

# What Saicho Taught Us

Saicho, the founder of Hieizan Enryaku-ji Temple, travelled to China in AD 804 as an envoy to the Tang Dynasty and studied there for around 8 months. In addition to Buddhist scripture, he brought tea seeds and edible chrysanthemum seeds back to Japan as medicinal herbs. These seeds are said to be the origin of Oumi Tea and the widespread farming of edible chrysanthemums in Sakamoto. Tradition has it that Ogoto Hot Springs was established by Saicho as a place of healing.

## Kiku Gozen of Saikyo-ji Temple

Visitors to Saikyo-ji Temple during November can enjoy the taste of autumn in Sakamoto with a full course of edible chrysanthemum ('kiku' in Japanese) dishes including chrysanthemum tempura and sushi. Kiku Gozen dish ¥2,600 (exc.tax) \*reservation required Ph: 077-578-0013 Saikyo-ji Temple Office



## Ogoto Hot Springs

Classed as a highly alkaline simple hot spring with a ph of 9.0, it is characterized by its beautiful lake view. Japanese inns offer outdoor hot springs, aromatherapy, inventive cuisine and a variety of other hospitality services. Enquiries: 077-578-3750 (Ogoto Hot Springs Tourist Park)



## Hiyoshi Tea Plantation



The small tea plantation to the right as you exit Keihan Electric Railway Sakamoto Station. Said to grow the tea seeds brought to Japan by Saicho, green tea from here is offered up during the Sanno Festival Kencha-shiki held in spring.