



**RESTAURANT** SUMMER 2024

**& FOOD SHOP  
GUIDE**



**Vars**  
LA FORÊT BLANCHE

**TOURIST INFORMATION  
PARTNER BUSINESSES**

## KEY

 OPENING DATES	 BAR
 NUMBER OF COVERS	 TERRACE SERVICE
 SERVICE	 PETS ALLOWED
 THEMED MENUS	 SUITABLE FOR CHILDREN AND BABIES
 PRICES	 CAR PARK
 LOCAL SPECIALITIES AND LOCAL SUPPLIERS	 TAKE AWAY
 HOME COOKING	 HOME DELIVERY
 WIFI	 ONLINE ORDERS
 DISABLED ACCESS	 CATERER
 HOLIDAY VOUCHERS	 CARD PAYMENT ACCEPTED
 RESTAURANT VOUCHERS	 LOGIS RESTAURANT LABEL
 MOTORBIKE-FRIENDLY "RELAIS MOTARDS"	 EVENTS
 VEGETARIAN DISHES	 GLUTEN-FREE DISHES

ALL PRICES ARE FOR REFERENCE ONLY AND ALL THE INFORMATION IN THIS GUIDE IS PROVIDED BY PARTNER SERVICE PROVIDERS.

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# FOOD SHOPS

SHOP



## AU PETIT MARCHÉ DES SAVEURS

Galerie Ski Soleil  
VARS LES CLAUX

+33 (0)6 80 01 81 19

The name says it all: Petit Marché has been around for over a quarter of a century and uses its expertise to showcase flavourful cheese and cured meats in an iconic Vars shop. Feast your eyes on a wide array of 30 speciality saucissons, cured ham, Grison meat, cheese, confectionery, honey, tarts and wholesale items (crozets, olives, sweets).

Treat yourself to something from the extensive range of Savoie and French wine, spirits and genepi sprigs!

### FAVOURITE PRODUCTS

#### SAUCISSON

A wide array of mouthwatering morsels! Sliced, ready to eat right away or snack on later, everyone can get a "slice" of the action!

#### CHEESE



This is the place to "brie" if you want iconic French cheese: raclette, fondue, comté, goat's cheese, beaufort and morbier.



July 6th-September 1st



Free raclette for children under 6!

Raclette and fondue sets available to hire





## LA CHÈVRIÈRE DE LA FONT SANCTE

Route du Forest  
**VARS SAINT MARCELLIN**  
 ☎ +33 (0)6 35 50 24 29

✉ [gaecfontsancte@gmail.com](mailto:gaecfontsancte@gmail.com)  
 📍 Chevriere de la Font Sancte

Set aside time during your stay to visit La Font Sancte goat farm below the village of Saint-Marcellin.

Feast your eyes on all the cheese made and sold on-site with the help of the farm's 80 goats.

### FAVOURITE PRODUCTS

#### MÉLÈZINE

Put your own twist on a classic during your mountain holidays: serve raclette with goat's cheese! Ideal for summer evenings.



Do you want to up your nibbles game?

Serve Vars tomme cheese in small cubes with pre-dinner drinks or on your cheese platter. It's aged for 3 months to give it an irresistible unspoil flavour, soft texture and grey rind.

**Cheese available to buy Wednesday-Sunday (10am-12pm) and daily (4.30pm-6.30pm).**

**Visit them at Vars market on Tuesdays.**



Disabled assistance available

No dogs allowed



#### "EN AVOIR L'EAU A LA BOUCHE"

Translation TO MAKE YOUR MOUTH WATER.  
 Meaning to excite a desire or appetite for something.





# RESTAURANTS IN VARS LES CLAUX

RESTAURANT



## L'APRÈS-SKI

CRÊPERIE - MOUNTAIN RESTAURANT  
TRADITIONAL RESTAURANT - PIZZERIA - BRASSERIE

Point Show - 127 Cours Rohner ☒ l-apres-ski@orange.fr  
VARS LES CLAUX ☑ apres\_ski\_vars  
☎ +33 (0)4 92 22 31 29

"L'Après Ski is our place and yours"

From dawn to dusk, L'Après-Ski opens the doors to a warm and friendly mountain eatery in a quirky old wooden chalet.

