Tu Lan Family Adventure Tour

An ideal journey for all members of the family to explore Tu Lan's wilderness. Many enjoyable mini-games and activities for kids to join in such as trekking, swimming, painting, caving, and overnight camping.

Tour details

DURATION
2 days 1 night

DIFFICULTY LEVEL
Easy

AGE
8-70 years old

GROUP SIZE
12 customers (Join-in)

OPERATION
mid-Nov to mid-Sep

PRICE
~USD 283 • VND 7,500,000/pax

Source: https://oxalisadventure.com/tour/tu-lan-family-adventure-2-days/

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> Please read this pack carefully before your departure and bring it with you.

Overview

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 Tri, 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**: Take a dip in the clear, cool water and float along the stream while enjoying the untouched nature of the valley. Parents and children can also join fun water games and enjoy quality time together.
- **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.
- **Enjoy a unique camping experience**: The campsite beside the stream gives the whole family a chance to relax in nature and enjoy a memorable outdoor experience.
- **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.

DAY 1

Phong Nha – Tan Hoa – Rat Cave – Little Rat Cave – Hung Ton 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 group begins an easy 2.5 km trek through green rice fields to the entrance of Rat Cave. Here, you will stop for lunch before starting your cave adventure.

As one of the impressive dry caves in the Tu Lan Cave System, Rat Cave features many unique stalactites and stalagmites. Our guide will share interesting facts about these natural rock formations and help the whole family learn more about how caves are formed. After trekking through Rat Cave, the group continues to explore Little Rat Cave.

After leaving the cave, the family will cross a small slope known as Bo Di Slope before climbing Baby Hill, which is about 60 m high. The climb is manageable but still offers a fun challenge for both children and adults.

After conquering Baby Hill, the group will reach Hung Ton Camp. Here, the whole family can help set up the tents and join a cooking experience with local chefs. At the end of the day, everyone gathers for dinner, enjoys the peaceful natural surroundings, and relaxes at the campsite.

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 on tour 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.

DAY 2

Hung Ton Campsite – Hung Ton Cave (Dry Passage) – Secret Cave – Tan Hoa – Phong Nha

In the morning, visitors enjoy breakfast and relax at the campsite before continuing the adventure.

limestone cliffs and the sounds of forest birds. The trail leads the family to Hung Ton Cave, where you will explore its dry passage and enjoy spectacular views of the valley from the cave entrance.

Next, the group climbs a slope to reach the back entrance of Secret Cave. The entrance is small and low, so you will need to crouch and crawl through it one by one. Inside, the cave opens into a

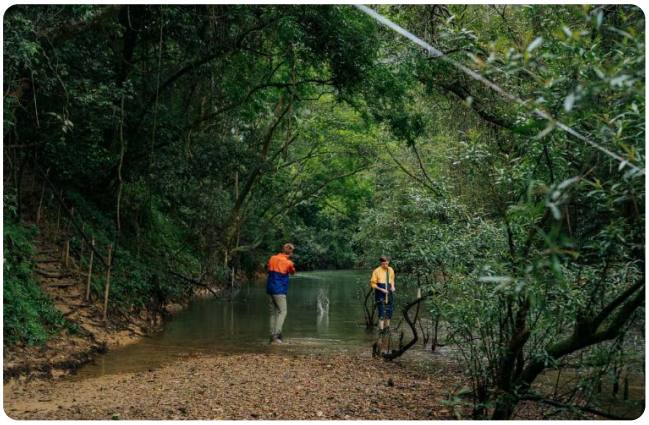
much larger space waiting to be explored. This is one of the most exciting parts of the journey, offering a true taste of cave adventure. After exploring Secret Cave, the group will take a break and enjoy lunch near the cave entrance.

In the afternoon, the group leaves Secret Cave, crosses the Rao Nan River, and continues trekking back to the Oxalis office in Tan Hoa. Here, you will have time to rest, shower, and change clothes after the trek. 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 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 Doong 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.

Photo



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.

