

Langshisha Ri Peak Climbing in Nepal

Quick Facts

Duration:	20
Max Altitude:	6427
Best Season:	Sept - Nov & March - May
Group Size:	15
Accommodation:	4 Star/ Star Hotel, Tent and Tea House
Route:	Kathmandu to Kathmandu
Difficulty:	Challenging

Trip Overview

Langshisha Ri is a challenging Himalayan peak at an altitude of 6427 (21,085 feet) above sea level, which delivers a true mountaineering experience. This technically demanding climb involves ice, snow, and glacier travel, making it ideal for climbers seeking more than typical trekking peaks. The ascent tests your skills, endurance, and determination, rewarding you with a genuine alpine adventure.

From the summit, you enjoy spectacular panoramic views of iconic Himalayan giants, including Langtang Lirung (7,246 m), Shishapangma (8,013 m), Dorje Lakpa (6,988 m), and the Ganesh Himal range. Each viewpoint offers breathtaking vistas that capture the raw beauty and grandeur of Nepal's high mountains.

Before the climb, acclimatization hikes around Kyanjin Gompa provide stunning mountain lookouts, nearby glaciers, and glimpses of local culture, helping climbers prepare for the technical challenges ahead. Langshisha Ri remains off the beaten path, offering solitude and pristine landscapes far from the crowds of [Everest](#) or [Annapurna expeditions](#). For mountaineers craving a true Himalayan challenge, Langshisha Ri combines technical climbing, untouched terrain, and unparalleled summit views, an experience that pushes your limits and rewards with memories of a lifetime.

Why should you climb Langshisha Ri Peak?

Langshisha Ri offers a true Himalayan mountaineering experience that goes beyond standard trekking peaks. Climbers face real technical challenges ice, snow, and glacier travel while enjoying stunning panoramic views of Langtang Lirung, Shishapangma, Dorje Lakpa, and the Ganesh Himal.



Its off-the-beaten-path location ensures solitude, pristine landscapes, and authentic cultural encounters at Kyanjin Gumpa before the climb. If you seek adventure, challenge, and unforgettable alpine scenery, Langshisha Ri is the peak for you.

Accessible Peaks for All Levels

While it is technically demanding, nearby acclimatization hikes around Kyanjin Gumpa and smaller surrounding peaks provide climbers of varying experience levels opportunities to build skills and confidence. These accessible routes help you adapt to altitude, practice ice and snow travel, and enjoy breathtaking Himalayan views before attempting the main summit.

High Success Rate Peaks

Langshisha Ri maintains a relatively high summit success rate compared to other technical Himalayan peaks because of its well-defined route, proper acclimatization options, and support from experienced local guides. Careful preparation and gradual altitude exposure allow motivated climbers to achieve the summit safely while still experiencing the thrill of a challenging alpine ascent.

Why Choose Summit 8000?

[Summit 8000](#) stands out as Nepal’s premier mountaineering and trekking operator, combining years of high-altitude expertise with a commitment to safety, quality, and authentic Himalayan experiences. Our seasoned guides, including certified mountaineers and Sherpas, ensure every expedition is expertly managed from meticulous route planning to on-the-ground support.

We prioritize acclimatization, technical training, and cultural immersion, giving climbers both confidence and unforgettable memories. Whether it’s Langshisha Ri, Mera Peak, or other Himalayan adventures, We deliver a seamless, reliable, and personalized climbing experience that maximizes success while keeping you safe in the mountains.

Altitudes, Approximate trekking distances, and Difficulty ratings.

Day	Route / Activity	Altitude (m)	Approx. Distance / Duration	Difficulty	Overnight
1	Arrival in Kathmandu	1,400	N/A	Easy	Hotel
2	Drive to Syabru Bensi	1,470	120 km / 6-7 hrs	Easy	Guesthouse
3	Trek to Lama Hotel	2,380	12 km / 5-6 hrs	Moderate	Guesthouse
4	Trek to Langtang Village	3,430	10 km / 5-6 hrs	Moderate	Guesthouse
5	Trek to Kyanjin Gumpa	3,870	8 km / 4-5 hrs	Moderate	Guesthouse
6	Acclimatization Hike to Kyanjin Ri	4,773	6 km / 4-5 hrs	Moderate-Strenuous	Guesthouse
7	Rest & Preparation at Kyanjin Gumpa	3,870	N/A	Easy	Guesthouse



