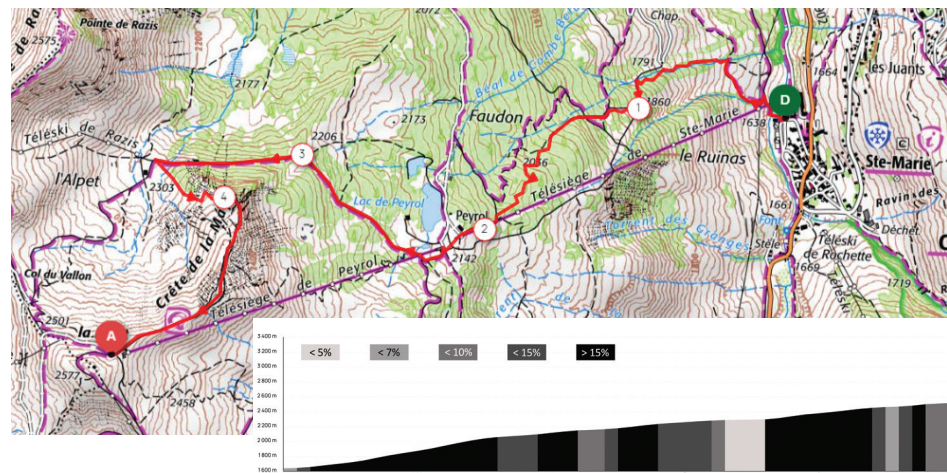


TRAIL RUNNING / VERTICAL KILOMETRE ROUTE

Level: difficult
 Distance: **5km**
 Ascent: **877m**
 Maximum altitude: **2518m**
 Minimum altitude: **1641m**



Route stages:

- **Start:** Bottom of the Vars chair lift Sainte-Marie
- A few dozen metres ahead, turn right and follow the track to Vallon de Razis.
- Cross the Piste de l'Olympique and take the left-hand path which runs parallel to the chair lift.
- Then head back up to the La Mayt ridges following signs to the Peyrol chair lift.
- Continue through the forest for a 3km non-stop climb up to Lac de Peyrol.
- **Finish:** Top of the Peyrol chair lift.
- From the lake, take the forest track on the left of the Peyrol chair lift departure station.



THE RIGHT ATTITUDE AT ALTITUDE:

- Your run is your responsibility.
- Check the weather forecast before setting off.
- Stay hydrated.
- Keep it clean: don't litter.
- Don't pick the flowers.
- Don't make any unnecessary noise.
- Mountain bikers, hikers, horses and motor vehicles may use some of the route too.
- Stay on the signposted route and respect the hay meadows.
- Watch out for livestock and guard dogs.
- Close the gates behind you.

ENJOY YOUR RUN!



