

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: | 800 m

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).

VARS-EMBRUN

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

**DES CIMES
À LA PLAGES**

HOW TO GET TO Vars les Claux:

Take La Mayt chair lift every day from July 4th to August 30th.

Chair lift equipped for mountain bikes.

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 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 **swimsuit** for a swim when you arrive.

/ HOW ABOUT GETTING BACK TO VARS?

- Under your own steam
 - Daily **shuttle bus service** from July 7th to August 27th (only available Tuesdays, Wednesdays and Thursdays). (**14€/adult and 12€/child under 12**).
 - A shuttle bus leaves at 10am from Embrun to take you up to Vars and complete the route.
 - A shuttle bus leaves at 5.30pm from Embrun to take you back up to Vars after your outing.
- Shuttle meeting point: Carpool area at the Baratier/Embrun roundabout.
- Booking is essential by telephone on 04 92 45 18 11, by email (contact@autocars-imbert.com) or with the ticketing staff at the Mayt chairlift for the 5.30 pm shuttle.



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

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.



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VAR.S.COM