

# Vars

LA FORÊT BLANCHE



# FAMILY

SUMMER 2024

# GUIDE

THE MEMORY FACTORY

FOR THE WHOLE FAMILY

# SUNVALLEY

photo: Pertusato

PARTENAIRE  
OFFICIEL  
**Vars**  
LA FORÊT BLANCHE

DÉCOUVREZ NOTRE BOUTIQUE A VARS :  
**LES FERMES DE VARS, COURS YVES BRAYER**  
05560 VARS




  
[sun-valley.com](http://sun-valley.com)

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**DO YOU NEED SOME INSPIRATION FOR YOUR FAMILY HOLIDAY IN VARS?**

*If you've heard that visiting the mountain in summer is boring, this guide will open your eyes. It couldn't be further from the truth, here's the proof! The hardest part will be finding the time to do it all! Join the family and dive into adventure and discovery.*



**GET A WARM WELCOME FROM VARS TOURIST INFORMATION!**



The current Vars les Claux visitor centre has been under renovation since April. This summer, the Vars les Claux visitor centre has been moved next to the health centre and the ski lift ticket booths, just 50 metres higher up the mountain.

**VARS LES CLAUX AND SAINTE-MARIE VISITOR CENTRE OPENING TIMES:**

Summer season July 6th-September 1st: daily, 9am-12pm and 3pm-7pm  
Off-season: Monday to Friday, 9am-12pm and 2pm-6pm, only in Sainte-Marie

**VAL D'ESCREINS NATURE RESERVE CENTRE**

Basse-Rua car park

Opening times:

Summer season July 6th-September 1st: daily, 9am-1pm and 2pm-5pm

**VISITOR CENTRES IN VARS LES CLAUX AND VARS SAINTE-MARIE**

+33 (0)4 92 46 51 31  
info@otvars.com

**WELCOME DRINKS:**

Every Sunday in Vars les Claux, near Tourist Information.

This guide lists all the things you can do with service providers working in partnership with Vars Tourist Information as well as leisure and sports facilities for you to visit. Brochures from the listed service providers are available from Tourist Information.

## SOAK UP VARS / WITH UNDER 5S

### OUR SUGGESTIONS

It's a well-known fact that little ones are bursting with energy and hungry for adventure. Here are a few ideas to make your time in Vars a real joy.



### TOBOGGAN RUN

**No need to look for the nearest theme park.** Here you have the Caribou toboggan run, which will give all the thrills and spills your kids could wish for.

Children aged **3 and over** join their grown-up for this frenzied descent mixing hairpin bends, bumps, waves, zig-zags and chicanes!

You're in charge of how fast your toboggan goes, so you'll find it easy to give your kids the rush they want without the risk!

*Further information: see page 39*



### TREETOP ADVENTURE

**Unleash your inner Tarzan deep in the Forêt des Escondus!**

Toddlers (**aged 2 to 5**) can explore 5 areas designed just for them. They're the kings of the jungle!

*Further information: see page 38*

### PLUS

Make walks fun on educational trails or splash about in the new swimming pool!

## EXPLORE VARS / WITH 6-12 YEAR OLDS

### SCHOOL'S OUT FOR SUMMER!

If the grown-ups like it, the kids will love it! Here are some fun things to do for young and old alike.

### CLIMBING

**It's a well-known fact that kids want to climb on anything that stays still long enough!** Every parent has seen them hopping over tables, furniture, huts and low walls throughout the house and in the garden, not without a few scares.

An introduction to climbing has everything going for it: learning the right moves, techniques and safety, enjoying the great outdoors and experiencing a great activity with your little monkeys.

*Further information: see page 37*



### HUSKY HIKES

Join your four-legged friend on an outing around the idyllic Lac de Peyrol!

Make memories with your family on a furry and fun-filled outing.

*Further information: see page 21*



### PLUS

Experience kayaking, via ferrata, the mountain bike fun zone or the week's shows and entertainment!



# YA PLUKA

OUTDOOR ACTIVITIES

RANDONNÉE - VTT/VTTAE - RAFTING - AQUARANDO - CANORAFT



LA FAMILLE, C'EST **VOUS**, LES ACTIVITÉS, C'EST **NOUS** !

Planifiez votre semaine d'activités à Vars !



Où nous trouver :  
Charpenterie Sport 2000  
Vars les Claux



Activités d'eaux-vives : 06 88 06 00 77  
Randonnée et VTT : 06 52 96 14 55

www.yapluka-05.fr

## HAVE FUN IN VARS / WITH TEENAGERS

### MISSION: FUN

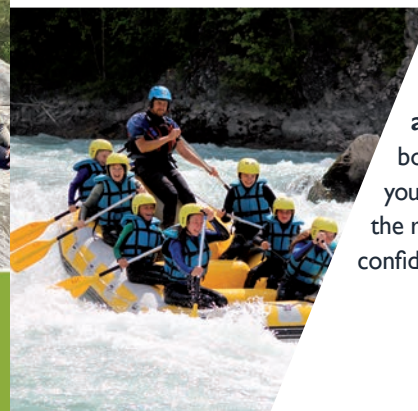
Make your holiday in Vars with your teenagers a time of enjoyment, excitement and new experiences.



### VARs MOUNTAIN KART

The big new activity in Vars this summer. Get an adrenaline rush from the top of the ski lift and join the family on a rip-roaring, off-road, go-karting ride.

*Further information: see page 42*



### RAFTING

If you like to get active, rafting is perfect for thrills and spills. It's a real challenge: a very cold river, waves, a small boat...but no stress! You'll be provided with all the equipment you need, joined by a super-friendly expert and have lots of fun on the river: make memories and overcome a real challenge. A great confidence builder.

*Further information: See pages 34 and 35*

### PLUS

Quad biking, orienteering, paragliding and treetop adventure!

## EXPLORE / VAL D'ESCREINS

The Val d'Escreins nature reserve, 20 minutes from Vars and a free shuttle bus away, is quite simply the highlight of your stay.

All the family will enjoy a whole host of nature activities deep in a mind-blowing site.

### A DAY IN THE VALLEY



#### A MORNING / WALK

Start the day with a leisurely walk from the Val's main car park. Upstream or downstream, you can choose between 2 short and sweet loops to get your bearings:

#### The Tour du Val and Cabane de Chalances.

If you're a family of hardened hikers, leave early and treat yourself to a round trip all the way to the oratory!



