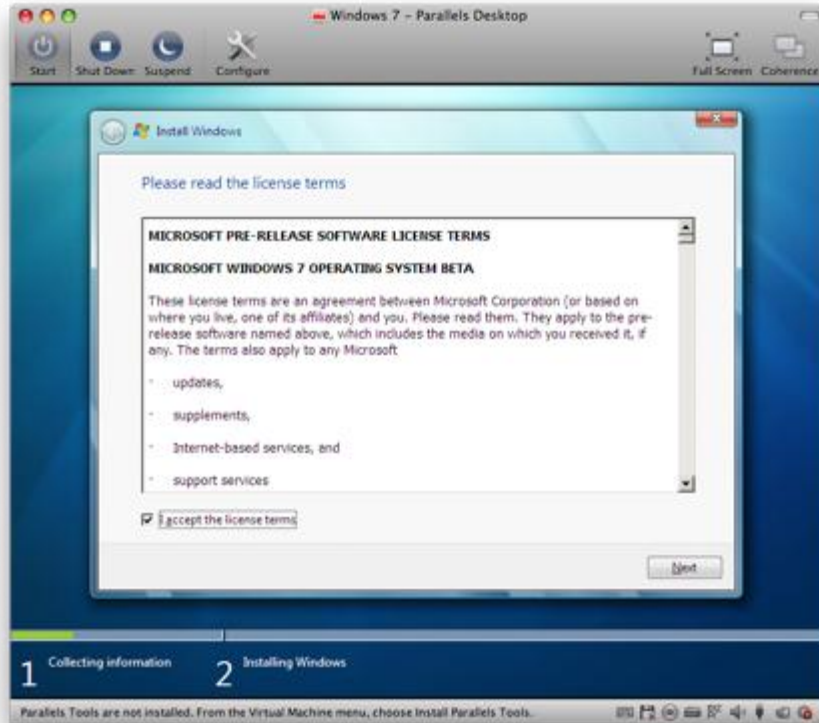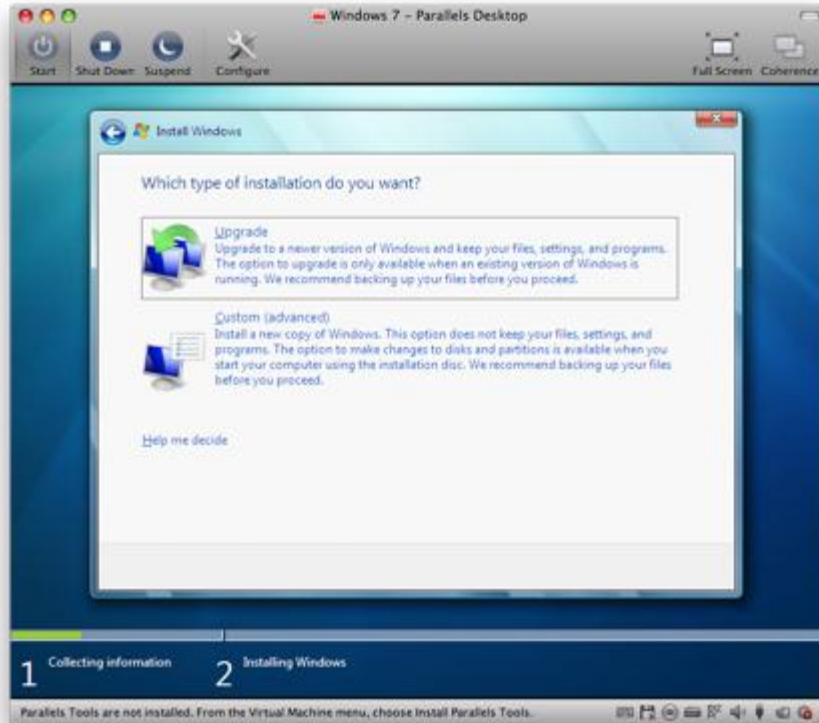

14. Click the **Install now** button.

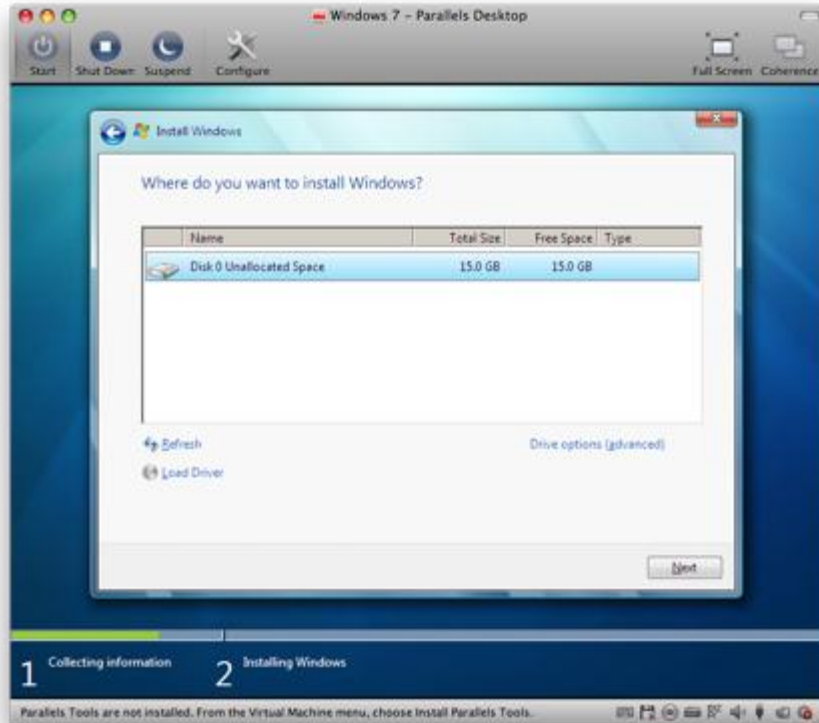15. Setup will initiate and take a moment or two to do its thing.

16. When you're presented with the Software License Terms, place a check in the **I accept the license terms** box, and click **Next**.

