

IDEA N°5

BOUCLE DU CHÂTEAU / FROM SAINT-MARCELLIN (CASTLE LOOP)

Elevation 230m
2 hr loop
4.4KM

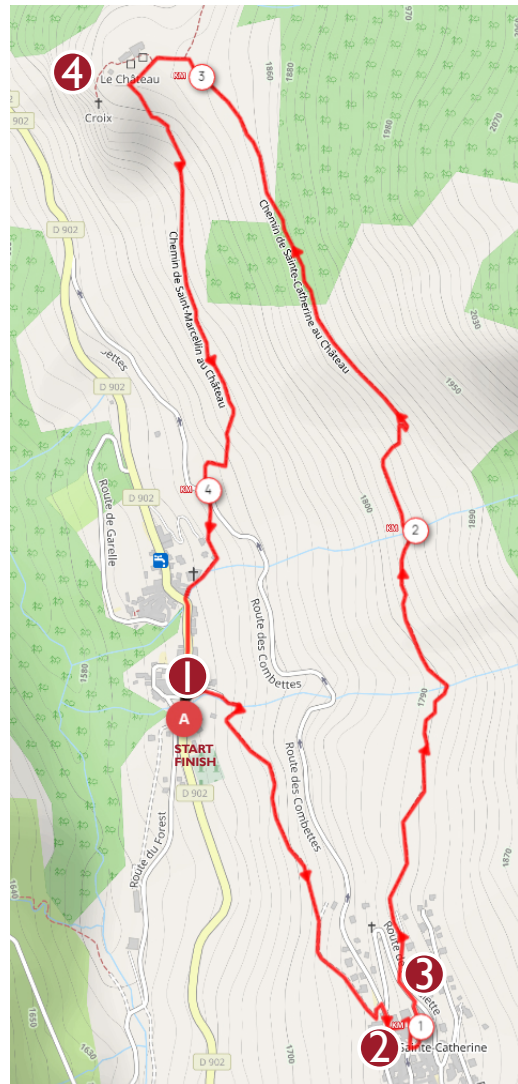
Set off on a loop from Saint-Marcellin with a heritage guide in one hand and picnic basket in the other, ready to feast your eyes on some of the best views in Vars from the Château.

START:

Vars Saint-Marcellin pétanque pitch
How to get here: car or free shuttle bus

DESCRIPTION

- ① Climb the stairs at the pétanque pitch then go up to the top of the village lane.
- Turn right onto the path going up to Sainte-Catherine through the mountain pastures.
- You're within 1km of the village. ②
- When you reach the main road, go past the washhouse then back up the village streets to Rue du Serret.
- Turn left and continue until you reach Auberge de la Coulette.
- Go back down the main road for a few metres. The Sentier du Château trail starts at the bottom on the right, opposite the recycling facility. ③
- It takes 2km to reach the Château on the path overlooking Saint-Marcellin. ④
- It's a bit of a steep path back down to the village but not too tricky.



IDEA N°6

SENTIER DU TÉTRAS-LYRE / VAL D'ESCREINS

1 hr 15 loop
1.2KM

This fun and educational trail is dotted with information boards about bygone times and the reserve's wealth of flora and fauna. The reserve is part of the Queyras Regional Nature Park.

START: VAL D'ESCREINS NATURE RESERVE

You can catch a free shuttle bus from Les Claux (timetables available at Tourist Information and bus stops). Start from the reserve's main car park. Purple signage.

DESCRIPTION

- Take the path from the car park at the bottom of reserve ① and then head right. A little further on, cross the bridge ② over the Rif Bel river and follow the path.
- A few metres ahead, you come to the first ruins of the village hamlet of Escreins ③, which burnt down in 1916 and is now home to legends. Did you know that in 1843, 90 people still lived in the hamlet of Escreins?
- Follow the path and take a moment to feast your eyes on the heritage gem that is Basse Rua Chapel, restored in 1982.
- Take the narrow path before the Refuge Basse Rua (4) (hiking accommodation) towards the river.
- Cross the small bridge and continue along the path that goes up into the forest ahead of you, 10m on the right ⑤. Have a good read of the information boards and you'll be an expert in the history of the trees and flowers in the reserve.
- Finish off the last few metres to get back to the car park.

