

---

Degibna Prayer Garden and St Winwaloe's Church are both near Helston, Cornwall. They are linked by three miles of public paths and local roads. They can be found on OS Explorer Map 103.

Degibna Prayer Garden  
Degibna Chapel  
Degibna Lane  
Helston Cornwall  
TR12 7PR

GRID ref: SW653253  
<http://www.degibnaprayerchapel.org.uk/>

St Winwaloe's Church  
Gunwalloe  
Helston Cornwall  
TR12 7BP  
GRID ref: SW660205



“When one is still and listens, one begins  
to be in touch with a mysterious element  
that is within each of us,  
which can transform and shape us”

*William Segal*



**The Quiet Garden Movement**  
<https://quietgarden.org/>  
E: [info@quietgarden.org](mailto:info@quietgarden.org)

**Small Pilgrim Places Network**  
[www.smallpilgrimplaces.org](http://www.smallpilgrimplaces.org)  
E: [enquiries@smallpilgrimplaces.org](mailto:enquiries@smallpilgrimplaces.org)

---

## Degibna Prayer Garden and St Winwaloe's Church

---

**Two beautiful places, just a  
short walk apart, offering rest  
and spiritual renewal in the  
south west of Cornwall**

---

**Selected from the  
networks of**

**The Quiet Garden Movement  
and  
Small Pilgrim Places Network**



*Produced by The Quiet Garden Movement  
and the Small Pilgrim Places Network*

## The Quiet Garden Movement and the Small Pilgrim Places Network

---

**The Quiet Garden Movement** was started in 1992 in the UK by the Reverend Philip Roderick, when he observed a lack of places available where individuals could go to embrace silence and stillness and simply 'be'. Today, the movement is a network of over 250 Quiet Gardens worldwide, providing quiet, outdoor spaces for prayer, contemplation and peaceful reflection.

**The Small Pilgrim Places Network** began in 2004 from an earlier idea by the Reverend Jim Cotter for places of simplicity, which could invite the stranger to be at home and where all people of goodwill could breathe freely without feeling pressured into a pattern of belief.



## Degibna Prayer Garden

---

Tucked alongside The Degibna Prayer Chapel, the Prayer Garden was created in 2013 as a space where visitors could find peace and contemplation. The garden has been designed as a wildlife friendly space with disability access. It provides an opportunity to sit and enjoy the beauty of this world and perhaps to ponder the interconnectedness of all things and



celebrate the wonders of this world. The entrance is down the lane to the right of the chapel. The earliest mention of Degibna is in 1272. A chapel dedicated to St Decuman has existed in this area since at least the 14th century. Decuman was of Celtic Royal blood and he is associated with several ancient chapels in Ireland, Wales and Somerset, as well as here in Cornwall. Degibna was part of the Domesday royal manor of Winnianton which was the richest estate in Cornwall. It stands close to Loe Pool which is the largest lake in the county. The Loe was originally the estuary of the Cober, now blocked by a sand and shingle bar.

## St Winwaloe's

---

A wild place of peace and beauty. St Winwaloe's nestles out of the wind, beside a sandy beach where the Atlantic pounds against the Lizard Peninsula. It is sometimes known as 'the church of storms'. Inside, there is peace and calm to be found. Winwaloe was a Celtic royal prince whose parents had fled to Brittany. In Cornwall, Winwaloe is also the patron of the Cornish churches at Tremaine and Poundstock, the church at East Portlemouth in Devon and two lost chapels in Wales. The church is said to be on the site of a 6th century monastery which may have been founded by St Winwaloe or more likely by a member of the community from St Winwaloe's monastery at Landevennec Abbey in Brittany. It is protected from the sea by a low wall and a ring of Tamarisk trees, known as the 'salt cedar', which grow in a range of harsh environments. In parts of Greece it used to be cooked and eaten as a wild green vegetable.