17. Click the **Custom (advanced)** 'button' when asked which type of installation you want.

18. You should only have one option on the **Where do you want to
install Windows?** screen. If you have more than one, make sure to
select the one that is the size you specified back in step #7 and has the
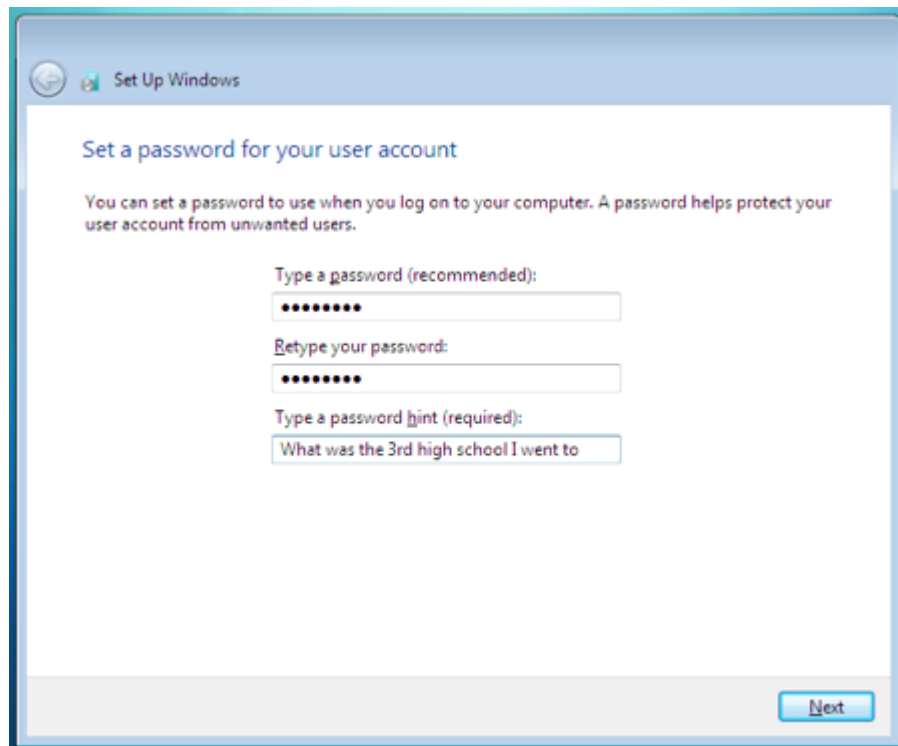idental number in the **Free Space** column. Again, click **Next**.

