Trümmelbach III

Create: 2023-12-21 21:09:50	**Update:** 2024-11-04 20:47:26	**Print:** 2026-10-30 11:10:12
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 a3 V	**Total time:** 3h50
Approachtime: 20min	**Tourtime:** 3h	**Returntime:** 30min
Altitude entry: 1715m	**Altitude exit:** 1475m	**Delta Altitude:** 240m
Canyon length: 800m	**Highest rapell:** 17m	**Amount rapells:** 18
Transport: Cablecar	**Rock type:** limestone	**Drainage area:** 6.30km²
Season: September - November	**Orientation:** Southwest	**Best Time:** 10-14 o'clock
Rating: ☆ 4.2 (16)	**Info:** ★ 1.9 (9)	**Belay:** ★ 2.1 (14)

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:
Glacier in drainage area,

Gear:
Ropes: 2x20m

Summary: (machine translated)
4/4; 0/2 Smileys
Impressive partly narrow canyon

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, walk to the train station and take the train to Wengernalp station. From there, take the path heading east, which soon passes under the railroad line. Continue on the path down to the cable car station in the direction of Biglenalp. After the cable car station, follow the path that leads around a mountain ridge. Continue hiking downhill, still in the direction of Biglenalp, until you reach a footbridge over the Trümmelbach (water level control, 1739 m above sea level). Stay on the path on the right bank until the next bridge, where the canyon begins (1715 m a.s.l.).

Install/check the exit ropes (1h30 to 2h round trip):
Continue on the path along the stream, still on the right bank. After 200 m, you pass houses, then the path continues 200 m into the forest. Cross the fence on the left (pile of stones and red painted dots on the trees) and go down as best you can in the forest (follow the red markings), heading southwest, around small rocks. We walk to a hill (1615 m above sea level), still in a south-westerly direction. Turn left around this small hill and then descend to the south. Watch out for the canyon on the left.
As soon as the path is too exposed, you should attach ropes to the trees. A first 65 m rope length in the grassy slope leads past a 4 m high rock. The second pitch of 55 m starts at a tree and leads over cracked slabs (4 cracks, watch out for the stainless steel bolts) down to the stream. When you have finished with the ropes, head back to the starting jetty.

Tour: (machine translated)
After a canyon hike, the canyon becomes deeper. An inflow comes from the right bank. The slope is beautiful, abseils follow one after the other until you reach a 15 m high waterfall in a narrow crevasse, which can be a challenge when the water level is high. The canyon now becomes very narrow and dark until it widens near another tributary on the right bank. Long passages lead to a left-hand bend and a wider part with a few more obstacles and the confluence with the main stream. This is where the previously placed ropes are located. Do not go any further in the river (Trümmelbach IV): unless you are prepared. The route is long and can be dangerous as it is exposed to ice avalanches from the Giessen glacier on the left bank.

Return: (machine translated)
Climb up the ropes and return to the hiking trails. From there, either return to Wengernap station (turn right to return to the path used on the outward journey) or turn left to hike back to Wengen (1h45) or Lauterbrunnen (2h50), following the hiking signs. Alternatively Trümmelbach IV.

Coordinates:
Canyon Start 46.5680 7.9535
Canyon End 46.5657 7.9454
Parking Entry and Exit 46.5975 7.9099

Reports:

2026-10-27 | System User | |🕮 |⚓ | |
Automatisch importiert von Schlucht.ch für Canyon Trümmelbach III, Wasserstand: "Normal" Verankerungen: "Alles OK" Ausgangsseil OK (Quelle: https://schlucht.ch/schluchten-der-schweiz-liste/1160-truemmelbach-iii)

2026-10-27 | Kaesermann Raphael | ☆ ☆ ☆ ☆ |🕮 ★ ★ |⚓ ★ ★ | 〰 Normal | 👍 Completed
Good conditions The exit rope is OK (machine translated)

2026-10-25 | Alex54 | ☆ ☆ ☆ ☆ ½ |🕮 |⚓ | 〰 Normal | 👍 Completed
Very beautiful—one of the most beautiful streams I've ever hiked... the anchoring could be improved. (machine translated)

2026-10-24 | Raimund | ☆ ☆ ½ |🕮 |⚓ ★ ★ | 〰 Low | 👍 Completed
Everything's fine. Rope at the exit is okay. (machine translated)

2026-10-16 | Sascha Schäfer | ☆ ☆ ☆ ☆ |🕮 |⚓ ★ ★ | 〰 Low | 👍 Completed
Everything's fine, but an anchor might be helpful in one spot (machine translated)

2026-09-26 | Alex Engelhardt | ☆ ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ ★ ★ | 〰 Low | 👍 Completed
Everything's fine. It's almost dry up top. There's a little water down below. Always nice. (machine translated)

2026-09-15 | System User | |🕮 |⚓ | |
Automatisch importiert von Schlucht.ch für Canyon Trümmelbach III, Wasserstand: "niedrig" Verankerungen: "gut" Einige Stellen muss man abklettern, ansonsten hat es wo nötig einen Haken. Beim Ausstieg waren bereits Seile installiert (Danke!). Ab Start Trümmelbach 4 hat es fast 3 mal so viel Wasser wie davor bei Trümmelbach 3. (Quelle: https://schlucht.ch/schluchten-der-schweiz-liste/1160-truemmelbach-iii)

2026-09-05 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Trümmelbach III Bon débit dès l'entrée du canyon, fait le matin. Corde fixe RAS. Trop d'eau pour Trummel 4. Il y a eu quelque modification dans le canyon, mais nous avons pu passer en désescalade sans avoir à reposer de points. Enchainé ensuite avec Rybi, la marche est longue entre les 2 quand même! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22865/observations.html)

2026-09-05 | Alex Engelhardt | ☆ ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ | 〰 Normal | 👍 Completed
Everything's fine. Some of the anchors are high up but easy to reach. The exit rope is in decent condition. Start early right now. The water level rises significantly around 1:00 p.m. Water level at Trümmel 4 is still very high. (machine translated)

2025-11-08 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Trümmelbach III Pas de neige dans le canyon, quelques plaques de glace au démarrage mais rien de compliqué.Tous les amarrages sont OK (même si certains sont très haut).Les cordes fixes sont en place et sont en super état. On est resorti par la (donc pas d'enchainement sur trummel IV)L'encaissement est vraiment top (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22865/observations.html)

2025-11-08 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Trümmelbach III (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22865/observations.html)

2025-11-07 | Ald184 | ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ | 〰 Normal | 👍 Completed
Dry at first, then a little water Moorings are good Ascending ropes still in place We moved on to 4 (machine translated)

2025-11-04 | Jaap | ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ | 〰 Normal | 👍 Completed
Dry at the start, slowly more but ok! No ice or snow in the canyon. Escape ropes in place. Beautiful trip.

2025-10-30 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Trümmelbach III Beautiful setting. No snow or ice. Despite the melting snow no issues with the water level. All anchors ok. Fixed ropes in place (quality good, but almost too thick for microtraxion and tiblock!)Combined with part II (Quelle: https://www.descente-

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