

TV Schedule Week Beginning 13th January 2020

Monday

- **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)
12:00 - 13:00
- **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)
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
- **Destination**
Join Ellen Coughlan as she explores the famous city of New Orleans. See the bustling creativity of the fabulous French Quarter and of course the vibrant nightlife that makes this city so famous. (1/2)
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
- **It's More Fun in the Philippines**
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
12:30 - 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
- **Ellen's Canadian Adventure**
Ellen's Adventure moves on to the wilds of Newfoundland, with a bumpy boat trip in search of icebergs, foraging for her lunch, and a scary ride on Canada's longest zip-line! (4/6)
12:30 - 13:30

Saturday

Sunday