

Visiting Saihoji

Since 1977 the temple has placed restrictions on the number of visitors to Saihoji, to prevent damage to the fragile environment. Those who wish to visit are now required to follow a reservation process. This involves submitting a postcard or letter giving contact details (including address and phone number), the name of leader (if a group), total number of visitors, and the date of the intended visit, along with a self-addressed stamped envelope.

This reservation system was implemented to preserve both the physical and the spiritual nature of the temple grounds, and to ensure that visitors could enjoy the tranquil ambience of the gardens. Rather than being a tourist destination, Saihoji has sought to emphasize its role as a functioning temple, a place of religious worship and meditation where one can come to enhance one's understanding of Zen Buddhism and its profound influence on Japanese culture.