Trümmelbach I

Trümmelbach

Create: 2023-11-20 21:11:44	**Update:** 2025-09-06 20:49:54	**Print:** 2026-10-30 12:10:51
Country: Schweiz / Switzerland **Region:** Kanton Bern / Canton de Berne **Subregion:** Verwaltungskreis Interlaken-Oberhasli / Interlaken-Oberhasli administrative district **Town:** Lauterbrunnen		
Difficulty: not as difficult	**Grading:** v3 a2 III	**Total time:** 3h10
Approachtime: 1h	**Tourtime:** 2h	**Returntime:** 10min
Altitude entry: 2695m	**Altitude exit:** 2340m	**Delta Altitude:** 355m
Canyon length: 300m	**Highest rapell:** 40m	**Amount rapells:** 9
Transport: Cablecar	**Rock type:**	**Drainage area:** 1.20km²
Season: August - October	**Orientation:** West	**Best Time:**
Rating: ☆ 3.6 (5)	**Info:** ★ 1.7 (4)	**Belay:** ★ 2 (4)

Warnings:
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:

Gear:
Ropes: 2x 30m

Summary: (machine translated)
2.5/4; 0/2 Smileys.
Trümmelbach I is the canyon with the highest entry in Switzerland. The panorama on the ascent alone is very impressive. The canyon is not particularly deep, but offers great rock formations and is extremely narrow in places.

Hydrology:

Access: (machine translated)
On the A8 highway, take exit 25 (Wilderswil) and then drive up the valley towards Lauterbrunnen. Cross the village and turn left shortly after the Weisse Lütschine towards the retirement home. Park at the exit of the road at a sports field or in the parking garage at Lauterbrunnen train station.

Approach: (machine translated)
From the parking lot to the train station and take the train to Kleine Scheidegg station and continue by train to the Eiger Glacier. Since the exit of 2020, it has been possible to take the Eiger Express from Grindelwald, which takes you directly to the Eiger Glacier station in 15 minutes. From the Eiger Glacier station, you continue hiking up on a blue and white marked trail, which initially runs along the railroad line. The path is exposed in some places, but there are fixed hand lines to help you over the steep parts. Continue along the path to an altitude of 2680m, from where you can begin the traverse to the right through the loose rock field to the start of the canyon.

Tour: (machine translated)
The canyon is more of a mini-canyon in terms of depth and width, especially at the beginning.

The water has ditched a very narrow and small slot towards the first abseiling points. After the first waterfalls, the canyon continues in beautifully polished rock and gets deeper and deeper. There are always some steep downclimbs, but this is not a problem with the enormously grippy rocks. The canyon with its beautiful views and surroundings is a great adventure. At the exit, the route continues directly in front of the ice field and it is recommended to include Trümmelbach II in the same tour, as this combination works excellently. If Trümmelbach II is to be appended, you can enter the same stream after bypassing the snow/ice field and do some nice downclimbs and slides until you reach the start of Trümmelbach II.

Caution: the plates on the rakes are often missing, even if someone has been in there shortly before. Better take a few plates and M10 nuts and washers in SS316 with you.

Return: (machine translated)
If you only do Trümmelbach I, then leave the path at the snow/ice field to the right and traverse to Eigergletscher station, which is more or less at the same altitude. If you add Trümmelbach II, you can either hike up from the exit of the canyon to the Eigergletscher station or hike down to Wengernalp to catch the next train.

Coordinates:
Canyon Start 46.5759 7.9861
Canyon End 46.5732 7.9787
Parking Entry and Exit 46.5975 7.9099
Parking Entry and Exit 46.6239 8.0211

Reports:

2026-09-26 | Alex Engelhardt | ☆ ☆ ☆ |🕮 ★ |⚓ ★ | ≋ Low | 👍 Completed
Everything ok (machine translated)

2026-09-07 | System User | |🕮 |⚓ | |
Automatisch importiert von Schlucht.ch für Canyon Trümmelbach I, Wasserstand: "Tief-Mittel" Verankerungen: "Alle Top" Sehr lohnende Schlucht, schmale Stellen und hier und da Super cool eingeschnitten. Es hat Passagen die mit runterklettern bei höherem Wasserstand nicht angenehm sein könnten und es kein Haken hat zum Abseilen meistens 2-5m. Könnte man aber umgehen da die stellen kaum Tief sind und so aus der Schlucht schnell raus & wieder rein kommt. (Quelle: https://schlucht.ch/schluchten-der-schweiz-liste/1272-truemmelbach-i)

2026-09-07 | Adrian Büschlen | ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ ★ ★ | ≋ Low | 👍 Completed
everything tip top (machine translated)

2025-12-13 | MarcoW | ☆ ☆ ☆ ⯨ |🕮 ★ |⚓ ★ ★ | ≋ Normal | 👍 Completed
with Sami, Damian (machine translated)

2025-08-23 | Peisen | ☆ ☆ ☆ ☆ |🕮 ★ ★ |⚓ ★ | ≋ Normal | 👍 Completed
If you like alpine canyons, this is certainly one of the best. Very grippy, generally superiore conditions (machine translated)

2023-03-09 | System User | ☆ ☆ ☆ ⯨ |🕮 |⚓ | |
Daten importiert von https://www.descente-canyon.com/canyoning/canyon/24188/Trummelbach-I.html

Parts:
Trümmelbach I, v3 a2 III, 1h+2h+10min
Trümmelbach II, v4 a2 IV, 45min+1h+45min
Trümmelbach III, v3 a3 V, 20min+3h+30min
Trümmelbach IV, v5 a4 V, 1h+5h+45min
Trümmelbach V, v5 a5 V, 50min+4h+5min