

Senior & Accessible Travel in India Guide

Practical groundwork for traveling in India with mobility needs, health considerations, or simply a slower pace — without missing the highlights.

WHY THIS GUIDE

India rewards a slower, well-planned trip, but generic packing lists rarely address uneven pavements, multi-hour drives between sites, or how to find accessible transport and accommodation. This guide focuses on the planning decisions that matter most for senior travelers and anyone managing mobility or health considerations.

PLANNING THE ITINERARY

The biggest accessibility lever in India is pacing, not gear.

- Favor private cars with a driver over public transport for door-to-door travel and flexibility
- Build in a rest day after long drives or flights rather than stacking back-to-back full-day excursions
- Ask accommodations directly about step-free access, elevator availability, and bathroom grab bars — don't assume from photos
- Many heritage forts and temples involve uneven stone steps and long walks with limited shade — ask about alternate viewpoints or shorter routes
- Wheelchair and mobility-aid rental or hire can sometimes be arranged in advance through hotels or specialist tour operators — confirm well ahead of arrival
- Choose ground-floor or accessible rooms at booking, not on arrival, and get it confirmed in writing

HEALTH & MEDICATION LOGISTICS

A little preparation here avoids most mid-trip stress.

- Carry medications in original labeled packaging with a doctor's note, especially for controlled substances
- Pack at least one to two weeks of extra medication beyond your planned trip length in case of delays
- Research hospitals with strong reputations near your planned stops, not just in the city you land in
- Confirm your travel insurance covers pre-existing conditions if relevant — many standard policies exclude them by default
- Carry a printed summary of key medical history, medications, and allergies in case you need care and can't easily explain it yourself
- Stay extra diligent on food and water precautions — digestive upsets hit harder when combined with travel fatigue

Always discuss India-specific health prep, including any recommended vaccinations, with your doctor or a travel health clinic before departure.

GETTING AROUND COMFORTABLY

- Pre-book airport transfers so you're not negotiating transport after a long flight
- Domestic flights are often more comfortable than long road or rail journeys between distant cities — weigh time saved against cost
- Request wheelchair assistance at airports in advance through your airline rather than on arrival
- Carry a compact, sturdy walking aid even if you don't use one daily — uneven surfaces are common at heritage sites
- Keep a printed itinerary with hotel addresses and phone numbers in the local language for drivers and staff