

TV Schedule Week Beginning 29th April 2019

Monday

- **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.
12:00 - 13:00
- **Two Girls and a Kit Car**
Jade and Crisi live to perform, so when a dream job in Italy is on offer, Jade borrows her uncle's old kit car, and offers to drive them. It's just the start of an amazing, fun-filled adventure.
13:00 - 13:30
- **It's More Fun in the Philippines**
Ep4: 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
15:00 - 16:00

Tuesday

- **Walks Around Britain**
2/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White takes a surprising walk around Goole and through the Trentham Estate in Staffordshire.
12:00 - 12:30

Wednesday

- **Walks Around Britain**
3/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks alongside a canal in Wolverhampton and to the top of Sour Howes in the Lake District.
12:00 - 12:30
- **Destination**
Join Alyse Edwards as she explores the beautiful Turkish town of Alacati. Experiencing shopping in the Bazaar, seeing some ancient sites and trying her hand at some local artwork. (1/2)
13:00 - 13:30
- **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)
15:00 - 16:00

Thursday

- **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
- **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)
12:30 - 13:30

Friday

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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

- **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).

12:30 - 13:30

- **Ellen's Canadian Adventure**

Ellen Coughlan starts a brand new adventure, with her first ever visit to the provinces of Atlantic Canada. She starts where Canada itself began, on Prince Edward Island, home to Anne of Green Gables. (1/6)

15:00 - 16:00

Saturday

- **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**

Alyse Edwards continues her journey in the Turkish town of Alacati. Exploring some of the remains of ancient civilisations and having a go at the famous local sport of Wind Surfing

13:00 - 13:30

Sunday

- **Ellen's Texan Adventure**

It's the final leg of the journey for Ellen's adventure. After experiencing Space City Houston it's onto the coastal city of Galveston to visit the seaside and uncover it's secrets. (4/4)

12:00 - 13:00

- **Destination**

Katy Dartford heads to France to discover the Midi-Pyrenees. A beautiful region blessed with colour and tranquility. In search of food she travels Tarn, Gers, Tarn-et-Garonne and Haute Garonne to find the very best in gastronomy.

13:00 - 13:30