

Tu Lan Family Adventure Tour

- *Tour code: TF2*
 - *Adventure level: Easy*
 - *Age 8-70 years old*
 - *Group size: 12 customers*
 - *Tour type: Join-in*
 - *Operation: mid-Nov to mid-Sep*
 - *Price: USD 271/pax*
-

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.

- ☑️ **Trekking adventure through lush mountains:** As a kid-friendly trekking tour in Quang Binh, this journey offers a fun and safe outdoor experience in the Tân Hoá mountains. The trail is easy and safe, featuring activities like stream crossing, gentle hill climbing, and hiking across two beautiful valleys in the Tu Lan area.
- ☑️ **Explore stunning caves with diverse stalactite formations:** Visit incredible caves such as Secret Cave, Hung Ton Cave (dry branch), Rat Cave, and Little Rat Cave - each with spectacular structures like high-vaulted ceilings and grand stalactite columns. These caves look like natural stone castles, offering a wonderful opportunity for the whole family to learn more about caves that have formed over millions of years.
- ☑️ **Enjoy swimming in fresh, cool streams:** At Hung Ton Valley, dive into refreshing, crystal-clear waters and float along the peaceful stream surrounded by untouched nature. Parents and kids can join fun games together, making it a memorable family bonding experience.
- ☑️ **Enjoy tasty meals surrounded by nature:** After a day of exploring and swimming, visitors will enjoy two lunches and a delicious dinner cooked by local chefs. Meals are served right at beautiful spots and the campsite, with many famous local dishes to try.
- ☑️ **A journey that transforms lives:** Beyond the natural splendor, your presence contributes to a powerful story of community resilience and growth. Sustainable tourism has played a key role in [transforming Tan Hoa](#), driving the poverty rate down from 85.7% in 2010 to just 2% in 2024. This expedition supports vital initiatives, including the construction of

floating houses and septic toilets to improve local living standards. Furthermore, Oxalis is committed to future generations, sponsoring free open [swimming and safety training](#) to over 300 children in Tan Hoa and along the Rao Nan River every year.

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: Phong Nha – Tan Hoa – Secret Cave – Hung Ton Cave (dry branch) – Jungle Campsite

Your family adventure begins with a pickup in Phong Nha between 07:30 and 08:00 AM for the journey to the remote village of Tan Hoa. Upon arrival at the Oxalis office, you'll meet your expert guide for a safety briefing tailored specifically for families and children. Once gear is checked and bags are packed, the real journey begins.

We start with a gentle 2.5km trek through vibrant green fields, leading us to the banks of the Rao Nan River. From here, the group will conquer "Baby Hill"—a manageable 60-meter climb that offers a fun challenge for kids and adults alike—bringing us to the entrance of the mysterious Secret Cave.

After a well-deserved lunch at the cave entrance, we venture inside to discover the untouched beauty of Secret Cave. Following our exploration and a short rest, we hike down into Hung Ton Valley to explore the magnificent dry branch of Hung Ton Cave.

As the afternoon winds down, we arrive at our jungle campsite. This is where the family bonding truly happens! You'll work together to set up tents and join our local chefs for a hands-on cooking class. The day concludes with a hearty dinner and relaxation under the stars, surrounded by the sounds of the jungle.

Note: Our tour departs promptly in the morning! Please plan your travel to reach Phong Nha before 07:00 AM. If you are traveling by train to Dong Hoi, the SE3 (from the North) and SE8 (from the South) are the best options. Don't worry if you arrive very early – we offer free use of our dorm beds so you can rest and freshen up before the adventure starts. Please book this in advance.

Day 2: Hung Ton Valley – Rat Cave – Tan Hoa

Awake to the sounds of the jungle! The morning begins leisurely with a hot breakfast and fresh coffee at the campsite, giving everyone time to relax and recharge. Once energized, we start our trek toward Baby Hill, followed by a short, fun ascent up "Cow Hill". This path leads us into the scenic Laken Valley, a perfect spot for family photos.

Upon reaching the entrance of Little Rat Cave, your guide will provide a safety briefing and help everyone gear up. We'll first explore the charming Little Rat Cave before continuing on to the impressive Rat Cave. Here, you'll marvel at the massive formations and the sheer scale of the cave entrance.

After the cave exploration, we'll enjoy a picnic lunch at the magnificent exit of Rat Cave, overlooking the valley. The final leg of the adventure involves crossing the Rao Nan River and a gentle trek back across the fields to the Tan Hoa Office.

Back at the office, you'll have time to rest, enjoy a refreshing shower, and change into clean clothes. Finally, our driver will be waiting to transfer the group back to your hotel in Phong Nha, marking the end of an unforgettable family adventure.

Suggested itinerary before and after the tour:

To ensure the best preparation before your journey or to unwind after the expedition, Oxalis suggests staying at Chay Lap Farmstay, featuring premium rooms, a swimming pool, spa, kayaking, cycling, and more. A special discounted rate for Oxalis customers is 1,000,000 VND/room for 2 people. Check availability here: chaylapfarmstay.com

During your time in Phong Nha, the [Phong Nha Caves Exploration Museum](#) (open daily from 8:00 AM to 5:30 PM, free admission) is a must-visit destination. Here, you can experience the Son Doon 5D VR technology for 500,000 VND per ticket. All proceeds from this activity are contributed to the Oxalis Foundation to support local community projects, making your journey even more meaningful.