19.Go grab yourself a cup of coffee. It'll take a while for Windows to install itself. Windows 7 may reboot itself during this process.
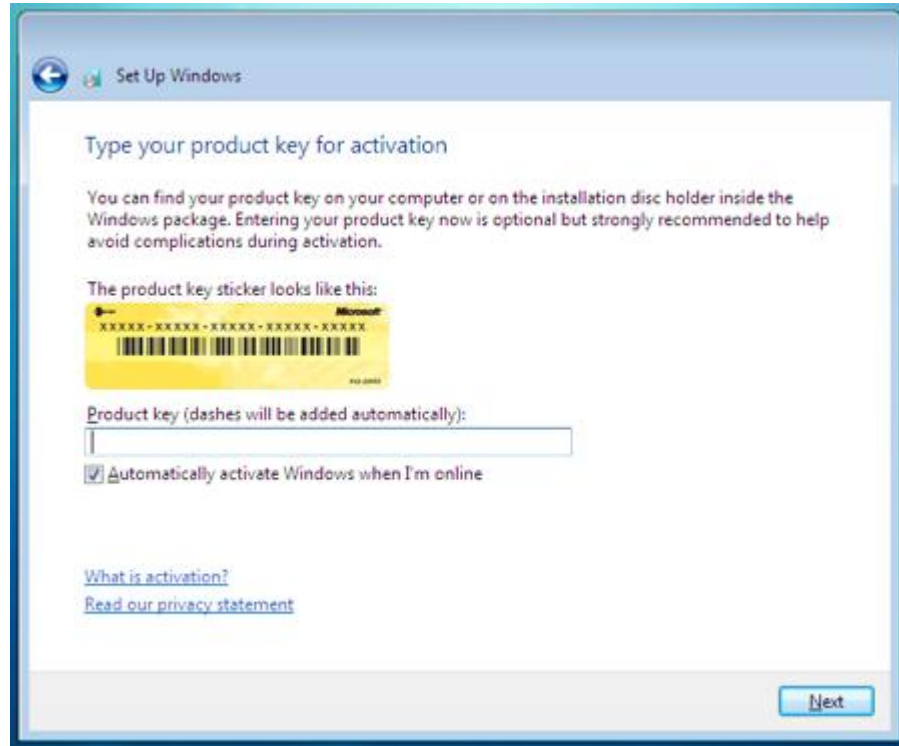
20. After the actual installation, you'll need to setup Windows 7 itself. Enter a username and computer name in the spaces provided. Click **Next**.

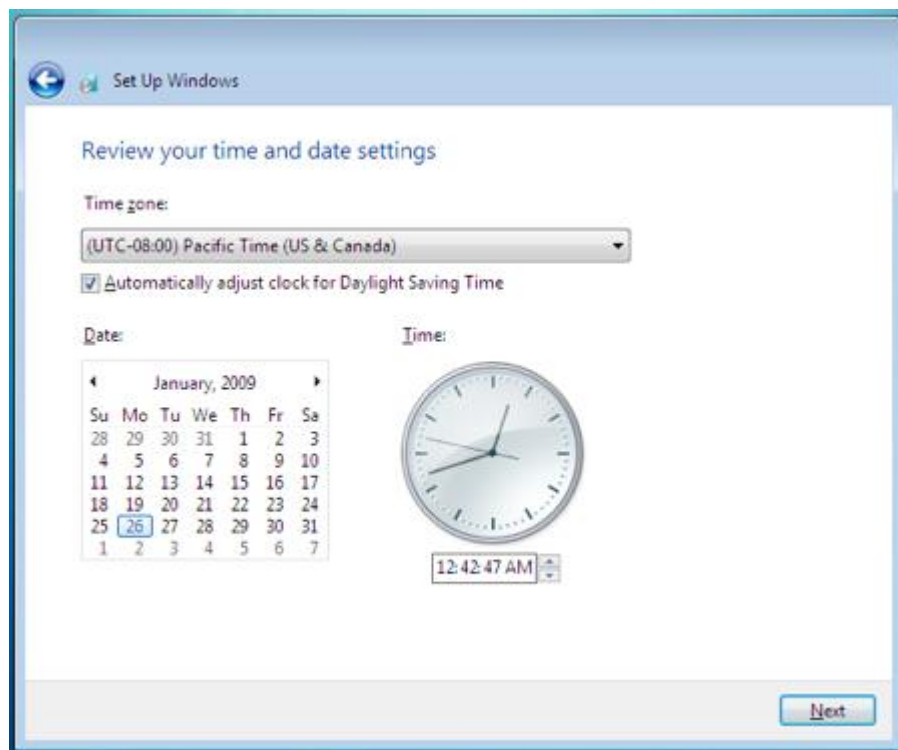21. Set a password and password hint, and click **Next**.

