

5 tips on Cusco for the spiritual traveler

Posted At : October 24, 2011 11:17 AM | Posted By : Michael Smith

Related Categories: Adventure

Here are some useful places in Cusco for the spiritual traveler.



South American Explorers <http://www.saexplorers.org/> They have a club house in Cusco that has lots of information on tours and sharmans etc in Cusco and the whole of Peru (and other countries). They are very friendly and speak Spanish and French in addition to English. Not sure about Portugese but you can ask! They also have double rooms with shower for USD \$12/day and there is a beautiful garden there to hang out in. It is a great place to meet other travelers and get tips. You can also email them with questions. Non-members can visit but to use all facilities and get discounts on tours you need to be a member which is \$60 per year. There are also club houses in other countries.

- Healing House <http://www.healinghousecusco.com/> They have many yoga and other healers and offer many classes. There is a free meditation class Monday nights. A great place to met other healers. Say hi to Nicki and others if you go.
- San Blas market - a few blocks from SAE. Cheap place to buy veggies and get lunch for less than USD \$2
- I recommend staying in San Blas area rather than city center because 1) it is cheaper 2) less touristy 3) only 5 minutes walk from center anyway.
- There are many temples and ancient stones in Cusco area. You can hike to the Temple of Monkey and Moon from San Blas in about 30 minutes. Nicki teaches a yoga class at the temple of the Monkey each week.