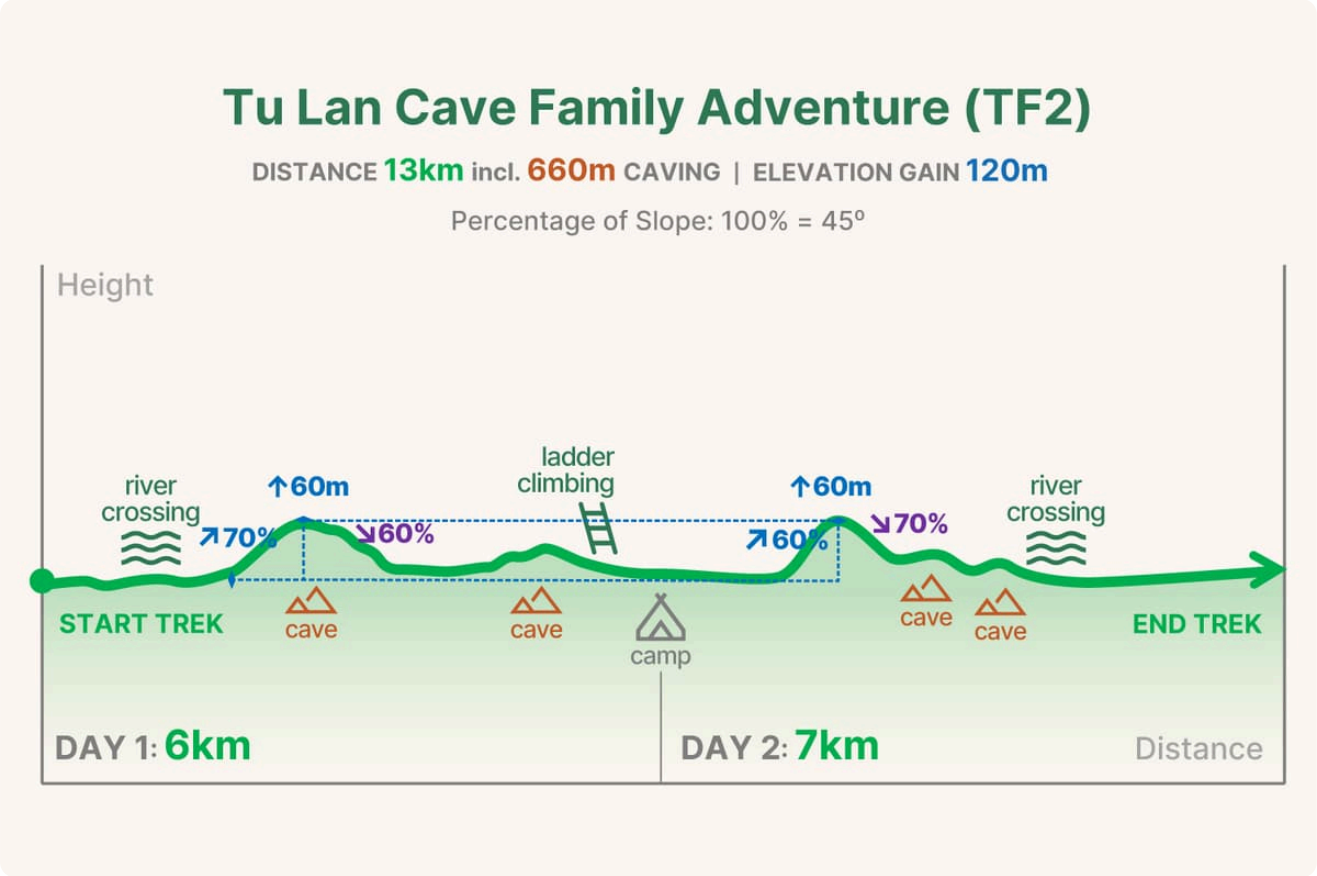
Suitable for: Suitable for almost everyone.

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 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



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

Safety on the tour

This is always the top priority of Oxalis Adventure to ensure the safety of both visitors and Oxalis' staff on any trip, including multi day adventures. We only use high-quality equipment meeting international standards, mainly imported from France, the UK, and Switzerland. The tour guides must undergo professional training and be tested for skills regularly. Only qualified guides may lead an Oxalis tour. Visitors can learn about the "safety management" and " safety equipment" that Oxalis uses here.

