

TV Schedule Week Beginning 5th August 2019

Monday

- **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)
12:00 - 13:00
- **Discover Britain**
13:00 - 13:30

Tuesday

- **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

Wednesday

- **Walks Around Britain**
5/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks along the cliffs at Flamborough Head and through Clumber Park, Nottinghamshire.
12:00 - 12:30
- **Destination**
Join John Plaskett as he heads deep into the Pyrenees Mountains in Catalonia. The snow is gone and the sun is shining as he hikes through national parks, cycles amazing roads and dares river rapids.
13:00 - 13:30

Thursday

- **Walks Around Britain**
6/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks along the Isle of Man's stunning coast and visits Sprotbrough in South Yorkshire.
12:00 - 12:30
- **Ellen's American 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)
12:30 - 13:30

Friday

- **Earth Cycle**
Simon Parker ends his adventure in the Scandinavian Pensiula arriving in the very south of Sweden. From Falkenberg to Smygehuk, his final ride was worth waiting for. (5/5)
12:00 - 12:30
- **Serbia: Old and New**
Laura Alexandra continues her travels across Serbia. She is still exploring Belgrade, this time experiencing art, medicine, and fashion. She also meets the Crown Prince and Princess. (2/6)
12:30 - 13:30

Saturday

- **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**

Ep 1. 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

Sunday

- **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

12:00 - 13:00

- **Road Trip**

SRI LANKA, COAST TO COAST: 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