

QUANG BINH CAVES – NATURAL TREASURE 3 DAYS



Code: TTLG03

Routes: Phong Nha – Tu Lan – Phong Nha

Duration: 3 Days/ 2 Nights

Features: The central province of Quang Binh is known for the world's largest caves systems including: Son Doong, Hang Ken Cave, Hang Kim Cave, Secret Cave, Hung Ton Cave and Tu Lan Cave and Paradise Cave. Footprint has selected the best options for our visitors – soon to be spelunkers – who are seeking for an off the beaten track adventure. This is a 3 day 2 night tour that includes trek, cave exploration, jungle camping and more. A unique Vietnam experience not to be missed.

Day 1: Dong Hoi heading to Tu Lan valley



An early morning 6:30 AM start from your hotel. Our guide picks you up and we begin our exploration of several local caves. We have picnic lunch in Mango Mountain after some trekking through Hung Ton Valley & Mountain.

Later in the afternoon we will reach our campsite in the Tu Lan valley for more relaxed note with swimming around the waterfall, then dinner and overnight.

Trekking Distance: 18 km

Trekking level: Moderate to Hard

Inclusion: Transfers, guide, porter, trekking gear, sleeping bag, entrance fees, picnic lunch, dinner and campsite

Day 2: Deeper Exploration



The sounds of nature will wake you up for breakfast. There will be time for a short swim directly into Tu Lan cave then we'll trek back through the valley to loop back to camp for more water fall swimming, a rest and picnic lunch. Deeper trekking-exploration (2.5 hours) and then time for another welcomed swim. Enjoy another beautifully prepared dinner, and the unique experience of camping inside a cave set deep in

the Vietnamese jungle. Overnight at our campsite in To Mo cave.

Trekking Distance: 18 km

Trekking level: Moderate to Hard

Inclusion: Transfer, guide, porter, trekking gear, sleeping bag, entrance fees, all meal and campsite.

Day 3: Further exploration and back to Dong Hoi



On our last day you will have some final opportunities to explore and learn about the local cave and ecological systems in the jungle valleys we have become accustomed to.

Some further trekking (about 6 hours) through the hills to Tan Hoa village but lunch is served by the river then return trip across river. Heading to Phong Nha then Dong Hoi where we finish our trip

at about 7:30 PM.

Trekking Distance: 18 km

Trekking level: Moderate to Hard

Inclusion: Transfers, guide, porter, trekking gear, entrance fees, breakfast and lunch.

Inclusion: As mentioned for each day.

Cost Exclusion: Hotel (Before and after the tour), insurance, others not mentioned above.

LEGAL ASPECTS

Booking Terms & Conditions: Tour itinerary and tour prices are subject to change without prior notice. Please [click here](#) for more information.

ORGANISATION

Updates on transportation schedule: Details will be updated once the booking is confirmed (your confirmation e-mail).

Tour guide: English speaking guides for the trek only (not available for pick up and drop off from hotel/station)

TRANSPORT



Car / Van Quality: New air-conditioned cars or vans depending on the group size. We will use private return transfers from Dong Hoi to Phong Nha.

FOOD

The meals are Vietnamese foods and include picnic lunches. If you have any allergies, special requests or if you are on a special diet please let us know. We will arrange it for you in advance.

SUSTAINABILITY

Please Travel Responsibly: The small things you do will make a [big difference!](#)

Cave Conservation Rules: We take cave conservation seriously and if any participant is found to breach the below rules they will be rejected to continue the tour:

- ✓ Do not touch, or take anything from the cave. Take only photographs.
- ✓ Do not step on stalagmites, gour pools, or other calcite formations.
- ✓ Do not step on cave pearls.
- ✓ Do not cut trees or hunt animals.
- ✓ Do not dump trash.
- ✓ Clean up your camp before leaving.

PREPARATION OF THE CUSTOMER

Seasonal Preparation: The best time to travel in Vietnam is between September and April. The temperatures are more comfortable in this period and the rain season in the summer will be avoided.

If you decide to travel in Vietnam in its summer months, please review our travel tips and notes for summer travel, which we will send you along with this itinerary.

