

CLUB TRIBECA SENIOR FRIENDLY

— TRIP TO —

Shantiniketan & Tarapith

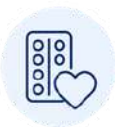
Why Travel With Us



**Home Pick Up and
Drop**



**Emergency
Assistance**



**Medication and
Daily Support**



**Senior Friendly
Hotels and Meals**



**Minimal Walking
& Stress**



**Care Manager
Assistance**



**DEPARTURE : 2nd NOVEMBER, 2026
2 Nights & 3 Days**



You're not paying more for the same trip -

You're paying for the only trip designed entirely
around your health, your pace, your safety, and
your family's peace of mind.

Travel ITINERARY

2nd November · 2 Nights / 3
Days

Executive Summary

A gentle blend of Tagore's Shantiniketan and the sacred Shakti Peeth temples of Tarapith and Kankalitala — paced slowly, with rest breaks, minimal walking, and Care Managers by your side throughout.



Tagore's cultural heritage at Shantiniketan, paired with two revered Shakti Peeth temples — Tarapith and Kankalitala



Most locations reached by vehicle or a short, comfortable ride — minimal walking required



Seating and rest facilities available at the hotel and at every stop along the way



Comfortable November weather: pleasant days around 27–30°C, cool evenings near 18–20°C



A Gentle Journey to Shantiniketan



Day 1

Home Pickup & Train to Bolpur

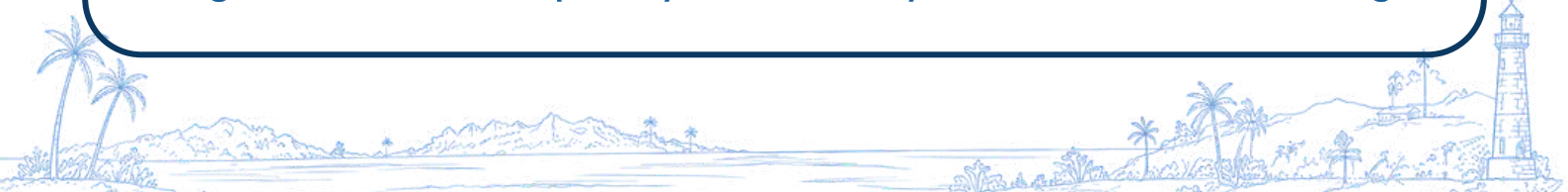
- 06:30 AM onwards: Home pickup, assisted by Care Managers
- Assembly & boarding at Howrah Station for the AC train to Bolpur
- Onboard breakfast and refreshments served



Day 1

Arrival & Check-In at Hotel in Bolpur

- Arrival at Bolpur station, Check-in and a leisurely lunch at the hotel
- Personal downtime and rest through the afternoon
- Evening stroll around the retreat gardens, a seated hour of Tagore's music and poetry, followed by dinner and a restful night



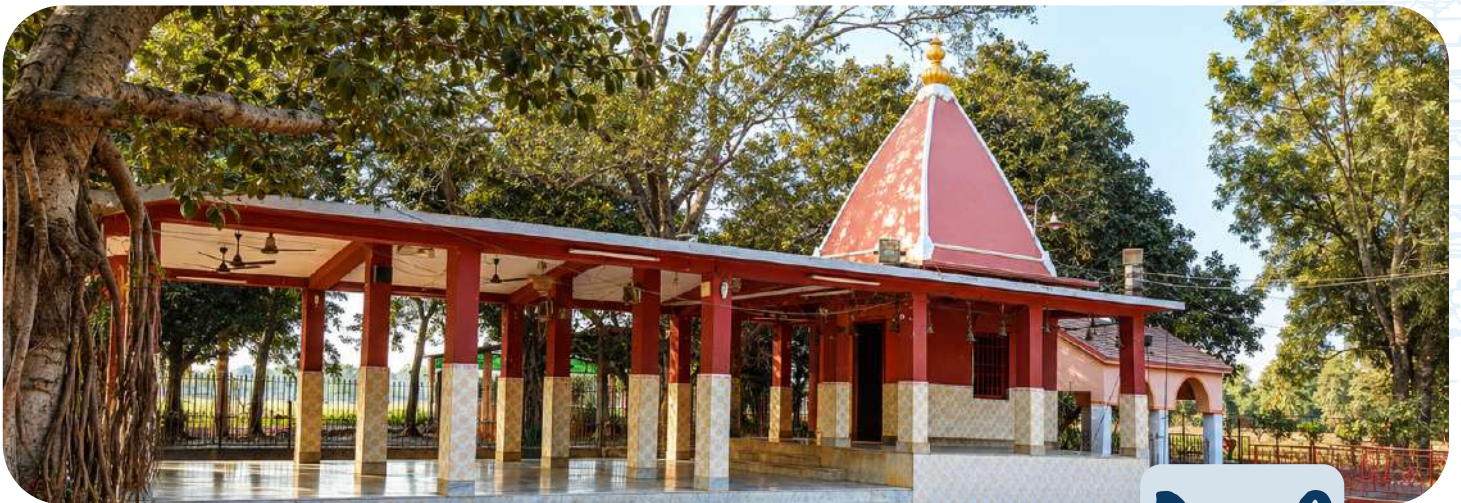
Tarapith & Kankalitala: A Day of Devotion



