

TV Schedule Week Beginning 4th March 2019

Monday

- **Walks Around Britain**
1/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks on a disused railway in the Peak District and alongside the Caledonian Canal.
12:00 - 12:30
- **Escape to Paradise**
Alex Outhwaite embarks on a luxurious trip to the Caribbean island of Antigua, swimming with stingrays, snorkelling in clear turquoise waters, and discovering the legend of Devils Bridge. (1/3)
12:30 - 13:30
- **Taiwan: Land of Discovery**
Hayley Sparkes heads to Asia to explore the beautiful land of Taiwan. There she discovers ancient material dying techniques, a mountain of salt, delicious food and so, so many lanterns. (1/5)
15:00 - 16:00

Tuesday

- **Walks Around Britain**
2/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks along the coast at Boscastle and visits Ramsey on the Isle of Man.
12:00 - 12:30

Wednesday

- **Walks Around Britain**
3/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks above and alongside 2 large bodies of water - Ladybower Reservoir and Windermere.
12:00 - 12:30
- **Destination**
Presenter Ellen Coughlan agrees to join a 5km fun run in Icelandic capital Reykjavik, and uses the chance to explore some of the famous natural wonders. But this is a fun run like no other!
13:00 - 13:30
- **Serbia: Old and New**
Join Laura Alexandra as she travels the European country of Serbia to discover culture, history, food and the great outdoors. Laura starts her Serbian adventure in capital city Belgrade (1/6).
15:00 - 16:00

Thursday

- **Walks Around Britain**
4/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks up The Great Orme in North Wales and besides a railway in West Yorkshire.
12:00 - 12:30
- **It's More Fun in the Philippines**
Join Alex Outhwaite as she teams up with local presenter Mel Dizon, and embarks on an amazing tour of the Philippines. After just 4 hours sleep, they're crossing a lake to climb a volcano
12:30 - 13:30

Friday

- **Walks Around Britain**
5/7 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.
12:00 - 12:30
- **Ellen's Texan Adventure**
Experience modern Texas as Ellen Coughlan Discovers the delights that this state has to offer. Her

first stop is the cowboy city of Forth Worth where Ellen experiences a Rodeo and a Honky Tonk. (1/4)

12:30 - 13:30

- **Escape to Paradise**

Alex Outhwaite continues her luxurious trip to the Caribbean island of Antigua with an adrenalin filled off-road buggy safari, a relaxing visit to the spa, and a whole lot of rum to taste! (2/3)

15:00 - 16:00

Saturday

- **Serbia: Old and New**

Join Laura Alexandra as she travels the European country of Serbia to discover culture, history, food and the great outdoors. Laura starts her Serbian adventure in capital city Belgrade (1/6).

12:00 - 13:00

- **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.

13:00 - 13:30

Sunday

- **Taiwan: Land of Discovery**

Hayley Sparkes heads to Asia to explore the beautiful land of Taiwan. There she discovers ancient material dying techniques, a mountain of salt, delicious food and so, so many lanterns. (1/5)

12:00 - 13:00

- **Destination**

Come to the Red Sea coast and explore the beautiful beach resort of Somabay, Egypt. From adventurous activities such as Kite Surfing and Diving, to the relaxation of a Spa, it's a great place to be.

13:00 - 13:30