

TV Schedule Week Beginning 8th January

Monday

- [Destination](#)
[Explore one of the most popular lakes in Italy as we visit the glorious Lake Garda. Experience vineyards, olive oil, cycling and, of course, breathtaking views.](#)
12:00 - 12:30
- [10 Minute Trips](#)
[In the mountains behind The Italian Riviera, little has changed for centuries. Join us as we take a trip through hilltop villages, castles and encounter some witchcraft.](#)
12:30 - 12:45
- [10 Minute Trips](#)
[Hidden in the heart of the Italian Dolomites, Cortina is perhaps better known as a winter resort. However, as Anca Precub discovers, it can make a great choice for the summer too.](#)
12:45 - 13:00
- [Walks Around Britain](#)
[Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks along the cliffs at Flamborough Head and through Clumber Park, Nottinghamshire.](#)
15:00 - 15:30

Tuesday

- [Destination](#)
[Sardinia is a tourist hot spot of sun, sea and sand. But what do you do when the weather turns sour? Join John as he embarks on an island road trip to discover life away from the sea.](#)
11:00 - 11:30
- [10 Minute Trips](#)
[In the mountains behind The Italian Riviera, little has changed for centuries. Join us as we take a trip through hilltop villages, castles and encounter some witchcraft.](#)
11:30 - 11:45
- [10 Minute Trips](#)
[Hidden in the heart of the Italian Dolomites, Cortina is perhaps better known as a winter resort. However, as Anca Precub discovers, it can make a great choice for the summer too.](#)
11:45 - 12:00
- [10 Minute Trips](#)
[Take a quick 10-minute trip to discover this delightful Swiss city. Visit a chocolate shop, glide across the lake on a paddle steamer, and visit the home of the modern Olympic Games.](#)
19:00 - 19:15
- [10 Minute Trips](#)
[Hidden in the heart of the Italian Dolomites, Cortina is perhaps better known as a winter resort. However, as Anca Precub discovers, it can make a great choice for the summer too.](#)
19:15 - 19:30
- [Charlie Boorman's Extreme Frontiers](#)
[Charley's Saskatchewan experience continues as he heads south to investigate the famous Canada-United States border - the longest border in the world at 8,891 km.](#)
19:30 - 20:30

Wednesday

- [Destination](#)
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12:00 - 12:30
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12:45 - 13:00

- It's More Fun in the Philippines

Alex Outhwaite and Mel Dizon travel to the surfers paradise of Siargao for the next stage of their tour, where Alex gets her first taste of surfing, and they discover the secrets of Naked Island

19:00 - 20:00

Thursday

- Destination

Join John Plaskett as he discovers the vibrant history of the Italian city of Brescia. Roman houses, astronomical clocks and a medieval fortress lie in store as he discovers the secrets of Brescia.

11:00 - 11:30

- 10 Minute Trips

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15:00 - 15:30

Friday

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12:00 - 12:30

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12:45 - 13:00

- It's More Fun in the Philippines

Snorkelling in the 'clearest waters in the world' is the first activity, as Alex and Mel reach the island of Coron. They kayak to hidden lagoons, and struggle to reach a mountain summit before sunset

18:00 - 19:00

- Charlie Boorman's Extreme Frontiers

Continuing his journey to the west, Charley enters Alberta where he makes a quick stop at the Rafter Six Ranch, where he learns how to crack a whip like a real cowboy.

19:00 - 20:00

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20:00 - 20:30

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20:30 - 21:00

Saturday

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17:00 - 17:30

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17:30 - 18:00