Trümmelbach I

Trümmelbach

Créer: 2023-11-20 21:11:44	**Mettre à jour:** 2025-09-06 20:49:54	**Imprimer:** 2026-11-09 09:11:37
Pays: Schweiz / Switzerland **Région:** Kanton Bern / Canton de Berne **Sous-régione:** Verwaltungskreis Interlaken-Oberhasli / Interlaken-Oberhasli administrative district **Ville:** Lauterbrunnen		
Difficulté: moins difficile	**Niveau:** v3 a2 III	**Temps total:** 3h10
Temps approche: 1h	**Temps tour:** 2h	**Temps de retour:** 10min
Altitude d'entrée: 2695m	**Altitude de sortie:** 2340m	**Altitude du delta:** 355m
Longueur du canyon: 300m	**Rapelle le plus haut:** 40m	**Nombre de rapelles:** 9
Transport: Téléphérique	**Type de roche:**	**Zone de prise d'eau:** 1.20km²
Saison: août - octobre	**Orientation:** Ouest	**Meilleur moment:**
Évaluation: ☆ 3.6 (5)	**Info:** ★ 1.7 (4)	**Belay:** ★ 2 (4)

Avertissements:
inactif: *Interdiction d'accès à l'ordonnance sur la pêche Berne Cas J* (annuellement 01.01. - 15.04.)
Conformément à l'ordonnance sur la pêche du canton de Berne, ce tronçon de cours d'eau ne peut être parcouru que du 16 avril au 31 décembre.

Spécialités:

Matériel:
Cordes: 2x 30m

Résumé: (traduction alternative)
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.

Hydrologie:

Accès: (traduction alternative)
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.

Approche: (traduction alternative)
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: (traduction alternative)
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.

Retour: (traduction alternative)
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.

Coordonnées:
Départ du Canyon 46.5759 7.9861
Fin du Canyon 46.5732 7.9787
Parking à l'entrée et à la sortie 46.5975 7.9099
Parking à l'entrée et à la sortie 46.6239 8.0211

Rapports:

2026-09-26 | Alex Engelhardt | ☆ ☆ ☆ |🕮 ★ |⚓ ★ | ≋ Faible | 👍 Terminé
Everything ok (traduction alternative)

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 | ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ ★ ★ | ≋ Faible | 👍 Terminé
everything tip top (traduction alternative)

2025-12-13 | MarcoW | ☆ ☆ ☆ ½ |🕮 ★ |⚓ ★ ★ | ≋ Normale | 👍 Terminé
with Sami, Damian (traduction alternative)

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

2023-03-09 | System User | ☆ ☆ ☆ ½ |🕮 |⚓ | |
Daten importiert von https://www.descente-canyon.com/canyoning/canyon/24188/Trummelbach-I.html

Partie:
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