Fründenfälle (West)

Doldenhorn

Create: 2024-06-05 22:28:21	**Update:** 2025-11-14 19:46:17	**Print:** 2026-11-10 02:11:41
Country: Schweiz / Switzerland **Region:** Kanton Bern / Canton de Berne **Subregion:** Verwaltungskreis Frutigen-Niedersimmental / Frutigen-Niedersimmental administrative district **Town:** Kandersteg		
Difficulty: difficult	**Grading:** v5 a2 III	**Total time:** 7h40
Approachtime: 3h10	**Tourtime:** 3h	**Returntime:** 1h30
Altitude entry: 2140m	**Altitude exit:** 1700m	**Delta Altitude:** 440m
Canyon length: 500m	**Highest rapell:** 60m	**Amount rapells:** 20
Transport: Cablecar	**Rock type:** limestone	**Drainage area:** 1.00km²
Season: September - October	**Orientation:** North	**Best Time:** 10-16 o'clock
Rating: ☆ 4.3 (3)	**Info:** ★ 2 (1)	**Belay:** ★ 2 (1)

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:

Gear:
Ropes: 2x60m

Summary: (machine translated)
Raw data import from Ropewiki https://ropewiki.com/Frunden_(West)

A canyon with one of the best views imaginable. Still, there are some rappels in narrow parts, with fairly concentrated jets of water. (machine translated)

Hydrology:

Access: (machine translated)
Park in Kandersteg.

Approach: (machine translated)
Take the gondola up, or walk (or ebike) to the lake. And then over the Fründeschnur towards Fründenhütte. At about 2000m turn right and head up to the plateau where both Fründen falls start. West is now established up to an altitude of 2140m.

Tour: (machine translated)
Again and again gulches in very beautiful limestone. The 60m does not look as high as it is from above.

Return: (machine translated)
There are different variants depending on how far down you go.

Coordinates:
Canyon Start 46.4873 7.7294

Reports:

2024-11-23 | Alex54 | ☆ ☆ ☆ ☆ ☆ | 🕮 | ⚓ | | Low | 👍 Completed
The canyon with the best views I've ever done, it's not so much the beauty of the rappels themselves (although some sections would be interesting even without views) but the surrounding landscape clearly visible in the open sections. Anchors a pi' scarce (machine translated)

2023-03-09 | System User | ☆ ☆ ☆ | 🕮 | ⚓ | | |
Daten importiert von https://ropewiki.com/Frunden_(West)

2022-10-29 | Bubtore | ☆ ☆ ☆ ☆ | 🕮 ★ ★ | ⚓ ★ ★ | | Low | 👍 Completed
Beautiful views, and beautiful gulches, but almost no water at this time of year. We have drilled up to 2140m, there would still be a step between 2180m and 2140m, which I think should also be achievable if someone wants to hang on. (machine translated)