# Tu Lan Family Experience Tour

- ***Duration: 1 day***
- ***Difficulty level: Easy***
- ***Age 6-70 years old***
- ***Group size: 12 customers (Join-in)***
- ***Operation: mid-Nov to mid-Sep***
- ***Price: USD 98/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**: Participants joining the day trekking tour will have the opportunity to immerse themselves in the refreshing waters, float along the stream while admiring the pristine natural scenery of the valley, and take part in a variety of fun mini-games together.

☑ ✅ **Have a picnic lunch by the stream**: After swimming and relaxing, guests will be treated to a picnic lunch prepared by local chefs, featuring their signature grilled meat speciality.

☑ ✅ **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 valle 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 fo 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 on the tour's departure date – 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 relaxing and enjoying a meal by the stream in Hung Ton Valley, the family's adventure continues with the exciting challenge of climbing Baby Hill on the way to Secret Cave. Here, all participants will be fully equipped with safety helmets and headlamps, ready to transform into true explorers.

One of the most memorable moments comes when you bend down and make your way through the cave's narrow entrance before emerging into the vast chamber inside. Stretching 174 metres in length, Secret Cave reveals a fascinating, untouched underground world adorned with magnificent stalactites and stalagmites. As you approach the exit, the cave ceiling gradually opens up, allowing rays of sunlight to stream in and illuminate the mysterious surroundings.

After leaving the cave, the group will wade through the cool waters of the Rao Nan River, enjoying a refreshing experience before heading back. The Tu Lan Quang Tri Tour concludes by following the same trail back to the Oxalis Tan Hoa Office, where families can shower, relax, and enjoy a variety of cold beverages.

At around 5:30 PM, a vehicle will transfer the group back to Phong Nha, marking the end of an unforgettable adventure filled with lasting memories. This is undoubtedly one of the most unique and family-friendly trekking experiences that visitors should not miss when exploring Quang Tri Province.

**Suggested itinerary before and after the tour:**
To ensure the best preparation before your journey or to relax after the expedition, Oxalis suggests staying at Chay Lap Farmstay if you wish to combine exploring Phong Nha with experiencing a peaceful countryside atmosphere, or Blue Diamond Retreat if you prefer to immerse yourself in nature and enjoy relaxing moments amidst the mountains and forests. Special discounted rates exclusively for Oxalis guests are 1,100,000 VND/room/night at Chay Lap Farmstay and 1,600,000 VND/room/night at Blue Diamond Retreat.

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

## Difficulty Level and Physical Fitness Requirements

**Difficulty Level**: Easy

**Requirements**: Prior participation in outdoor walking or picnic/day tours is required. Participants must possess a baseline physical fitness level, demonstrated by completing both of the following activities (performed independently, not necessarily consecutively): an outdoor 3 km run within 30 minutes and climbing 5 flights of stairs continuously, without experiencing symptoms of dizziness, lightheadedness, headaches, nausea, abnormal shortness of breath, or chest pain/tightness. Participants must not suffer from any medical conditions included in the restricted list for trekking and caving activities as recommended by Oxalis.

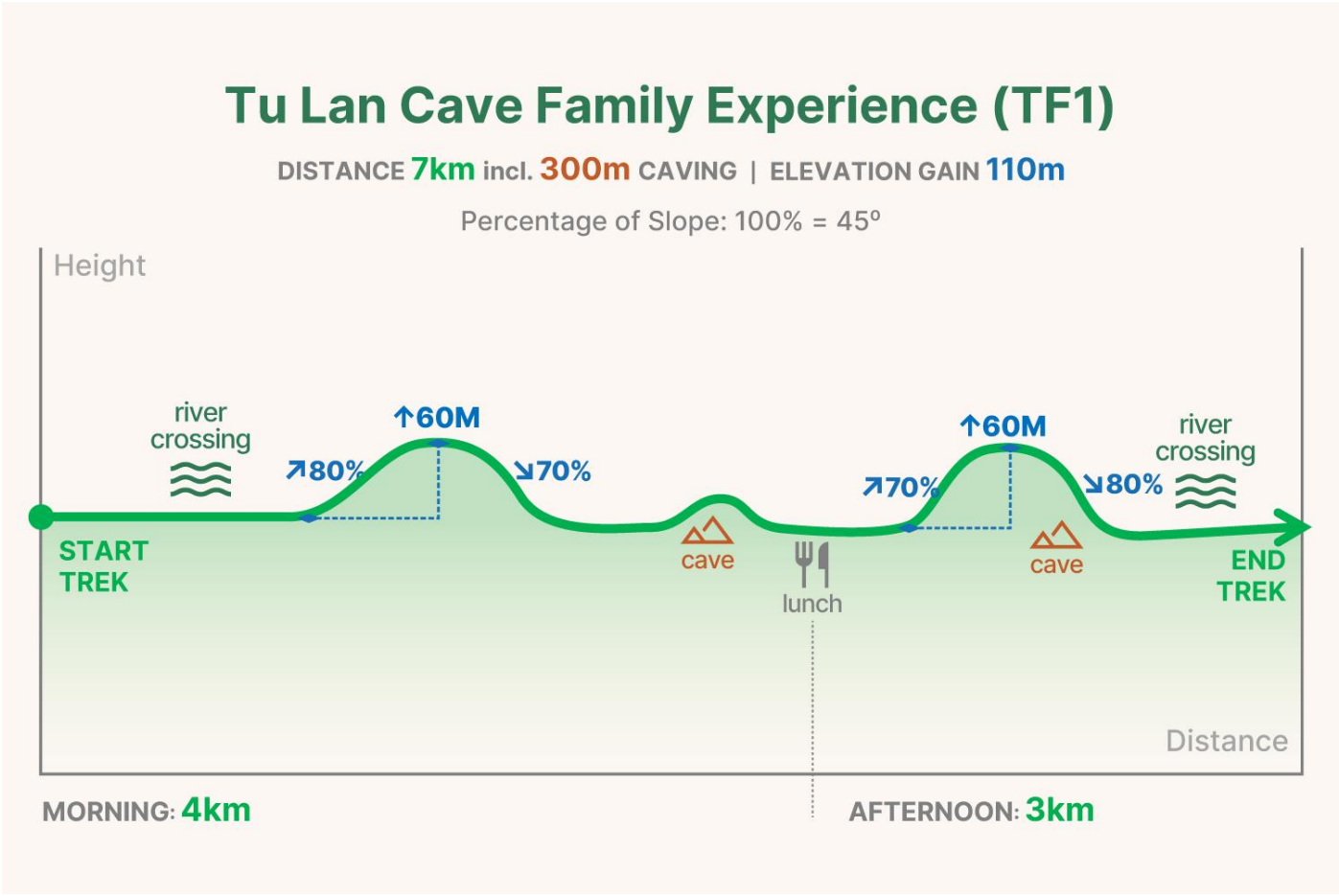
**Suitable for**: Suitable for almost everyone.

**Tours with the same Difficulty Level**: Tu Lan Family Experience (1 Day), Phong Nha: Nuoc Nut Cave Discovery (1 Day), Tu Lan Experience (1 Day), Tu Lan Family Adventure (2D1N), Hang Tien-Tu Lan Discovery Tour (2D1N), Hang Tien Cave Day Trek (1 Day).

## 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.

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




For more information on the necessary physical activities for a successful trip, please refer to: https://oxalisadventure.com/getting-ready-oxalis-tour/.

# 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 trekking shoes are available to borrow from Oxalis (sizes 36-44). If you use Oxalis shoes, please bring thick socks and two pairs of insoles to help prevent blisters. A VND 50,000 cleaning fee applies.
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