#### A LUNCHTIME / FEAST

You'll be spoilt for choice for your lunch break: **on the terrace at the Refuge** or enjoy a **picnic** just about anywhere you like! Tables are available if you haven't brought your picnic blanket with you. You can also **cook your grub at one of the 33 barbecue areas in the reserve!** (Bring your BBQ and check there are no temporary fire restrictions!)

#### AN AFTERNOON / OUTDOORS

There's no better way to digest than getting active with an **orienteeing course**. There are 3 to choose from so just pick the right one for your ability and time you have available. Pick up maps and compasses from the visitor centre in the main car park.



#### A NIGHT / IN A TIPI

Do something different and stay in a tipi! Who needs TV? Watch the stars and tell fabulous tales straight from your imagination: A night to remember.



You can pick up a Val d'Escreins nature reserve leaflet from Tourist Information centres.



# SKI LIFTS!

## RIDE THE CHABRIÈRES SKI LIFT / TO...

- Zip down the the **green downhill slopes** on your MTB: the "**Décou'verte**", and new "**Squirrel**", plus the **easy Enduro "Caribou" trail** are perfect for honing your technique and style as well as spending quality time together!
- Visit the new **fitness trail** and its 10 new facilities near Lac de Chabrières.
- Take a walk and learn as a family on **2 educational trails starting** at the top of the ski lift. Don't miss the new **Marmot "bien-être" wellness trail** to (re)connect with nature.

• Children aged 3 and over **can experience 3 orienteering trails** starting from the top of the ski lift.

• Try something new: the **Vars Mountain Kart** course starting at the top of the ski lift: fun and thrills guaranteed!



Open daily July 6th- September 1st  
2024  
9.30am-12.30pm and 1.30pm-4.45pm

## WITH THE LA MAYT CHAIR LIFT / I CAN...



- Get to **Lac de Peyrol** on the leisurely 1.8km "Sentier de Faudon" footpath for a picnic, a fishing trip or a friendly encounter with the huskies!

- Explore **2 orienteering trails** starting from the top of the chair lift.



- Get to the start of the famous **Vars-Embrun MTB descent** for a family day out (suitable for good mountain bikers).

- Trek **from the summit to Sainte-Marie or Saint-Marcellin** and visit the villages on the mountain.



- Try the new green "**Golden Green**" mountain bike trail, specially designed for beginners to enjoy the summits.

### WHAT YOU NEED TO KNOW

The La Mayt chair lift is only accessible to pedestrians and mountain bikers on the way up.



Open daily July 6th-September 1st 2024  
9.30am-11.30am and 12.30pm-4.45pm

All lift fares are available on vars.com, at Tourist Information centres and ticket booths.

**ABOUT**

**HIKING**





## BABY'S / DAY OUT

### OUR ADVICE

Taking baby for a hike? With a bit of planning, it's not as tough as you may think. Hiking is actually one of the best outdoor sports to do with the family.

During your outing, which should **be short and sweet with no steep slopes, your child** can make their walk their own as they explore flora and fauna, and get to grips with the terrain. It's their first step towards adventure!



### Here are a few tips:

- Get yourself a good baby carrier (available for hire in certain shops) to go out with little ones. It's best to walk in the early morning or late afternoon to avoid the heat.
- Don't skip on breaks; that way your kids can explore the surroundings their way.
- Bring suitable clothing and the essential sunglasses, cap, sunscreen and rucksack filled with everything you could need (i.e. water, food, medical supplies etc.)

### GOOD TO KNOW

- A free shuttle bus takes you up to the start point of some easy walks. You can make your way back down with your baby.
- Avoid using ski lifts with babies under 2 due to the rapid altitude gain.



*Take a stroll and pick up whatever you find along the way (pieces of wood, twigs, pine cones etc.) but don't go too wild!*

*When you get home, get creative with your kids! Bring nature home with a woodland bouquet in a jar, a mobile made of pine cones or a mirror wreath in twigs. Naturally stunning!*

## OUR EASY WALKS / WITH THE FAMILY

We have a selection of family-friendly walks in Vars detailed in the guide for easy family walks.

### HIGHLIGHTS:

- Most of them link one village to another via the mountains and accessible paths.
- They don't last more than 2 hours and aren't very steep.
- You can also take a walk deep into the Val d'Escreins nature reserve and enjoy a barbecue or picnic on-site.
- Some involve using the ski lifts, which are ideal for gaining height to explore some of the mountain and new educational trails.



The little guide is available free of charge from Tourist Information centres.



## HOW TO GET KIDS TO HIKE / 7 TRIED & TESTED TECHNIQUES

Everyone knows that there's no age limit for hiking. But it can be tricky for little ones to get going: "Are we nearly there yet?", "I don't feel like walking" or everyone's favourite «how much longer? " Here are a few techniques you can try out to become a master in the art of negotiation and pull off the feat of making hiking their favourite thing to do (or almost)!



### ① Plan your outing together:

Pack the bag, read the route on a map and choose your targets: The idea is to get them involved and spark their interest. That way they feel in control of the outing rather than forced into it! You could even give them the map on the day you go hiking!

### ② Choose an easy route

A short and relatively flat one is the perfect introduction and won't put them off.

### ③ Take breaks!

Stop to do different things: stack stones, skip rocks on the river, look for flowers and try to name them, use binoculars etc.

### ④ Challenge them to the 5 senses game:

**Sight:** spot an animal or plant

**Smell:** get them to smell the surrounding flora

**Hearing:** listen to the water flowing from the stream or the marmots whistling

**Taste:** you'll love the wild strawberries growing by the path!

**Touch:** your hands in the icy stream water, the soft grass in the meadow or on remarkable tree bark: so many different and new textures.



### ⑤ The treasure hunt

Think up a list of things for younger children to find along the way: a yellow flower, a perfectly round pebble, a funny stick, a smiling tree...

### ⑥ Super-snacks: your hiking hero

It has the power to lift your children's spirits and is your secret weapon to go for a walk: "Kids, would you like to go for a snack by the water, in the middle of the forest? We can build a dam!" BINGO!