Long farmhouse tables and a fireplace add to the cosy vibe on the cheerful, shaded and floral terrace. Join us for quality time together over our delicious and diverse menu in the centre of the resort.

Home cooking, French meat, andouillette sausage, Alpine cheese, sea and river fish, homemade gnocchi. Buckwheat pancakes, crêpes and homemade pastries. Pizzas to eat in or take away. Tapas, cocktails and fine wine. Live music evenings.

### OUR FAVOURITE DISHES

#### HAUTES-ALPES LAMB

Slow-cooked in spices and served with fresh seasonal vegetables, feast your senses on this flavourful lamb dish.

#### LIMOUSIN RIB STEAK

Treat your taste buds to this tender entrecôte served with homemade gratin dauphinois: pure joy.



July 3rd-September 15th,



Non-stop service.  
Breakfast service



110 covers  
40 on the terrace



**LIVE Jazz music**  
every  
**Wednesday evening**  
**LIVE Sax**  
performances  
every **Saturday**  
evening **LIVE Music**  
& **Songs July 23rd-**  
**28th and August**  
**4th-8th**



Disabled assistance  
available



RESTAURANT

## LE BISTROT DE VARS

**MOUNTAIN RESTAURANT - LOCAL SPECIALITIES - WINE BAR**

Centre Vars  
VARS LES CLAUX  
☎ +33 (0)4 92 23 61 17

✉ lebistrotdevars@gmail.com  
📍 Le Bistrot, Vars les Claux  
📧 le\_bistrot\_de\_vars

Soak up the cosy dining room or sun-kissed terrace at Le Bistrot as you tuck into home-cooked dishes and daily specials. From mountain classics and salads to beef or vegetarian burgers, you're in for a traditional treat. You can grab a drink and nibbles at the wine bar or sate your appetite for good times and good food at the live music nights. Booking recommended.

### OUR FAVOURITE DISHES

#### POKE BOWL



Have a fresh and healthy meal with this "bistro" take on a poké bowl made with seasonal vegetables and fresh fish. Perfect for an al fresco lunch.

#### BLUEBERRY TART



fuzzy inside.

We recommend you save room for dessert with the house speciality: the blueberry tart will make you feel all warm and



June 21st-September 1st.



35 covers in the dining room  
32 on the terrace



Lunch and dinner



Dish of the day: 17€



RESTAURANT

## LE CHALET DU TORRENT

**TRADITIONAL RESTAURANT**

Le Torrent building  
VARS LES CLAUX

☎ +33 (0)6 63 00 57 71  
+33 (0)4 92 46 60 38  
✉ roscobello@hotmail.fr

Get a warm welcome from Olivier and the team every day of the season.

Step into the restaurant in central Les Claux and feast on the likes of mountain classics and traditional fare for lunch and dinner.

### OUR FAVOURITE DISHES

#### LAMB SHANK

There's a good reason why this dish has been on Le Torrent's menu for 14 years: diners just keep coming back for the succulent meat served with crushed potatoes, pan-fried shiitake mushrooms and homemade ratatouille!

#### BRÉZAIN RACLETTE

Wood-fired tomme cheese with a unique smoky flavour. Served with salad, cured meats and potatoes. Ideal with a cheeky Chignin Bergeron Blanc from Savoie to wash down your raclette.



July 6th-September 1st



34 covers in the dining room  
30 covers outside



Lunch and dinner



Children's menu





HOTEL-RESTAURANT

## LES ESCONDUS

MOUNTAIN RESTAURANT - LOCAL SPECIALITIES -  
TRADITIONAL DISHES

3\* Hôtel Les Escondus

Point Show

VARS LES CLAUX

+33 (0)4 92 46 67 00

✉ info@escondus.com

🌐 www.escondus.com

📍 Hotel Les Escondus

📧 hotellesecondus

Les Escondus takes pride of place in Vars les Claux and serves sophisticated mountain classics. Settle into the terrace for lunch in the sunshine and soak up the warm and unspoilt atmosphere over dinner.

### OUR FAVOURITE DISHES

#### "PIERRADE DES ESCONDUS"



Carnivores are spoilt for choice with 4 options: beef, duck breast, pork and chicken (French origin).  
Served with local

baby potatoes and a mixed salad. The perfect wine for this dish is something deep and intense like a Côtes du Rhône or Chateaufort du Pape.