WHAT YOU NEED TO KNOW

The botanical guidebook for this trail is available to buy from Tourist Information. It lists all the species you'll see and will guide you along your way.

TERRITOIRE ZERO DÉCHET
THE VAL D'ESCREINS NATURE RESERVE IS A "ZERO WASTE" AREA
GASPILLAGE
PLEASE TAKE YOUR LITTER WITH YOU. Recycling facilities are available in the Vars villages. LET'S ALL DO OUR BIT FOR THE ENVIRONMENT

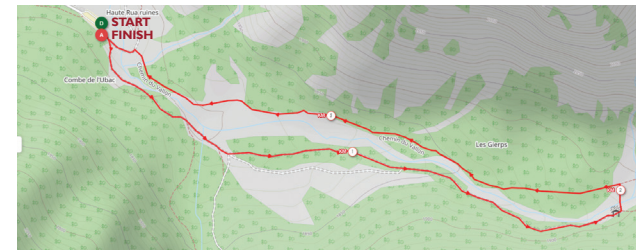


IDEA N°7

CABANE DE CHALANCES / SENTIER BOTANIQUE

Elevation 110 m
1 hr 30 loop
3.9KM

This walk is an educational escape to the country. Stretch your legs and exercise your grey matter with information boards about the trees and flowers around you: Swiss pines, larches, junipers, gentians and more.



START: VAL D'ESCREINS NATURE RESERVE

You can catch a free shuttle bus from Les Claux (timetables available at Tourist Information and bus stops). Start from the reserve's main car park.

DESCRIPTION

- Start the walk from the bottom of reserve car park, hit the forest track on the right with the Rif Bel on your left.
- Walk nearly 2km along the path before you reach Cabane de Chalances, the perfect place for a picnic with a table and BBQ area.
- After the "cabane" (hut), turn left onto the bridge over the Rif Bel then go down along the other bank into the forest on a lovely footpath back to your start point.
- The information boards throughout your walk tell you everything you need to know about the surrounding flora.

PLEASE NOTE!

You can also do this walk the other way round.

Credits : Alpes Photographies
Syllys Design / Pitus
Real OT Vars
Summer 2024



FREE SHUTTLE BUSES take you to the start points for your walks. Timetables available at visitor centres:

3 VISITOR CENTRES OPEN EVERY DAY FROM JULY 6TH- SEPTEMBER 1ST:

TOURIST INFORMATION IN VARS LES CLAUX (HEALTH CENTRE) AND VARS SAINTE-MARIE
9am-12pm/3pm-7pm

VISITOR CENTRE IN VAL D'ESCREINS
9am-1pm/2pm-5pm

+33 (0)4 92 46 51 31 - vars.com

DORLOTTE THE MARMOT'S TOP TIPS:

Make sure you have good footwear and a water bottle.

Before you leave, check the weather forecast for the day: The daily weather forecast is on display at Tourist Information.

Vars
LA FORÊT BLANCHE

7 WITH THE FAMILY

EASY WALKS



IDEA N°1

LAC DE PEYROL / BY SKI LIFT

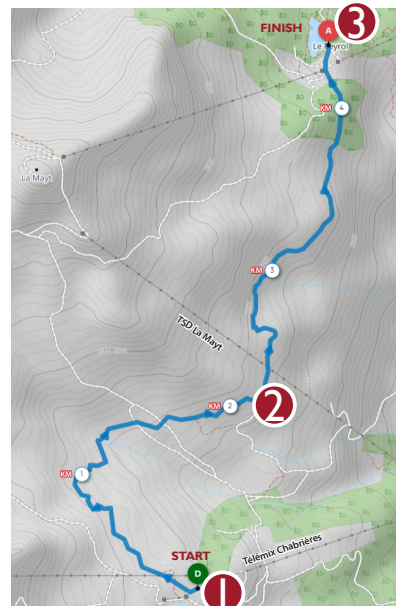
There are two easy routes from the top of the ski lift and La Mayt chair lift to Lac de Peyrol, the perfect place for a picnic in the peaks.