### ⑦ Say "cheese"! Take some photos!

Kids love photos, especially when they're behind the lens. You can even make it the theme of the walk and put together an album when you get back!



## THEMED / HIKES

Hiking on your own steam is great. Hiking with a guide is better.

Hiking with a guide and a theme is twice as good!

Not convinced? Here are 7 reasons to win you over.

### 1 / Learn to recognise species

Can you tell a chamois from an ibex? "Wow, that's a nice flower!

Really, it's a very rare species? So what is it?" Learn something new every step of the way with your guide!

### 2 / Don't miss a thing!

2 good pairs of eyes are better than one. You will see things you simply wouldn't have noticed on a solo hike.

### 3 / Orienteering lesson

Learn how to get your bearings on a hike.

### 4 / Crash course in your holiday destination

Your guide knows the local area like the back of their hand, so you'll know everything about the land too!

### 5 / Learn with the family

Your guide is a walking encyclopaedia who can tell you about the life of a marmot throughout the year, explain how rare it is to find certain animals and plants...which will make your hikes exciting and impress your teacher when you go back to school!

### 6 / Hike with peace of mind

Understand the weather, tailor-made tips (equipment, the right thing for the challenge and weather conditions), risk management: there's so much to learn!

### 7 / Hike your way

Your guide will adapt to suit your ability and, most importantly, what you want to get out of your outing. Hike themes include: wildlife, flora, tastings, sunsets, stories, lakes, photography and so much more.

#### OUR INSTRUCTORS AND GUIDES

- Montagne Liberté - +33 (0)6 15 07 28 85
- Montagne Mélézin - +33 (0)6 77 15 77 85
- Mont Epique - +33 (0)6 19 30 73 75
- Yapluca - +33 (0)6 52 96 14 55

## HAPPY / HIKES

### THE STORYTELLING WALK / TELL ME A STORY...

*he words that spring to mind on this unusual yet magical outing are sights, strolls, imagination and fairytales.*

Enter the magical, fairytale world of the Vallée de Vars, guided by a storyteller who will take you on a voyage of discovery full of wonderful tales.

Uncover the secrets behind legends, meet the animal stars of the stories and unearth nature's treasures for the perfect blend of the real and imaginary worlds.

It's the perfect excuse for a stroll; take the family on the surrounding trails to make your walk a real-life travelling show.



#### BOOKING

- La Petite Histoire : +33 (0)6 51 86 70 03

### DOG HIKING / KENNEL TOUR

*Go dog hiking with kids aged 8 and over with your four-legged friend attached to your waist.*

#### Here's the idea:

Meet your teammate for the day. Join your furry buddy and gear up with a belt or harness and lead with a shock absorber.

The musher will also give you a safety briefing before you set off.

An exciting hike on the Balcons de Vars which your kids will be "barking mad" about!

It's a great way to motivate them to go hiking and make it fun. You can even go on a full tour of the kennels to find out all about the dogs' daily routine!

*Meet at Lac de Peyrol.*

Morning dog hike from 9.30am to 12pm and afternoon kennel tour from 2.30pm to 4pm.



#### BOOKING ESSENTIAL

- Mush&co : +33 (0)6 48 39 29 66

# HAPPY / HIKES

## EVERY WHICH WAY / ORIENTEERING TRAILS

Grab your map and compass and look out for markers in the great outdoors.

Test your sense of direction and work as a team with your family to find markers set up along the various routes.

There are 8 trails for different abilities: **Easy, Intermediate, Expert.**

Let's go back to basics to find your way: a map, trails, observation and curiosity.

It's the perfect way to get away from it all and enjoy a walk (or run!) in the mountains.

- **Val d'Escreins:** 3 free trails for all abilities. Maps and compasses available from the visitor centre in the reserve's main car park.
- **Top of the Chabrières ski lift:** 3 new routes suitable for young children (3-4 year olds).
- **Top of La Mayt chair lift:** 2 routes for beginners.

Pick up maps and compasses for these 5 new routes at the top of the lift when you buy your ticket from the ski lift station at the bottom of the slopes.



## SENTIERS D'INTERPRÉTATION / EDUCATIONAL TRAILS

Here's something you don't want to miss on your summer holiday in Vars: the 2 themed "educational" trails designed for family's to learn from information boards along their walk. Join a little shepherd called Pt'it Louis and Caillou, his guard dog, for an insight into the local land.



• **Sentier de la Forêt des Escondus :** Meet the animals on a walk devoted to the local flora and fauna: Learn everything there is to know about marmots, hares, mountain hares, squirrels and tits. Find out all about the trees around you and how to recognise animal prints.

- Start: top of the Chabrières ski lift
- Finish: bottom of the Chabrières ski lift
- Suitable for children aged 3 and over
- Distance: 2.8km

- Elevation: Descent 380m/Ascent 20m
- Duration: 1 hour



### • Sentier de la Reine

Under the watchful eye of the iconic "Queen Eyssina" mountain in Vars, take a walk to uncover the local history, geology and pastoralism.

Learn everything there is to know about artificial snow and hill reserves.

Let's not forget about the wildlife: meet golden eagles, ibex, chamois and wolves.

- Start: top of the Chabrières ski lift
- Finish: Col de Vars
- Suitable for children aged 5 and over
- Distance: 5.5km
- Elevation: Descent 260m/Ascent 174m

- Duration: 2 hours
- Return to Vars les Claux on foot: 75 min or take the free shuttle bus (check timetable)

TOMMY  HILFIGER

# IMPACT

LA COLLECTION POUR HOMME



## HAPPY / HIKES

### SENTIER / DU TETRAS-LYRE

*Venture deep into Val d'Escreins on an educational trail dotted with information boards to explore the fauna, flora, geology and local history: its habitat, its legends... a must for any family rambling in Vars!*

You'll be an expert in the natural and human history in Val d'Escreins after this hike. Perfect for when the kids are bombarding you with questions about their surroundings: you can't beat it!

When it comes to the Basse and Haute Rua village ruins, restored chapel, edible plants (bring your baskets if you love raspberries), the names and shapes of the surrounding mountains, you'll be the smartest people in the world, with one or two little legends to tell as a bonus to satisfy toddlers' imaginations.

Find the answer to every question on this trail as you venture through a magnificent untamed wilderness where you're sure to come across a few animals: marmots and roe deer make the odd appearance alongside the horses that roam free here.



