

Vars

LA FORÊT BLANCHE



Duration: 2-4
hours subject to
ability
(plus journey time
by chair lift)

Distance: 32km

Start altitude: 2460m

End altitude: 780m

Descent: | 680 m

VARs-EMBRUN MTB

FROM THE PEAKS TO THE BEACH

Start: VARS - Top of La Mayt chair lift
Finish: EMBRUN - Lake

Difficulty:

Medium, few technical difficulties but
some rocky areas and ruts.

Signposted route. You need a good level of fitness
to complete the trail

(Children aged 10 and over who are comfortable on a bike).

HOW TO GET TO Vars les Claux:

Take La Mayt chair lift every day from July 6th to September 1st.

Chair lift equipped for mountain bikes.

PRICES Chair lift ride:

10€/adult and 8€/child (aged 5-12)

Load your mountain bikes onto the chair lift's bike racks and get to your start point in just 10 minutes.

Before you set off, drink in the views of the entire Vars resort from the Col des Saluces.

The first 5km are pretty tough until you reach Cabane de Valbelle where you can have a well-earned break.

The route continues through the magnificent Saluces forest: this is the least challenging part of the route and the smoothest ride. Pass Cabane de Pra Mouton and stay on the Col de la Coche.

The path gets tougher and steeper before you reach the first hamlets, but the views of Serre-Ponçon and Embrun are worth it. The last part is be on the main road between Saint-André and Embrun lake: take care!

/ OUR ADVICE:

- Don't attempt this ride unless you have a **decent level** of mountain biking experience.
- Check the **weather forecast** before setting off.
- **Wear protective MTB gear and check your equipment before setting off.**
- Don't forget the first aid kit and repair kit.
- If anything goes wrong, call **112**.
- And don't forget your **swimming costume** for a swim when you arrive.

/ HOW ABOUT GETTING BACK TO VARS?

- Under your own steam
- Daily **shuttle bus service** from July 10th to August 30th (not available Sunday, Monday and Tuesday). Book your ticket at La Mayt chair lift (**13.50€/adult and 11.50€/child under 12**). The 10am shuttle bus from Embrun takes you up to Vars so you can ride the route. (**Booking required on +33 (0)4 92 45 18 11**, or email: contact@autocars-imbret.com)

This is the mountain, so respect your surroundings and be aware of the risks of mountain sports.

Tourist Information would like to remind mountain bikers that they are responsible for their rides.

Part of the route covers roads used by motor vehicles where the highway code applies.



The MTB route and trail map are available from Vars Tourist Information



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