Inner Sandbach

Laupercanyon

Create: 2023-11-20 21:11:04	**Update:** 2026-08-03 07:49:02	**Print:** 2026-10-30 01:10:57
Country: Schweiz / Switzerland **Region:** Kanton Bern / Canton de Berne **Subregion:** Verwaltungskreis Interlaken-Oberhasli / Interlaken-Oberhasli administrative district **Town:** Grindelwald		
Difficulty: not as difficult	**Grading:** v3 a2 II	**Total time:** 4h50
Approachtime: 1h30	**Tourtime:** 3h	**Returntime:** 20min
Altitude entry: 2035m	**Altitude exit:** 1635m	**Delta Altitude:** 400m
Canyon length: 800m	**Highest rapell:** 25m	**Amount rapells:** 25
Transport: Cablecar	**Rock type:** limestone	**Drainage area:** 0.50km²
Season: July - October	**Orientation:** North	**Best Time:** 10-16 o'clock
Rating: ☆ 4.2 (6)	**Info:** ★ 2.3 (3)	**Belay:** ★ 2.2 (5)

Warnings:
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:
suitable in rainy weather,

Gear:
Ropes: 2x30m

Summary: (machine translated)
A canyon similar to the one in Sandbach. It’s not as continuous, but the sections of the canyon are just as narrow and just as beautiful.

Hydrology: (machine translated)
If it's a little too wet in Sandbach, Inner Sandbach is just the place to be.

Access: (machine translated)
Parking in Grindelwald.

Approach: (machine translated)
Take the train to Alpiglen, and from there hike up to the starting point. The last 200hm must be covered off-trail.

Tour: (machine translated)
Many very nice short gulches, some of them very narrow.

Return: (machine translated)
Back on the train to Alpiglen.

Coordinates:
Canyon Start 46.5929 8.0161
Unknown Parking 46.6234 8.0223

Reports:

2026-08-22 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Sandbach (Inner) Petit débit, mais encore trop d'eau dans Sandbach à côté. Canyon superbement sculpté. Équipement OK, beaucoup de désescalades. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23205/observations.html)

2026-08-22 | Stephan Gehringer | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ |⚓ ★ ★ ★ | 〰 Low | 👍 Completed
Everything's fine; I'm all set at the starting line. (machine translated)

2026-07-28 | System User | |🕮 |⚓ | |
Automatisch importiert von Schlucht.ch für Canyon Sandbach / Inner, Wasserstand: "niedrig " Verankerungen: "alles ok" (Quelle: https://schlucht.ch/schluchten-der-schweiz-liste/1264-sandbach-inner)

2026-07-28 | AlexS | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 〰 Low | 👍 Completed
We started at about 2,010 m. All equipment is in good working order. (machine translated)

2024-09-07 | Peisen | ☆ ☆ ☆ ☆ |🕮 |⚓ ★ ★ | 〰 Low | 👍 Completed
Many exit options. Mostly very easy to walk. Exit of the canyon at the trail bridge. Water was cold but not much. From 12 o'clock beautiful sun in alpine ambience and best view up and down. (machine translated)

2023-03-09 | System User | ☆ ☆ ☆ ☆ |🕮 |⚓ | |
Daten importiert von https://www.descente-canyon.com/canyoning/canyon/23205/Inner-Sandbach.html

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2022-08-28 | Bina | ☆ ☆ ☆ |🕮 |⚓ ★ | 〰 Low | 👍 Completed
It's always a fun tour. (machine translated)

2021-09-05 | Bubtore | ☆ ☆ ☆ ☆ |🕮 ★ ★ |⚓ ★ ★ | 〰 Low | 👍 Completed
Great thing, still really cold at the top, and as soon as the water seeps away and the sun comes out, you start looking for pools of water. (machine translated)