

Sefi

Canyon de Sefi, Sefibach

Créer: 2023-11-20 21:11:36	Mettre à jour: 2025-12-15 12:34:49	Imprimer: 2026-05-03 04:05:28
Pays: Schweiz / Switzerland Région: Kanton Bern / Canton de Berne Sous-région: Verwaltungskreis Interlaken-Oberhasli / Interlaken-Oberhasli administrative district Ville: Lauterbrunnen		
Difficulté: difficile	Niveau: v5 a4 IV	Temps total: 6h
Temps approche: 2h	Temps tour: 3h	Temps de retour: 1h
Altitude d'entrée: 1766m	Altitude de sortie: 1446m	Altitude du delta: 320m
Longueur du canyon: 670m	Rapelle le plus haut: 35m	Nombre de rappelles: 24
Transport: Téléphérique	Type de roche: limestone	Zone de prise d'eau: 9.00km ²
Saison: août - novembre	Orientation: Sud	Meilleur moment: 10-14 Heures
Évaluation: ★ 4.5 (7)	Info: ★ 1.5 (6)	Belay: ★ 2 (6)
Avertissements: inactif: <i>Interdiction d'accès à l'ordonnance sur la pêche Berne Cas J</i> (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: 2x40m		
Résumé: (traduction alternative) 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!).		
Hydrologie:		
Accès: (traduction alternative) Coming from Interlaken, drive past Lauterbrunnen to the valley station of the Schilthorn cable car (Stechelberg). Park here in the paid parking lot.		
Approche: (traduction alternative) 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: (traduction alternative) 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.		
Retour: (traduction alternative) Exit orographic left - follow the path back to the gondola.		
Coordonnées: Départ du Canyon 46.5391 7.8465 Fin du Canyon 46.5346 7.8511 Parking à l'entrée et à la sortie 46.5561 7.9013		

Rapports:

2025-12-14 | Clarissa Linder | ★★★★★ | 📖★☆☆ | 📍★ | 🌊 Normale | 🍏 Terminé

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. (traduction alternative)

2025-11-16 | System User | 📖 | 📍 | 🌊 Normale | 🍏 Terminé

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 | 📖 | 📍 | 🌊 Normale | 🍏 Terminé

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 | 📖 | 📍 | 🌊 Normale | 🍏 Terminé

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 | 📖 | 📍 | 🌊 Normale | 🍏 Terminé

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 | ★★★★★ | 📖★☆☆ | 📍★★★ | 🌊 Normale | 🍏 Terminé

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 | ★★★★★ | 📖★☆☆ | 📍★★★ | 🌊 Normale | 🍏 Terminé

Normal water level for Sefi. Great canyon. Superiore conditions at the moment. We started in Müren and walked down to the Stechelberg gondola at the end. (traduction alternative)

2024-11-02 | Flurin Lanz | ★★★★★ | 📖★☆☆ | 📍★☆☆ | 🌊 Normale | 🍏 Terminé

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. (traduction alternative)

2024-10-30 | Nico Schneider | ★★★★★ | 📖★☆☆ | 📍★☆☆ | 🌊 Normale | 🍏 Terminé

All anchors still in good condition. (traduction alternative)

2023-03-09 | System User | ★★★★★ | 📖 | 📍 | |

Daten importiert von <https://www.descente-canyon.com/canyoning/canyon/22858/Sefi.html>

2022-10-16 | Bubtore | ★★★★★ | 📖★☆☆ | 📍★★★ | 🌊 Haut | 🍏 Terminé

What a blatant canyon, one rappel after the other is incredible. (traduction alternative)

Partie:

Chilchbalm, v5 a4 III, 1h50+4h+1h10

Ahorni, v3 a3 III, 1h20+2h+1h5

Sefi, v5 a4 IV, 2h+3h+1h

Schiltbach, v5 a4 II, 45min+5h+50min

Sefi-Lutschine, v4 a4 IV, 30min+2h+5min