74m ascent
136m descent
1 hr 15
4.4KM

START:
Top of the Chabrières ski lift
via Balcons de Vars.

DESCRIPTION

- ① Follow signs for "Balcons de Vars" from the top of the ski lift. Be careful, mountain bikers also use this route.
- ② After a 2.2km walk, i.e. the halfway point, take a left at the junction with Balcons de Vars to end your walk at Lac de Peyrol. ③



320m descent
0 hr 30
2.1KM

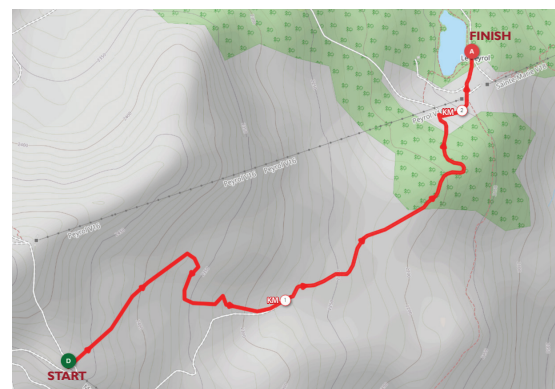
START:
Top of La Mayt chairlift
via the Sentier des Sagnes

DESCRIPTION

- At the top of the chairlift, take the first right and follow markings on the ground to Lac de Peyrol within thirty minutes.

YOUR WAY BACK TO THE VILLAGES

- Go back to Vars les Claux via the Balcons de Vars in the opposite direction and then down to the resort after 2.2km, turn left at the junction: 1.5 hr / 4.5km
- Go back to Vars Sainte-Marie via the Sentier de Faudon: 1 hr / 2.5km / Descent: 500m



IDEA N°2

PONT DE LA SALCE / FROM SAINTE-CATHERINE TO SAINTE-MARIE VIA THE WATERFALLS

Elevation - 250m
1 hr 30
2.4KM

This hike is downhill all the way, making it a great way to cool off in the forest with your family!

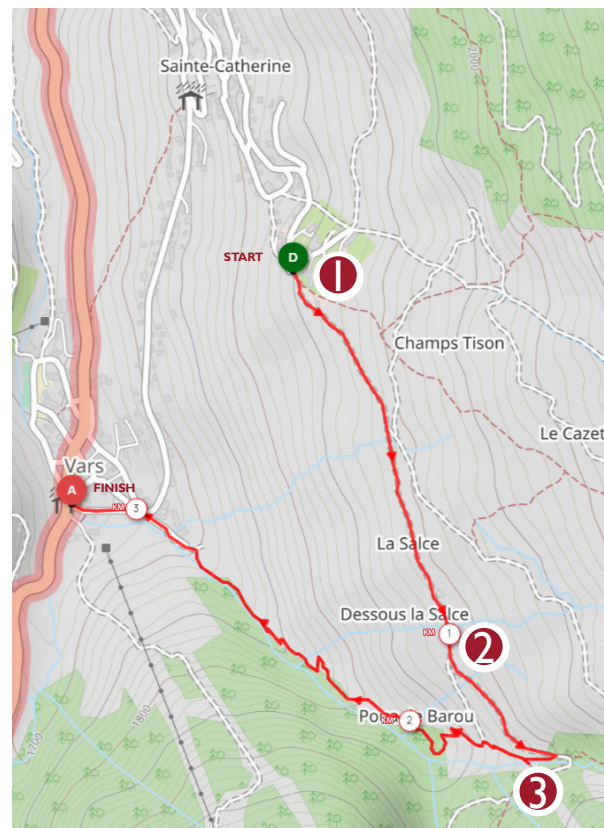
START: SAINTE CATHERINE - LAST "LE REY" SHUTTLE STOP AT THE HIKE START POINT AT THE TOP OF THE VILLAGE.

DESCRIPTION

- Take the path to the right of the information board at bus stop ① and walk for a kilometre or so on a relatively flat path. It has lovely views of Les Claux resort.