Day	Route / Activity	Altitude (m)	Approx. Distance / Duration	Difficulty	Overnight
8	Technical Skills & Rope Practice	3,870	N/A	Easy	Guesthouse
9	Rest & Acclimatization	3,870	Optional hikes	Easy	Guesthouse
10	Trek to Langshisha Kharka	4,400	8 km / 5-6 hrs	Moderate-Strenuous	Tented Camp
11	Trek to Langshisha Base Camp	4,800	6 km / 4-5 hrs	Strenuous	Tented Camp
12	Rest & Acclimatization at Base Camp	4,800	N/A	Easy	Tented Camp
13	Ascent to High Camp	5,300	3-4 km / 4-5 hrs	Strenuous / Technical	Tented Camp
14	Summit Langshisha Ri & Return to Base Camp	6,427 → 4,800	10-12 km / 10-12 hrs	Very Strenuous / Technical	Tented Camp
15	Trek to Langshisha Kharka	4,400	8 km / 4-5 hrs	Moderate	Tented Camp
16	Trek Back to Kyanjin Gompa	3,870	8 km / 4-5 hrs	Moderate	Guesthouse
17	Trek to Langtang Village	3,430	8 km / 4-5 hrs	Moderate	Guesthouse
18	Trek to Lama Hotel	2,380	10 km / 5-6 hrs	Moderate	Guesthouse
19	Trek to Syabru Bensi	1,470	12 km / 5-6 hrs	Easy	Guesthouse
20	Drive Back to Kathmandu / Departure	1,400	120 km / 6-7 hrs	Easy	N/A

Detailed Itinerary

Day 1: Arrival in Kathmandu

Arrive at Tribhuvan International Airport in Kathmandu. Meet your guide and team, transfer to your hotel, and attend a pre-trek briefing. Use this day to relax, check your gear, and prepare for the upcoming journey into the Langtang region.

Accommodation: 1400

Meals: Welcome Dinner

Day 2: Drive to Syabru Bensi

Embark on a scenic drive from Kathmandu to Syabru Bensi. The journey passes through terraced fields, rivers, and foothills, offering your first glimpses of the Himalayas. Overnight in a guesthouse and attend a briefing on trekking and acclimatization.



Accommodation: 1470

Meals: B, L, & D

Day 3: Trek to Lama Hotel

The trek begins gently along forested trails. Pass small villages, suspension bridges, and pine forests while enjoying views of Langtang valley peaks. Overnight at a guesthouse in Lama Hotel.

Accommodation: 2380

Meals: B, L, & D

Day 4: Trek to Langtang Village

Gradually ascend into Langtang valley, trekking through rhododendron and pine forests and crossing glacial streams. Arrive at Langtang village, where stunning views of Langtang Lirung (7,246 m) greet you. Explore local Tamang culture before overnighting at a guesthouse.

Accommodation: 3430

Meals: B, L, & D

Day 5: Trek to Kyanjin Gompa

The trail rises steadily to Kyanjin Gompa, a historic monastery settlement at the base of glaciers. Enjoy panoramic views of Langtang and Ganesh Himal ranges. Explore the monastery, interact with locals, and prepare for upcoming acclimatization hikes.

Accommodation: 3870

Meals: B, L, & D

Day 6: Acclimatization Hike to Kyanjin Ri

Spend the day acclimatizing with a hike to Kyanjin Ri, offering breathtaking vistas of glaciers, Langtang Lirung, and Dorje Lakpa. Familiarize yourself with technical climbing techniques under the guidance of your Sherpa team.

Accommodation: 4773

Meals: B, L, & D

Day 7: Rest and Preparation at Kyanjin Gompa

Rest day at Kyanjin Gompa to recover and adjust to altitude. Optional short hikes around the valley and glacier viewpoints help strengthen endurance and prepare you for higher elevations.

Accommodation: 4773

Meals: B, L, & D

Day 8: Technical Skills and Rope Practice at Kyanjin Gompa

Dedicate this day to practicing rope techniques, ice climbing basics, and glacier travel skills. Your guide ensures everyone is ready for the technical sections of Langshisha Ri.

Accommodation: 3870



Meals: B, L, & D

Day 9: Rest and Acclimatization at Kyanjin Gompa

Another acclimatization day to consolidate altitude adaptation. Optional hikes to nearby glaciers and viewpoints ensure you are well-prepared for the climb ahead.

Accommodation: 3870

Meals: B, L, & D

Day 10: Trek to Langshisha Kharka

Depart Kyanjin Gompa and trek to Langshisha Kharka, a remote alpine meadow. The trail passes moraines, glacial streams, and rugged terrain. Camp overnight in tents under the shadow of Langshisha Ri.

Accommodation: 4400

Meals: B, L, & D

Day 11: Trek to Langshisha Base Camp

Ascend further, navigating rocky paths and moraines to reach Base Camp. Settle into tents and prepare for technical climbing. Enjoy the stunning alpine scenery surrounding the peak.

Accommodation: 4800

Meals: B, L, & D

Day 12: Rest and Acclimatization at Base Camp

Rest day at Base Camp to recover from the trek and adjust to higher altitude. Practice final climbing techniques and organize gear for the ascent.

Accommodation: 4800

Meals: B, L, & D

Day 13: Ascent to Langshisha High Camp

Begin the technical climb to High Camp, navigating glaciers and snow slopes. This is a challenging section requiring crampons and ropes. Enjoy sunset views of the Himalayan giants from High Camp.

Accommodation: 5300

Meals: B, L, & D

Day 14: Summit Langshisha Ri and Return to Base Camp

Summit day begins early. Tackle steep snow and ice slopes to reach the peak. Enjoy panoramic views of Langtang Lirung, Shishapangma, Dorje Lakpa, and Ganesh Himal. Descend safely to Base Camp for rest.