What to bring: Passport, change of clothes, sunglasses & hat, toiletries, sun-block, insect repellent, flashlights, camera, proper sport boots/shoes, personal first aid kit & medicine, small VND notes for buying drinks. If you feel the need, you can bring along a luggage lock for your belongings.

What to bring for trekking: 1 long (easy to dry) pants and 1 long sleeved shirt to wear during the trek (quick dry), 1 pair of shorts and t-shirt to wear at campsite, 1 pair of flip flops (sandals) for campsite, 1 medium sized towel, 2-3 pairs of thick socks. If you are trekking in the colder months (December – March) please bring additional warm clothes such as a gortex



waterproof jacket, an extra change of long pants and shirt. You will want a change of clothes when your first set gets wet from trekking and / or river crossings.

Health: Please be aware that due to legal reasons our local tour guides are prohibited from administering any type of drug or medication for the clients, including headache pills and antibiotics. Please ensure that you are adequately prepared.

Insurance: In order to travel safe, a good insurance is essential. Thus, please ensure that you have booked an appropriate insurance prior departure.

TREKKING INFORMATION

Age: The minimum age we accept is 16 years with no exceptions.

Experience: The clients must have previous experience trekking and swimming abilities. You should be able to swim as you'll explore a number of wet caves of varying lengths (about 100 m to 400 m each). You should also feel comfortable having to climb through some small passages, and also up/down a 15 m ladder (with safety rope). Never forget you are deep in the jungle and the difficulty of this tour is also very dependent on the weather. It can get very cold during December to March (8 – 15°C) and very hot during June to August (32 – 38°C), not to mention anytime it rains the jungle becomes very slippery and muddy!

Route: From December to the beginning of September (Site closed from middle September to November due to the rain & flood season). This tour or trekking routes may be changed due to weather conditions. Your Footprint travel consultant will assist you with any changes.

Porters: Provided for carrying the food and camping equipment only. An extra porter is available upon your request. Please check with our travel consultant.

Provided equipment: Helmet, trekking boots (sizes 38-46), headlight, life jacket, sleeping bag, water container, first aid kit, cooking equipment, all food and snacks. Trekking poles are available upon request. Please inform us whether you would like to sleep in a hammock or a tent.

Trekking & Safety Rules: Please follow the following instructions when trekking:

- ✓ Trek in group or at least trek in pair (never trek alone).
- ✓ The trek is slow; this is not a race
- ✓ Please inform the guide if feeling tired or unwell (do not feel guilty!)
- ✓ Never advance before the leader or fall behind the last porter.
- ✓ Drink water as needed, but not too much.
- ✓ Only drink treated water or boiled water.



Local. Unique. Personal.

- ✓ Do not jump to a rock and be careful with rotten wood.
- ✓ Try and keep at least 3 points of contact on rock on difficult sections.
- ✓ Do not try to go anywhere without prior consultation with your guide.
- ✓ Wear a helmet in the cave at all times with chinstrap fastened.
- ✓ Walk in a line while in the cave.
- ✓ Do not hold onto trees on the rock, unless it was tested, as it may be weak.
- ✓ Watch where you put your hands. Thin gloves can be useful for protection.
- ✓ Ask your guide if you are unsure of anything.

Time validity: From December to the beginning of September (Closed from Middle September to November because of the rainy& flood season). Weekly departure on Monday, Wednesday and Friday.

We will bring the following for you to use and enjoy:

- ✓ Trekking Pole (if requested)
- ✓ Hammock or Tent. Let us know if you have a preference.
- ✓ Sleeping Bag
- ✓ Helmet & Headlight
- ✓ Water Container (bring your own if you prefer)
- ✓ First Aid Kit
- ✓ Trekking Boots (sizes 38-44). *If you do not fit these sizes, please bring your own one.*
- ✓ Cooking Equipment
- ✓ All Food & Snacks (please specify if you are vegetarian)

Trekking table

| Day | Path | Distance (km) |
|-----|------------------------------|---------------|
| 1 | Dong Hoi – To Mo valley | |
| 2 | To Mo valley – Tu Lan valley | |
| 3 | Tu Lan valley – Hue | |

ADDITIONAL INFORMATION

This itinerary and supplementary information has been compiled in good faith and was accurate at the time of writing.



Any question?

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