#### LES ESCONDUS SET MENU

Start your meal with a flaky summer vegetable and parmesan tart, followed by an oven-baked Champsaur «raviole» dish and Queyras blue cheese gratin. Dessert is a real treat: Les Escondus blueberry tart!



80 covers



June 25th-September 5th



Dish of the day: 20€  
Set menu: 30€



Lunch: Thursday to Sunday  
Every evening  
Breakfast service



Theme nights  
Truffle evenings  
Live music in the bar



RESTAURANT

## LE FLOCON

TRADITIONAL RESTAURANT

Le Fournet - Cours G. Seradour

VARS LES CLAUX

+33 (0)4 92 21 35 12

📍 Le Flocon

📧 leflocon05

Le Flocon is the perfect place for traditional fare or something special. Sit inside the warm and trendy dining room or soak up the sunshine on the terrace with views of the Caribou toboggan run. Tuck into traditional mountain dishes, indulgent truffle ravioli, a lovely homemade dessert or get together for drinks with your friends. You're sure to have a great time.

### OUR FAVOURITE DISHES

#### TRUFFLE RAVIOLI



A rich truffle cream and parmesan shavings take classic ravioli to another level.

Wash it all down with a glass of Saint-Joseph, a red wine from Maison les Alexandrins.

#### SLOW-COOKED LAMB SHANK

This mouth-watering lamb shank from nearby Le Flocon is cooked for 8 hours in thyme and Provence honey and served with crushed potatoes and lamb gravy.



June 29th-August 31st



110 covers  
55 on the terrace



Lunch and dinner



Dish of the day  
between  
16€ and 22€



Pétanque pitch



RESTAURANT

## LA MARMOTTE

CRÊPERIE - BRASSERIE - PIZZERIA  
TRADITIONAL RESTAURANT - MOUNTAIN DISHES -  
LOCAL SPECIALITIES

Immeuble le Seignon  
VARS LES CLAUDX  
☎ +33 (0)4 92 46 51 34

✉ lamarmottevars@yahoo.fr  
@ lamarmottevars

La Marmotte café-restaurant is open every day from 8am for your morning coffee in the heart of the resort, a stone's throw from Tourist Information. Take your pick from the extensive lunch menu and enjoy a delicious crêpe whenever you fancy.

Don't forget to book.

### OUR FAVOURITE DISHES

#### MOUNTAIN SPECIALITIES

You're spoiled for choice when it comes to hearty mountain fare at La Marmotte: fondue (Savoyard, cep or meat), raclette, baked camembert and tartiflette!

#### TARTARES

As well as classic beef tartare with capers and onions, sample the Italian take on it with sun-dried tomatoes, pine nuts, olive oil, lemon and parmesan to showcase the meat.



July 1st-September 1st



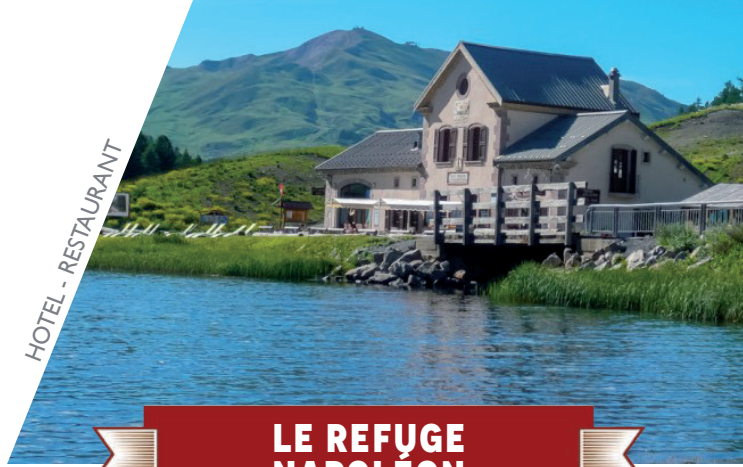
130 covers  
50 on the terrace



Lunch and dinner



Plat du jour : 14€  
Menu : plat chaud +  
dessert le midi 19€



HOTEL - RESTAURANT

## LE REFUGE NAPOLEON

MOUNTAIN RESTAURANT - LOCAL SPECIALITIES -  
TRADITIONAL DISHES

Hotel Le Refuge Napoléon,  
1425 Route du Col de Vars  
☎ +33 (0)4 92 46 50 00

✉ refugenapoleonvars@gmail.com

🌐 www.refuge-napoleon-vars.fr

📍 Hôtel, restaurant, café, le  
Refuge Napoléon

📧 refuge\_napoleon\_vars

Experience a real mountain restaurant on the slopes of the Col de Vars with views of Lac Napoléon.

