Fründenfälle (West)

Doldenhorn

Create: 2024-06-05 22:28:21	**Update:** 2026-08-24 07:26:40	**Print:** 2026-10-30 12:10:03
Country: Schweiz / Switzerland **Region:** Kanton Bern / Canton de Berne **Subregion:** Verwaltungskreis Frutigen-Niedersimmental / Frutigen-Niedersimmental administrative district **Town:** Kandersteg		
Difficulty: difficult	**Grading:** v5 a2 III	**Total time:** 7h40
Approachtime: 3h10	**Tourtime:** 3h	**Returntime:** 1h30
Altitude entry: 2140m	**Altitude exit:** 1700m	**Delta Altitude:** 440m
Canyon length: 500m	**Highest rapell:** 60m	**Amount rapells:** 20
Transport: Cablecar	**Rock type:** limestone	**Drainage area:** 1.00km²
Season: September - October	**Orientation:** North	**Best Time:** 10-16 o'clock
Rating: ☆ 4.3 (3)	**Info:** ★ 2 (1)	**Belay:** ★ 2 (1)

Warnings:
Ban on Commercial Canyoning
According to https://www.belex.sites.be.ch/app/de/texts_of_law/923.111/versions/1792/annex/2, the commercial operation of water sports activities is prohibited year-round.
inactive: *Prohibition of fishing in Bern Case C* (yearly 01.01. - 15.07.)
According to the fishing regulations of the Canton of Bern, this stretch of water may only be used from 16.07.-31.12.

Specialities:
Glacier in drainage area,

Gear:
Ropes: 2x60m

Summary: (machine translated)
A canyon with one of the best views you can imagine. However, there are a few rappelling spots in narrow parts with fairly concentrated streams of water.

Hydrology:

Access: (machine translated)
Park in Kandersteg—take the cable car up to Kanderboden (you can also walk if you prefer)

Approach: (machine translated)
Take the gondola up, or walk (or ebike) to the lake. And then over the Fründeschnur towards Fründenhütte. At about 2000m turn right and head up to the plateau where both Fründen falls start. West is now established up to an altitude of 2140m.

Tour: (machine translated)
Again and again gulches in very beautiful limestone. The 60m does not look as high as it is from above.

Return: (machine translated)
Depending on how far down you go, there are all sorts of different routes.

Don’t take the last, broken path down; instead, head down the grassy slopes on the right side to the lake, then walk and swim along the lake (30 min.) and back to the parking lot (1 hr.).

Coordinates:
Canyon Start 46.4873 7.7294

Reports:

2024-11-23 | Alex54 | ☆ ☆ ☆ ☆ ☆ | 🕮 | ⚓ | | Low | 👍 Completed
The canyon with the best views I've ever done, it's not so much the beauty of the rappels themselves (although some sections would be interesting even without views) but the surrounding landscape clearly visible in the open sections. Anchors a pi' scarce (machine translated)

2023-03-09 | System User | ☆ ☆ ☆ | 🕮 | ⚓ | | |
Daten importiert von https://ropewiki.com/Frunden_(West)

2022-10-29 | Bubtore | ☆ ☆ ☆ ☆ | 🕮 ★ ★ | ⚓ ★ ★ | | Low | 👍 Completed
Beautiful views, and beautiful gulches, but almost no water at this time of year. We have drilled up to 2140m, there would still be a step between 2180m and 2140m, which I think should also be achievable if someone wants to hang on. (machine translated)

First descent: 02.10.2011 by Laurence Boyé, Natacha Stricker, Emmanuel Belut, Yves Daniou, Thomas Guigon et Timo Stammwitz