

TV Schedule Week Beginning 12th August 2019

Monday

- **Taiwan: Land of Discovery**
After surviving her most challenging trek into tribal lands, Hayley travels north to explore the region around the capital Taipei, including a gold mine and the world's second tallest tower. (5/5)
12:00 - 13:00
- **Discover Britain**
13:00 - 13:30

Tuesday

- **Walks Around Britain**
7/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks from Banavie to Gairlocky and around the Ribbleshead Viaduct.
12:00 - 12:30

Wednesday

- **Walks Around Britain**
1/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks with artist Ashley Jackson in Holmfirth and to the top of Wansfell Pike in the Lake District.
12:00 - 12:30
- **Earth Cycle**
Adventure travel journalist Simon Parker travels the Scandinavian Peninsula by bike. Starting at the North Cape with fishing in the Arctic, wild camping and keeping warm drinking seaweed vodka. (1/5)
13:00 - 13:30

Thursday

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

Friday

- **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
- **Serbia: Old and New**
Having explored Serbia's capital city, Laura Alexandra travels into the countryside in pursuit of an old Roman trail. Her journey will take her back and forth through 1 million years of history. (3/6)
12:30 - 13:30

Saturday

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Destination

1/2 Trevor Claringbold explores Atlantic Canada, discovering fabulous beaches, dramatic cliffs, idyllic river valleys and the lobster capital of the world. Part 1 of a 2-part special.

12:00 - 13:00

- Destination

2/2 Trevor Claringbold continues his tour along the Fundy Coast, foraging with a chef, sea-kayaking around Deer Island, and heading out in search of whales. Part 2 of a 2-part special.

13:00 - 13:30

Sunday

- It's More Fun in the Philippines

Ep3: Alex and Mel continue their exploration of Bohol with a diving trip, before travelling to a new island with a bizarre modern palace.

12:00 - 13:00

- Destination

Presenter Ellen Coughlan agrees to join a 5km fun run in Icelandic capital Reykjavik, and uses the chance to explore some of the famous natural wonders. But this is a fun run like no other!

13:00 - 13:30