You can count on a home-cooked meal and diverse menu celebrating local produce at this traditional eatery: cheese, cured meat, fruit juice, jam, honey, potatoes, craft beer plus beef and lamb on the daily specials. It's the perfect pitstop during your hikes. New: outdoor kitchen with plancha-grilled dishes

### OUR FAVOURITE DISHES

#### REFUGE FONDUE



The perfect mountain combo: cured meats, green salad, potatoes and melted Alpine cheese. What a treat!

#### CLASSIC RACLETTE



Get all the family together over half a wheel of regional cheese served with potatoes, cured meats and a green salad. Dinner only.



June 8th-September 15th



60 covers



Lunch and dinner



Dish of the day  
(only during the week): 18€







RESTAURANT

## ROCKY

PIZZERIA - CRÊPERIE - SANDWICH SHOP

Immeuble le Seignon  
VARS LES CLAUX

+33 (0)4 13 38 53 88  
@ rocky vars

Rocky is a friendly, fast-paced eatery making pizzas before your very eyes. Just look out for the red frontage at the entrance to the arcade opposite Tourist Information. They make Neapolitan pizzas the traditional Italian way: fresh dough, premium ingredients and lots of "amore".

PIZZA AVAILABLE FOR HOME DELIVERY when you order 3 pizzas or more from 7pm.

If you're feeling peckish, pop in for a scrumptious sandwich and crêpes of all kinds.

### OUR FAVOURITE DISHES

#### CHICKEN CURRY SANDWICH



If you're looking for a quick and tasty bite to eat, grab a sandwich made with soft and indulgent homemade "pizza dough" bread. This one is jam-packed with with halal chicken in a curry marinade, mushrooms, onions, mozzarella and curried crème fraîche.

#### PIZZA ROUTE 66



Live "la dolce vita" as you tuck into this hearty pizza made with homemade tomato sauce and topped with Parma ham, mozzarella, fresh cherry tomatoes, Buffalo mozzarella, homemade pesto and black olives. A taste of Italy.

July 6th-September 1st

45 covers including 25 on the terrace

Non-stop service

Pizza of the day 19€



RESTAURANT

## VARS COQUILLAGES

SEAFOOD RESTAURANT

Les fermes de Vars  
VARS LES CLAUX  
+33 (0)4 92 48 57 62

contact@varscoquillages.fr  
 www.varscoquillages.fr  
 Vars Coquillages & Sushis  
 vars\_coquillages

Sample seafood and sushi in Vars! Visit the warm and friendly Vars Coquillages in the heart of Les Claux for a seafood platter, shellfish, sushi, fresh fish tartare, caviar and many more UNIQUE surprises in Vars! This is also the place to sample cured meat by one of the "Meilleurs Ouvriers de France", butcher Michel Aninat. There's a fantastic wine and champagne selection to wash it all down too.

### OUR FAVOURITE DISHES

#### SEAFOOD PLATTER



The sea meets the mountain! Customise your own seafood platters and set sail on a sensory adventure at the bottom of the Eyssina.

#### SUSHIS



Let our master sushi chefs tantalise your taste buds with carefully prepared morsels combining quality ingredients and fresh produce.