Day 2

Tarapith — The Tara Maa Temple

- Darshan at Tara Maa Temple — one of the 51 Shakti Peethas, on the Dwarka river
- Seating and shade near the temple; Care Managers assist throughout
- Lunch at a comfortable, senior-friendly restaurant nearby



Day 2

Kankalitala — A Quieter Shakti Peeth

- A short drive back towards Bolpur, to Kankalitala on the Kopai river
- A peaceful visit on flat, easy ground — a calm contrast to the day's crowds
- Time to sit quietly by the river before returning to the hotel for evening tea and dinner



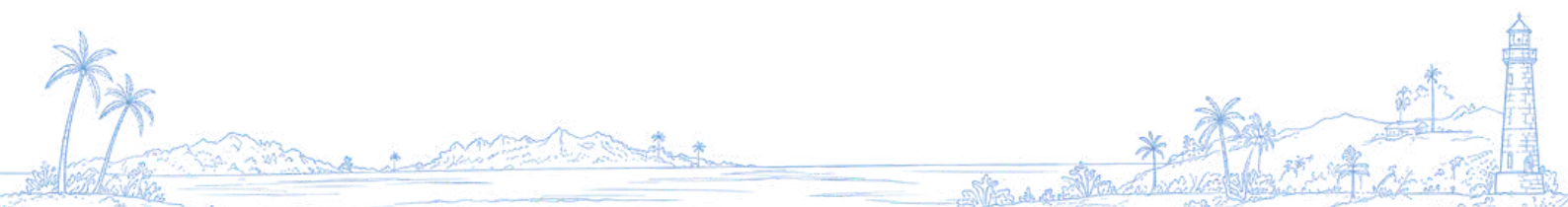
A Relaxed Return



Day 3

Morning Check-Out & Afternoon Return

- Breakfast at the hotel, followed by check-out (Care Managers handle luggage)
- Depart Bolpur by late morning for the return journey to Kolkata
- Arrival back in Kolkata by the evening, with home drop-off by Care Managers





What to Pack



Light cotton clothing for warm November days



A small shoulder bag for daily outings



Comfortable, non-slip walking shoes with grip



A light shawl or stole for cool evenings



A sun hat and sunscreen for daytime outings



Water bottle to stay hydrated



Walking stick or support if needed – no judgment



All medications in original containers



Mosquito repellent for the evenings



Doctor's letter, if needed

ACCESSIBILITY & SAFETY FEATURES



AC vehicle transport between all locations



Vehicles park close to or within walking distance of each stop



Paths at the retreat and Kankalitala are flat and well-maintained



A dedicated Tribeca trip coordinator with you at all times



Seating available at the hotel and both temple stops



Assistance provided at temple steps and vehicle boarding



Rest breaks built into the schedule



Medical assistance on standby throughout the journey

PRACTICAL RECOMMENDATIONS For Seniors

Who This Itinerary is Best For



Devotees of the
Shakti Peeth
pilgrimage circuit



Lovers of Tagore's
Shantiniketan
heritage



A short getaway
close to Kolkata, by
train



Seniors comfortable
with one fuller day
out (Day 2)

Health Conditions



Heart or Lung Conditions

Clearance advised
given Day 2's fuller
schedule.



Mobility or Balance Issues

Walking aids are fine;
some uneven ground
at temples.



Weather

Mild November, but
carry sun protection
midday.



Dietary Restrictions

Let us know in
advance for meal
planning.

Tips for Maximum Comfort



- Don't skip breakfast — it fuels the day



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



- Stay hydrated; sip water every 30–45 min



- Take photos and enjoy the moments



- Use a walking stick or support — no judgment



- Too much? Enjoy the view from the vehicle

Ready to join us? Please Contact



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