# Sefi

Canyon de Sefi,Sefibach

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| **Créer:** 2023-11-20 21:11:36 | **Mettre à jour:** 2025-12-15 12:34:49 | **Imprimer:** 2026-11-09 09:11:44 |
| **Pays:** Schweiz / Switzerland **Région:** Kanton Bern / Canton de Berne **Sous-régione:** 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 rapelles:** 24 |
| **Transport:** Téléphérique | **Type de roche:** limestone | **Zone de prise d'eau:** 9.00km² |
| **Saison:** août - novembre | **Orientation:** Sud | **Meilleur moment:** 10-14 Heures |
| **Évaluation:** ☆ 4.5 (7) | **Info:** ★ 1.5 (6) | **Belay:** ★ 2 (6) |

**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: 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:**

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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)

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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)

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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)

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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)

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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)

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2024-11-04 | Alexander de Tempe | ☆ ☆ ☆ ☆ ½ |🕮 ★ |⚓ ★ ★ | 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.

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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)

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2024-11-03 | Bina | ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ ★ | Normale | Terminé
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. (traduction alternative)

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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)

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2024-10-30 | Nico Schneider | ☆ ☆ ☆ ☆ ☆ |🕮 ★ |⚓ ★ | Normale | Terminé
All anchors still in good condition. (traduction alternative)

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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 | ☆ ☆ ☆ ☆ ½ |🕮 ★ ★ |⚓ ★ ★ | 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 IV, 1h+5h+50min
Sefi-Lutschine, v4 a4 IV, 30min+2h+5min