



Suntrap Shared Stories

Helen Watts

Pupil at Chingford C of E School in '70's

I associate Suntrap with having the adventure and freedom to escape the confines of a routine learning day. From these early days I've developed a love and respect for Epping Forest with everything that it has to offer. As well as the enjoyment of eating a packed lunch while being out in the open, whatever the weather!

I can still recount that the four main trees native to Epping Forest as oak, hornbeam, ash, and silver birch. The mantra "take only pictures, leave only footprints, kill nothing but time" remains with me to this day.