

TV Schedule Week Beginning 18th March 2019

Monday

- **Walks Around Britain**
4/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks to the top of Brant Fell and Zoe Dawes visits Grasmere in the Lake District.
12:00 - 12:30
- **Escape to Paradise**
Floating bars, 300ft high zip wires, and an eccentric sauce maker – it's the last few days of Alex Outhwaite's Escape to Paradise, which culminates with parties on a catamaran, and a mountain top!
(3/3)
12:30 - 13:30
- **Taiwan: Land of Discovery**
Hayley Sparkes has a relaxing morning at the Confucius Temple, before heading to the mountains to have tea with the indigenous tribes. The day ends in a magnificent cherry blossom orchard. (3/5)
15:00 - 16:00

Tuesday

- **Walks Around Britain**
5/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks around Carreg Cennen Castle in the Brecon Beacons and takes an unusual trek in Jersey.
12:00 - 12:30

Wednesday

- **Walks Around Britain**
6/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks through the haunted Coombs Dale in the Peak District and to Glenridding Dodd in the Lake District.
12:00 - 12:30
- **Destination**
Ellen Coughlan continues on her New Orleans adventure with some New Orleans cuisine, a cemetery that makes up part of the tourist trail and the last authentic Steamboat on the Mississippi. (2/2)
13:00 - 13:30
- **Serbia: Old and New**
Having explored Serbia's capital city, Laura Alexandra travels into the countryside in pursuit of an old Roman trail. Her journey will take her back and forth through 1 million years of history. (3/6)
15:00 - 16:00

Thursday

- **Walks Around Britain**
7/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks around the Muirtown Basin in Inverness and Hugh Town on the Isles of Scilly.
12:00 - 12:30
- **It's More Fun in the Philippines**
Ep3: Alex and Mel continue their exploration of Bohol with a diving trip, before travelling to a new island with a bizarre modern palace.
12:30 - 13:30

Friday

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Walks Around Britain

1/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew takes a challenging walk up Silver How in the Lake District and Leah walks through Fishlake in South Yorkshire.

12:00 - 12:30

- Ellen's Texan Adventure

Ellen continues her adventure in the city of Dallas where she attempts to uncover the city's biggest mystery. Then she heads further south to the space city of Houston. (3/4)

12:30 - 13:30

- Ellen's Canadian Adventure

Ellen Coughlan Travels to Canada for more sight-seeing fun.

15:00 - 16:00

Saturday

- Serbia: Old and New

Having explored Serbia's capital city, Laura Alexandra travels into the countryside in pursuit of an old Roman trail. Her journey will take her back and forth through 1 million years of history. (3/6)

12:00 - 13:00

- Destination

John Plaskett takes a road trip across Louisiana where he discovers the history of Slaves, goes to the top of the tallest USA State Capitol building and gets a little too close to wild Alligators. 1/2

13:00 - 13:30

Sunday

- Taiwan: Land of Discovery

Hayley Sparkes has a relaxing morning at the Confucius Temple, before heading to the mountains to have tea with the indigenous tribes. The day ends in a magnificent cherry blossom orchard. (3/5)

12:00 - 13:00

- 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.

13:00 - 13:30