

TRIBECA SENIOR FRIENDLY

TRIP TO

Mandarmani

Why Travel With Us



Home Pick Up and Drop



Emergency Assistance



Medication and Daily
Support



Senior Friendly Hotels
and Meals



Minimal Walking & Stress



Care Manager Assistance

You're not paying more for the same trip. You're paying for the only trip designed entirely around you — your health, your pace, your safety, and your family's peace of mind.

Travel ITINERARY

August - 2 Nights / 3 Days

Executive Summary

A relaxed, senior-friendly coastal retreat to India's longest natural beach. Enjoy peaceful sea views, fresh seafood, sunrise walks, and easy beach leisure



Mandarmani's 13 km uninterrupted beach is flat, vehicle-free, and perfect for senior leisure



All locations accessible by vehicle — beach side resort with direct beach access



All locations have seating and rest facilities



Comfortable weather: 27–32°C with sea breeze in August

Arrival & Evening Cruise



Day 1

Journey from Kolkata + Check-In

- Depart central Kolkata by AC bus in the morning — comfortable 3.5-hour coastal drive
- Rest stop en route; Arrive by early afternoon, check into the beachside resort, relax and settle in



Day 1

Evening Beach Walk & Sunset

- Step onto one of India's longest natural beaches — 13 km of golden sand, no motor vehicles
- Walk at your own pace or sit and watch the sun set over the Bay of Bengal
- Fresh sea air, gentle waves, and a peaceful first evening

Full Day at Mandarmani



Day 2

Sunrise on the Beach

- Rise early for a peaceful sunrise — fishing boats returning to shore at first light
- The beach is tranquil at dawn; a short stroll or simply sitting with a cup of chai



Day 2

Crab Fishing Village Visit

- A short walk along the beach to the local fishing village to watch the morning catch
- Mandarmani's famous red crabs are a unique sight — fishermen sort their catch at the shore



Afternoon Beach Leisure & Seafood Lunch

Day 2

- The afternoon is entirely yours — read, rest, or enjoy fresh coconut water by the sea
- Specially arranged seafood lunch featuring the local speciality: Mandarmani crab curry



Sunset & Seafood Dinner

Day 2

- Another breathtaking sunset from the resort terrace or your favourite beach spot
- Evening meal: freshly prepared seafood and Bengali cuisine in the cool sea breeze

Return to Kolkata



Day 3

Morning Walk

- A quiet walk on the last day of the trip on golden beach before checkout — the morning light on the water is beautiful



Day 3

Local Market Stroll

- A short walk to the local Mandarmani market before checkout — colourful and lively
- Browse fresh catch of the day, local snacks, conch shells, and handmade trinkets



Day 3

Departure to Kolkata

- Board the comfortable AC bus after breakfast — 3.5-hour return drive
- Dropped at original Kolkata pickup point; Home Drop available
- Arrive Kolkata by early afternoon, ending a restful and joyful coastal escape

ACCESSIBILITY & SAFETY FEATURES



- Professional AC vehicle transport between all locations



- Abundant seating at all major attractions



- Vehicles park directly near each attraction — minimal walking required



- Dedicated Tribeca trip coordinator available at all times



- All beach and resort paths are flat and well-maintained



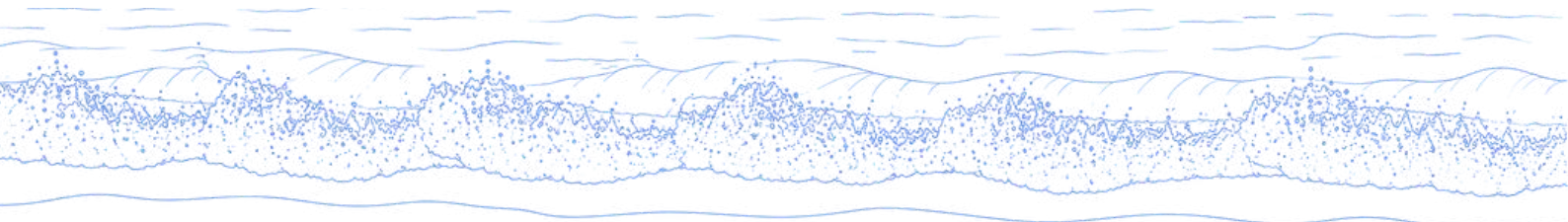
- Railings and support wherever steps or uneven terrain occur



- Rest breaks built into the schedule



- Medical assistance on standby





What to Pack



- Light cotton clothing for warm and sunny weather



- Small shoulder bags



- Comfortable non slip flat walking shoes with good grip



- Raincoat or umbrella (For occasional showers)



- Sun hat or cap and sunscreen for daytime protection



- Water bottle to stay hydrated



- Walking stick or support if needed – no judgment



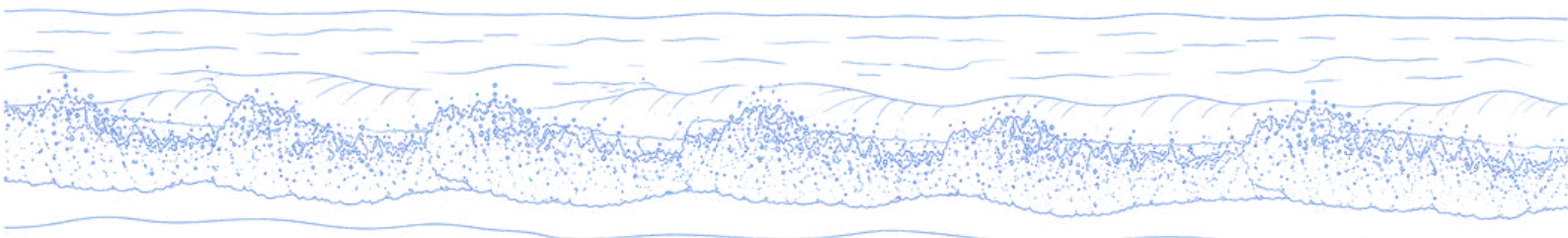
- All medications in original containers



- Mosquito repellent



- Doctor's letter if needed for any condition



PRACTICAL RECOMMENDATIONS For Seniors

Who This Itinerary is Best For



Seniors wanting a relaxed, low-effort coastal holiday



Short break close to Kolkata



Beach and nature lovers — fresh breeze, gentle waves, open horizons



Seniors with limited mobility — flat sandy beach throughout

Health Conditions



Heart or Lung Conditions: Flat coastal terrain; consult doctor for August humidity



Arthritis / Knees: Flat walking; soft sand sections — walking aids welcome



Mobility or Balance Issues: Direct beach access from resort, Care Manager present always



Blood Pressure: Well-suited; stay hydrated, avoid midday sun exposure

Tips for Maximum Comfort



Do not skip breakfast — food provides energy for the day



Rest when tired; this is a leisure trip, not a race



Stay hydrated; drink water every 30-45 minutes



Take photos and enjoy the moments



Use walking sticks or supports if needed — no judgment



If any spot feels uncomfortable, rest at the resort

For Enquires, Please Contact us



+91 8062255100



www.tribecacare.com