*Find out more about the trail in the Free Walking Guide and botanical booklet (available to buy)*



## MINI RIDERS / MEGA FUN

### RIDE WITH / A GUIDE

Whether you're a novice or expert looking to hone your skills, the resort's mountain bike instructors provide guided rides to suit your ability, requirements, age and discipline.

**Little ones** can learn in the Fun Zone.

**Cyclists aged 7 and up** can join instructors to test out their skills before hitting the Bike Park on the right trails for them.

Their advice about riding and techniques will help your mini riders **improve and gain confidence: the best way to learn and progress fast.**



### FUN / ZONE

Mini riders can test out the wooden units at the **bottom of the La Mayt chair lift** to hone their balance, handling and front-end driving skills before they hit the Bike Park.

The whoops, double-slope units, banked bends and footbridges not only make it perfect for children to learn to use their mountain bikes and balance bikes, but also for older kids to train on fun-filled equipment.

*Beginner to intermediate.*

*Adults are responsible for their children.*



# MOUNTAIN / BIKING

#### RÉSERVEZ VOS SESSIONS

- Yapluka - +33 (0)6 52 96 14 55
- Montagne Mélezin - +33 (0)6 77 15 77 85



A complete map of routes and mountain bike trails is available from Tourist Information and ski lift booths.

#### LOUEZ VOTRE VTT

- Hire your balance bikes, mountain bikes (children aged 4 and over), e-bikes (min. 1.3m tall) and full-suspension bikes at our partner shops.
- **Avalanche Ski Shop** - +33 (0)4 92 46 52 07
- **Eterlou Sports** - +33 (0)4 92 46 62 87
- **Intersport** - +33 (0)4 92 23 53 64

## A FAMILY DAY OUT / AT THE BIKE PARK

Here are some leisurely routes to experience as a family: Say goodbye to tricky techniques and hello to fabulous views.

### I ONLY WANT / "GREEN" ROUTES:



#### • MORNING / WITH THE SKI LIFTS

##### With the Chabrières ski lift:

- "Caribou" green trail (enduro): 4km/Descent 370m
- "Décou'verte" trail (downhill-DH): 3.4km/Descent 350m
- "Squirrel" trail (DH): Descent 850m/Ascent 80m

##### With La Mayt chair lift:

- New "Golden Green" green trail (DH): 1.66km/Descent 220m

#### • AFTERNOON / E-MTB AT THE TOP OF SAINTE-CATHERINE

Swap your mountain bike for an electric one and venture deep into the Bois de la Pinée for a loop around the top of Sainte-Catherine.

- "Farmers Track" (Cross-Country): 7km/Ascent 250m

### I'M HITTING / THE "BLUE" ROUTES:



#### • MORNING / DH

##### With the Chabrières ski lift:

- Piste des Marmottons: 3.9km/Descent: 360m

##### With La Mayt chair lift:

- Rainbow Line: 3.5km/Descent 600m
- Crazy Marmot trail: 2.3km/Descent 190m

#### • AFTERNOON / e-MTB

- "Forêt Blanche" trail: 17km/Elevation 700m
- "Green Valley" trail: 18km/Elevation 720m

## NEED A LITTLE / GO PUSH? / ELECTRIC!

### MOUNTAIN BIKES / E-MTB

Here's why e-MTBs are your new BFFS (electric mountain bikes)

- You can choose from a range of to get your calves pumping... or not!
- It's a great way to get back in the saddle after a long break.
- It's perfect for a family workout on a level playing field.
- You can explore almost any terrain and you can even tackle the hills without a care in the world.
- It's a leisurely way to see another side to Vars.

#### VARS LEFT, RIGHT AND CENTRE!

Enjoy mountain biking as a family, whatever your ability. You'll eat the hills you've been dreading for breakfast. Hop on an e-MTB to ride through the villages, visit Val d'Escreins or hit the easy cross-country trails overlooking the villages.

Check out the MTB trails on the mountain bike map available from Tourist Information and at the bottom of the ski lifts.

#### WHERE TO HIRE YOUR E-MTB

- Avalanche Ski Shop - +33 (0)4 92 46 52 07
- Eterlou Sports - +33 (0)4 92 46 62 87
- Intersport - +33 (0)4 92 23 53 64

#### FOR YOUR GUIDED RIDES

- Montagne Mélézin - +33 (0)6 77 15 77 85
- Yapluka - +33 (0)6 52 96 14 55






cairn-sport.com

**PROTECT**  
YOUR ADVENTURE

## **VARS-EMBRUN** / **FROM THE PEAKS TO THE BEACH**

Start your day at an altitude of 2,500 metres and end it on the beach at Embrun, all without getting behind the wheel. Now you can with the 32km MTB descent on the Vars-Embrun trail!

The ride is only for good mountain bikers and a real joy whether you go it alone or join a guide.

### **WHERE:**

La Mayt chair lift.

### **WHEN:**

Daily July 6th-September 1st 2024

### **THE RETURN JOURNEY:**

Shuttle bus (payment and booking required) - 5.30pm departure from Embrun lake.

Daily service except on Sunday, Monday and Tuesday July 10th-August 30th 2024

### **HIGHLIGHT:**

Stunning views of Serre-Ponçon and Embrun.

### **DON'T FORGET:**

Your picnic, swimming costume and repair kit in case you hit a snag.



Pick up the leaflet for this descent from Tourist Information centres: it includes information

and prices for ski lifts and shuttle buses.



### **POUR LOUER VOTRE VTT/VTTAE**

- Intersport - **+33 (0)4 92 23 53 64**
- Eterlou Sports - **+33 (0)4 92 46 62 87**
- Avalanche Ski Shop - **+33 (0)4 92 46 52 07**





# AN ACTION- PACKED

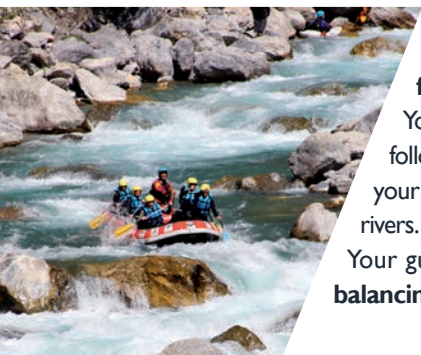


# SUMMER



## YOUR WHITEWATER / SPORTS

### UNMISSABLE / RAFTING



Get the family together on the Durance River, work out on the Guil or take a ride on the wild side on the Ubaye and feel the rafting rush with our expert guides.