July 5th-August 31st

70 covers

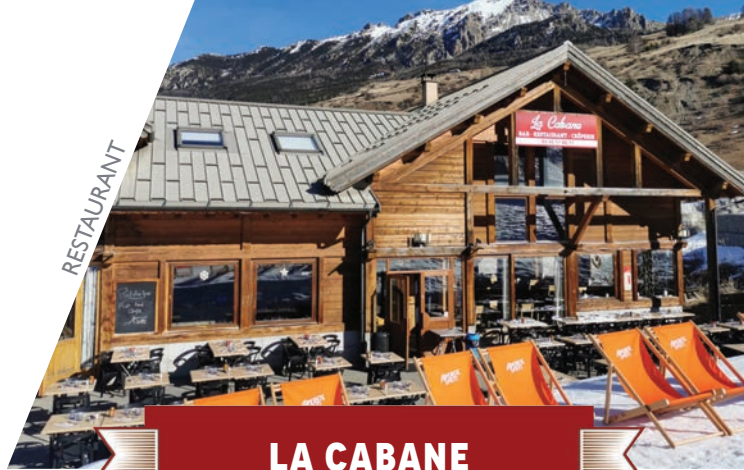
Dinner only, 5pm-1am

Live matches, live music, DJ sets, theme nights.



# RESTAURANTS IN VARS SAINTE-MARIE

RESTAURANT



## LA CABANE

TRADITIONAL RESTAURANT / BARBECUE

25 Rue de la Rochette  
05560 VARS SAINTE-MARIE

+33 (0)4 92 51 00 71  
📍 La Cabane Vars

La Cabane is a warm and friendly eatery serving hearty, discerning dishes made with local produce in a beautiful mountain setting at the bottom of Peynier in Vars Sainte-Marie.

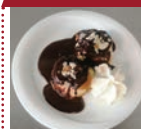
### OUR FAVOURITE DISHES

#### LA CABANE BARBECUE



Summer means barbecues at La Cabane! Sample our seared specials served with a whole host of seasonal vegetables to take a summer classic to new heights.

#### PROFITEROLES



Chef's sweet speciality: homemade profiteroles made with choux buns, chocolate and homemade whipped cream. We're already salivating!



June 21st-September 15th



120 covers  
60 on the terrace



Lunch and dinner.



Avec aide





RESTAURANT

## LE CHANTACO

### TRADITIONAL RESTAURANT - BRASSERIE

Les Sagnes et les Horts  
VARS SAINTE-MARIE  
☎ +33 (0)9 51 00 35 00

✉ lechantacovars@gmail.com  
🌐 www.lechantacovars.fr

Chef Valérie serves hearty home-cooked fare for lunch and dinner in Vars Sainte-Marie. Make a beeline for a culinary treat on the restaurant terrace if the sun's out.

### OUR FAVOURITE DISHES

#### RUSTIC PIERRADE

What's this one-of-a-kind pierrade all about? 250g of beef and chicken served with grilled vegetables, homemade chips and a host of sauces to tantalise your taste buds.  
*Minimum 2 people*

#### LA CHEFFE PIZZA

Le Chantaco's signature is 100% homemade: soft dough filled with pesto, rocket, truffle mozzarella burrata and truffle oil. All simply delicious.



**All year round (opening times subject to period)**



**140 covers  
88 on the terrace**



**Lunch and dinner  
Breakfast service**



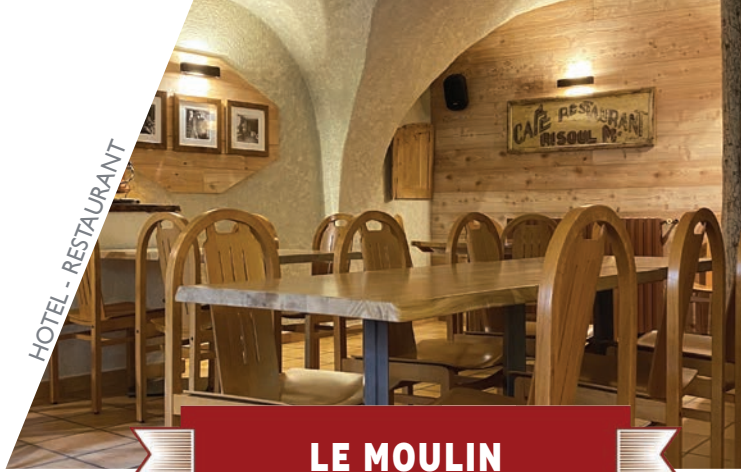
**Dish of the day: 20€**



**Available for private hire**



**Children's menu**



HOTEL - RESTAURANT

## LE MOULIN

### MOUNTAIN RESTAURANT - LOCAL SPECIALITIES

3\* Hotel Alpage & Spa  
VARS SAINTE MARIE  
☎ +33 (0)4 92 46 50 52  
+33 (0)6 16 37 48 32

✉ info@hotel-alpage.com  
🌐 www.hotel-alpage.com  
📍 hotel\_alpage

Enjoy traditional cuisine and mountain specialities! The Hôtel Alpage & Spa restaurant is housed in the vaulted rooms in the recently renovated cowshed.

