



LET'S EXPLORE *St Enodoch*

YOU WILL NEED

Good shoes or boots for walking on rough paths, a drink and a snack, a camera on a phone.

THEMES

Prehistoric Cornwall, Celtic Saints, Padstow, Holy Well, Poetry, sand dune wildlife

DISTANCE

6km or 3.9 miles. This pilgrimage is mainly across sand dunes. There are a couple of steep climbs. Please be aware of Golfers when walking on the golf course.

St Enodoch was a 6th Century saint who travelled to Cornwall from her home in Wales to tell the Cornish people all about Christianity. This was an incredibly dangerous mission and Enodoch must have been a very brave and resilient woman to have undertaken it.

The pilgrimage begins and ends at the **Daymer Bay** car park. There is a charge to park here but out of season you can find free spaces along the lane.



Head down the path and along the beach towards Brea Hill. Spend a few minutes searching the shoreline for a special shell or pebble to carry with you to the **Holy Well** before heading up the 62 metre slope ahead!



Have a rest

Brea means 'Hill' in Cornish, so this place is technically called 'Hill Hill'! From here you can see the journey that lies ahead of you – take a moment to enjoy the view!

Pilgrims and Holy people often climb to high places seeking peace and solitude, they're a great spot to pray or meditate – if it's not too windy! The mounds you can see atop the hill are called tumuli, they're bronze age burial grounds where, between 2 and 5 thousand years ago, people buried their dead.



Why do you think they chose this spot?

Head down the other side of Brea Hill and follow the path through the dunes. Cornwall is blessed with many dune systems which are some of the rarest habitats in Europe. They are home to all sorts of wonderful wildlife that you can only find in this type of habitat.



See if you can find some of these special sand dune species as you journey onwards.

If you're walking in the spring or summer, you'll be sure to hear the beautiful song of this bird - the Sky Lark - even if you don't see it flying high above the dunes.



Try and spot a Silver Studded Blue butterfly. Cornwall is one of the few places in the UK where you can find these spectacular butterflies. Look out for them flying low to the sand or roosting together in bushes and long grass during the evening.

If you're really lucky then you might spot a **sand lizard** basking in the midday sun! These amazing little creatures lay their eggs in burrows up to a metre beneath the dunes and hibernate under the sand through the winter months.

Beautiful carpets of **Sea Thrift** adorn the Cornish coastline in the summer months. Thrift is the county flower of the Scilly Isles and it's said that if you have some growing in your garden then you'll never be poor!



Follow the path along the beach towards the village of **Rock**, keeping the Camel estuary on your right-hand side. Across the water you can see the town of Padstow, home of the famous 'Obby 'Oss May Day celebrations and the place where **St Petroc**, captain of the Cornish saints, first arrived in Kernow.

The Legend of Saint Petroc

St Petroc was the son of Welsh chief who decided that he didn't want to be a ruler. He travelled to Ireland where he trained as a Christian Monk before arriving in Cornwall to spread the good news of the gospel. Padstow comes from the Cornish 'Pedroc-Stow' which means 'Petroc's Place', he also built a monastery at Bodmin, and the Cornish name for Bodmin, 'Bod-meneghy', means 'Monk's dwelling'.

It is said that Petroc had a pet wolf and that he travelled as far as India during his own Pilgrimage adventures. He was also responsible for converting Constantine, the king of Cornwall and former knight of King Arthur, to Christianity. Legend has it that Constantine was hunting a baby deer across the moor when it took shelter in Petroc's hermitage. Petroc would not allow the powerful king to slay the young deer and with a silent prayer caused Constantine to freeze, unable to move or speak. When he was at last released from the prayer's power he chose to become a Christian and gave up his throne in order to live as a monk, just like St Petroc.



Follow the path up through the busy little village of Rock, a great place to stop for a drink or something to eat! Once you reach the golf course be sure to follow the white marker stones which lead the way to the **Holy Well** - and look out for flying balls!

There are over 200 hundred Holy Wells in Cornwall named after the different Celtic saints. The reason this Holy Well is not named after Enodoch, even though she certainly would have used it, is because this well is extra special. It is said that Jesus himself visited this very spot as a child while travelling with his uncle, Joseph of Arimathea who was a rich mineral merchant trading in tin and copper.



READY TO REFLECT?

The Holy Well is a great place to stop and reflect. Why not lay down by the ancient spring and listen to the bird song, or sit with your feet in the holy water? Many people leave offerings at Holy Wells and you'll find all sorts of things left inside the well house, especially coins and small medallions. It's best however that Pilgrims leave only their footprints behind, so instead you can place the special shell or rock you found on the beach here, and if you want to, offer up a prayer in this ancient and sacred place.



Continue along the path through the golf course, following it around the base of Brea Hill and up to our final stop – **St Enodoch Church**. The church is built on the sight of Enodoch's original hermitage, where she lived and worshipped, although the oldest parts of the current building date back to about the 12th century. Until the 1800s, the church was regularly engulfed in sand, to the point where it was so buried that once a year the vicar and church warden would climb in through a hatch in the roof to conduct a service. The church was eventually dug out and a strong hedge planted around it in order to protect it from the shifting sands.

As you enter the church yard, you'll see the gravestone of John Betjeman. He was the national Poet Laurette, and he loved this place, writing many poems about it...

*"... Blessed be St Enodoch, Blessed be the Wave,
Blessed be the Springy turf, we pray to thee, we pray..."*



See if you can find the memorials dedicated to Fleur Lombard and Maria Asumpta, and read about their stories.



READY TO REFLECT?

You did it! Take a few minutes to sit either in the quiet stillness of the church or in the beauty of the yard outside and to sense the spirit in this ancient, holy place, which once inspired a courageous young woman to found a community of faith. People have been coming here for over a thousand years since the time of St Enodoch, to pray, and to meditate, and to connect with the spirituality of this sacred spot. And now you are one of them!



Head along the last few hundred metres of the path to the edge of the golf course and past some large houses before arriving back at the car park.

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*Join us for
another pilgrimage
adventure soon!*

