

# Trümmelbach I

Trümmelbach

<b>Créer:</b> 2023-11-20 21:11:44	<b>Mettre à jour:</b> 2025-09-06 20:49:54	<b>Imprimer:</b> 2026-05-31 01:05:58
<b>Pays:</b> Schweiz / Switzerland <b>Région:</b> Kanton Bern / Canton de Berne <b>Sous-région:</b> Verwaltungskreis Interlaken-Oberhasli / Interlaken-Oberhasli administrative district <b>Ville:</b> Lauterbrunnen		
<b>Difficulté:</b> moins difficile	<b>Niveau:</b> v3 a2 III	<b>Temps total:</b> 3h10
<b>Temps approche:</b> 1h	<b>Temps tour:</b> 2h	<b>Temps de retour:</b> 10min
<b>Altitude d'entrée:</b> 2695m	<b>Altitude de sortie:</b> 2340m	<b>Altitude du delta:</b> 355m
<b>Longueur du canyon:</b> 300m	<b>Rapelle le plus haut:</b> 40m	<b>Nombre de rapelles:</b> 9
<b>Transport:</b> Téléphérique	<b>Type de roche:</b>	<b>Zone de prise d'eau:</b> 1.20km <sup>2</sup>
<b>Saison:</b> août - octobre	<b>Orientation:</b> Ouest	<b>Meilleur moment:</b>
<b>Évaluation:</b> ★ 3.8 (2)	<b>Info:</b> ★ 2 (1)	<b>Belay:</b> ★ 1 (1)
<b>Avertissements:</b> <b>inactif:</b> <i>Interdiction d'accès à l'ordonnance sur la pêche Berne Cas J (annuellement 01.01. - 15.04.)</i> 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.		
<b>Spécialités:</b>		
<b>Matériel:</b> Cordes: 2x 30m		
<b>Résumé:</b> (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.		
<b>Hydrologie:</b>		
<b>Accès:</b> (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.		
<b>Approche:</b> (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:**

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 | ★★★★★ | 📖 | 🚧 | |

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