



# THE FREESAT CHANNEL GUIDE



## ENTERTAINMENT

|            |                          |             |            |                           |             |
|------------|--------------------------|-------------|------------|---------------------------|-------------|
| <b>101</b> | <b>BBC One SD/HD**</b>   | 24 Hours    | <b>138</b> | <b>horror channel</b>     | 24 Hours    |
| <b>102</b> | <b>BBC Two SD/HD**</b>   | 24 Hours    | <b>139</b> | <b>horror channel+1</b>   | 24 Hours    |
| <b>103</b> | <b>ITV London**</b>      | 24 Hours    | <b>140</b> | <b>BET</b>                | 24 Hours    |
| <b>104</b> | <b>C4 / S4C in Wales</b> | 24 Hours    | <b>141</b> | <b>5Spike</b>             | 24 Hours    |
| <b>105</b> | <b>Channel 5 SD/HD**</b> | 24 Hours    | <b>142</b> | <b>True Entertainment</b> | 24 Hours    |
| <b>106</b> | <b>BBC One HD</b>        | 24 Hours    | <b>143</b> | <b>Sony Crime Channel</b> | 24 Hours    |
| <b>107</b> | <b>BBC Four HD</b>       | 19:00-04:00 | <b>144</b> | <b>Pick TV</b>            | 24 Hours    |
| <b>108</b> | <b>BBC Two</b>           | 24 Hours    | <b>145</b> | <b>Pick+1</b>             | 24 Hours    |
| <b>109</b> | <b>BBC Alba</b>          | 24 Hours    | <b>146</b> | <b>Challenge</b>          | 24 Hours    |
| <b>110</b> | <b>BBC Four</b>          | 24 Hours    | <b>147</b> | <b>Challenge+1</b>        | 24 Hours    |
| <b>111</b> | <b>ITV HD / UTV HD**</b> | 24 Hours    | <b>148</b> | <b>Food Network</b>       | 24 Hours    |
| <b>112</b> | <b>ITV+1 / UTV+1**</b>   | 24 Hours    | <b>149</b> | <b>Food Network+1</b>     | 24 Hours    |
| <b>113</b> | <b>ITV2</b>              | 24 Hours    | <b>150</b> | <b>Travel Channel</b>     | 24 Hours    |
| <b>114</b> | <b>ITV2+1</b>            | 24 Hours    | <b>151</b> | <b>Travel Channel+1</b>   | 24 Hours    |
| <b>115</b> | <b>ITV3</b>              | 24 Hours    | <b>152</b> | <b>True Ent+1</b>         | 10:25-07:00 |
| <b>116</b> | <b>ITV3+1</b>            | 24 Hours    | <b>153</b> | <b>TruTV</b>              | 24 Hours    |
| <b>117</b> | <b>ITV4</b>              | 24 Hours    | <b>154</b> | <b>ITV4+1</b>             | 24 Hours    |
| <b>118</b> | <b>ITVBe</b>             | 24 Hours    | <b>155</b> | <b>PBS America</b>        | 24 Hours    |
| <b>119</b> | <b>ITVBe+1</b>           | 24 Hours    | <b>156</b> | <b>YourTV</b>             | 24 Hours    |
| <b>120</b> | <b>S4C HD**</b>          | 07:00-end*  | <b>157</b> | <b>Dave</b>               | 24 Hours    |
| <b>121</b> | <b>C4+1</b>              | 24 Hours    | <b>158</b> | <b>Drama</b>              | 24 Hours    |
| <b>122</b> | <b>E4</b>                | 24 Hours    | <b>159</b> | <b>Yesterday</b>          | 24 Hours    |
| <b>123</b> | <b>E4+1</b>              | 24 Hours    | <b>160</b> | <b>Really</b>             | 24 Hours    |
| <b>124</b> | <b>More4</b>             | 09:00-04:00 | <b>161</b> | <b>ShowcaseTV</b>         | 24 Hours    |
| <b>125</b> | <b>More4+1</b>           | 10:00-05:00 | <b>162</b> | <b>Blaze</b>              | 24 Hours    |
| <b>127</b> | <b>4 Seven</b>           | 24 Hours    | <b>164</b> | <b>Together</b>           | 24 Hours    |
| <b>128</b> | <b>Channel 5+1</b>       | 24 Hours    | <b>165</b> | <b>Forces TV</b>          | 24 Hours    |
| <b>129</b> | <b>5USA</b>              | 24 Hours    | <b>166</b> | <b>Home</b>               | 24 Hours    |
| <b>130</b> | <b>5USA+1</b>            | 24 Hours    | <b>167</b> | <b>Quest HD</b>           | 24 Hours    |
| <b>131</b> | <b>5STAR</b>             | 24 Hours    | <b>168</b> | <b>Quest+1</b>            | 24 Hours    |
| <b>133</b> | <b>5Select</b>           | 24 Hours    | <b>169</b> | <b>Quest Red</b>          | 24 Hours    |
| <b>134</b> | <b>CBS Drama</b>         | 24 Hours    | <b>170</b> | <b>Quest Red+1</b>        | 24 Hours    |
| <b>135</b> | <b>CBS Reality</b>       | 24 Hours    | <b>171</b> | <b>Yanga TV</b>           | 24 Hours    |
| <b>136</b> | <b>CBS Reality+1</b>     | 24 Hours    | <b>172</b> | <b>Quest</b>              | 24 Hours    |
| <b>137</b> | <b>CBS Action</b>        | 24 Hours    |            |                           |             |

