Sefi

Canyon de Sefi,Sefibach

Crear: 2023-11-20 21:11:36	**Actualizar:** 2025-12-15 12:34:49	**Imprimir:** 2026-11-05 03:11:16
País: Schweiz / Switzerland **Región:** Kanton Bern / Canton de Berne **Subregione:** Verwaltungskreis Interlaken-Oberhasli / Interlaken-Oberhasli administrative district **Ciudad:** Lauterbrunnen		
Dificultad: difícil	**Grado:** v5 a4 IV	**Tiempo total:** 6h
Tiempo acceso: 2h	**Tiempo tour:** 3h	**Tiempo regreso:** 1h
Altitud de entrada: 1766m	**Altitud de salida:** 1446m	**Altitude delta:** 320m
Longitud del cañón: 670m	**Rapel más alto:** 35m	**Cantidad rapells:** 24
Transporte: Telecabina	**Tipo de roca:** limestone	**Zona de entrada:** 9.00km²
Temporada: agosto - noviembre	**Orientación:** Sur	**Mejor época:** 10-14 Horas
Clasificación: ☆ 4.5 (7)	**Información:** ★ 1.5 (6)	**Belay:** ★ 2 (6)

Advertencias:
inactivo: *Prohibición de la pesca en Berna Asunto J* (anual 01.01. - 15.04.)
Este tramo de agua sólo puede utilizarse del 16 de abril al 31 de diciembre, de conformidad con el reglamento de pesca del cantón de Berna.

Especialidades:

Equipo:
Cuerdas: 2x40m

Resumen: (traducción alternativa)
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!).

Hidrología:

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

Acceso: (traducción alternativa)
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.

Recorrido: (traducción alternativa)
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.

Regreso: (traducción alternativa)
Exit orographic left - follow the path back to the gondola.

Coordenadas:
Inicio del Cañón 46.5391 7.8465
Final del Cañón 46.5346 7.8511
Aparcamiento Entrada y Salida 46.5561 7.9013

Informes:

2025-12-14 | Clarissa Linder | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ | Normal | Completado
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. (traducción alternativa)

2025-11-16 | System User | |🕮 |⚓ | Normal | Completado
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 | Completado
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 | Completado
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 | Completado
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 | Completado
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 | Completado
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. (traducción alternativa)

2024-11-02 | Flurin Lanz | ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ | Normal | Completado
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. (traducción alternativa)

2024-10-30 | Nico Schneider | ☆ ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ | Normal | Completado
All anchors still in good condition. (traducción alternativa)

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 | ☆ ☆ ☆ ☆ ⯨ |🕮 ★ ★ |⚓ ★ ★ | Alto | Completado
What a blatant canyon, one rappel after the other is incredible. (traducción alternativa)

Partes:
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