

TV Schedule Week Beginning 19th August 2019

Monday

- **Escape to Paradise**
Alex Outhwaite embarks on a luxurious trip to the Caribbean island of Antigua, swimming with stingrays, snorkelling in clear turquoise waters, and discovering the legend of Devils Bridge. (1/3)
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 to the top of Brant Fell and Zoe Dawes visits Grasmere in the Lake District.
12:00 - 12:30

Wednesday

- **Walks Around Britain**
5/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks around Carreg Cennen Castle in the Brecon Beacons and takes an unusual trek in Jersey.
12:00 - 12:30
- **Earth Cycle**
Simon Parker continues his bicycle expedition of the Scandinavian Peninsula. Having entered Sweden Simon witnesses the Northern Lights and goes in search of local bears and moose. (2/5)
13:00 - 13:30

Thursday

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

Friday

- **Walks Around Britain**
7/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks around the Muirtown Basin in Inverness and Hugh Town on the Isles of Scilly.
12:00 - 12:30
- **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)
12:30 - 13:30

Saturday

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Taiwan: Land of Discovery

Hayley Sparkes heads to Asia to explore the beautiful land of Taiwan. There she discovers ancient material dying techniques, a mountain of salt, delicious food and so, so many lanterns. (1/5)

12:00 - 13:00

- Destination

Explore one of the most popular lakes in Italy as we visit the glorious Lake Garda. Experience vineyards, olive oil, cycling and, of course, breathtaking views.

13:00 - 13:30

Sunday

- It's More Fun in the Philippines

Ep4: 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

Come to the Red Sea coast and explore the beautiful beach resort of Somabay, Egypt. From adventurous activities such as Kite Surfing and Diving, to the relaxation of a Spa, it's a great place to be.

13:00 - 13:30