By signing the Release Form, visitors agree to follow all tour safety regulations and the instructions of the cave experts and guides throughout the expedition. To ensure the safety of the entire group, the safety experts and guides have the authority to require any guest to end the expedition if they fail to comply with the safety regulations explained during the briefing.

Items to bring on 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.

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.
- [ ] 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

Provided by Oxalis

- [ ] 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 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 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

Optional

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

Food and drinks in the tour

Although the expedition takes place deep in the primary forest and inside the cave, you will be provided with three meals a day: breakfast, lunch, and dinner. Oxalis has a dedicated team of cooks who prepare fresh ingredients brought directly to the expedition route, ensuring you receive the nutrition you need throughout the long days of trekking.

For your health and safety, all drinking water served during the expedition is treated through a specialized water filtration system and thoroughly boiled at the campsites to meet strict safe drinking-water standards. Hot drinks such as tea and coffee are also available.

The menu offers a variety of options, including standard, vegetarian, and special-diet meals. If you have specific dietary requirements or food allergies, please note them on your booking form so the Oxalis team can make the necessary preparations in advance.

Camping, Showers and Hygiene During the Expedition

The campsite for the Tu Lan Family Adventure is located on the river bank, so customers can have a swim in the river. All swimming activities are supervised by safety assistants. Soap and shampoo cannot be used in rivers and pools. For conservation reasons, visitors are encouraged to use bio-shampoos and soaps. Washing should be done at the campsite and not in the river.

Tents: At each campsite, you will stay in tents specially designed by Oxalis. Each tent offers enough space for one or two people to sleep comfortably, and is set on a sturdy raised platform 30 cm above the ground, helping minimise moisture and insects. The tent walls are made of breathable mesh, with a fan provided inside to keep the space cool while allowing you to stay connected with the surrounding natural environment. Each tent is also equipped with a mattress, pillow, and sleeping bag, all thoroughly cleaned before every expedition to ensure a comfortable night's sleep.

Toilets and water facilities : Each campsite is equipped with modern toilets and convenient shower facilities. All water used for washing and other daily needs is carefully treated through a filtration system to ensure safe use throughout the expedition.

Waste management and environmental protection: To help preserve the cave ecosystem, 100% of solid waste generated during the expedition is carried out of the cave. For wastewater and toilet waste, Oxalis uses portable septic tanks combined with an advanced filtration system to ensure that discharged water meets Vietnam's strict environmental standards.

Tour booking process

This is a tour that requires careful logistical preparation from both guests and Oxalis. Reading the tour information thoroughly will help you make an informed decision before booking. If you have any questions or are unsure about anything, please chat with an Oxalis adventure consultant using the chat icon in the bottom-right corner of the screen, or contact us via hotline at +84 919 900 357 for assistance. The booking process is as follows:

Step 1: Learn about the tour

Visit oxalisadventure.com to learn more about the itinerary, highlights, adventure level, tour price, and most importantly, the health and fitness requirements.

Step 2: Choose your departure date

Click "Book Now" on the tour page to view the available departure dates. Available dates will be shown on the calendar. Select your preferred date and enter the number of participants.

Step 3: Provide your information

Complete your contact details accurately, especially your email address and phone number. You must provide truthful information about:

- Your health condition and any medications you are currently taking;
- Allergies or special dietary requirements, such as vegetarian meals or food allergies;
- Trekking experience;
- Exercise frequency and level of physical activity.

Important: Oxalis reserves the right to cancel your booking without a refund if any information provided is found to be false or incomplete, particularly information related to your health and physical fitness.

Step 4: Complete your booking request

Select any additional services you may require, such as transfers or accommodation at Chay Lap Farmstay and Oxalis Home.

Read and agree to the booking terms and conditions, then click "Submit Booking Request." The system will send a booking code to your email address.

Step 5: Consultation and information confirmation

Within 48 working hours, an Oxalis travel consultant will contact you by email or phone to:

- Provide detailed information about the expedition;
- Confirm your booking details;
- Assist with arranging any additional services you have requested.

