Gries (CH)

Gamchi inf.,Gries,Gamchibach, Griesschlucht

Create: 2023-03-09 20:54:22	**Update:** 2026-10-27 10:47:50	**Print:** 2026-10-30 12:10:43
Country: Schweiz / Switzerland **Region:** Kanton Bern / Canton de Berne **Subregion:** Verwaltungskreis Frutigen-Niedersimmental / Frutigen-Niedersimmental administrative district **Town:** Kiental		
Difficulty: very difficult	**Grading:** v5 a6 IV	**Total time:** 2h40
Approachtime: 35min	**Tourtime:** 2h	**Returntime:** 5min
Altitude entry: 1350m	**Altitude exit:** 1150m	**Delta Altitude:** 200m
Canyon length: m	**Highest rapell:** 35m	**Amount rapells:**
Transport: on Foot	**Rock type:**	**Drainage area:** 26.20km²
Season:	**Orientation:** West	**Best Time:**
Rating: ☆ 4.8 (7)	**Info:** ★ 2.4 (5)	**Belay:** ★ 2 (5)

Warnings:
A permit from the Hunting Inspectorate is required for commercial canyoning activities
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 requires a permit from the Game Warden's Office.
inactive: *Prohibition of fishing in Bern Case J* (yearly 01.01. - 15.04.)
This stretch of water may only be used from 16.04.-31.12. in accordance with the fishing regulations of the Canton of Bern.

Specialities:
Glacier in drainage area, Winter canyon,

Gear:
Headlamp,

Summary: (machine translated)
Immensely impressive gorge of a glacial stream that is generally accessible only in November and December. One of the great tours in the Bernese Oberland.

Hydrology:

Access: (machine translated)
Take the A6 to Spiez, then turn off towards Adelboden. In Reichenbach, turn left and follow the road uphill to Kiental. Continue in the direction of Griesalp. Parking exit: After crossing the wide valley floor at Tschingelsee, park in the paid parking lot (2016: 2 Chf, change machine for francs available) Parking entry: Follow the steep road uphill over several hairpin bends until a road branches off to the left towards Pochtenalp. There are small parking spaces near the bridge.

Approach: (machine translated)
Descend into the streambed above the bridge.

Tour: (machine translated)
Rappel right from a tree with a sling, cross the pool and climb left to the next anchor. Rappel 12m and carefully pass the tree trunk to reach the next 14m rappel. After short walking passages the canyon opens for a moment before a 35m rappel into the dark cathedral. Intermediate position possible after 25m on the right. In December 2016, here were many tree trunks that were thrown into the gorge during forestry work. The next rappel can be rappelled from the left or from the right. Climbing to the right anchor is technically difficult (V+). Another 12m rappel brings you back out into the open. The anchor for the 27m high Pochtenfall is located behind the right edge and is reached by a wide straddle step. After a short walking passages follows the short second gorge with two low rappels and a waterfall from the left. Walk 100m before the last gorge section of the Hexenkessel begins. After the bridge, jump 3m or go around to the left, then carefully downclimb to the downclimb anchor on the right above a 5m step. Climb the ropes to the right onto the small ledge under the overhang and rappel 18m into the pool under the Hexenkessel. From now on only downclimb and jump in a beautiful gorge.

Return: (machine translated)
Cross to the right to the parking lot

Coordinates:
Canyon Start 46.5478 7.7591
Parking at Exit 46.5494 7.7562
Parking at Entry 46.5476 7.7590
Canyon End 46.5485 7.7564

Reports:

2025-12-20 | MarcoW | | | | High | Not done
...we had to stop because we had overestimated the water level... (machine translated)

2025-12-20 | Peisen | ★★★★½ | | | Normal | Completed
No ice, neither in the access nor in the canyon. Superiore conditions. Unfortunately, an excavator above the stream has clouded the water. (machine translated)

2025-12-04 | System User | | | | |
Automatisch importiert von Schlucht.ch für Canyon Gamchibach / Griesschlucht, Wasserstand: "Mittel." Verankerungen: "Gut." Z.T. dünne Eisschicht vorhanden, keine grossen Eisgebilde, Schneehöhe im unverspurten Gelände 40 cm. Im C 37 liegt ein dünner Baumstamm der einen Seilklemmer produzieren kann. Bohrhaken freigelegt. (Quelle: https://schlucht.ch/schluchten-der-schweiz-liste/1068-gamchibach-griesschlucht)

2025-11-14 | System User | | | | |
Automatisch importiert von Schlucht.ch für Canyon Gamchibach / Griesschlucht, Wasserstand: "Hoch" Verankerungen: "Gut" Alles gut, teils verblocktes Holz in der Schlucht, sportlicher Wasserstand. Kein Eis. Einige Fixseile könnten ersetzt werden. (Quelle: https://schlucht.ch/schluchten-der-schweiz-liste/1068-gamchibach-griesschlucht)

2025-11-14 | Peter Lampacher | ★★★★★ | ★ | ★ | High | Completed
All good, sporty water level. No ice. Some fixed ropes could be replaced. (machine translated)

2023-03-09 | System User | ★★★★ | | | |
Daten importiert von https://canyon.carto.net/cwiki/bin/view/Canyons/GriesCanyon.html

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2021-11-05 | Christian Balla | ★★★★★ | ★★★ | ★★ | High | Completed
High volume of water but doable. Hooks in good condition, but in one place so extremely icy that we could not use them. (machine translated)

2021-11-02 | Christian Balla | ★★★★★ | ★★★ | ★★ | Crazy | Not done
The water level was too high for a safe ascent without knowing the canyon. (machine translated)

2021-10-30 | Bubtore | ★★★★½ | ★★ | ★★ | High | Completed
Difficult undertaking with so much water. One of the 2nd group that went in got stuck more than 2 hours before the Hammer Mental. A rucksack was also lost. (machine translated)

2016-12-09 | GeorgB | ★★★★★ | ★★ | ★★ | Low | Completed
Low water level for this stream. Many tree obstacles in the high waterfall, otherwise everything perfect (machine translated)

Parts:
Gamchi, v5 a5 V, 2h+2h40+40min
Gornerbach (Bern), v4 a5 III, 1h+1h30+35min
Gries (CH), v5 a6 IV, 35min+2h+5min