

TV Schedule Week Beginning 26th August 2019

Monday

- **Escape to Paradise**
Alex Outhwaite continues her luxurious trip to the Caribbean island of Antigua with an adrenalin filled off-road buggy safari, a relaxing visit to the spa, and a whole lot of rum to taste! (2/3)
12:00 - 13:00
- **Discover Britain**
13:00 - 13:30

Tuesday

- **Walks Around Britain**
1/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew takes a challenging walk up Silver How in the Lake District and Leah walks through Fishlake in South Yorkshire.
12:00 - 12:30

Wednesday

- **Walks Around Britain**
2/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew walks through Silverdale Glen on the Isle of Man and takes a winter walk around Elter Water in the Lake District
12:00 - 12:30
- **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)
13:00 - 13:30

Thursday

- **Walks Around Britain**
3/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew walks along part of the Isle of Wight Coastal Path and between Huggate and Thixendale on the Yorkshire Wolds Way.
12:00 - 12:30
- **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.
12:30 - 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

Friday

- **Walks Around Britain**
4/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks around the island of Tresco, then with his family, to the top of Caer Caradoc in Shropshire.
12:00 - 12:30
-

Serbia: Old and New

After a trumpeting experience by the lake Laura arrives in the mountainous spa area known as Zlatibor where she experiences some thrills in the crisp clear mountain air. (5/6)

12:30 - 13:30

Saturday

- 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

Ellen Coughlan travels to one of the most famous southern States of America. Exploring the narrow Gulf Coastline of Alabama, she's on a mission to see how sweet it actually is.

13:00 - 13:30

Sunday

- It's More Fun in the Philippines

Ep5: Snorkelling in the 'clearest waters in the world' is the first activity, as Alex and Mel reach the island of Coron. They kayak to hidden lagoons, and struggle to reach a mountain summit before sunset

12:00 - 13:00

- Destination

Explore this little known secret of the northern Aegean. It boasts over a hundred beaches, so you can often find one all to yourself. There's a few surprises too, such as Europe's only desert!

13:00 - 13:30