INFO

Emergency services: 112
 Weather forecast: 3250

Vars Tourist Information
 +33 (0)4 92 46 51 31
 www.vars.com
 info@otvars.com



Vars La Forêt Blanche



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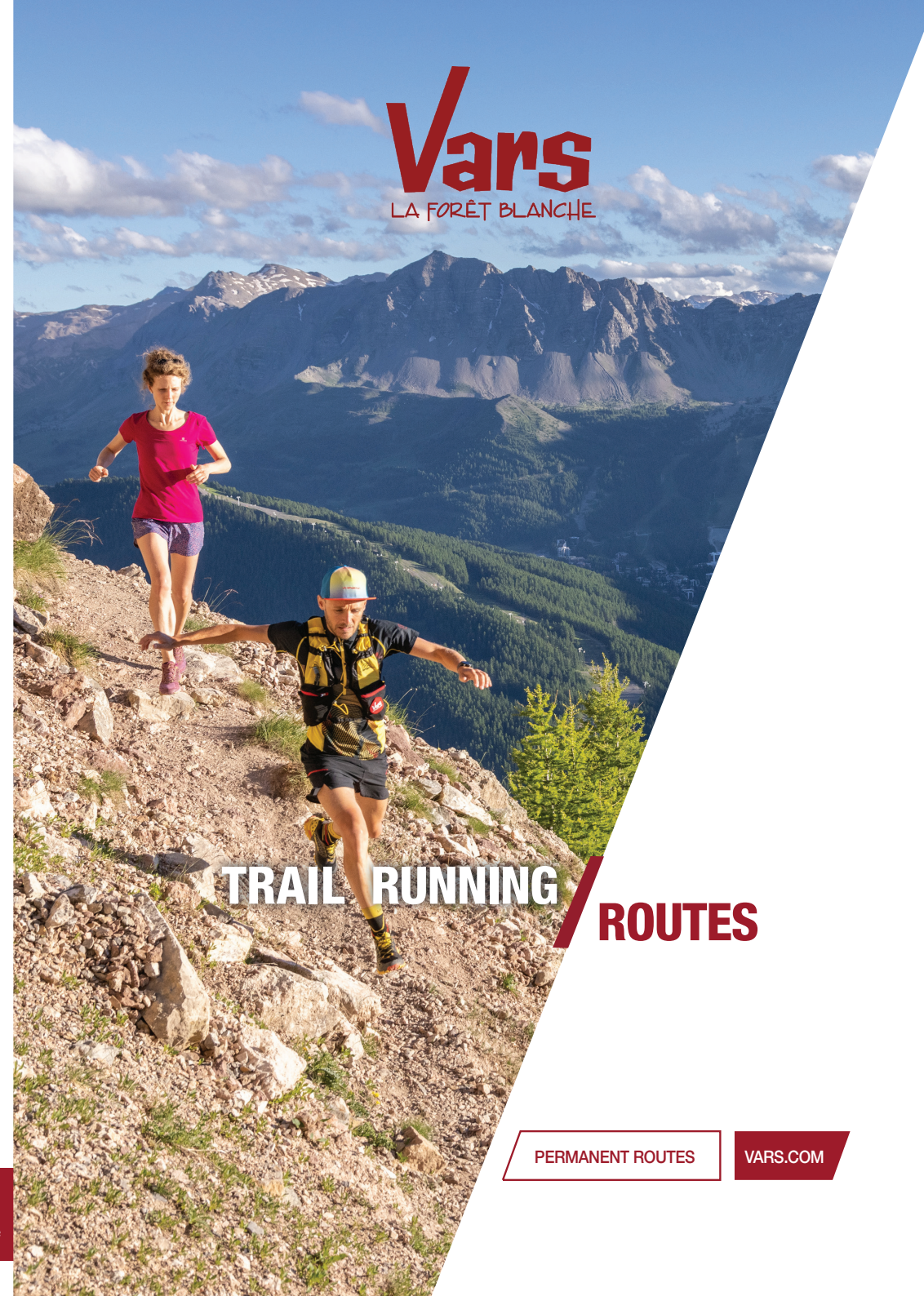


Vars La Forêt Blanche

Conception : Syllys Design Photos : Thibaut Blais / Scalphoto.com

Vars

LA FORÊT BLANCHE



TRAIL RUNNING / ROUTES

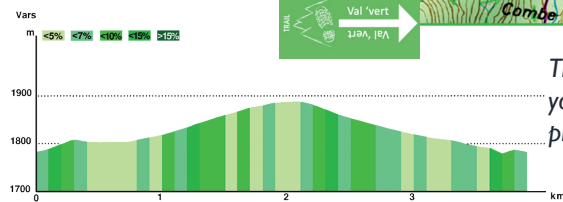
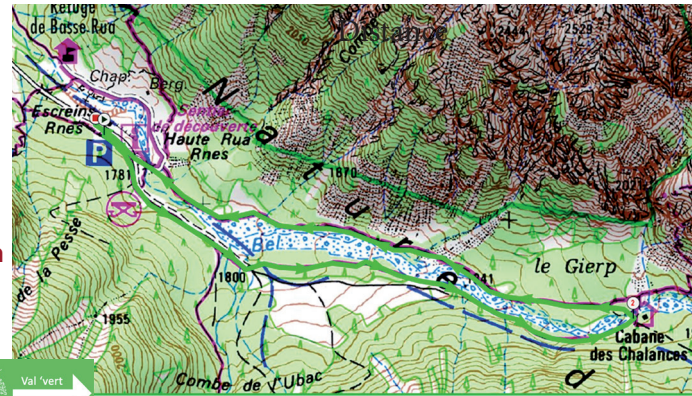
PERMANENT ROUTES VARS.COM

TRAIL RUNNING ROUTES / IN VAL D'ESCREINS

There are 3 permanent trails for ALL ABILITIES deep in the Val d'Escreins nature reserve to let off steam as you explore a mind-blowing setting... What a treat!