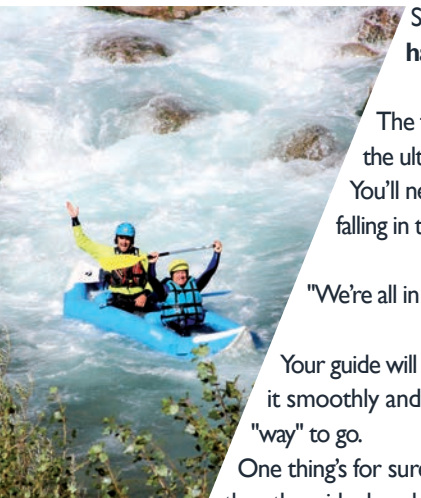
You just need to be able to swim. Set sail on the same craft and follow the instructions: forward left, back right, hang on tight! Give your brain a workout too as you steer your craft along legendary rivers.

Your guides will make your ride fun and exciting with a few balancing acts and time in the water: quite simply unmissable.

#### BOOKING

- Adelante Rafting - +33 (0)4 92 45 40 54
- Nomad River School - +33 (0)785 24 11 49
- La Vague Rafting - +33 (0)6 32 62 44 10
- Yapluka - +33 (0)6 88 06 00 77

### THE ALTERNATIVE / CANOE RAFTING



Set sail on the Durance in a canoe raft, a fun-filled and easy-to-handle 2-person inflatable craft.

The famous **Rabioux wave** gets your ride off to a thundering start: the ultimate wave to put you right in the thick of it.

You'll need good coordination and team work to ride the wave without falling in the water.

"We're all in the same boat" has never been truer!

Your guide will be with you as you tackle the wave to set the pace, help you ride it smoothly and show you the right "way" to go.

One thing's for sure: you'll come out the other side drenched but stronger!

#### BOOKING

- LaVague Rafting - +33 (0)6 32 62 44 10
- Yapluka - +33 (0)6 88 06 00 77
- Adelante Rafting - +33 (0)4 92 45 40 54

### LIKE A FISH IN WATER / TRY RIVER TREKKING

Neoprene wetsuit and socks, trainers and helmet: there's your river trekking gear! All you need to know is how to swim if you want to walk in the river, bathe in the streams and unleash your inner child on natural slides!

Climb the boulders along the way, get your balance on this steep and slippery terrain or venture into a cave for a mini caving experience! The ideal terrain for a family adventure.

Deep in the canyon, the cliffs looming overhead will keep an eye on you. An incredible setting for an unusual and unmissable sport.

**Duration:** 1.5 hr climbing between land and water in the Couleau River.

#### BOOKING

- Yapluka - +33 (0)6 88 06 00 77
- Adelante Rafting - +33 (0)4 92 45 40 54
- La Vague Rafting - +33 (0)6 32 62 44 10



### AN INUIT IN THE DURANCE / KAYAKING INTRODUCTION

Let us introduce you to the "queen" of river boating: kayaking!

Start by familiarising yourself with the boat in the dock. Then learn how to "read" the river, learn **basic manoeuvres, how to balance in the kayak and stay safe.**

Take your pick from the many classes and have a unique boating experience.

**There are even courses** if you want to dive deeper. You're the captain of your kayak, sailing in a setting worthy of the most impressive sports videos.

Another alternative to try: **2-person kayaks with a guide!**

#### JOIN A GUIDE

- NoMad River School - +33 (0)7 85 24 11 49
- La Vague Rafting - +33 (0)6 32 62 44 10



## "CLIMBING" / IN ALL ITS FORMS



### TRY OUT / VIA FERRATA

Join mountain guides and tackle routes built into the rock faces fitted with specific metal fixtures to help you move forwards. The area around Vars has fabulous via ferrata routes, some overlooking the rivers, others deep in the valleys, but all with jaw-dropping views. Your guide's advice is priceless when it comes to getting to grips with a fun sport that anyone can try.

#### JOIN A GUIDE

- Pure - +33 (0)6 01 74 47 77
- Mont Epique - +33 (0)6 19 30 73 75

### CLIMBING / IN THE GREAT OUTDOORS

Kids and adults can experience the joys of climbing above Vars surrounded by the mountains.

Make unforgettable memories and tackle a whole host of challenges together on this family-friendly activity.

Real quality time together!



### CLIMBING / BOULDERING

If you're new to climbing, you can start with bouldering, which involves climbing 2-3m high without a rope but with mats to cushion any falls.

**Exciting and multi-level** bouldering gives you a gentle introduction to climbing in Vars with all the thrills that being a climber brings. It should come with a warning: you'll be hooked in no time!



### CLIMBING / MULTI-PITCH CLIMBING

*Tackle the region's best multi-pitch climbing routes with a Vars mountain guide who knows the spots like the back of their hand.*

From **beginner to advanced**, the routes are carefully chosen to suit your ability and objective, whether it's your first time or you're a multi-pitch regular.

Training in safety manoeuvres, multi-pitch techniques, everything from preparations to abseiling and making belays: your guide will make an expert out of you!

#### BOOKING YOUR OUTING

- **Mont Epique:** beginner and advanced bouldering and multi-pitch climbing - +33 (0)6 19 30 73 75
- **Pure:** beginner and advanced - +33 (0)6 01 74 47 77

## LEISURE / FACILITIES

### CATCH ME IF YOU CLIMB / MOUNTAINEERING

If you're all hardened hikers, it's time to introduce your teenagers to mountaineering. It's well worth having a go at it and will only make your family stronger.

#### On the agenda:

- Get your gear
- Learn techniques to tackle varied terrain
- Master belays and ropes
- Sometimes a night in a refuge to start at dawn in the light of your headlamp.

Lots of experiences and emotions in an absolutely incredible setting.



#### DIVE IN

- Mont Epique : +33 (0)6 19 30 73 75

### TREETOP / ADVENTURE COURSE

Unleash your inner Tarzan with over 20 routes for any ability deep in the forest.

