

5. The land

On the Sizergh estate archaeologists have found evidence of Neolithic and Bronze Age activity and a Roman settlement. In medieval times some of this land formed part of the castle's deer park and the rest was farmed.

Follow the wall towards the farm entering the field through the wooden gate along the high fence.

6. Growing Well

Growing Well provides local people with mental health problems with an effective, supportive and inclusive farm-based community. Growing Well supports people to improve their mental wellbeing by involving them in a range of activities within an organic growing business including farming, horticulture training, school visits and the running of the charitable social enterprise.

Enter the Growing Well gate and continue straight ahead through the site, returning to the farm on the perimeter track.

Or

Follow the track along the hedge side back to the farm.



Time your visit to enjoy a tea room breakfast, lunch or afternoon tea.

HOW WE FARM

We have a progressive and modern family dairy farm that has high animal welfare standards and a content and productive herd. In enhancing and conserving the landscape and its wildlife we are farming for our families and for future generations..

**Trail and Shop open 9.00-5.30,
10.00 - 5.30 Sunday**

**Tea Room open 9.30 - 5.00,
10.00 - 5.00 Sunday**



Wildlife and nature guides
available in the farm shop

Low Sizergh Farm
Sizergh, Kendal, Cumbria LA8 8AE
Tel: 015395 60426
Fax: 015395 61475
Email: info@lowsizerghbarn.co.uk
www.lowsizerghbarn.co.uk



LOW
Sizergh 
BARN

FARM TRAIL MAP AND GUIDE



