

TV Schedule Week Beginning 1st July 2019

Monday

- **Ellen's American 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)
12:00 - 13:00
- **Road Trip**
Take an exciting, colourful trip, visiting elephant sanctuaries and a tea factory, as Trevor Claringbold treks from the capital, Colombo, to Nelson's harbour at Trincomalee.
13:00 - 13:30

Tuesday

- **Walks Around Britain**
3/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew walks along part of the Isle of Wight Coastal Path and between Huggate and Thixendale on the Yorkshire Wolds Way.
12:00 - 12:30

Wednesday

- **Walks Around Britain**
4/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks around the island of Tresco, then with his family, to the top of Caer Caradoc in Shropshire.
12:00 - 12:30
- **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.
13:00 - 13:30

Thursday

- **Walks Around Britain**
5/7 Series featuring inspirational walks between 2-8 miles from around Britain. In a Jersey Special, Andrew and his family walk to Devil's Hole and a circular walk near the La Corbière lighthouse
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

Friday

- **Walks Around Britain**
6/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks part of an old railway line on the Isle of Man and through the historic city centre of Leeds.
12:00 - 12:30
- **Taiwan: Land of Discovery**
After climbing a mountain before sunrise, Hayley Sparks takes a boat ride across the mysterious Sun Moon Lake, and delves deeper into a land of mountains, canyons and a rickety suspension bridges.(4/5)
12:30 - 13:30

Saturday

- 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

12:00 - 13:00

- 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

Sunday

- Serbia: Old and New

Laura Alexandra continues her historical tour of Serbia. As the Roman trail approaches natural Spa's Laura enjoys a well-earned rest, after visiting the national landmark Devil's Town.(4/6)

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 (2/2)

13:00 - 13:30