Tu Lan Family Experience Tour

An ideal family trip to explore nature and the magnificent caves of the Tu Lan cave system including trekking, swimming in natural steam, picnic lunch at the river, discovering Rat Cave, exciting mini-game.

Tour details

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 • VND 2,600,000/pax

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

Overview

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.

DAY 1

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 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

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.

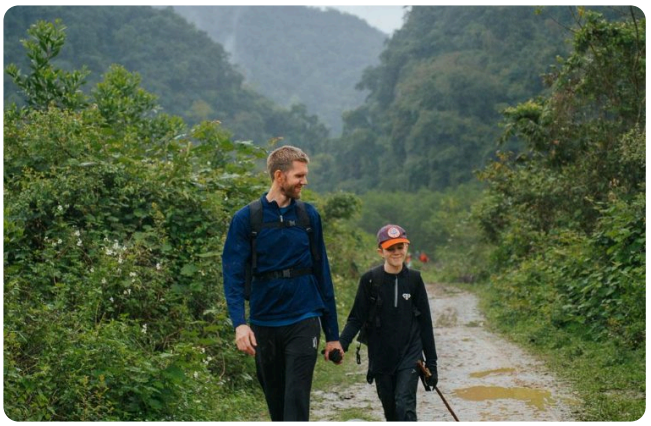
After leaving the cave, the group will wade through the cool waters of the Rao Nan River, enjoying a refreshing experience before heading back. The Tu Lan Quang Tri Tour concludes by following the same trail back to the Oxalis Tan Hoa Office, where families can shower, relax, and enjoy a variety of cold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

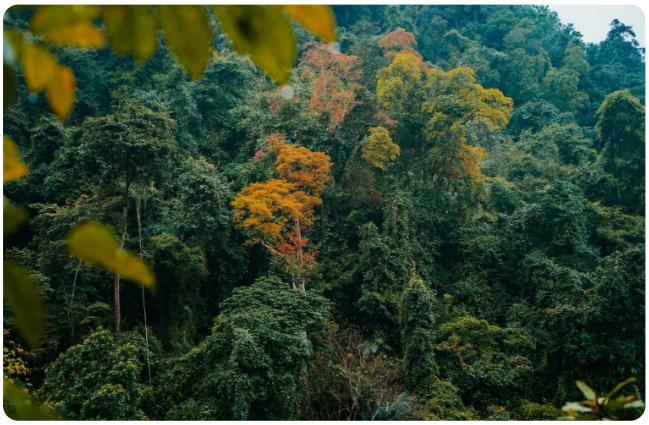
At around 5:30 PM, a vehicle will transfer the group back to Phong Nha, marking the end of an unforgettable adventure filled with lasting memories. This is undoubtedly one of the most unique and family-friendly trekking experiences that visitors should not miss when exploring Quang Tri Province.

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 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.

Gallery





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.

