

Tu Lan Family Adventure Tour

TF2 • Adventure level: Easy

• *Age 8-70 years old.*

This is a family adventure tour for children and parents to connect with and enjoy the wild Tu Lan landscape. Creating opportunities for children to gain confidence, and explore new challenges such as trekking through the jungle, wading streams, swimming (with life jackets), exploring caves and camping overnight in the middle of the mysterious jungle. A trip to the wild with your child will create lifelong memories.

The Tu Lan Cave Family Adventure 2-day tour, has been designed to provide an easy and safe introduction to trekking and caving. The route is safe and quite easy with activities such as: river crossing, climbing/scrambling a small hill, and crossing 2 scenic valleys of the Tu Lan area. Families are accompanied at all times by a Tour Guide and Safety Assistants.

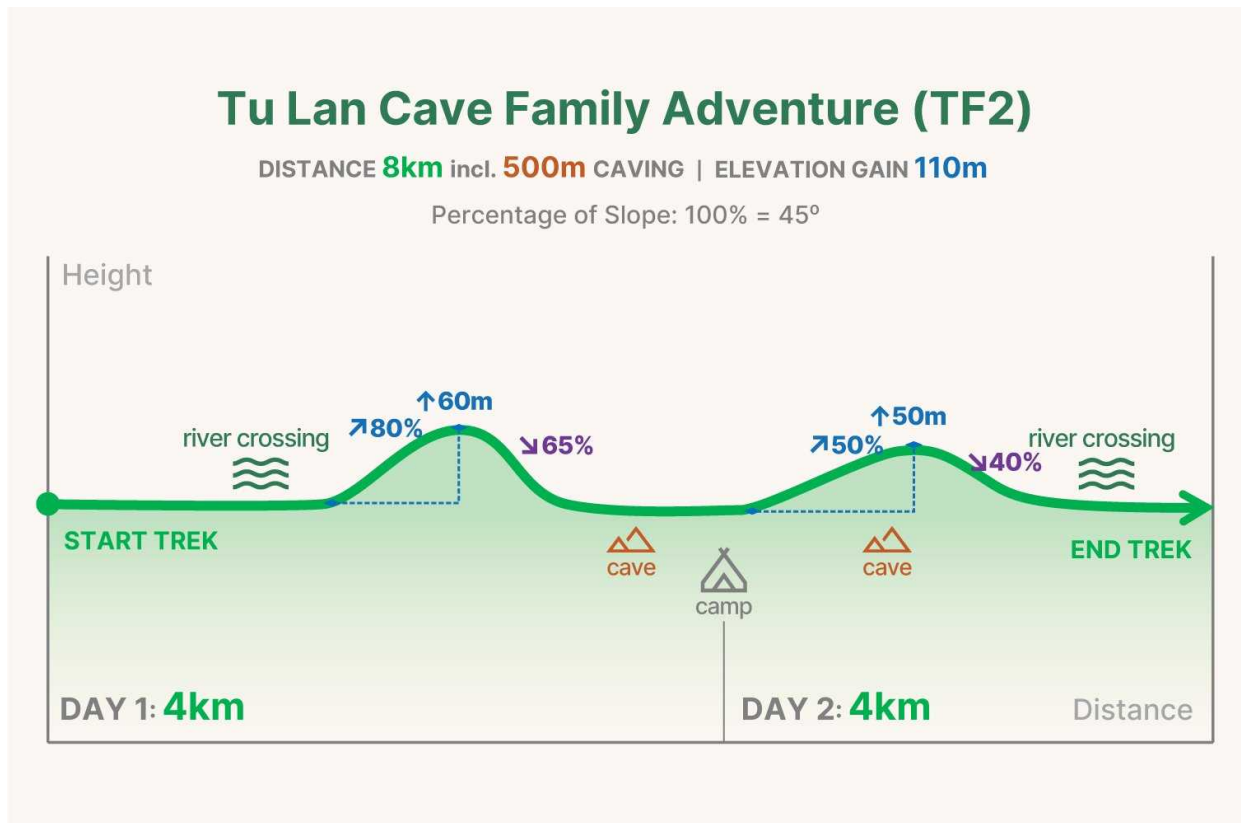
- ✓ During this family camping tour you will explore two beautiful caves with diverse cave formations. Rat Cave and Little Rat Cave are caves with very unique cave formations that will interest everyone. This is also an opportunity for the adventurous family to learn about and explore million-year-old caves.
- ✓ Enjoy wild swimming in the clear river, which wells up out of the ground and flows across the valley. Enjoy the unspoiled nature of the valley and play some games as part of your adventure with family members.
- ✓ Enjoy a delicious picnic meal in the middle of the jungle, with the well-known spring roll barbecue prepared by local chefs.
- ✓ Unique camping experience: The riverside campsite will be an amazing experience, as you fall asleep to the murmuring of the stream, and the jungle sounds.

