

TV Schedule Week Beginning 20th January 2020

Monday

- **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)
12:00 - 13:00
- **Destination**
Ellen Coughlan continues on her New Orleans adventure with some New Orleans cuisine, a cemetery that makes up part of the tourist trail and the last authentic Steamboat on the Mississippi. (2/2)
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
- **Destination**
John Plaskett takes a road trip across Louisiana where he discovers the history of Slaves, goes to the top of the tallest USA State Capitol building and gets a little too close to wild Alligators. 1/2
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
- **It's More Fun in the Philippines**
It's the final day exploring Palawan for Alex Outhwaite and Mel Dizon, and they visit a luxurious private island before returning to Manila for a spot of partying to say goodbye.
12:30 - 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
- **Ellen's Canadian Adventure**
Ellen's journey along the Nova Scotia coast continues, as she hikes the legendary Skyline trail, clings on to a sinking raft, gets a surprise proposal, and sees some poignant reminders of the Titanic. (3/6)
12:30 - 13:30

Saturday

Sunday