LE VAL'VERT
Level: beginner
Distance: **3.937km**

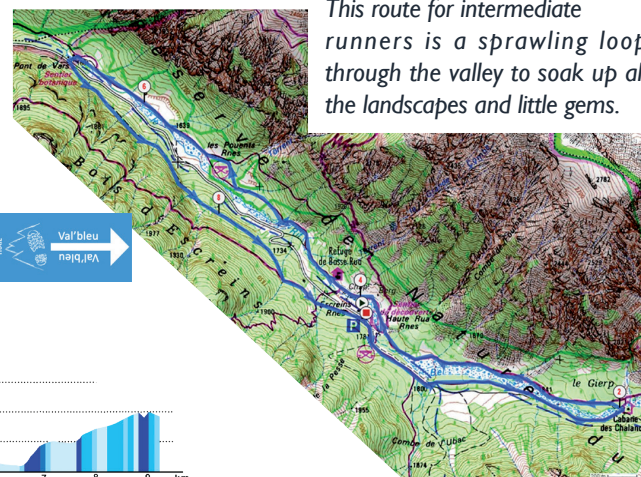
Minimum altitude: **1781m**
Maximum altitude: **1889m**
Elevation: **121m**



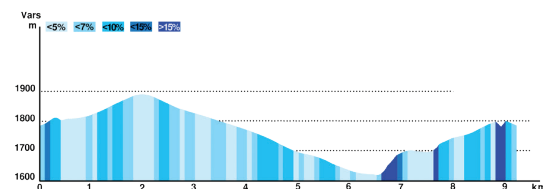
This loop is designed for beginners and takes you through the old village ruins and larch and pine tree forest to Cabane de Chalances.

LE VAL'BLEU
Level: intermediate
Distance: **9.218km**

Minimum altitude: **1615m**
Maximum altitude: **1888m**
Elevation: **319m**

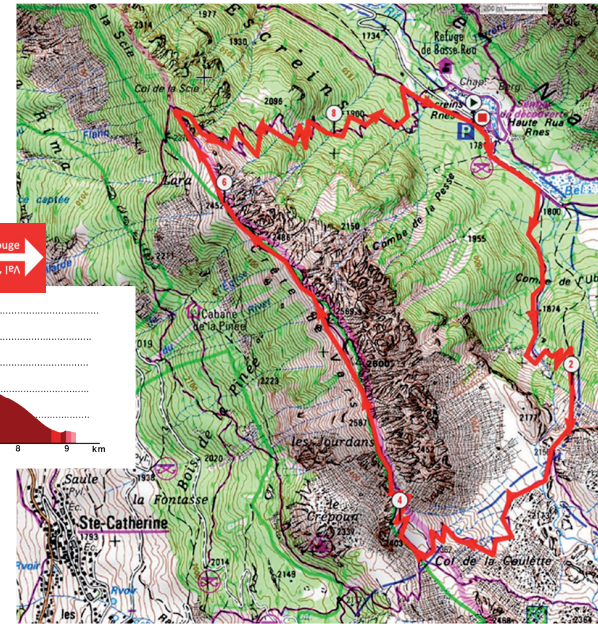


This route for intermediate runners is a sprawling loop through the valley to soak up all the landscapes and little gems.

