

Vars

LA FORÊT BLANCHE



TRAIL RUNNING / ROUTES

PERMANENT ROUTES

[VARS.COM](https://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

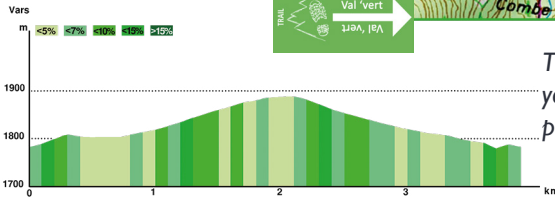
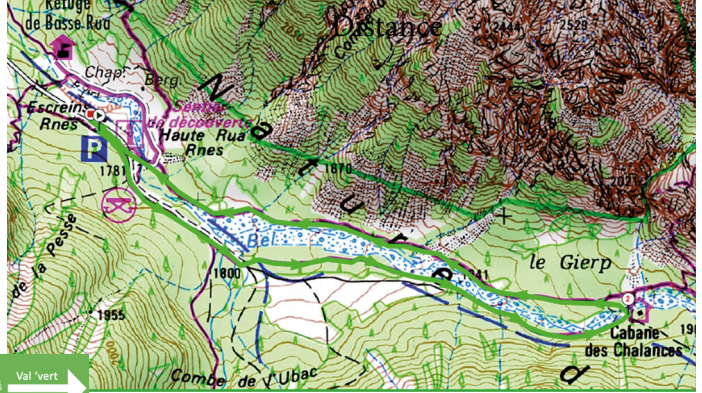
Level: beginner

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

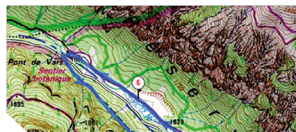
Level: intermediate

Distance: **9.218km**

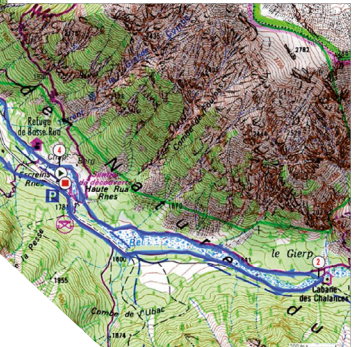
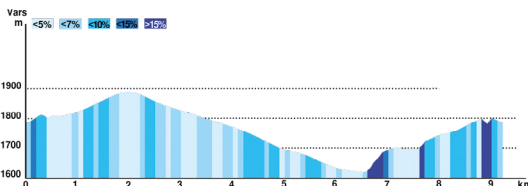
Minimum altitude: **1615m**

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

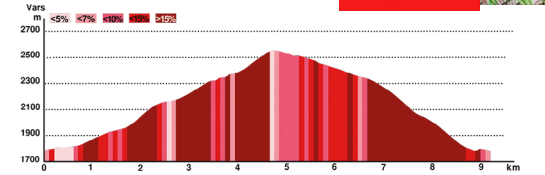
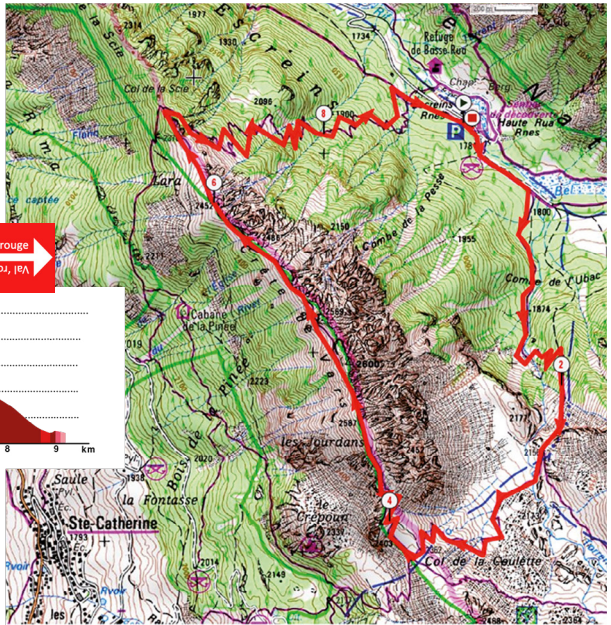
Level: advanced

