

# Tu Lan Family Experience Tour

- *Tour code: TF1*
  - *Adventure Level: Introductory*
  - *Age 6-70 years old*
  - *Group size: 10 customers*
  - *Tour type: Join-in*
  - *Operation: mid-Nov to mid-Sep*
  - *Price: USD 96/pax*
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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 Hung Ton Cave, Secret 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:

- ☑️ **Explore stunning natural landscapes:** Join the Tu Lan Family Experience tour and travel through 2 wide valleys, Tan Hoa Valley and Hung Ton Valley. These open grasslands are surrounded by limestone mountains and lush primary forests, creating a peaceful and impressive setting.
- ☑️ **Discover Tu Lan caves with unique formations:** The journey takes your family to Secret Cave, known for its diverse formations such as stalagmites, stalactites, cave corals, and cave pearls. This is a great experience for families to learn about caves that formed over millions of years. You will also visit Hung Ton Cave, one of the earliest discovered caves in Tu Lan, found in 1992. From the entrance, visitors can enjoy a wide view of the green Hung Ton Valley.
- ☑️ **Enjoy swimming in fresh natural streams:** In the middle of the valley, natural pools offer a perfect place to relax. During this one day trekking tour, you can swim in cool clear water, float along the stream, enjoy the wild nature, and join fun mini games with your group.
- ☑️ **Have a picnic lunch by the stream:** After swimming and relaxing, enjoy a picnic lunch prepared by local chefs. The highlight is their famous grilled meat, served fresh by the stream for a simple and enjoyable outdoor meal.
- ☑️ **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

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 Rao Nan Valley and River - Hung Ton Valley**

From 07:00 to 07:30 am 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, 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 bag, and receive the safety equipment for the 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 Valley.

After taking in the valley views, the family trip becomes more adventurous as the group crosses the Rao Nan Stream and climbs over Baby Hill to reach Hung Ton Valley. Walking through the lush valley surrounded by towering limestone cliffs and the sounds of forest birds, you will arrive at Hung Ton Cave. Here, you can explore the dry passage and enjoy a spectacular view of the valley from the cave entrance.

Then, the family returns to the middle of the valley for lunch by the river. This is also a great time for families to enjoy beginner-friendly survival activities such as learning how to hang a hammock, making traditional Cheo salt, and playing some water games.

Note: Our tour departs promptly in the morning! Please plan your travel to reach Phong Nha before 06:30 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.

### **Afternoon: Explore Secret Cave**

After having lunch at Hung Ton valley, the group continues the journey with an exciting climb over Baby Hill toward Secret Cave. Here, the guide and safety assistant will give instructions on how to use the helmets and headlights. All members are equipped with safety gear and ready to become real explorers.

With a length of about 100 meters, Secret Cave reveals a fascinating and untouched world filled with stunning formations. Reaching the exit of the cave, you will see the whole passage lit up by the sunlight, illuminating the mysterious space inside.

Leaving the cave, the group crosses the cool Rao Nan River, enjoying a refreshing moment before heading back. 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 - 17:30 pm, ending a great family adventure day.

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

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

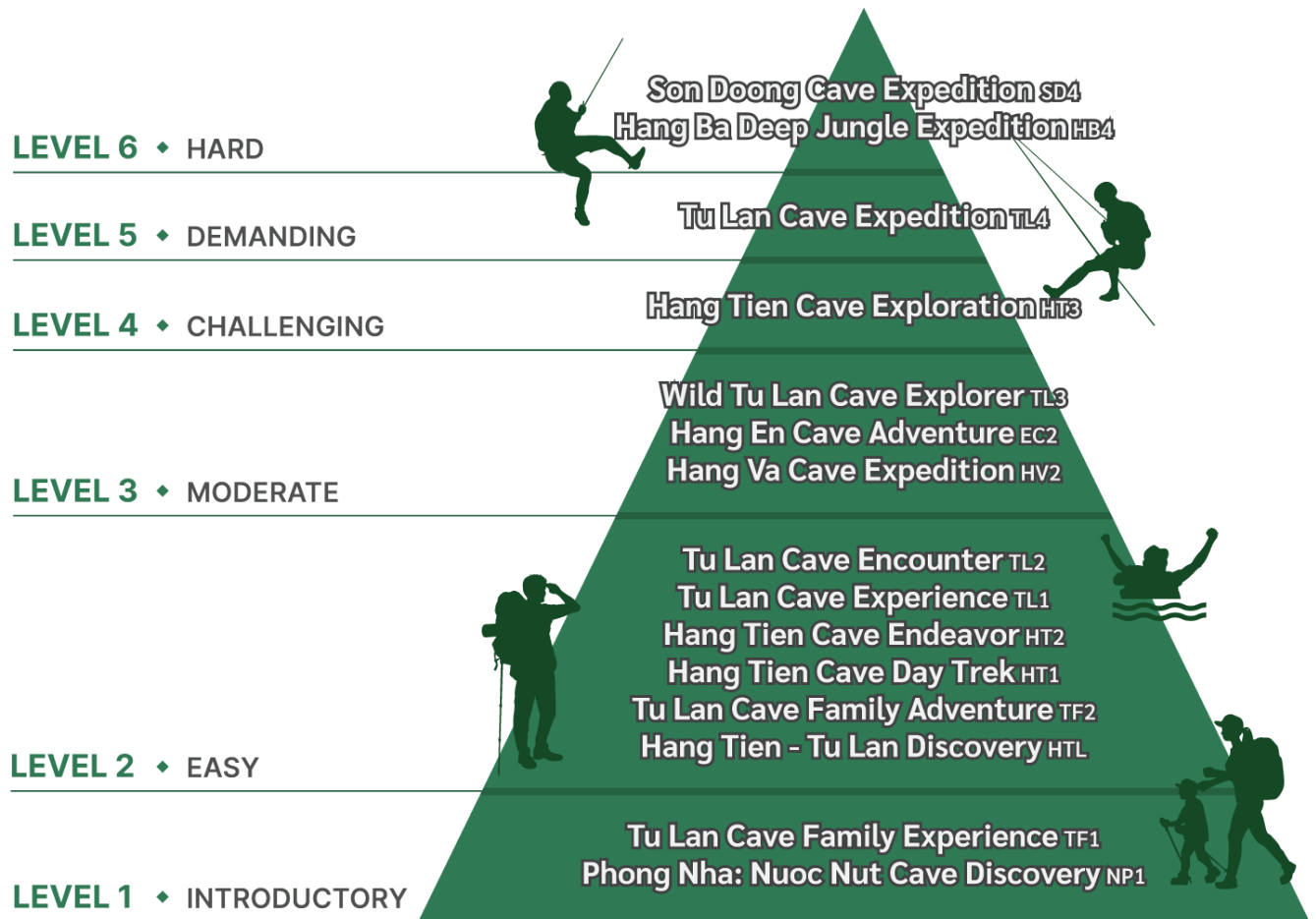
The Tu Lan Family Experience Tour is rated as Easy (Level 1) on the Oxalis Adventure level system. The difficulty of the tour is based on the physical fitness and health of average active people, not runners, athletes, or intensely active individuals.

