

## TV Schedule Week Beginning 22nd July 2019

### Monday

- **Taiwan: Land of Discovery**  
Hayley Sparkes continues her Taiwan adventure, with more amazing discoveries. She learns how to go oyster fishing with her feet, and visits one of the most spectacular lantern festivals in the world! (2/5)  
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

### Tuesday

- **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

### Wednesday

- **Walks Around Britain**  
7/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew takes two walks direct from railway stations - one around the Derbyshire spa town of Buxton and the other along the Roman walls of Chester.  
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

### Thursday

- **Two Girls and a Kit Car**  
Ep 1. Jade and Crisi live to perform, so when a dream job in Italy is on offer, Jade borrows her uncles old kit car, and offers to drive them. It's just the start of an amazing, fun filled adventure.  
12:00 - 12:30
- **Ellen's American 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)  
12:30 - 13:30

### Friday

- **Earth Cycle**  
Simon Parker continues his bicycle expedition of the Scandinavian Peninsula. Continuing through Sweden Simon arrives at Utefest, an outdoor festival and then goes looking for wild beavers. (3/5)  
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

### Saturday

- 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)

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

- 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

- 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