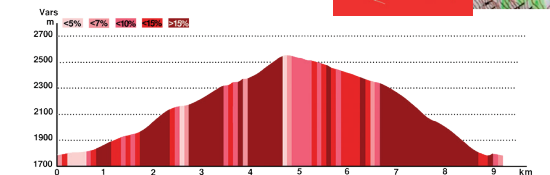


LE VAL'ROUGE
Level: advanced
Distance: **9.125km**

Minimum altitude: **1780m**
Maximum altitude: **2552m**
Elevation: **788m**



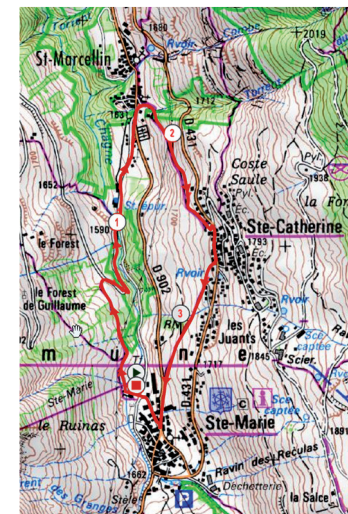
This lofty route along the Vars ridges brings you some of the most amazing scenery in the area. This route is a snapshot of the best of the mountain.



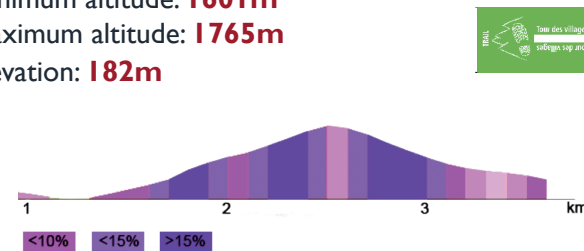
TRAIL RUNNING ROUTE / THE VILLAGE TOUR

Level: beginner
Distance: **3.656km**

Minimum altitude: **1601m**
Maximum altitude: **1765m**
Elevation: **182m**



A loop through the traditional Vars villages. Run through myriad landscapes, heritage sites, lanes and old farms.

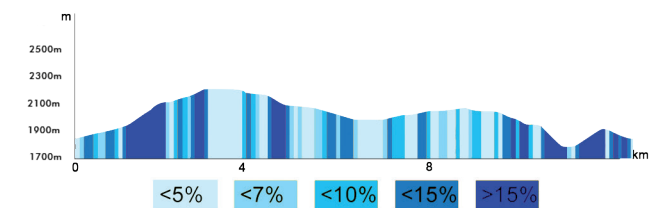
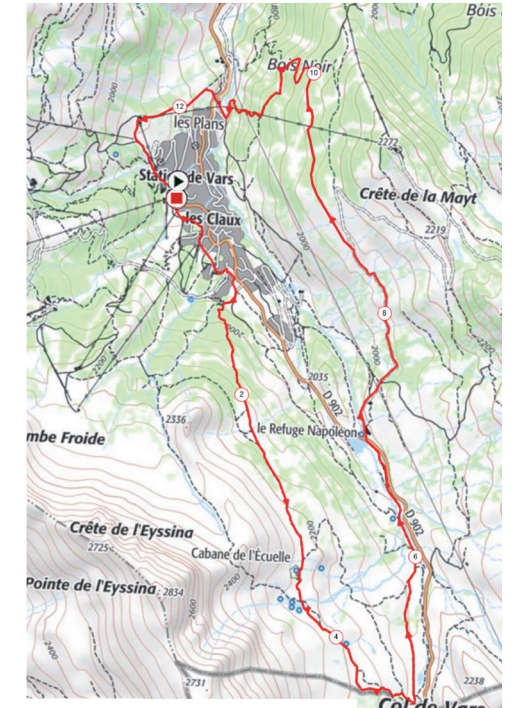


TRAIL RUNNING ROUTE / COL DE VARS

Distance: **13km**
Elevation: **615m**
Minimum altitude: **2225m**
Maximum altitude: **1794m**

Route stages:

- **Start:** Vars les Claux Plateau du Caribou - Le Fournet
- Go up to the Col de Vars via L'Ecuelle
- Col de Vars
- Go down to Refuge Napoleon
- Cross the road at Refuge Napoleon
- Go up to Peynier
- Go down to Les Claux through the Bois Noir
- **Finish:** Vars les Claux Resort centre



KEY



Start



Finish



Distance