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

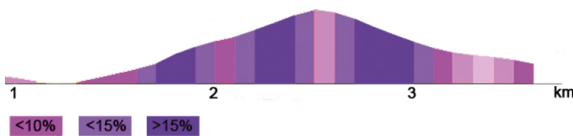
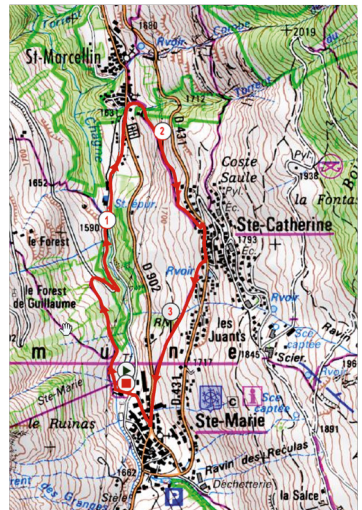
Level: beginner

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.

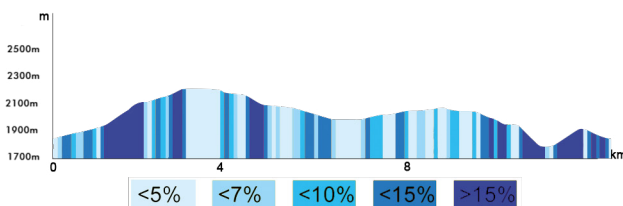
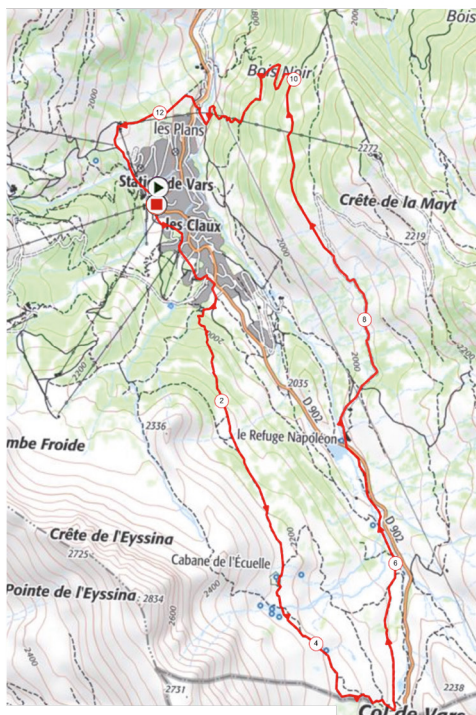
TRAIL RUNNING ROUTE / COL DE VARS



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 Napoléon
- Go up to Peynier
- Go down to Les Claux through the Bois Noir
- **Finish:** Vars les Claux
Resort centre



KEY



TRAIL RUNNING

VERTICAL KILOMETRE ROUTE

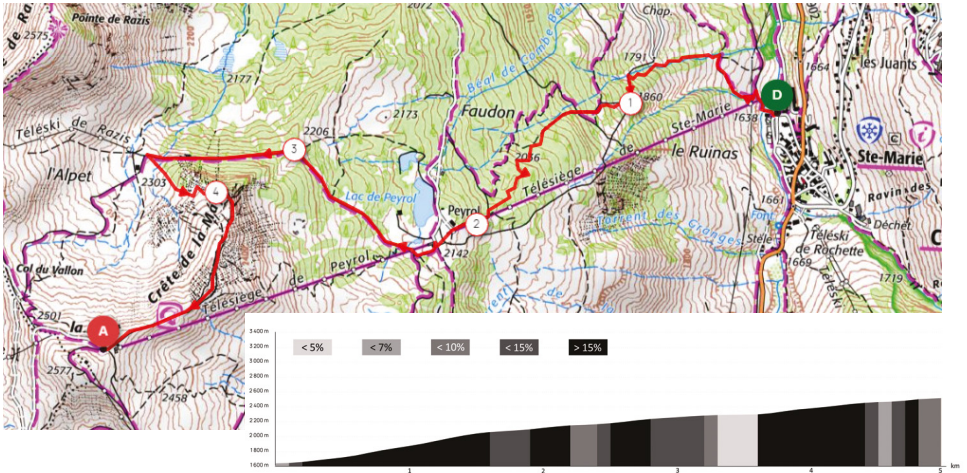
Level: difficult

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

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