Experience traditional dishes with a southern Alpine flavour. If you have a sweet tooth, you'll be pleased to hear that Chef makes homemade desserts and pastries.

### OUR FAVOURITE DISHES

#### VARS PLATTER

You won't be able to hold back when a real wooden board with melted "Le Varcio" Vars goat's cheese, mountain cured meats, potatoes and salad appears before you!

#### HEARTY HAUTES-ALPES SALAD

Salad, Chapsaur tourtons (potato fritters), "ravigoles de preires" dumplings, honey and local tomme cheese: a deep dive into the region.



**June 17th-September 1st.**



**38 covers**



**Dinner only  
Breakfast service**



**Set menus  
20€-34€**





HOTEL - RESTAURANT - LOUNGE BAR

## SKITCHEN

### BISTRONOMY RESTAURANT

Hôtel 16-150\*\*\*Montagne & Spa Nuxe - 11 rue du pied de ville  
 VARS SAINTE MARIE  
 ☎ +33 (0)4 92 46 54 72

✉ info@hotel16-150.com  
 🌐 www.hotel16-150.com  
 📍 16-150 Montagne & Spa NUXE  
 📍 hotel16-150

Chef Grégory Tavan brings his own take on bistronomy and gastronomy to the Skitchen table in the design-led Hôtel 16 | 150. His precise and delicate specialities capture his love for Southern and mountain flavours with new twists on classic dishes. Let's not forget the traditional mountain fare on request, platters, lounge bar, wine cellar and evenings of entertainment.

### OUR FAVOURITE DISHES

#### MY WAY



Chef Grégory Tavan's Niçoise spin on tuna tataki.

#### COCKTAILS MASTERCLASS



Martinet is their master.

Cocktails are an art form at Le 16 | 150 and Benjamin



Live music and concerts every week.



June 15th-September 22nd



Dinner only

7.30pm-10pm



80 covers



Average à la carte dish 60€ (dinner)



Breakfast, dinner à la carte, tasting menu, platter and tapas menu, chic picnic 80 covers



HOTEL - RESTAURANT

## LA VIEILLE AUBERGE

### TRADITIONAL RESTAURANT

Hôtel\* La Vieille Auberge  
 Place de l'office de tourisme  
 VARS SAINTE MARIE  
 ☎ +33 (0)4 92 46 53 19

✉ la.vieille.auberge@orange.fr  
 🌐 www.la-vieille-auberge-vars.fr  
 📍 Hôtel-Restaurant La Vieille Auberge

La Vieille Auberge is a restaurant serving hearty, local fare on the village square in Vars Sainte-Marie and has been giving guests a warm mountain welcome for 5 generations. The restaurant terrace will make your home-cooked lunch taste even better.

### OUR FAVOURITE DISHES

#### RACLETTE À LA MEULE



Cheese, cheese and more cheese! But with a difference: it's from the Hautes-Alpes! Sate your appetite for mountain specialities with a generous side of local cured meat.

#### FONDUE IN ALL ITS FORMS



Fancy a dip? You're in for a treat with your choice of mushroom, Savoyarde and beef fondue served alongside homemade sauces.



June 17th-September 15th.



50 covers



Lunch and dinner



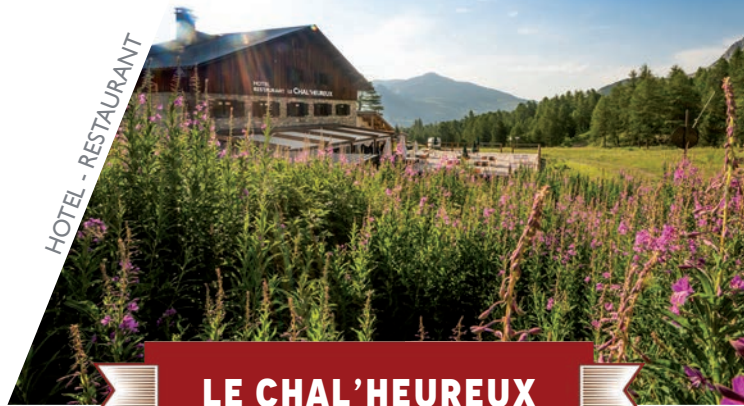
Dish of the day: 18€  
 Set menu: 30€



# MOUNTAIN RESTAURANTS



HOTEL - RESTAURANT



## LE CHAL'HEUREUX

### MOUNTAIN RESTAURANT

Hotel\* Le Chal'heureux,  
Ski area - chemin des Cassettes  
☎ +33 (0)9 67 74 59 08

