

Life as I know it

Julia Bradbury

Julia, 36, presents *Countryfile* on BBC1. She is single and divides her time between her homes in London and Rutland Words by Benita Adesuyan



"I drive a Range Rover Sport with heated seats. You can't get the *Countryfile* film crew out of it"

If I could change anything about myself I'd...

be a world-class poker player so I could go to Las Vegas and wipe out the top tables.

The most romantic thing anyone has ever done for me is... like Lady Gaga says, "romance is bad".

Not a lot of people know this but I'm very good at...

parallel parking.

You may not know it but I'm no good at... exams. The only test I passed with flying colours is my driving test. I'm also pretty bad at sewing. My mother was a designer so I spent a lot of time in workshops but I can barely sew a button on. **To wake myself up I...** take my time, sip a cup of tea and chew a South African rusk.

If I have time to myself I... climb hills or read a good book.

When I'm feeling down I... dance round the living room to loud music.

My best friends are... Amanda and Jane, who I've known for 15 years, and my sister, Gina.

The best thing my parents taught me is... to give it your all because it takes just as much energy to do something badly.

If I can, I always try to avoid... thinking too far ahead.

It's not good for my image but I like... Neil Diamond. I blame my mum.

My biggest influence is... Joan Bakewell. She's so good at what she does, and she has sustained a long career, which isn't easy for women in broadcasting.

My greatest weakness is... chocolate spread on hot toasted crumpets with melted butter.

I drive... a Range Rover Sport with heated seats, which are essential for shooting *Countryfile* on location. You can't get the film crew out of it! **The song I can never get out of my head is...** *Empire State of Mind* by Jay-Z and Alicia Keys.

My biggest regret is... nothing. In the words of Oscar Wilde, "To regret one's own experiences is to arrest one's own development".

My proudest moment was... switching on the Christmas lights with Prince Charles in Keswick after last year's terrible floods.

The shop I can't walk past without buying something is... any good butcher.

The most expensive thing I've ever frittered money on is... I don't fritter money. Every purchase is a well thought-out investment.

My perfect Sunday is... waking up with all the Sunday papers, followed by a late lunch at Barnsdale Lodge on the north shore of Rutland Water.

My favourite place in Britain is... the Peak District because my dad is a Derbyshire lad, and I first went walking with him there. I'm a bit of a mongrel though. I was born in Dublin, my mum is Welsh Greek, I grew up in Rutland and went to school in Sheffield.

My last meal would be... cottage pie with peas and Worcester sauce, and a glass of shiraz. ☺

Where to Go When: Great Britain & Ireland, with a preface by Julia Bradbury, is out now, £19.99. See Bookshop, page 81 or visit www.dk.com/wheretogob. *Countryfile* is on BBC 1 tonight at 6pm.