Sefi

Canyon de Sefi,Sefibach

Create: 2023-11-20 21:11:36	**Update:** 2025-12-15 12:34:49	**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: difficult	**Grading:** v5 a4 IV	**Total time:** 6h
Approachtime: 2h	**Tourtime:** 3h	**Returntime:** 1h
Altitude entry: 1766m	**Altitude exit:** 1446m	**Delta Altitude:** 320m
Canyon length: 670m	**Highest rapell:** 35m	**Amount rapells:** 24
Transport: Cablecar	**Rock type:** limestone	**Drainage area:** 9.00km²
Season: August - November	**Orientation:** South	**Best Time:** 10-14 o'clock
Rating: ☆ 4.5 (7)	**Info:** ★ 1.5 (6)	**Belay:** ★ 2 (6)

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: 2x40m

Summary: (machine translated)
Very challenging but impressive canyon. Mostly deeply incised with no escape route. Rappels mostly directly in the water jet (can be dangerous if the water level is too high!).

Hydrology:

Access: (machine translated)
Coming from Interlaken, drive past Lauterbrunnen to the valley station of the Schilthorn cable car (Stechelberg). Park here in the paid parking lot.

Approach: (machine translated)
Take the gondola from Stechelberg to Gimmelwald (runs every 30 minutes; CHF 12.80 for return trip - as of 2025). From there, follow the signs to Rotstockhütte. At a fork just before the Sefibach, continue left to the exit (water level check), on the right the path leads uphill to the entry (signs continue towards Rotstockhütte). At around 1800m (when the forest thins out) you can see down to the Sefibach. A narrow path leads along a fence down to the stream.

Tour: (machine translated)
The tour starts with a few smaller waterfalls (<10m) in an open streambed. If there is already too much water here, the emergency exit can be chosen before the narrow main section.
This is followed by a deep section with no escape routes and spectacular waterfalls. The rappel usually takes place directly in the water jet.
The canyon then opens up for approx. 100m - you follow the streambed to the last part of 4 canyons.

Return: (machine translated)
Exit orographic left - follow the path back to the gondola.

Coordinates:
Canyon Start 46.5391 7.8465
Canyon End 46.5346 7.8511
Parking Entry and Exit 46.5561 7.9013

Reports:

2025-12-14 | Clarissa Linder | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ ★ ★ | ⚓ ★ | Normal | Completed
Lots of ice in the upper part, little from the incised part onwards. Most of the stands are easily accessible. Grödel, ice axe (especially for access!) and drill set necessary. Water level picture attached. (machine translated)

2025-11-16 | System User | | 🕮 | ⚓ | Normal | Completed
Automatisch importiert von Descente-Canyon.com für Canyon Sefi DC pour ce canyon Exceptionnel ! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22858/observations.html)

2025-11-10 | System User | | 🕮 | ⚓ | Normal | Completed
Automatisch importiert von Descente-Canyon.com für Canyon Sefi Attention à la glace dans la première partie.Canyon de rêve !Pour info, on a toujours pieds dans la vasque du "terrible" S (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22858/observations.html)

2025-11-09 | System User | | 🕮 | ⚓ | Normal | Completed
Automatisch importiert von Descente-Canyon.com für Canyon Sefi Belles cascades bien arrosées enfin un vrai canyon dans l'oberland ! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22858/observations.html)

2025-11-09 | System User | | 🕮 | ⚓ | Normal | Completed
Automatisch importiert von Descente-Canyon.com für Canyon Sefi Équipement ok Canyon incontournable ! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22858/observations.html)

2024-11-04 | Alexander de Tempe | ☆ ☆ ☆ ☆ ⯨ | 🕮 ★ | ⚓ ★ ★ | Normal | Completed
Good anchors; first C8 after the 100m walk is one very difficult to reach bolt, but there is alternative natural anchor on the right side. Foto: normal water level at the start of the canyon.

2024-11-03 | System User | | 🕮 | ⚓ | |
Automatisch importiert von Schlucht.ch für Canyon Sefibach, Wasserstand: "Normal für Sefi" Verankerungen: "Ok" Top Bedingungen (Quelle: https://schlucht.ch/schluchten-der-schweiz-liste/1174-sefibach)

2024-11-03 | Bina | ☆ ☆ ☆ ☆ | 🕮 ★ | ⚓ ★ ★ | Normal | Completed
Normal water level for Sefi. Great canyon. Superiore conditions at the moment. We started in Mürren and walked down to the Stechelberg gondola at the end. (machine translated)

2024-11-02 | Flurin Lanz | ☆ ☆ ☆ ☆ | 🕮 ★ | ⚓ ★ | Normal | Completed
Beautiful alpine canyon. All the pools are filled with gravel. We started from Gimmelwald. Most of the abseils are in good condition. Very aquatic. The rappels lead through waterfalls. 3 people around 3.5 hours in the canyon. (machine translated)

2024-10-30 | Nico Schneider | ☆ ☆ ☆ ☆ ☆ | 🕮 ★ | ⚓ ★ | Normal | Completed
All anchors still in good condition. (machine translated)

2023-03-09 | System User | ☆ ☆ ☆ ☆ | 🕮 | ⚓ | |
Daten importiert von https://www.descente-canyon.com/canyoning/canyon/22858/Sefi.html

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2022-10-16 | Bubtore | ☆ ☆ ☆ ☆ ⯨ | 🕮 ★ ★ | ⚓ ★ ★ | High | Completed
What a blatant canyon, one rappel after the other is incredible. (machine translated)

Parts:
Chilchbalm, v5 a4 III, 1h50+4h+1h10
Ahorni, v3 a3 III, 1h20+2h+1h5
Sefi, v5 a4 IV, 2h+3h+1h
Schiltbach, v5 a4 IV, 1h+5h+50min
Sefi-Lutschine, v4 a4 IV, 30min+2h+5min