

# Tu Lan Family Experience Tour

*TF1 • Adventure Level: Introductory*

• Age 6-70 years old.

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The 1-Day Tu Lan Family Experience Tour is a wonderful one day family trip to safely explore nature, and the beauty of the [Tu Lan Cave system](#). Families are accompanied at all times by a team of Safety Assistants and a Tour Guide. Families will participate in activities such as: walking through the jungle, swimming in natural rivers, having a picnic lunch in the jungle, trekking and climbing to explore Rat Cave, and playing some enjoyable games.

This is a tour for family members to bond together as well as for children to experience the outdoors and learn new skills. Joining this family adventure day, guests will experience the following unique features:

- ✓ Trekking as a family you will walk through 2 large and beautiful valleys, Tan Hoa Valley and La Ken Valley: farmlands surrounded by a chain of limestone mountains and primeval forests.
- ✓ Explore Rat Cave: A cave has many unique and magnificent cave formations. On this family adventure tour, parents and their kids will have the opportunity to learn about and explore this million-year-old cave.
- ✓ Enjoy swimming in the clear blue river, which flows from the limestone mountains.
- ✓ Relax with a picnic lunch by the river, with the well-known spring roll barbecue prepared by local chefs. One of the best family experiences.

**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](#).

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## Itinerary

The Tu Lan Family Experience schedules can be changed due to weather conditions. The jungle trail can be quite muddy and slippery when raining. The Tu Lan Family Experience itinerary, booking process, fees and other information is detailed below.

[Download the itinerary](#)

### **Morning: Briefing At Tan Hoa - Trekking To Explore Rat Cave Waterfall**

From 07:00 to 07:30am on the day of the tour, the bus will pick you up at your hotel in the [Phong Nha area](#), then drive to Oxalis' office in [Tan Hoa Village](#), 70km 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 bag, and receive the safety equipment for the tour. (The transfer to Tan Hoa is included in the price of a 1-day Tu Lan Family Experience Tour).

After the safety briefing, the family trip will start with a flat walk across green fields for about 2.5km to reach the Rao Nan River. Safely cross the river with your safety team.

At the end of the valley, the family trip becomes more adventurous as the group will climb over a small hill to reach the Laken Valley (the name of the Mua flower in Nguon language). Walking through the grassy fields of flowers you will arrive at a small waterfall. Stop for lunch by the river, relax, swim and let the children enjoy some interesting activities such as: how to hang a hammock, how to make Cheo sauce and play some water games.

### **Notice**

You need to be in Phong Nha before 06:30 am on the day of the tour and should not have any other plans to avoid being late for departure.

If you want 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 Experience Tour will transfer everyone from Phong Nha to Tu Lan. Tu Lan is about 112km 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 of the tour. Please inform us in advance if you would like to use the free dorm room. Scroll down to Prices and

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availability to see the schedule for the Tu Lan 1-day Family Experience tour.

## **Afternoon: Explore Rat Cave**

After having lunch at Rat Cave Waterfall, the group will hike up to the exit of Rat Cave. The guide and safety assistant will give instructions on how to use the helmets and headlights. Climb down the rocky slope assisted by the team, to explore the 300m long Rat Cave - A tremendous cave with magnificent cave formations. Using headlights to explore the cave the children will feel like real adventurers. Reaching the entrance of the cave, you will see the whole passage lit up by the sunlight coming in the entrance of the cave. Leaving Rat Cave, the whole family trekking group will wade across the Rao Nan River again before walking back to the office.

Return to Oxalis Tan Hoa office by the same way to finish the tour. At the office, the group can take a shower, relax and watch the sun go down in Tan Hoa with a cool drink. The bus will take the group back to Phong Nha at around 17:00 - 17:30pm, ending a great family adventure day.

### **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](http://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 Experience tour but guests should enjoy physical activity.

### **Adventure Level 1 · Introductory**

The Tu Lan Family Experience Tour is rated as Easy (Level 1) 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.