Accommodation: 6427

Meals: B, L, & D

Day 15: Trek Back to Langshisha Kharka

Descend from Base Camp to Langshisha Kharka. Enjoy the alpine landscape one last time before returning to Kyanjin Gompa. Overnight in tents.

Accommodation: 4400

Meals: B, L, & D

Day 16: Trek Back to Kyanjin Gompa

Continue the descent through the valley, retracing your steps to Kyanjin Gompa. Overnight at a guesthouse and celebrate the successful summit.

Accommodation: 3870

Meals: B, L, & D

Day 17: Trek to Langtang Village

Descend further through forests and streams to Langtang village. Take time to appreciate the scenic valley and local villages. Overnight at a guesthouse.

Accommodation: 3430

Meals: B, L, & D

Day 18: Trek to Lama Hotel (

Continue trekking down the valley to Lama Hotel. Enjoy the serene Himalayan environment and relax in a guesthouse for the night.

Accommodation: 2380

Meals: B, L, & D

Day 19: Trek to Syabru Bensi

Accommodation: 1470

Meals:

Day 20: Drive Back to Kathmandu

Drive back to Kathmandu. Depending on your flight schedule, you can explore the city briefly before departing or transfer directly to the airport. Your Langshisha Ri adventure concludes with unforgettable memories of climbing, Himalayan landscapes, and cultural experiences.

Accommodation: 1400

Meals:

Gears Lists

Head & Sun Protection



- Warm beanie or wool hat
- Sun cap or brimmed hat
- UV-protection sunglasses (Category 3 or 4 for snow glare)
- Headlamp with extra batteries
- Neck gaiter or buff
- Balaclava (for summit push)

Upper Body Layers

- Moisture-wicking base layers (thermal tops)
- Fleece jacket or softshell
- Insulated down jacket (essential for high altitude)
- Waterproof and windproof shell jacket (Gore-Tex or similar)
- Lightweight trekking shirts (quick-dry)

Lower Body Layers

- Thermal base layer bottoms
- Trekking pants (quick-dry)
- Softshell climbing pants
- Waterproof shell pants
- Insulated down pants (for high camp/summit)

Footwear & Accessories

- High-quality trekking boots (well broken-in)
- Mountaineering boots (crampon compatible)
- Camp shoes or sandals
- Warm wool socks (multiple pairs)
- Gaiters (for snow and glacier travel)
- Crampons (fit your boots properly)

Climbing Equipment

- Ice axe
- Climbing harness
- Helmet
- Carabiners (locking & non-locking)
- Ascender (jumar)
- Belay device / descender
- Prusik loops



- Climbing rope (*usually provided by the operator*)

Personal & Medical Kit

- Personal first aid kit
- Prescription medications
- Diamox (for altitude sickness, if recommended)
- Pain relievers (e.g., Ibuprofen)
- Blister treatment (Compeed or moleskin)
- Hand sanitizer & wet wipes
- Sunscreen (SPF 50+) and lip balm

Travel Documents

- Passport (valid for at least 6 months)
- Nepal visa
- Travel insurance (must cover high-altitude climbing & evacuation)
- Passport-size photos
- Permits (handled by your agency but keep copies)

Miscellaneous Essentials

- Sleeping bag (-20°C to -30°C rated)
- Duffel bag (for porters)
- Daypack (30–40L for daily essentials)
- Trekking poles
- Water bottles / hydration bladder
- Water purification tablets or filter
- Snacks / energy bars
- Power bank / solar charger
- Toiletries (biodegradable recommended)
- Lightweight towel

Cost Includes

- 1.** 4 Star Hotel in Kathmandu
- 2.** Lodge accommodations from Syabrubesi to Kyanjin Gumpa and tented accommodations during your Langshisha Ri climb.
- 3.** Kathmandu ↔ Syabrubesi ↔ Kathmandu transportation by private vehicle
- 4.** Experienced English-speaking government-certified climbing Sherpa guide, cook, and required porters (one porter for two clients).
- 5.** Langtang National Park Permit, Langshisha Ri Peak Permit, and TIMS permit.



- 6.** Climbing equipment for Sherpa guides and support staff, including ice hammers, ropes, snow bars, ice screws, and other necessary technical gear.
- 7.** Full kitchen crew for expedition meals.
- 8.** All meals during trek and climb: breakfast, lunch, and dinner, with a choice of Nepali, Indian, Chinese, Italian, and European cuisine; one main course per meal is provided during trekking days.
- 9.** Food, accommodations, wages, and insurance for all Nepal staff (guides, Sherpas, porters, cooks).
- 10.** Salaries, insurance, and equipment for all expedition staff, including their meals and lodge arrangements.

Cost Excludes

- 1.** Personal climbing gear and technical clothing (available for hire).
- 2.** Hotel accommodation in Kathmandu.
- 3.** All beverages including soft drinks, beer, and other alcoholic drinks.
- 4.** Drinking water or mineral water during the trek.
- 5.** Hot showers, laundry, and other personal services.
- 6.** Personal travel insurance or emergency evacuation costs.
- 7.** Tips for guides, porters, and staff.
- 8.** Any expenses not mentioned in the “Cost Includes” section.