✉ contact@chalheureux.com  
🌐 www.chalheureux.com  
📍 Hôtel-Restaurant Le Chal'heureux  
📱 lechalheureux

Take the Chabrières ski lift or drive on the forest track

A charming hotel and restaurant in an incredible if unusual spot: right in the middle of the ski resort on Les Heureux piste. Enjoy lunch on the large sun-kissed terrace and spend a cosy evening by the fire (the restaurant's name is a play on "warm" and "happy" after all!).

### OUR FAVOURITE DISHES

#### CROZET GRATIN



Whatever you choose, this traditional pasta bake is a cuddle in a dish.

Take your pick from Queyras blue cheese or cep.

#### LES ECRINS PLATTER

What better way to keep up your energy levels than a hearty platter laden with genepi-infused cheese in a wooden box served with potatoes, green salad and cured meat?



July 6th-September 1st



85 covers  
50 on the terrace



Lunch  
Please book for dinner

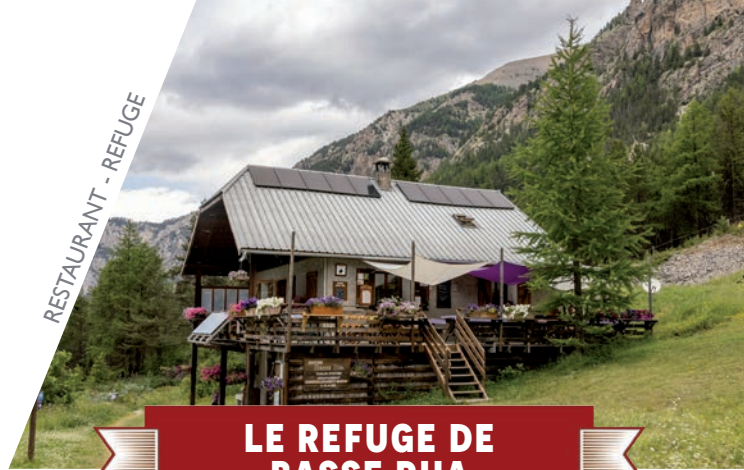


Dish of the day: 21€



# RESTAURANT IN VAL D'ESCREINS

RESTAURANT - REFUGE



## LE REFUGE DE BASSE RUA

MOUNTAIN RESTAURANT/LOCAL SPECIALITIES/  
TRADITIONAL DISHES

Val d'Escreins  
05560 VARS  
☎ +33 (0)6 22 66 58 21

✉ refugebasserua@gmail.com  
🌐 www.refuge-basserua.fr  
📍 Refuge de BASSE RUA  
📷 refugebasserua

In the heart of the Val d'Escreins nature reserve, at an altitude of 1760m, take time out for a gourmet break on your return from a hike in our slice of Canada in Vars. Sample local specialities for lunch and dinner on the shaded terrace with its exceptional views. Leave room for the homemade blueberry or raspberry tarts for pudding or a snack.

### OUR FAVOURITE DISHES

#### MOUNTAIN PASTURE PLATTER

A platter celebrating local flavours with salad, tourtons (potato fritters), raviole (dumplings), mountain cured meat, faisselle cheese, Ubye honey and blueberry jam.

#### OREILLES D'ÂNE

This typical Hautes-Alpes dish translates as "donkey ears" and is a tasty wild spinach and crêpe "lasagna". A little cream and cheese and you're done! It's served with cured ham. We could talk the hind legs off a donkey about it!