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



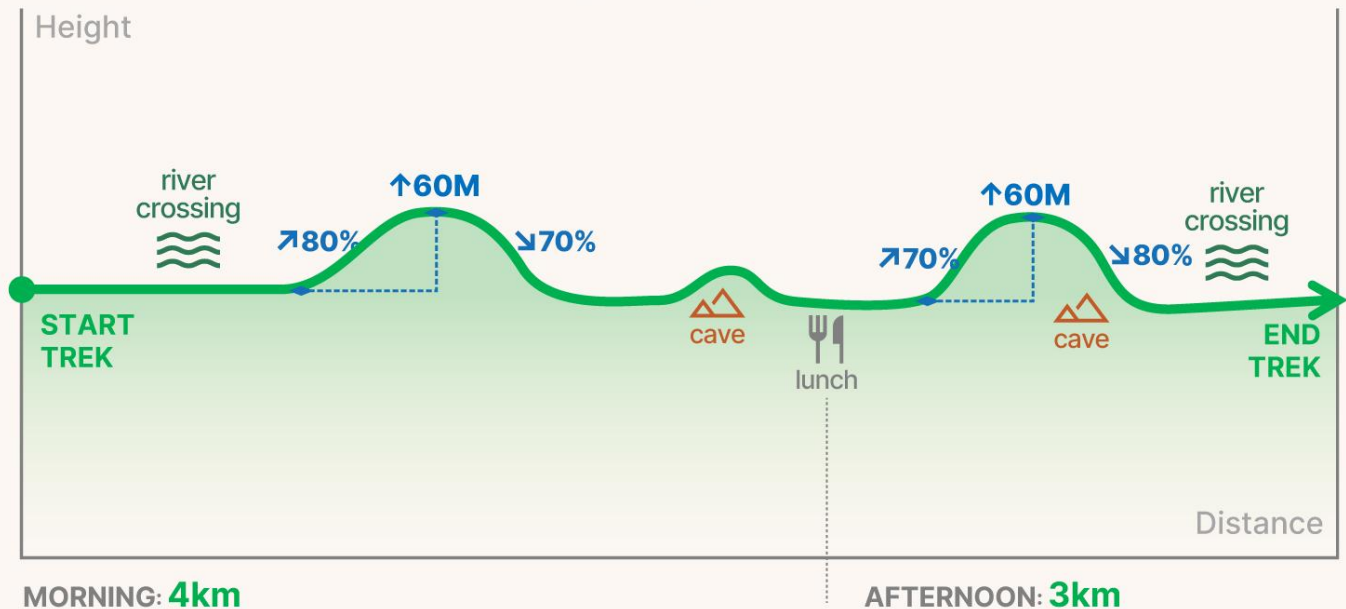
## Terrains

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 Experience (TF1)

DISTANCE **7km** 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. Please test your shoes before the trek. The Oxalis tour consultant will give you helpful advice before joining the Tu Lan Family Experience Tour.

## Oxalis provides

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 filter

Compost toilet, toilet paper, hand cleaner

First aid and medical rescue equipment

## You need to prepare

### Essential clothing

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

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/approach closed shoes. Heavyweight trekking boots are not necessary

1 pair of calf-length, densely-woven socks

Clothes to change after the trek

Footwear to change after the tour (If you use your own trekking shoes)

### Personal items

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

### Optional items

Arm cover if wearing short-sleeved T-shirts

Camera & Tripod  
Bandana or headband  
Rehydration tablets  
Blister prevention tape

## Photos