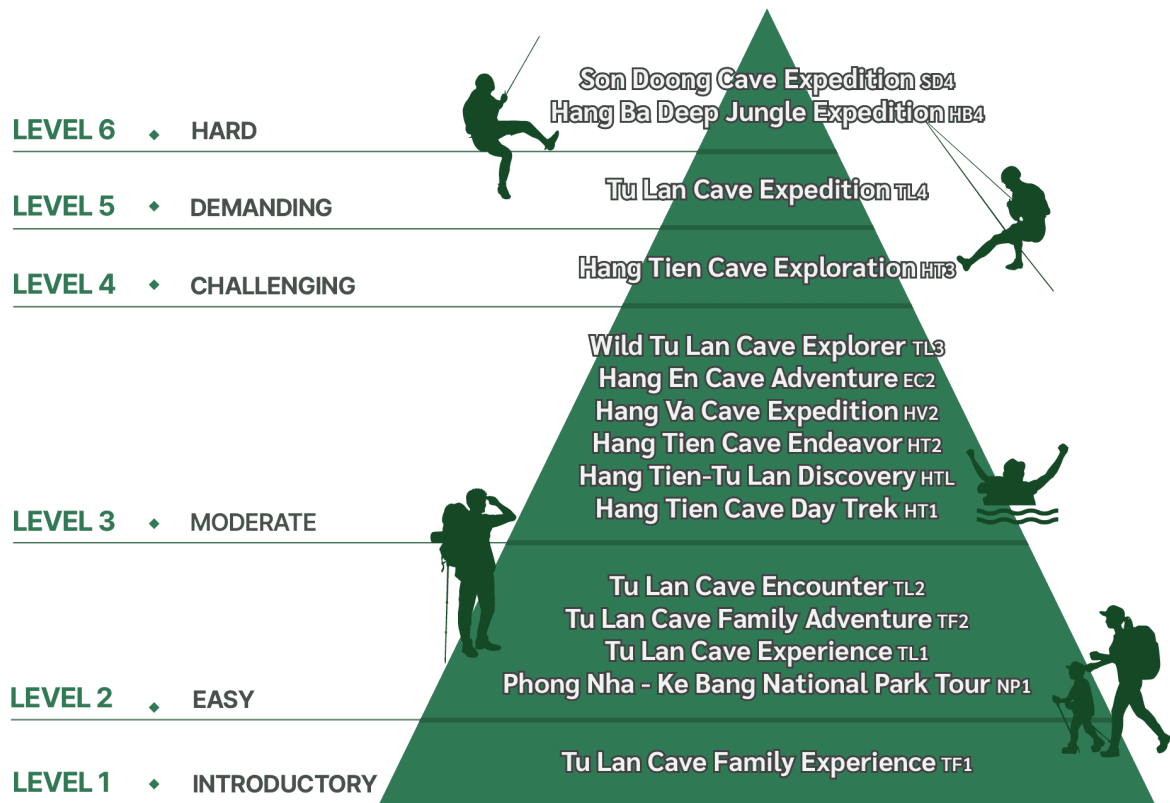
**Number of guests per tour:** Maximum 12 guests, age 6-70 years old.(Children must be

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accompanied by a parent).

**Expect:** Easy trails, some rocky sections, optional swim

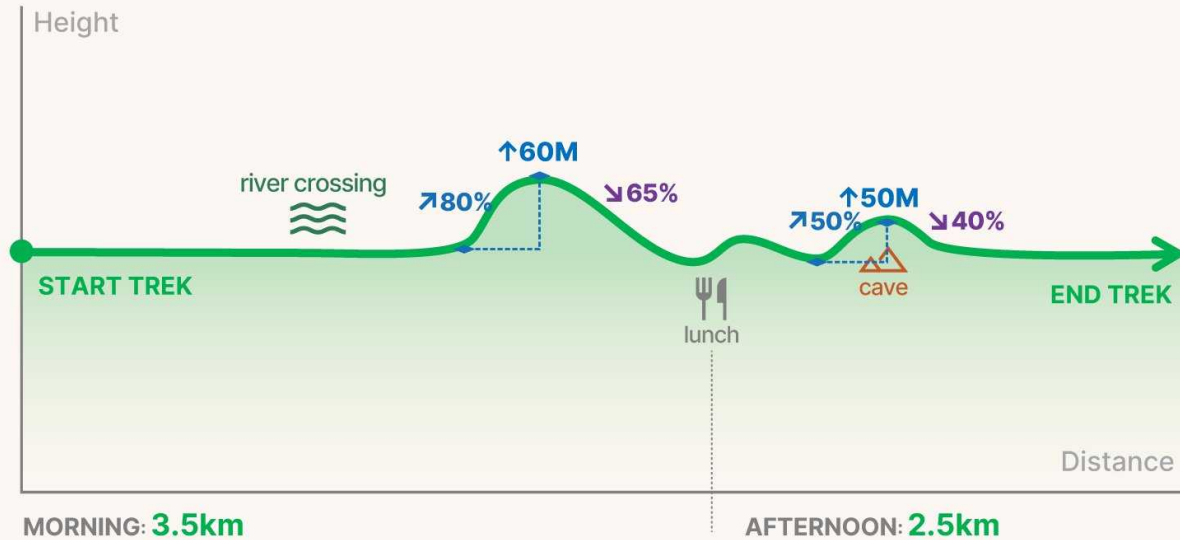
- ★ Easy trek, suitable for children
- ★ 6km trekking, 300m caving
- ★ Swims and river crossings
- ★ 110m elevation gain



## Tu Lan Cave Family Experience (TF1)

DISTANCE **6km** incl. **300m** CAVING | ELEVATION GAIN **110m**

Percentage of Slope: 100% = 45°



### Items to bring on tour

Tu Lan Family Experience 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

Caving and safety gears: helmet, headlight, gloves, ...  
Basic jungle boots for adult (size 36-46)  
Water bottle (1L)

#### You need to prepare

##### ESSENTIAL CLOTHING

1 15L backpack (or a 20-30L Backpack for a family)

#### Optional items

Arm cover if wearing short-sleeved T-shirts  
Camera & Tripod  
Bandana or headband

Water filter  
Compost toilet, toilet  
paper, hand cleaner  
First aid and medical  
rescue equipment

1 quick-dry, bright long-  
sleeved T-shirts  
1 quick-dry and long  
trekking pants  
1 waterproof jacket (in  
winter from December to  
March)  
1 pair of good gripping  
trekking shoes (good  
drainage)  
1 pair of calf-length,  
densely-woven socks  
Clothes to change after  
the trek

Rehydration tablets  
Blister prevention  
tape

#### PERSONAL ITEMS

- + Mosquito repellent
- + Sunglasses, sun hat,  
sunscreen
- + Hand fan for summer  
(April to August)
- + Personal medication
- + Passport

## Photos

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