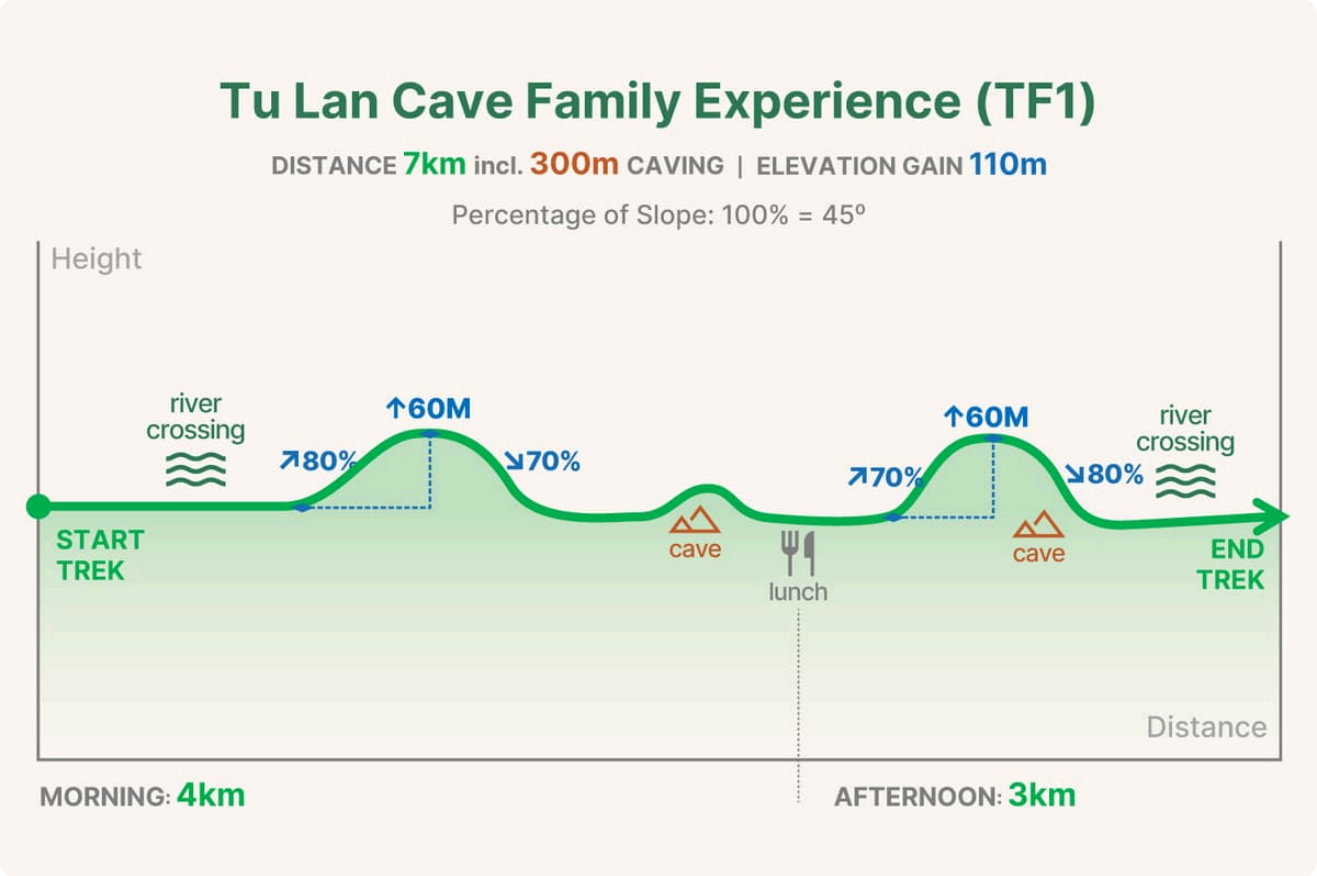
Suitable for: Suitable for almost everyone.

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/.

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

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.

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.
- [ ] 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

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

Optional items

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

Food and drinks in the tour

Although the tour takes place in the jungle and caves, guests will be provided with sufficient food and drinking water for the entire trekking day. All meals are prepared by the Oxalis team using nutritious menus designed to support outdoor activities. If you have specific dietary requirements, such as a preference for meat-based or vegetarian meals, special diets, or food allergies, please note them in the booking form so the Oxalis team can make appropriate arrangements.

Drinking water is provided throughout the trip to help guests stay hydrated during the trek. The water source is treated through a specialized water filtration system and thoroughly boiled to ensure it is safe for consumption.

Camping and Hygiene During the Expedition

The lunch spot for Tu Lan Family Experience is located next to the river and pools so guests can swim here. All swimming activities are supervised by safety assistants. Soap and shampoo cannot be used in the rivers and pools.

Toilets and water facilities : Each campsite is equipped with modern toilets 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 1 day.

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 Experience 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 Phong Nha - Tu Lan

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 Experience tour price includes

The price of the Tu Lan Family Experience Tour is 2,600,000 VND (US$98) per guest and includes 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, 1 porter.
- Meals: Oxalis provides food, tea and coffee for visitors during the journey (excluding extra requests by guests). The dishes follow a fixed menu. There are vegetarian or vegan options available. Please request in advance.
- Safety equipment: Oxalis will provide safety equipment such as helmets, harnesses, headlamps, gloves and other safety equipment.
- Travel insurance: Oxalis buys travel insurance for all guests participating in the tour with a maximum compensation of 10,000,000 VND. Visitors are advised to purchase their own comprehensive travel insurance prior to 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 Experience Tour has dropped to 30.0 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.

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.

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 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.