The ultimate family activity with **250 structures** to experience covering a total of over 3 beginner routes, 5 pre-schooler areas (2-5 years old), 4 children's routes and 8 adult routes. You're the king of the jungle!



#### BOOKING

- Indiana Forest - +33 (0)6 09 52 35 62

### CARIBOU / TOBOGGAN RUN

Kids aged 3 and over (accompanied by an adult) are allowed to do it, making it the ultimate family attraction.

Round one: you're in control of your speed on your first descent. Put your hands on the brakes and tame your toboggan.

Round two: gradually let go of the brakes and hit the twists and turns faster.

Round three: full steam ahead! Hold onto your hats and go flat out for full-on thrills! It's as addictive as a rollercoaster at a real theme park. You can even take home a souvenir photo.



Opening times:  
10.30am-12.30pm  
1.30pm-6.30pm  
July 6th-September 1st 2024

#### INFO

- Sem Sedev - +33 (0)4 92 46 51 04



## TENNIS / GAME, SET AND MATCH



Grab your racket, lace up your trainers and steel your mind: it's time to hit the court! Rafa and Djokovic better watch out!

If you're a keen player, hire **the Vars Sainte-Marie tennis court** to keep up the pace with friends or family. With an hourly rate or a year-long membership, holidaymakers and locals can play a few leisurely matches.

### POUR LOUER LE COURT

• Vars Town Hall - +33 (0)4 92 46 50 09

## NEW / FITNESS TRAIL

Your new family summer challenge!  
Who's the fittest, the kids or their grown-ups?



Head to the top of the Chabrières ski lift for some family fitness fun in the peaks.

With a dozen structures to choose from covering around 250m, get together to test your balance speed, flexibility and get fit in a magical setting!

### INFO

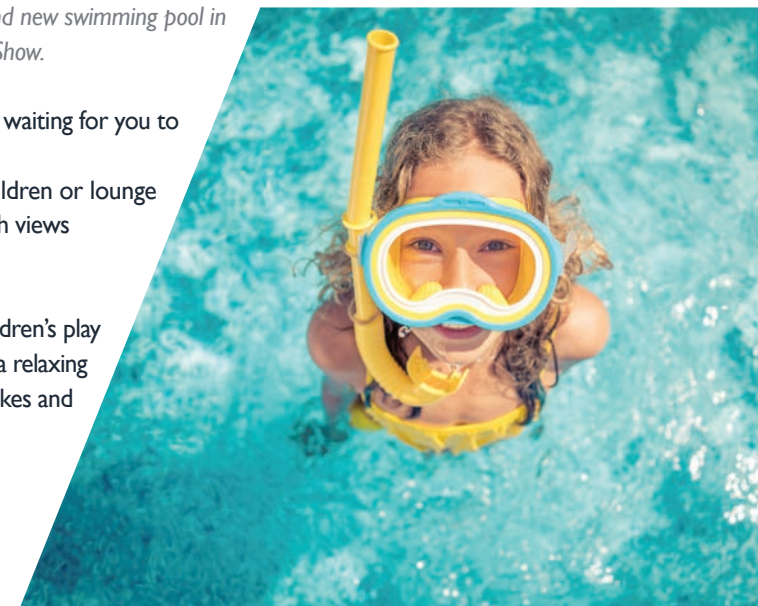
Get there on the Chabrières ski lift open daily July 6th-September 1st 2024  
9.30am-12.30pm and 1.30pm-4.45pm.

## SWIMMING POOL / NEW FOR 2024

Visit the fully-renovated, brand new swimming pool in central Vars les Claux, Point Show.

The new pool is ready and waiting for you to swim a few lengths, keep fit, entertain your children or lounge around in the solarium with views of the Eyssina.

With its 20m pool and children's play area, all the family will have a relaxing break after a few days of hikes and activities.



### INFO

• vars.com  
• +33 (0)4 92 46 69 54



## ON LAND / OR IN THE AIR

### NEW FOR 2024 / VARS MOUNTAIN KART

Try the newest outdoor activity in Vars on a 3km route from the top of the Chabrières ski lift: the Vars Mountain Kart.

Get a rush with family or friends on an exciting ride suitable for all ages. You just have to be at least 1.40m tall and accompanied by an adult if you're under 16.

On the agenda: kart hire, safety briefing and equipment before taking the lift up to the top and hurtling down the 350m vertical drop on the karting route. A unique experience not to be missed!

Warning: you won't be able to resist the irresistible urge to do it all again once you reach the bottom!



#### IT'S ON!

- **Booking recommended** - +33 (0)6 26 40 39 37
- Rental area: bottom of the Chabrières ski lift
- Available July 6th-September 1st during ski lift opening times (last run 4.15pm)

### QUAD / BIKING

Here's another way to get out and about on a quad bike!

Hop onto your latest-generation 2-seater 4x4 quad and start your adventure on the Vars trails joined by a professional guide.

It's a great way to spend quality time together as children aged 12 and over can ride with you as your passenger!

Get to grips with your quad and ride the mountain on suitable routes.

Thrills guaranteed!



#### DIVE IN

- **Aventures Sensations** - +33 (0)6 08 63 95 66

### PARAGLIDING / 1, 2, 3, FLY!

Try paragliding with a professional, and you'll never look back. We promise!

Test out the different tandem flight options: from the more or less sporty 20-30 minute maiden flight to up to an hour in the skies depending on the weather.

Even little ones can have a go (min age: 4, min weight: 20kg). It's easy to get them on board: just tell them they'll be like Stella in Paw Patrol!

There are **beginner and advanced courses** too.



#### OUT AND ABOUT

- **Tête en l'air** - +33 (0)7 72 26 33 22

## EVEN AS A FAMILY

## WELLNESS



### MARMOTTE / SENTIER DE BIEN-ETRE

This summer's new themed Marmot wellness trail is designed for anyone who wants to "switch off" with a leisurely mountain walk.

It stands at the top of the Chabrières ski lift with 5 areas where children and adults can reconnect with nature.

Information boards explain how to use the areas to suit what you want to get out of the experience.

The whole family can get involved with some meditation, a spot of yoga, breathing exercises or listening to nature with the help of an amazing ear trumpet.