June 21st-September 15th



60 covers  
40 on the terrace



Lunch  
Teatime



Dish of the day:  
14-15€





# EXTRAS

## WEEKLY MARKET

Head to Vars les Claux for the summer market every Tuesday morning: fruit & vegetables, cured meat, cheese, local produce, clothes and more. The perfect place to pick up fresh, local food and make your own tasty meals or nibbles!

## MARCHÉ DES SAVEURS AND ARTISANS SANS VITRINE (FOOD MARKET AND INDEPENDENT ARTISANS)

Join craftsmen and producers on July 28th, August 4th & 15th at a special market where you can experience new flavours and pick up artisan pieces!

*Locations detailed in the weekly event schedule.*



## BREAD FESTIVAL

Thursday July 25th  
celebrates bread in all its glory!

Get together in Vars Sainte-Catherine where traditional bread is baked in the village oven then available to buy.  
Highlights: a bread-making workshop for children and a guided tour of the village!

*Find out more in the weekly event schedule.*



## PICNIC SPOTS

Whether you're on a hike, by a lake or just somewhere that's whet your appetite, take time out to enjoy your surroundings with a well-earned picnic break. Stock up at our food shops, pick your spot and lay out your lunch!



**DID SOMEONE SAY "SNACKTIME"?**

At the Lac des 9 Couleurs, listen to the babbling river and cool off under the trees in Val d'Escreins, at Cabane de la Pinée above Sainte-Catherine, at Lac de Peyrol or even the Château for views of the entire valley: the hardest part will be choosing!  
There are also picnic tables on the estate.







FIRE UP THE BARBIE!

## THE BEST BBQ SPOTS

The barbecue. The undisputed star of every summer.

Why not make it even better by having it in an absolutely magical setting? Is your mouth already watering? Good.

We'll let you in on our little secret: **Head to the Val d'Escreins nature reserve for the best barbecue of your life.**

Even if you overcook your food a little, the beautiful surroundings will still give it a taste of paradise.

*NB: The Val d'Escreins nature reserve is a ZERO WASTE area. You must take ALL YOUR LITTER with you and dispose of it at the recycling centres in the Vars villages. There are information boards at each spot and please check for any fire restrictions at the Val's entrance.*

What to do when you get into Val: **Choose your lunchtime picnic spot from the 33 areas on-site.** Park near your chosen spot and either go for a leisurely walk or get the barbecue ready by the lake.

Enjoy your meal in the shade of the trees (or not!) then have an afternoon nap or put the world to rights over coffee. Watch out, the afternoon will fly by!

What's on the menu? We'll leave that up to you ;)

## LOCAL SPECIALITIES

France is famous for fantastic food and the Hautes-Alpes département is no exception.

Here are a few tasty morsels that you don't want to miss during your stay.



### CROUSETONS

Vars on a plate! Try this traditional little handmade pasta, oven-baked in butter and cheese (often blue cheese). Some restaurants feature it on the menu!



### OREILLES D'ÂNE

This delicious dish is made from spinach baked in the oven with homemade pastry, béchamel sauce, cream and cheese. This traditional local dish is vegetarian and its name, "donkey's ears", comes from picking the wild spinach leaf used

to make it as soon as it reaches the size of a donkey's ear.

### LOCAL TARTS

If you have a sweet tooth, don't miss the shortcrust tarts filled with raspberry, blueberry or apricot jam, for a fruity dessert whatever the season!



### CHAMPSAUR TOURTONS AND RAVIOLES

Champsaur tourtons are crispy little fritters usually filled with mashed potato which you can also find with tomme cheese, spinach or goat's cheese. They used to be served for Christmas dinner.

As for the "ravioles" or dumplings, they're nothing like the ones our friends from the Dauphiné region make. Countless Vars restaurants serve these little potato and cheese dumplings, also known as "preires" or "brouquetons".



### CROQUANTS DES HAUTES-ALPES

These crunchy little almond, honey, berry or chocolate biscuits are the perfect accompaniment for a nice cup of coffee or at the end of a meal. You can easily find them in our VARS food shops.

### PLUS

Mountain honey, genepi and cheese made using milk from cows, goats or sheep from our mountains!

## VARs TOURIST INFORMATION

+33 (0)4 92 46 51 31

vars.com



### CREDITS:

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The information contained in this guide is  
provided by restaurants and shops and is for  
reference only.

Please drink responsibly



**Vars**  
LA FORÊT BLANCHE