22. Enter the **Product key** that was provided with your copy of Windows 7, and unless you don't want to activate Windows when you're online, leave the box checked. Click **Next**.

23. For now, click **Use recommended settings**. They can always be changed later.
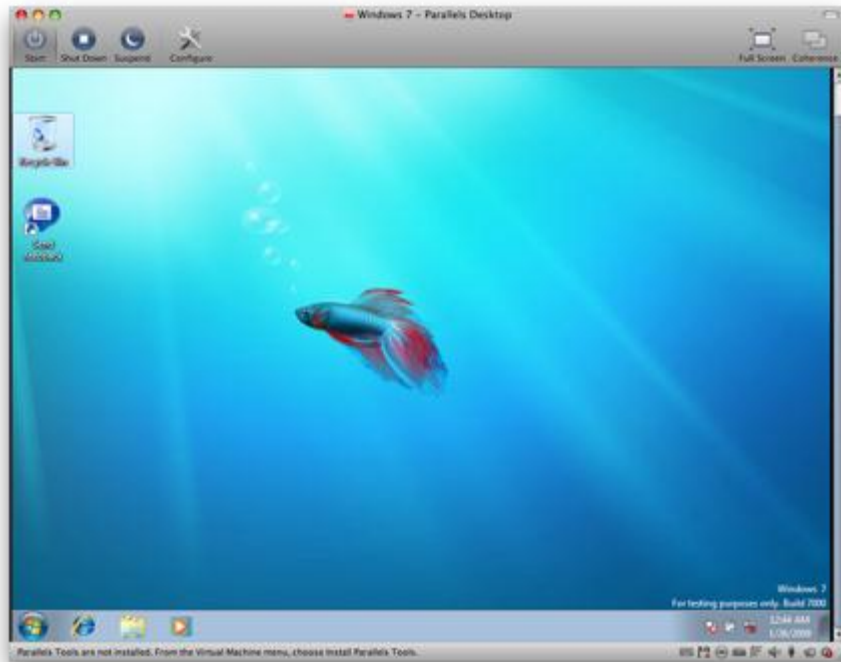
24. Make sure your time and date settings are correct, then click **Next**.
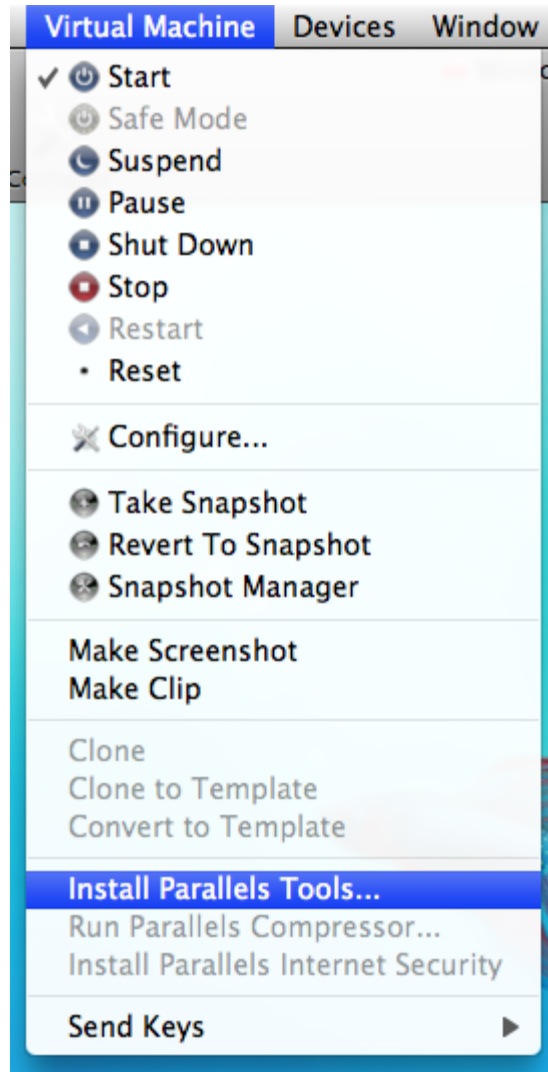
25.   The final part of the setup will prepare and create your desktop.