The perfect way to release stress and introduce your children to the power of nature over body and mind.

- 600m loop accessible via the Chabrières ski lift
- 5 areas: Nap area (hammock)/Listening area (ear trumpet)  
Breathing area/Meditation area/Yin yang area (yoga)



# AAAAND / RELAX!

Here are a few wellness suggestions to try during your family holiday, with or without the children!

## DÉTOX / HAMMAM



Soft lighting, soothing warmth, a fragrant scent, wonderful silence and a friendly welcome is just what you're about to experience: a hammam session.

Our professionals will guide you through your relaxation: time in the hammam, black soap cleanse, Turkish scrub, wraps and massages.

### BOOK YOUR SESSION

- Spa Nuxe-hôtel 16-150 - +33 (0)4 92 46 54 72

## MASSAGES / AND RELAXATION



Experience the many virtues of spa treatments here in Vars. Massages take your body and mind on an adventure.

Take your pick from traditional Thai and Ayurvedic massage, foot reflexology, lymphatic drainage or Shiatsu and enjoy the rewards of your light work: release stress, recover faster, tone skin, stimulate circulation and boost the immune system. But most importantly, unite body and mind.

NB: The aforementioned wellness massages are non-therapeutic.

### BOOKING

- Espace cocoon - +33 (0)6 83 60 91 25
- Mylène Larcher - +33 (0)4 92 50 23 11
- Spa Nuxe-hôtel 16-150 - +33 (0)4 92 46 54 72
- Massages intuitifs - +33 (0)7 86 72 54 78

## BESPOKE / TREATMENTS

Spas give you a break from the daily grind and treatments to fulfil your needs.

Create your own sensory journey with carefully-selected products for specific treatments. Treatments to suit you, spas where you can switch off and teams who want the best for you: **Facials, body treatments, classic massages, sports massages and wraps**, take time out to experience our bespoke treatments.

### BOOKING

- Espace cocoon - +33 (0)6 83 60 91 25
- Mylène Larcher - +33 (0)4 92 50 23 11
- Spa Nuxe-hôtel 16-150 - +33 (0)4 92 46 54 72



## MEANWHILE / FOR YOUR CHILDREN

**A guided MTB ride:** for an introduction to mountain biking, a ride on the beginners' slopes or a refresher to improve their skills at full throttle!

**A climbing session:** there's nothing like a beginner's course to make your little monkeys happy!

A **list of babysitters** is available from Tourist Information.



## TAKING IT EASY / IN VARS

### AT THE / CINEMA

Unleash your inner culture vulture!



Whether you can't miss your weekly cinema outing, it's raining or you just want to chill out, treat yourself to a good film at the Vars cinema and the "film & snack events"

during summer: a kid's film with cake and a drink!

#### SCHEDULE AND OPENING TIMES

- Cinema le Méléze -+33 (0)4 92 23 60 95

### GO / FISHING

Fancy tickling a trout? Have a go at fishing in the mountains.



Fancy a spot of trout fishing? Try your hand at mountain fishing. Visit **Lac Napoléon** and **Lac de Peyrol** in Vars for a spot of fishing in an idyllic setting.

You can buy a **fishing permit** at Tourist Information and the dog sledding centre at Lac de Peyrol. You can hire a fishing rod and buy bait at the dog sledding centre too!

Pick up a fishing guide from Tourist Information for everything you need to know about this mountain sport.



### A ROUND OF / PÉTANQUE



When the Alps meet the South of France, it elevates traditions and sees people play pétanque here too.

You'll find "easy" village pitches in our very own **Saint-Marcellin** and **Sainte-Marie**. If you want to make like the locals, take your boules with you on your picnic in Val d'Escreins. Shall we bowl?

### CHÈVRERIE / DE LA FONT SANCTE

Kids, meet the kids!

Soak up the world of goats with a bleat-iful experience first thing in the morning. Watch goats being milked in their natural habitat deep in the mountain pastures. At 6am on Wednesday to Sunday, head to the hills above Saint-Marcellin at dawn to find out what's involved in an exciting and intense career, from breeding goats to making premium local cheese.

Booking required. Max 10 people.



#### FURTHER INFORMATION

- Chèvrerie de la Font Sancte  
+33 (0)6 35 50 24 29

Drive on the Route du Forest below Saint-Marcellin to the Risoul junction (end of the tarmac road). Parking allowed as long as you don't obstruct traffic - NB: it's a tricky drive. Then a 15-minute walk to the mountain pasture.

### LIBRARY / MEDIA CENTRE

Read, learn, discover and better yourself

Spend some time reading during your stay in Vars.

Visit Sainte-Marie library and dive into a variety of **books and videos** available to borrow for a week or more.

With novels, comics, children's literature, foreign literature and archives, there's something for everyone.

Wednesday: 10am-12pm and 3pm-5pm,

Friday: 10am-12pm.



#### GOT ANY QUESTIONS?

- Library Maison Chastan  
+33 (0)6 92 54 10 76

## EVENTS IN SUMMER / 1 DAY 1 THEME

Vars Tourist Information hosts free events throughout the summer for all the family.

### WELCOME DRINK / EVERY SUNDAY

Every Sunday at 5pm in Vars les Claux, near the health centre Meet the resort's service providers, plan your activities, find out what's on this week and make new friends over a welcome drink!

### MONDAYS / IS CHALLENGE DAY

Get the whole family in their trainers and let's get active together: hikes, sports tournaments or fun-filled bike rides.

### TUESDAYS / FOR KIDS

Today's all about soft play, wooden games, arts & crafts, parties and "guess the song" with a children's show to end the afternoon on a high.

### WEDNESDAYS / MEET NATURE

See another side to Vars: learn about the landscape, go on outdoor walks or join a local craft workshop.

### THURSDAYS / MEAN FUN TIMES

The whole family can enjoy a whole range of activities, arts & crafts, fun and a show, concert or outdoor cinema to end the day on a high!

### FRIDAYS / ADVENTURE

A great trapper's evening awaits you every Friday with cultural talks to boot.

## SHOWS AND HIGHLIGHTS / WITH THE FAMILY

### JULY 13TH / BANK HOLIDAY

Spend the day before Bastille Day with the whole family and have fun with a whole host of events. Start the evening at the firemen's ball with a bar and barbecue. Then feast your eyes on the fireworks as the band plays and everyone takes to the dancefloor.

