

TV Schedule Week Beginning 15th April 2019

Monday

- **Ellen's Canadian Adventure**
Ellen Coughlan tries oyster fishing in Prince Edward Island, before crossing to the dramatic landscapes of Nova Scotia. After an unexpected music lesson, it's time for a night in a whisky distillery! (2/6)
12:00 - 13:00
- **Discover Britain**
A UK travel show looking at interesting places, cookery and people
13:00 - 13:30
- **It's More Fun in the Philippines**
Ep2: Alex Outhwaite and Mel Dizon continue their amazing tour of the Philippines. A tropical storm saves the girls from a scary challenge, and they visit the home of the smallest primates in the world
15:00 - 16:00

Tuesday

- **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

Wednesday

- **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
- **Destination**
Explore this little known secret of the northern Aegean. It boasts over a hundred beaches, so you can often find one all to yourself. There's a few surprises too, such as Europe's only desert!
13:00 - 13:30
- **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)
15:00 - 16:00

Thursday

- **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
- **Taiwan: Land of Discovery**
Hayley Sparkes heads to Asia to explore the beautiful land of Taiwan. There she discovers ancient material dyeing techniques, a mountain of salt, delicious food and so, so many lanterns. (1/5)
12:30 - 13:30

Friday

- **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 beside a railway in West Yorkshire.
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

- Destination

Join John Plaskett as he heads to Europe's second biggest music festival - EXIT. Held in the impressive grounds of the Petrovaradin Fortress in Serbia's Novi Sad, the festival is a hub for music lovers. But outside of the party hours, what else is there to do? Tune in to find out.

15:00 - 16:00

Saturday

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12:00 - 13:00

- Destination

Join Ellen Coughlan as she explores the famous city of New Orleans. See the bustling creativity of the fabulous French Quarter and of course the vibrant nightlife that makes this city so famous. (1/2)

13:00 - 13:30

Sunday

- Ellen's Texan Adventure

Experience modern Texas as Ellen Coughlan arrives at Wildcatter Ranch to experience the thrills of a true cowboy lifestyle. Then it's onto the glitzy city of Dallas (2/4)

12:00 - 13:00

- 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