



Julia Bradbury



Chloe Gunning



Sian Lewis



Ash Bhardwaj



Join **Julia Bradbury** and travellers **Ash Bhardwaj**, **Chloe Gunning** and **Sian Lewis** in finding sanctuary in Costa Rica. Head off to the brand-new website to discover their inspirational videos and articles, and to catch up on their free virtual events. Nature, wildlife and adventures that are good for the mind, body and the environment: Costa Rica has it all.

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WELCOME...



Everybody that you meet in Costa Rica has this wonderful expression: Pura Vida! And it's not just a greeting: It basically means goodbye, have a lovely day, how are you? It's always said with a huge smile, and I think it really encapsulates the atmosphere of Costa Rica, which is 'pure life'. The smiles are constant: the locals are incredibly friendly and they're very proud of their country, and quite rightly so.

My first impression of Costa Rica? It's just dazzling. It's such an outstandingly beautiful country and after travelling there briefly for work, it was instantly on my bucket list and I knew I had to return.

And when I did, what an adventure I had! It's probably easier to tell you what adventures you can't do in Costa Rica. You can have a go at everything from surfing, ziplining and kayaking to hiking and rappelling. There's so much to do if you have an adventurous spirit.

The nature and wildlife are spectacular and because Costa Rica has done such a great job of protecting its natural spaces and nurturing its forests, the landscapes are abundant with wildlife and it's beautiful to see.

I believe that if the natural world and natural beauty are important to you then Costa Rica is one of the places on the globe that you must see. It really does have something for everyone, and it is breathtakingly beautiful.

Julia



Previous Spread: JWL, The Spread; Julia Bradbury, Costa Rica Tourism Board; Shutterstock