Note: Tour takes place in remote areas with complex terrains. Customers must be physically fit.

Please carefully read the tour itinerary and honestly fill out the booking information yourself, especially your experience and health condition.

To book a tour for a group, please send the tour information to them and instruct each member to complete the booking form on their own. Our booking system lets each person fill in their own information, avoiding errors or missing details when someone else does it for

you. Read more about [Oxalis Adventure Level](#).



Itinerary

Due to the weather conditions the itinerary may need to be changed at short notice. The paths can be muddy and slippery after rain. Lifejackets must be worn when swimming.

[Download the itinerary](#)

Day 1: Tan Hoa – Little Rat Cave, Riverside Camp

From 07:30 to 08:00 am on the departure day, the bus will pick you up at your hotel in Phong Nha for the journey to Oxalis' office in [Tan Hoa Village](#), 70 km from Phong Nha. At the office, the guide will provide a safety briefing where you will hear about the rules and guidelines on trekking tours for children, and the tour schedule; sign the [Release Form](#), pack your bags and receive safety equipment for the tour. (The transfer to Tan Hoa is included in the price of the Tu Lan Family Adventure Tour).

The first part of the Tu Lan family camping tour begins with a walk across green fields for about 2.5km to get to the bank of Rao Nan River. After crossing the river, the group will go

up the "Cow Hill" about 60 m high and trek down to the Laken Valley. Guests will don lights and helmets and climb a short ladder with safety equipment and assisted by the safety team, to explore the mysterious world inside Little Rat Cave. Lunch will be served inside the cave. After lunch the group will continue through Little Rat Cave, assisted by the safety team, to the exit into the wide valley. Trek down for a swim in the river, and some entertaining games and competitions led by your guide.

The group then heads to the campsite on the river bank, to enjoy the wonderful dinner that had already been prepared by the local chef. Spend a peaceful night surrounded by nature, after a great family adventure day.

Note

You need to be in Phong Nha before 07:00 am on the day of the tour and should not have any other plans to avoid being late for departure.

If you plan to get to Phong Nha by train on the morning of the tour, you should book the SE3 departing from Hanoi/Ninh Binh to Dong Hoi station; or the SE8 departing from Da Nang/Hue to Dong Hoi station (it is recommended to book an additional pick-up from Dong Hoi station to Phong Nha). After that, Oxalis' bus for the Tu Lan Family Adventure Tour will transfer everyone from Phong Nha to Tu Lan. Tu Lan is about 112 km from Dong Hoi, if you wish to travel there directly, please contact Oxalis for specific transfer advice.

Oxalis offers a free dorm room with 14 comfortable bunk beds at Oxalis Home (at Oxalis Phong Nha Office) for guests arriving in Phong Nha early in the morning on the day of the tour. Please inform us in advance if you would like to use the free dorm room. Scroll down to Prices and availability to see the schedule for the Tu Lan Family Adventure Tour 2 days 1 night.