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

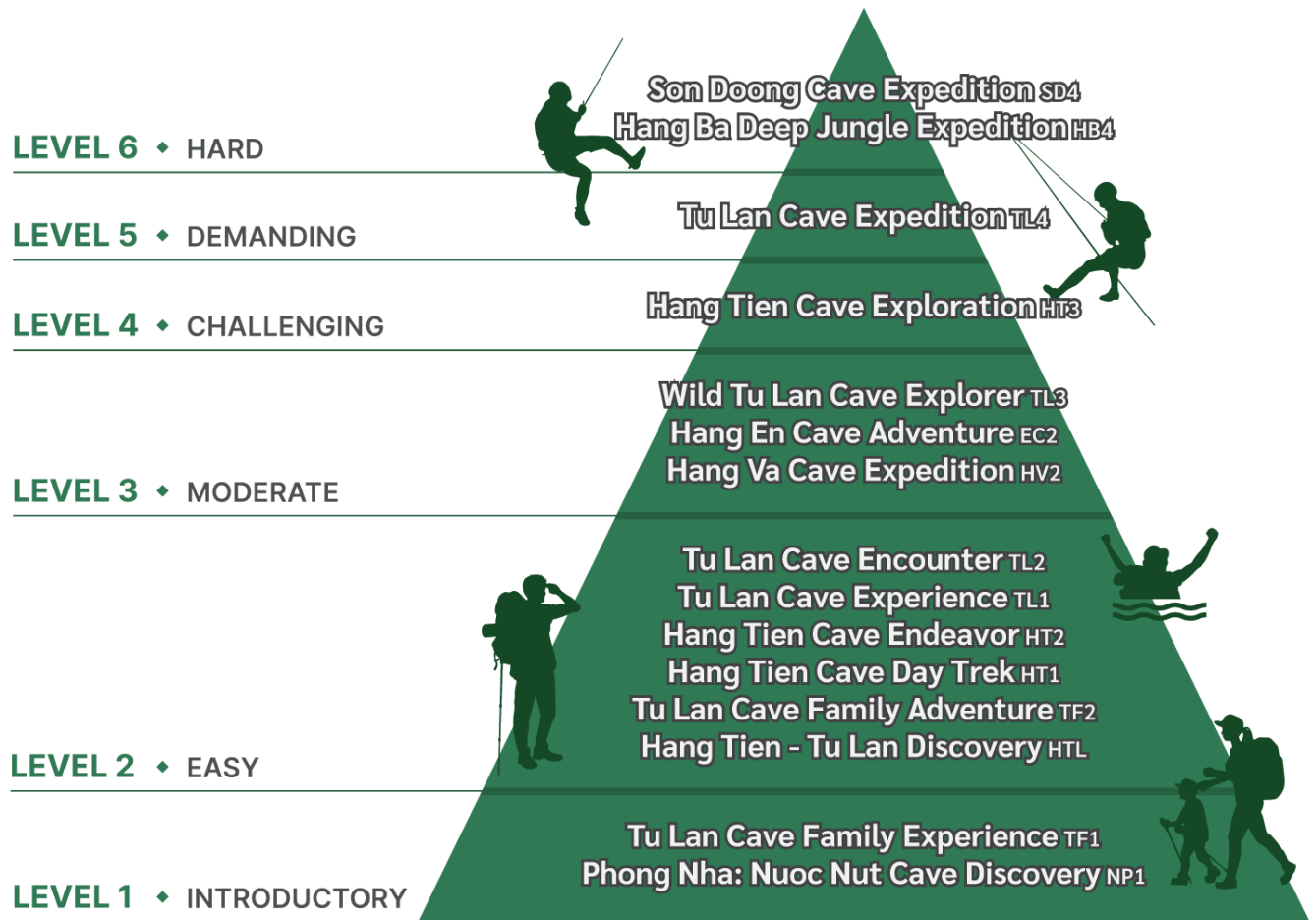
The Tu Lan Family Adventure Tour is rated as Easy (Level 2) on the Oxalis Adventure level system.

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
- ★ 13km of trekking including up to 660m of caving
- ★ 120m elevation gain
- ★ Swims and river crossings
- ★ Terrain on tour: Soft trekking experience, 6m ladder in cave, safe for children



Terrains

The 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.

Tu Lan Cave Family Adventure (TF2)

DISTANCE **13km** incl. **660m** CAVING | ELEVATION GAIN **120m**

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. Please test your shoes before the trek. The Oxalis tour consultant will give you helpful advice before joining the Tu Lan Family Adventure Tour.

Oxalis provides

Camping equipment: tent, mattresses, pillow, sleeping bags

Caving and safety gears: helmet, headlight, gloves, ...

1 PVC backpack (25L) to carry helmet, dry box, water and things you need during the trek.
Basic jungle boots (EU size 36–44); if using Oxalis shoes, bring thick, long socks and 2 insoles to ensure comfort.

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 pair of good gripping trekking/approach closed shoes. Heavyweight trekking boots are not necessary

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

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

Optional

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

Photos