26.   And now, finally, Windows 7. But your work isn't over quite yet. There's a possibility that networking (including your Internet connection) and sound won't be working – yet.
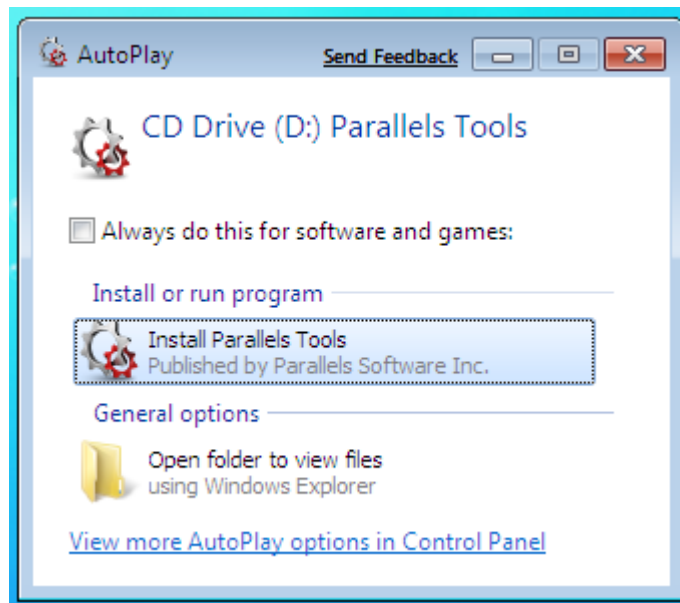
27.   Press the **Ctrl+Alt** keyboard combo to release your mouse and keyboard from Parallels (Windows 7). From the Parallels Desktop menu, select **Virtual Machine** and from the drop-down list, select **Install Parallels Tools...**
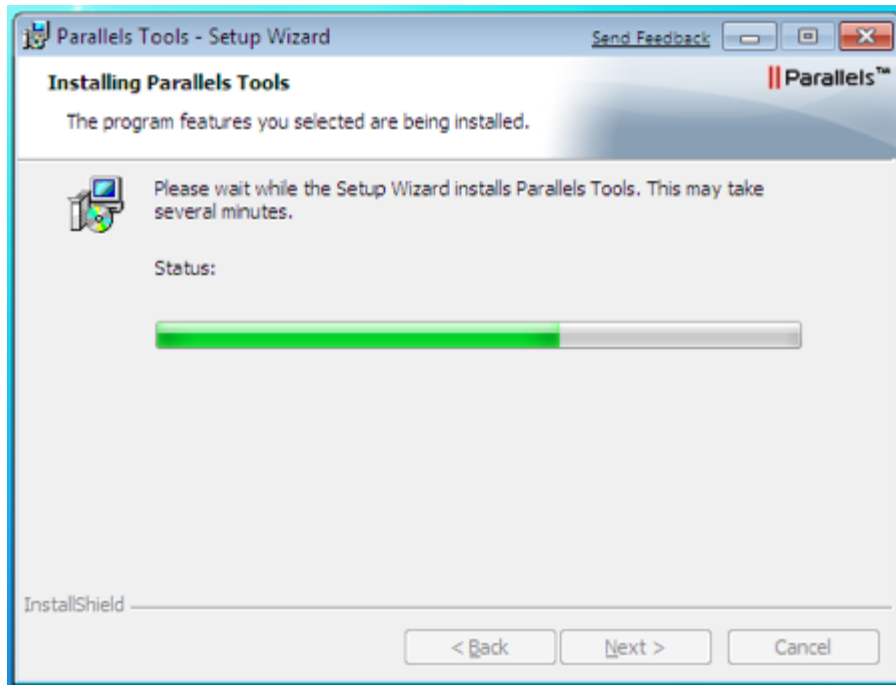
28. You'll be presented with a description window of Parallels Tools. Review it (if you want) and then click **Continue**.

29. Back inside Windows 7, an AutoPlay window will appear. From it, click the **Install Parallels Tools** button.

30. The Parallels Tools installer will launch. It will install each of the parts of Parallels Tools, and can take several minutes. You might refresh your coffee at this point. .

31. Once Parallels Tools has installed, restart Windows 7

32.   At this point you should have Internet connectivity. If you don't have
       sound, make sure to run Windows Update, and it will detect any missing

drivers (and find updates to the Operating System itself). Install all of the updates, and reboot again (if prompted). You should now have a fully working version of Windows 7 installed in Parallels.