

TRIBECA SENIOR FRIENDLY TRIP TO *Puri*

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

January - 3 Nights/ 4 Days

Executive Summary

A culturally enriching, senior-friendly getaway to the sacred city of Puri. Experience the serenity of the Jagannath Temple, peaceful sea views, and Odisha's rich heritage



Puri's uninterrupted beach is flat, 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

Arrival & Puri Darshan



Day-1

Train Arrival at Puri Railway Station

- Arrive at Puri Railway Station by midday.
- Luggage is handled by the team. Transfer by AC vehicle to the hotel, check in, and rest after the journey.



Day-1

Shri Jagannath Temple — Evening Darshan

- The Shri Jagannath Temple in Puri is one of the Char Dham pilgrimage sites of India. The evening aarti is a deeply moving experience.
- **Note:** Non-Hindus are not permitted inside the inner sanctum; however, the Raghunandan Library viewpoint offers a full view of the temple exterior and Lord Jagannath's flag.

Konark Sun Temple & Puri Beach



Day 2

Konark Sun Temple — UNESCO World Heritage Site

- A 35-km drive from Puri, Konark is one of the most spectacular ancient temples in India.
- The entire complex is walkable on flat paved paths with benches throughout.



Day 2

Puri Beach — Afternoon Leisure & Sunset

- Return to Puri and spend the afternoon at the famous Puri Beach.
- The beach is lively with local culture — fishermen, their brightly painted boats, and the gentle sound of waves.
- Beach chairs are arranged for comfort.

Chilika Lake & Dolphin Cruise



Day 3

Chilika Lake — Dolphins & Kalijai Temple

- Chilika is Asia's largest brackish water lagoon, home to rare Irrawaddy dolphins and thousands of migratory birds.
- A specially arranged boat takes the group on a 2-hour cruise across the calm waters.
- The Kalijai Island temple is a short stop en route.



Day 3

Afternoon Rest — Local Puri Market Visit (Optional)

- Return to Puri for lunch and an afternoon rest.
- For those who wish, a short visit to Swargadwar Bazar or the local Patachitra art shops allows browsing for Odishan handicrafts, local conch jewellery, and Prasad.

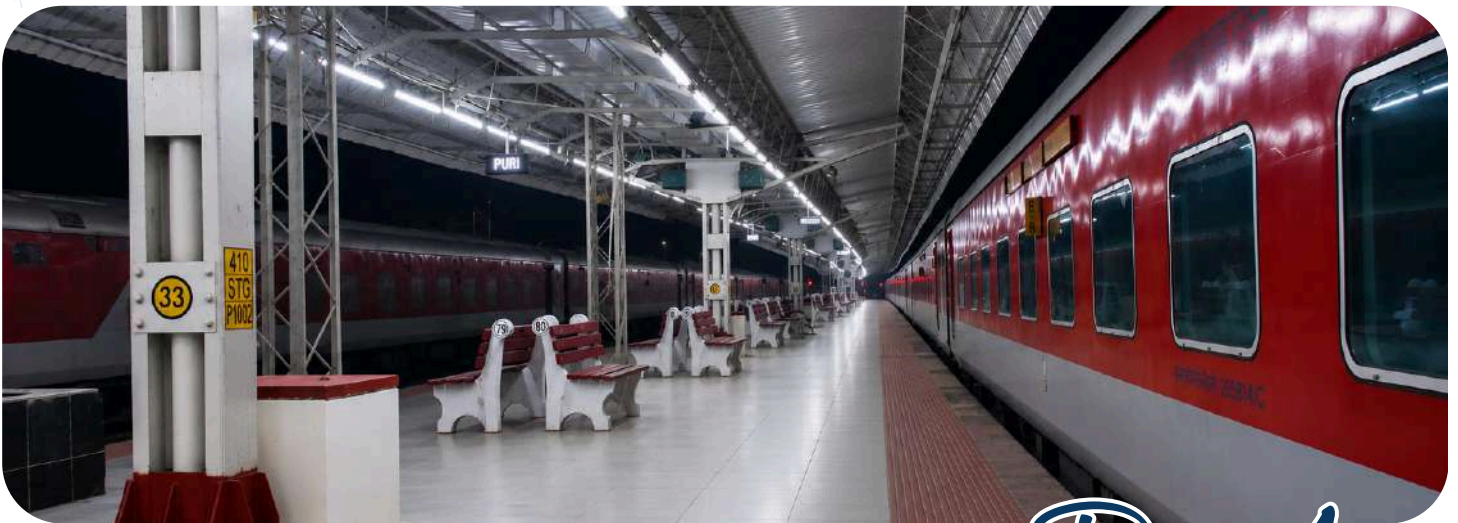
Swargadwar & Return



Day-4

Swargadwar — Holy Cremation Ghat

- Swargadwar, meaning "Gateway to Heaven," is a sacred cremation ghat on the Puri seafront.
- A place of deep spiritual significance, it offers a serene morning walk and reflection by the ocean.



Day-4

Check-out & Return Train

- After breakfast and checkout, the group transfers to Puri Railway Station for the return train to Kolkata.
- Care Managers handle all luggage and boarding.
- Drop at home on arrival in Kolkata.



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 cloth bag for footwear at temples



- 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



Devout seniors seeking Jagannath darshan



Ocean lovers — safe beach with Care Manager



Fans of Odisha temples and heritage

Health Conditions



Heart or Lung Conditions: Flat coastal terrain; Boat ride gentle; consult doctor if severe



Arthritis / Knees: Flat walking; soft sand sections. Temple steps optional; can wait in compound



Mobility or Balance Issues: Boat boarding: step-up required. 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

Ready to join us? Please Contact



+91 8062255100



www.tribecacare.com