### JULY 27TH & 28TH / VARS MOUNTAIN TRAIL CELEBRATING ITS 10TH ANNIVERSARY IN 2024!

2 days of trail running in the mountains with 5 race options.  
(11 - 23 - 42 - 4km and VK)

- The 4km race on Saturday July 27th is the perfect introduction to trail running and running with the family. The timed or untimed "Tour des villages" also includes a biathlon and is your chance to soak up Vars heritage as you race.

Prices: 4€ (untimed) / 6€ / (timed + biathlon) Biathlon from 2pm  
Race starts at 4pm / booking required.

- There will also be a free introductory biathlon course throughout the weekend of the event in the race village.
- Entrants can attend a pasta party on Saturday night followed by live music from FolkYou that everyone can attend.

### AUGUST 15TH / HERITAGE DAY

Head to Vars Sainte-Marie to celebrate the patron saint. The traditional festival is packed with fun activities, nature workshops, a car boot sale, village tour, Procession and Mass, the crafts and food market, plus a family-friendly show, concert and fireworks to end the day on a high.



### PLUS...

- Heritage events with Vars associations.
- Free entertainment every day.
- Rencontres Astronomiques August 14th-16th and stargazing nights every Wednesday July 17th-August 21st.
- Journées au Val d'Escreins on July 17th and August 7th.

Find out what's on with the weekly event schedule available throughout the resort and on vars.com



## IT'S RAINING / RAINY DAY IT'S POURING / ACTIVITIES

Oh no! It's raining cats and dogs when you wake up. It won't stop pouring in Vars.

"What on earth are we going to do today?" you ask!

We're going to do everything we can to turn that frown upside down!

### 6 BRIGHT IDEAS:



① What could be better than a trip to the cinema on a rainy day? Head to **Vars cinema** to watch the latest blockbusters on the silver screen.

② Go for a good **meal!** You'll find all the best eateries in the **Coup de Food guide**.

③ What do you think of when you think about Pretty Woman? **Shop 'til you drop in the resort** and pound the pavement in search of summer bargains!

④ Don't let it get you down! Visit the Vars villages with an umbrella and **explore the winding lanes!**

⑤ How about a **rafting** trip? You're already wet...

⑥ Unleash your inner culture vulture! Head for the **region's museums!**



Tourist Information has a list of activities and places to visit on rainy days

## EXPLORE AROUND / WITH THE FAMILY VARS /

Just this once, venture beyond your favourite resort and explore the must-see sites in the surrounding area in the most beautiful département in France (we may be a bit biased): Hautes-Alpes.

### HERITAGE / THINGS TO DO

- The village of **Mont-Dauphin** and its UNESCO World Heritage Vauban fort (20km from Vars).

**i** Turn your visit to the Place Forte into a fun-filled adventure with the new "Les Enquetes d'Anne Mesia" app.

- **Saint-Véran**, deep in Queyras, the highest village in Europe and entirely pedestrianised. (1 hour from Vars).

- **The silver mines** in L'Argentière-la-Bessée. Find out more about opening times, explore with the family. (40 mins from Vars).

- **Motorbike museum in Saint-Paul-sur-Ubaye**. (20 mins from Vars).

- **Barcelonnette** and its amazing Mexican villas, including one open to visitors: Villa de la Sapinière, home to the Musée de la Vallée which captures the Ubaye's history and traditions plus the Mercantour National Park Visitor Centre. (45 mins from Vars).



### SPORTS / THINGS TO DO

- **Jausiers lake** (between Saint-Paul and Barcelonnette) for an introduction to wakeboarding! (30 mins from Vars).

- **Eygliers lake** and its SUP base. (20 mins from Vars).

### ICONIC / SERRE-PONÇON

Europe's biggest reservoir is the place for **beaches, boat trips, kite surfing** and **Muséoscope** which tells you all about how the Serre-Ponçon dam was built and its sunken villages. Not forgetting **Embrun lake**.

Visit **Apiland** next door, one of the biggest agricultural visitor centres in France devoted to beekeeping, the world of bees and common garden insects.



## A PICNIC SPOT / AN ACTIVITY

Here's a selection of lovely picnic spots that you can combine with an activity before or after your meal: it's a great way to soak up the landscape and have fun with the kids.



### • VAL D'ESCREINS + ORIENTEERING TRAIL

To whet your appetite, try one of Val's 3 orienteering trails and spice up your hike. Then settle down for a picnic or barbecue lunch in the great outdoors.

### • LAC DE PEYROL + KENNEL TOUR

Lac de Peyrol is the perfect spot for an al fresco lunch. Continue your escape to the country with a kennel tour and meet the huskies.

#### HOW TO GET HERE

- **On foot: the best way**
  - La Mayt chair lift: "Sentier des Sagnes" route (30 mins)
  - Chabrières ski lift: "Balcons de Vars" route (1 hr 15)
  - From Sainte-Marie via the "Sentier de Faudon" ascent (2 hr)
- **By car:** On the forest road from Saint-Marcellin (go over the bridge under the goat farm on a 10 min drive) until you reach the end of the tarmac road at the junction to Risoul. NB: it's a tricky drive. You can park here on the edge of the road, subject to availability. (There's no car park here so please make sure that you do not obstruct traffic in any way). Then continue on foot to the lake (45 min)  
NB: you can drive to the lake but it's a tricky road and we strongly recommend you avoid it unless you have a 4x4.

### • CABANE DE LA PINÉE + POST-LUNCH WALK IN THE FOREST

You can get to Cabane de la Pinée from the top of Sainte-Catherine. It takes about 45 minutes to get there and 1.5 hr to complete the entire loop.

The path winds through pine and larch trees and you may well run into roe deer and hares. A great picnic spot to explore with the whole family.



### • CABANE DE L'ECUELLE + EDUCATIONAL TRAIL

Take a ride up the ski lift to the start point of the Sentier de la Reine trail.

Head for Col de Vars on the route dotted with information boards introducing you to the region. Before the end, stop off at Cabane de l'Écuille for your picnic.



#### PICK UP YOUR PICNIC...

Find all the partner food shops in the **Coup de Food guide** available at at Tourist Information.



# vars.com

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