

# Trümmelbach III

<b>Create:</b> 2023-12-21 21:09:50	<b>Update:</b> 2024-11-04 20:47:26	<b>Print:</b> 2026-02-11 05:02:12
<b>Country:</b> Schweiz / Switzerland <b>Region:</b> Kanton Bern / Canton de Berne <b>Subregion:</b> Verwaltungskreis Interlaken-Oberhasli / Interlaken-Oberhasli administrative district <b>Town:</b> Lauterbrunnen		
<b>Difficulty:</b> not as difficult	<b>Grading:</b> v3 a3 V	<b>Total time:</b> 3h50
<b>Approachtime:</b> 20min	<b>Tourtime:</b> 3h	<b>Returntime:</b> 30min
<b>Altitude entry:</b> 1715m	<b>Altitude exit:</b> 1475m	<b>Delta Altitude:</b> 240m
<b>Canyon length:</b> 800m	<b>Highest rappel:</b> 17m	<b>Amount rappels:</b> 18
<b>Transport:</b> Cablecar	<b>Rock type:</b> limestone	<b>Drainage area:</b> 6.30km <sup>2</sup>
<b>Season:</b> September - November	<b>Orientation:</b> Southwest	<b>Best Time:</b> 10-14 o'clock
<b>Rating:</b> ★ 4.4 (6)	<b>Info:</b> ★ 2 (3)	<b>Belay:</b> ★ 2.2 (6)
<b>Specialities:</b> Glacier in drainage area,		
<b>Gear:</b> Ropes: 2x20m		
<b>Summary:</b> (machine translated) 4/4; 0/2 Smileys Impressive partly narrow canyon		
<b>Hydrology:</b>		
<b>Access:</b> (machine translated) 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.		
<b>Approach:</b> (machine translated) From the parking lot, walk to the train station and take the train to Wengernalp station. From there, take the path heading east, which soon passes under the railroad line. Continue on the path down to the cable car station in the direction of Biglenalp. After the cable car station, follow the path that leads around a mountain ridge. Continue hiking downhill, still in the direction of Biglenalp, until you reach a footbridge over the Trümmelbach (water level control, 1739 m above sea level). Stay on the path on the right bank until the next bridge, where the canyon begins (1715 m a.s.l.).		
Install/check the exit ropes (1h30 to 2h round trip): Continue on the path along the stream, still on the right bank. After 200 m, you pass houses, then the path continues 200 m into the forest. Cross the fence on the left (pile of stones and red painted dots on the trees) and go down as best you can in the forest (follow the red markings), heading southwest, around small rocks. We walk to a hill (1615 m above sea level), still in a south-westerly direction. Turn left around this small hill and then descend to the south. Watch out for the canyon on the left. As soon as the path is too exposed, you should attach ropes to the trees. A first 65 m rope length in the grassy slope leads past a 4 m high rock. The second pitch of 55 m starts at a tree and leads over cracked slabs (4 cracks, watch out for the stainless steel bolts) down to the stream. When you have finished with the ropes, head back to the starting jetty.		
<b>Tour:</b> (machine translated) After a canyon hike, the canyon becomes deeper. An inflow comes from the right bank. The slope is beautiful, abseils follow one after the other until you reach a 15 m high waterfall in a narrow crevasse, which can be a challenge when the water level is high. The canyon now becomes very narrow and dark until it widens near another tributary on the right bank. Long passages lead to a left-hand bend and a wider part with a few more obstacles and the confluence with the main stream. This is where the previously placed ropes are located. Do not go any further in the river (Trümmelbach IV): unless you are prepared. The route is long and can be dangerous as it is exposed to ice avalanches from the Giessen glacier on the left bank.		