Step 6: Payment

Once your information has been confirmed, Oxalis will send you an invoice and payment instructions. You must complete the payment within 24 hours of receiving the payment instructions. After this period, your booking request may be automatically cancelled.

Step 7: Booking confirmation

Once Oxalis receives your payment, you will receive an official booking confirmation by email.

From this point, you can begin preparing your clothing, equipment, and fitness for the expedition.

Terms of tour cancellation

To confirm your booking, you will be required to pay the tour deposit after completing the booking process. Guests may cancel the trip 7 days prior to the departure date and receive a full refund. For cancellations after 7 days, no refund will be given. See more details in "Terms of tour cancellation".

Useful Information

Weather and Climate in Tu Lan - Tan Hoa area

Tu Lan - Tan Hoa has 4 seasons in a year (spring, summer, autumn and winter) like many northern provinces of Vietnam. Due to the weather conditions, and because Oxalis Adventure wants to protect and conserve the Tu Lan Cave System. The Tu Lan Cave Encounter Tour will only be available from mid November to mid September every year. Weather conditions in the Tu Lan – Tan Hoa area are different in each season.

- From January to March, there are some cold days, especially on rainy days but there are also many warm sunny days.
- April and May are the warmer months, and this is the time when wildflowers are blooming.
- From June to August are the hot summer months, but most of the time visitors are in the cave with the temperature from 22 to 25 degrees, or forest, so it should not feel too hot. In the summer months, visitors can comfortably swim in the streams and underground lakes inside Vietnam caves, so exploring Tu Lan is the ideal suggestion for you if you don't know where to go for 2 days and 1 night.

Each season will have its own unique features for visitors to explore, and find out more about the uniqueness of nature. In addition, visitors can check the weather in Tu Lan - Tan Hoa before joining this caving adventure tour.

The weather & climate in Tan Hoa, Minh Hoa area

Communication on tour

Tu Lan Family Adventure Tour is an adventure tour with some difficulties, this tour is operated in a fairly remote location. There is no phone signal, no wifi, and no charging facilities. Some basic phones (but not smartphones) can pick up a signal, and staff would use these in the event of an emergency. The location of the family tour is not so remote, and evacuation to the road head would not be an issue.

Emergency Response Procedure

Oxalis Adventure has an established "Emergency Response Procedure" that includes on-site first aid and rescue if an accident occurs during trekking or cave exploration. We organize many training courses for first aid, rescue, and evacuation, and have rescue teams for each tour operation area. The specialized equipment is imported from abroad and complies with European standards. Due to the remote location, rescue teams and medical assistants will take from 30 minutes to 2 hours to reach the location. Therefore, the safety of visitors is the top priority of Oxalis in any activities related to caving in Vietnam. For Experts and Sales consultants to give suitable advice, guests are required to fill in their fitness and health information in the Booking form honestly. They are also required to update the information to the Oxalis consultant 45 days before the tour departure.

** Please note that tour communication is conducted in English and Vietnamese.*

How to get to Tu Lan - Tan Hoa

To join the Tu Lan Cave tour, visitors need to arrive in Phong Nha before 7:00 AM. Phong Nha is about 45 km from Dong Hoi, Quang Tri. Visitors can take a bus directly to Phong Nha for a more convenient journey. If you arrive in Dong Hoi by plane or train, you will need to arrange a private transfer or take a taxi to Phong Nha.

By air

Dong Hoi Airport is about 45 km from Phong Nha and currently offers direct flights from Hanoi, Ho Chi Minh City, and Cam Ranh. From the airport, Oxalis offers a private transfer from Dong Hoi to Phong Nha at VND 650,000 per one-way trip for a 7-seater vehicle.

- Hanoi - Dong Hoi: Vietnam Airlines and Sun PhuQuoc Airways currently operate daily direct flights between Hanoi and Dong Hoi. The flight takes approximately 1 hour 5 minutes.
- Ho Chi Minh City - Dong Hoi: Vietnam Airlines and Vietjet Air operate direct flights from Tan Son Nhat International Airport to Dong Hoi, with a flight time of approximately 1 hour 40 minutes.
- Nha Trang - Dong Hoi: Sun PhuQuoc Airways operates direct flights between Cam Ranh International Airport and Dong Hoi, with 3 round trips per week.