- Turn right at junction ②, along the river. Do take the time to cover a few more metres on the path on the left to reach the bridge, then retrace your steps. Walk for half an hour down into the woods along the waterfalls.

- When you reach the waterfall, carry on along the path to reach the village of Sainte-Marie by the maintenance facilities. ③ Carry on to the main road where you can catch a shuttle bus.



IDEA N°3

SENTIER D'INTERPRÉTATION / LA FORÊT DES ESCONDUS EDUCATIONAL TRAIL

380m descent
20m ascent
1 hr
2.8KM
From 3 years

Join P'tit Louis and Caillou the Patou guard dog on a walk devoted to the surrounding flora and fauna as brand new information boards introduce you to the animals: Learn everything there is to know about marmots, hares, mountain hares, squirrels and chickadees!



START: Top of the Chabrières ski lift
FINISH : Bottom of the Chabrières ski lift

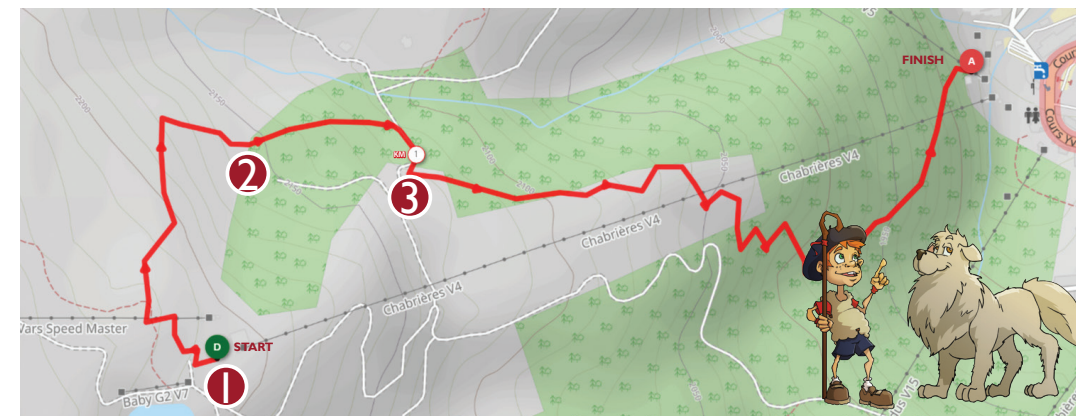
DESCRIPTION

- ① From the top of the ski lift, go up the lake and turn right under the Baby G2 ski lift at the top of the hairpin bends to reach the start of the educational trail.

Continue along the path until you cross the Crazy Marmot mountain bike trail: be careful!

- ② When you reach a large flat area, turn left for 50m towards the mountain restaurant then take a sharp right onto a small path.

- ③ When you reach the forest track, go up for 100m and turn left after going under the the mountain bike bridge.



IDEA N°4

SENTIER D'INTERPRÉTATION / LE SENTIER DE LA REINE EDUCATIONAL TRAIL

267m descent
174m ascent
2 hr
5.5KM
From 5 years

With the iconic "Reine Eyssina" mountain watching over you, dive into the history, geology and agriculture of Vars at the trail's information boards and learn all about about artificial snow and hill reserves. Not forgetting the local wildlife, of course.



START: Top of the Chabrières ski lift
FINISH : Col de Vars

DESCRIPTION

- ① At the top of the ski lift, turn right around Lac de Chabrières and follow signs for the trail. Be careful, mountain bikers also use this route.

- ② At the start of the "Marmottons" MTB track, turn right until you reach the snowpark hut. ③

- Then cross the ski piste onto the themed trail that continues straight after.

- ④ Follow the MTB track.

- ⑤ At the 2.8km point, follow signs taking you right. This is the hardest part.

- ⑥ At the next junction, leave the Sentier des Myrtilles behind on your left and head straight to Col de Vars.

- ⑦ Walk back to Vars les Claux along the Col de Vars route (1.5 hr/3.8km/Descent: 194m) or take the free shuttle bus (check timetables).

