

## TV Schedule Week Beginning 29th July 2019

### Monday

- **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**  
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

### 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**  
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

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

### Friday

- **Earth Cycle**  
Simon Parker continues his bicycle expedition of the Scandinavian Peninsula. Relying on allemansrätten – the right to roam and camp in the wild, Simon begins a tough cycle south. (4/5)  
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

### Saturday

- **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

- 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

- It's More Fun in the Philippines

Ep1: Join Alex Outhwaite as she teams up with local presenter Mel Dizon, and embarks on an amazing tour of the Philippines. After just 4 hours sleep, they're crossing a lake to climb a volcano

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