Day 2: Riverside Camp - Rat Cave- Tan Hoa- Phong Nha

On the morning of the second day, the group will have breakfast together and continue their journey by trekking in Laken Valley and up to the Rat Cave. Explore nearly 300 m of Rat Cave, a cave with a beautiful view from the entrance of the cave. As you explore further your family will see countless magnificent stalactites. Your safety team will be with you at all times.

After exploring the cave, trek down to cross the Rao Nan River and return to Tan Hoa office. Take a shower and have lunch at the local restaurant.

The bus will take the group back to Phong Nha at about 17:30 - 18:00. Relax and enjoy your

stay in Phong Nha after your family camping adventure tour.

Suggested accommodations before and after the tour:

Chay Lap Farmstay is an ideal place to stay before and after joining Oxalis cave tours. High quality rooms, swimming pool, spa, kayaking, cycling, yachting... Specially discount rate for Oxalis customers are 1 million VND/room for 2 people. Check availability here

chaylapfarmstay.com →

Adventure level on tour

After many years of operating adventure tours, Oxalis has created an adventure scale to help tourists visualize and choose the right trip. This scale is not to be applied to other companies with different conditions and terrains. The easiest level anyone can join and the most difficult level 6 requires regular exercise and some trekking experience. A high level of fitness is not required for the Tu Lan Family Adventure Tour but guests should enjoy physical activity, and be prepared for two days in the wild.