By train

Dong Hoi Railway Station is located on the North-South railway line, approximately 45 km from Phong Nha. Trains to Dong Hoi are available from Hanoi, Ninh Binh, Hue, Da Nang, Nha Trang, Ho Chi Minh City, and many other cities and provinces. From the station, an Oxalis vehicle will pick you up and transfer you to Phong Nha. There is also a Hue-Phong Nha tourist train, offering a direct connection between the two destinations as part of a journey through Central Vietnam. This is a convenient option for guests who wish to combine a visit to Hue with their Son Doong Expedition.

By bus

Sleeper buses are a convenient option if you prefer to travel directly to Phong Nha without transferring to Dong Hoi. Direct bus services are currently available from Hanoi, Hue, Da Nang, Hoi An, and several other destinations.

International airports: There are 3 main international airports for international flights: Tan Son Nhat International Airport (SGN), Noi Bai International Airport (HAN) and Da Nang International Airport (DAD). From Ho Chi Minh City (Saigon) or Ha Noi, travellers can book domestic flights to Dong Hoi Airport (VDH). From Da Nang, travelers can catch a train or bus to Dong Hoi/Phong Nha.

You can check out the means of transportation to Phong Nha here. “How to get to Phong Nha?". All participants of Oxalis Adventure tours will be picked up at their designated hotel around Phong Nha town on the morning of the departure day.

Vietnam visa: Vietnam currently grants visa exemptions to citizens of 29 countries and has expanded its E-visa program to apply to nationals of all countries and territories.

Upon arrival and during their stay, travelers are required to present a valid passport together with a valid visa or other legal residence documents in Vietnam so that accommodation providers and tour operators

can complete temporary residence registration as required by Vietnamese regulations.

For the latest details on travel policies, please verify the information here: Vietnam Travel Policy Updates

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Tu Lan Family Adventure tour price includes

The price of Tu Lan Family Adventure Tour is 7,500,000 VND (US$283) per guest including VAT, sightseeing fee, and environmental service fee along with the following services:

- Logistics: Each 12-guest tour will have 1 tour guide, 4 safety assistants, 1 chef, and 1 porter.
- Food and Drink: Oxalis provides food, water, tea, and coffee during the journey (not including extra requirements). Dishes are based on fixed menus, vegetarian and vegan will be provided if ordered.
- Safety equipment: Oxalis will provide safety equipment such as helmets, harnesses, headlights, gloves etc.
- Travel insurance: Oxalis buys travel insurance for all guests participating in the tours with a maximum compensation of VND 10,000,000. Visitors are asked to buy comprehensive travel insurance for themselves before joining the tour.

Carbon Footprint Index

At Oxalis Adventure, our commitment to Net Zero tourism is driving tangible results. Our 2024 greenhouse gas inventory reveals that the average carbon footprint for participants of the Tu Lan Family Adventure Tour has dropped to 67.7 kgCO2e per person – a significant 5% reduction compared to 2023 figures. This comprehensive calculation accounts for all emission sources, including transportation, accommodation, and tour activities, underscoring our successful efforts to minimize environmental impact while maintaining high-quality adventure experiences.

FAQs

Should children take some physical training before joining the tour?

This adventure requires children to be in good health and have some physical experiences before departure. You should encourage your child to get used to jogging/walking/cycling about 2-3km per day to strengthen his/her fitness.

Does my kid need to know how to swim for your tours?

No. Swimming is not a mandatory activity in all family tours. Instead, the children will have time for swimming by the stream after lunch on the first day of the tour. Life jackets will be provided by Oxalis and are compulsory for swimming.

What happens if my child cannot keep up with the others on tour?

Our safety assistants will come all along to help all the members get over difficult terrains. On the other hand, Oxalis's tour guides will take many breaks to let everyone catch their breath and slow down if someone wears out.

What can I do If I want to talk to/contact a consultant?

You can easily contact a consultant via chat box (on the right corner) on Oxalis website or email to: contact@oxalisadventure.com; Hotline: +84-919900357.