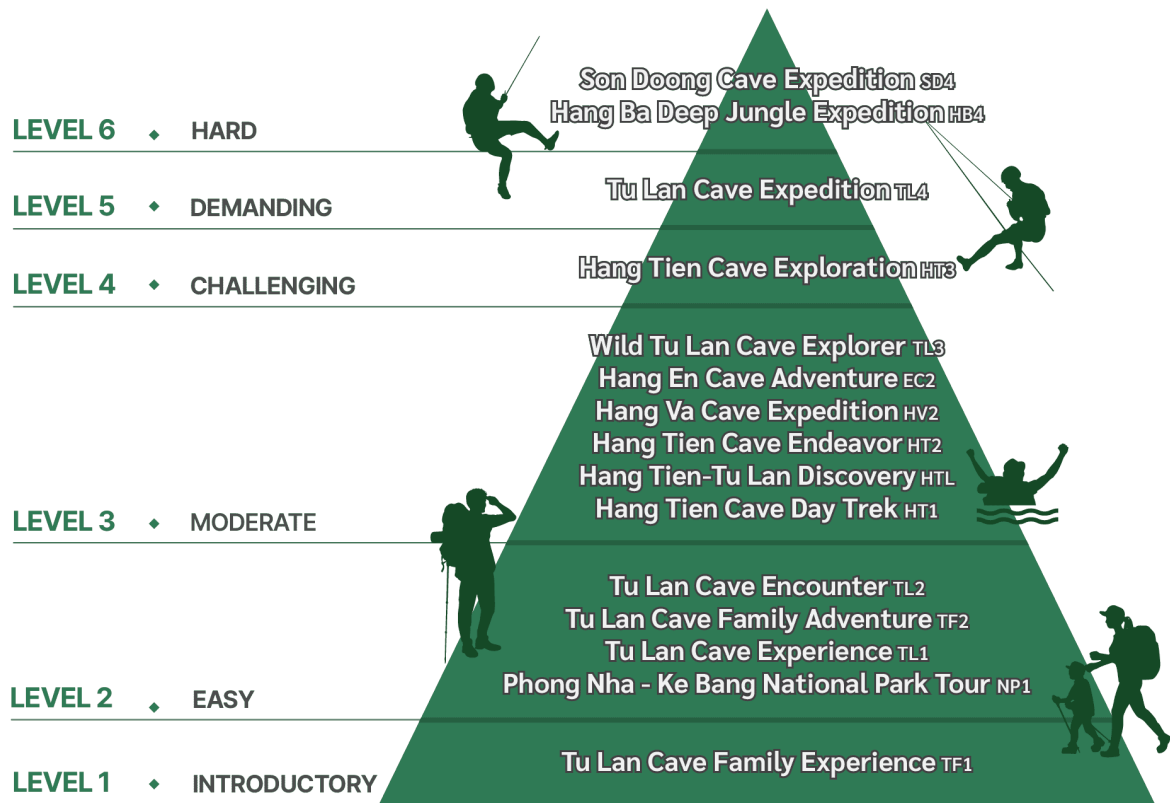
Adventure Level 2 · Easy

The Tu Lan Family Adventure Tour is rated as Easy (Level 2) on the Oxalis Adventure level system. The difficulty of the tour is based on the physical fitness and health of average active people, not runners, athletes, or intensely active individuals.

Number of guests per tour:Maximum of 12; Age 8-70 years old. Children must be accompanied by a parent

Expect: Easy trails, some rocky sections, short ladder climb & optional swim

- ★ Easy to moderate trekking
 - ★ 8km of trekking including up to 500m of caving
 - ★ 110m elevation gain
 - ★ Swims and river crossings
 - ★ Terrain on tour: Soft trekking experience, 6m ladder in cave, safe for children
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Tu Lan Cave Family Adventure (TF2)

DISTANCE **8km** incl. **500m** CAVING | ELEVATION GAIN **110m**

Percentage of Slope: 100% = 45°



Items to bring on Tu Lan Family Adventure Tour

The Tu Lan Family Adventure Tour involves different terrains and weather conditions, so guests need to be well prepared. They will be asked to have appropriate clothing for safety reasons, good for moving in the jungle, river crossing, or exploring the cave as well as avoiding dangers and risks from sharp rocks, snakes, insects, or poison ivy. Long trousers and long sleeved shirts should be worn for trekking. Trekking shoes play a very important role in trekking tours with your family. Visitors must choose a good and well fitting pair of shoes for rocky paths and should NOT buy waterproof footwear for river crossings as they will retain water. Please test your shoes before the trek.

Oxalis provides

Camping equipment:
tent, mattresses,
pillow, sleeping bags
Caving and safety
gears: helmet,
headlight, gloves, ...
Basic jungle boots for
adult (size 36-46 EU)
Water bottle (1L)
Water purifier
Compost toilet, toilet
paper, hand cleaner
Semi-dry bag (15L)
for campsite clothing
sets and personal
items
First-aid kit and
medical rescue
equipment

You need to prepare

ESSENTIAL CLOTHING

Trekking clothes:
- 1-2 quick-dry, bright, long-
sleeved shirts
- 1-2 pairs of quick-dry and long
trekking pants
- 1 waterproof jacket (winter
months from December to March)
Campsite clothing sets:
- Warm clothes for winter from
December to March
- Shorts and T-shirts for summer
from April to August
1 medium size backpack (20L-25L)
to carry stuff that you need while
trekking
1 pair of good gripping trekking
shoes (drainable);
*Waterproof/Gore Tex shoes are
not recommended.
2 pairs of calf-length, thick socks
1 pair of sandals/slides for
campsite
Personal dry bag/box for
electronic devices
Swimwear using at the campsite

Optional

Arm cover if
wearing
short-sleeved
T-shirts
Camera &
Tripod
Ear plugs
Bandana or
headband
Rehydration
tablets
Blister
prevention
tape

Clothes to change after the trek

PERSONAL ITEMS

- + Mosquito repellent
- + Sunglasses, sun hat, sunscreen
- + Hand fan for summer (April to August)
- + 1 medium towel
- + Underwear
- + Personal hygiene items (toothbrush, toothpaste, nature-friendly shampoo & soap, ...)
- + Power banks
- + Personal medication
- + Antifungal foot powder
- + Passport

Photos