\*\*region dependant

## HD CHANNELS

|                                   |             |                               |             |
|-----------------------------------|-------------|-------------------------------|-------------|
| <b>102</b> BBC Two HD             | 24 Hours    | <b>206</b> RT HD              | 24 Hours    |
| <b>105</b> 5 HD                   | 24 Hours    | <b>208</b> Bloomberg TV HD    | 24 Hours    |
| <b>106</b> BBC One HD             | 24 Hours    | <b>209</b> NHK World Japan HD | 24 Hours    |
| <b>107</b> BBC Four HD            | 19:00-04:00 | <b>214</b> Arirang TV         | 24 Hours    |
| <b>111</b> ITV HD/UTV HD/STV HD** | 24 Hours    | <b>215</b> TRT World HD       | 24 Hours    |
| <b>120</b> S4C HD**               | 24 Hours    | <b>600</b> CBBC HD            | 07:00-19:00 |
| <b>167</b> Quest HD               | 24 Hours    | <b>601</b> CBeebies HD        | 06:00-19:00 |
| <b>200</b> BBC News HD            | 24 Hours    | <b>691</b> Daystar HD         | 24 Hours    |
| <b>205</b> France 24 HD           | 24 Hours    |                               |             |

## NEWS & SPORT

|                               |          |                            |             |
|-------------------------------|----------|----------------------------|-------------|
| <b>200</b> BBC News HD        | 24 Hours | <b>210</b> CNBC            | 24 Hours    |
| <b>201</b> BBC Parliament     | 24 Hours | <b>211</b> CGTN            | 24 Hours    |
| <b>202</b> Sky News           | 24 Hours | <b>212</b> BBC News        | 24 Hours    |
| <b>203</b> Al-Jazeera English | 24 Hours | <b>213</b> Channels 24     | 24 Hours    |
| <b>205</b> France 24 HD       | 24 Hours | <b>214</b> Arirang TV      | 24 Hours    |
| <b>206</b> RT/RT HD           | 24 Hours | <b>215</b> TRT World SD/HD | 24 Hours    |
| <b>207</b> CNN                | 24 Hours | <b>250</b> Front Runner    | 19:00-07:00 |
| <b>208</b> Bloomberg TV HD    | 24 Hours | <b>252</b> FreeSports      | 24 Hours    |
| <b>209</b> NHK World Japan HD | 24 Hours | <b>253</b> Motorsport.tv   | 24 Hours    |

## MOVIES

|                          |             |                                |          |
|--------------------------|-------------|--------------------------------|----------|
| <b>300</b> Film4         | 11:00-03:00 | <b>304</b> Movies4Men          | 24 Hours |
| <b>301</b> Film4+1       | 12:00-04:00 | <b>305</b> Movies4Men+1        | 24 Hours |
| <b>302</b> True Movies   | 24 Hours    | <b>306</b> Talking Pictures TV | 24 Hours |
| <b>303</b> True Movies+1 | 24 Hours    |                                |          |

## MUSIC

|                      |          |                            |          |
|----------------------|----------|----------------------------|----------|
| <b>501</b> The Vault | 24 Hours | <b>507</b> Capital TV      | 24 Hours |
| <b>506</b> Heart TV  | 24 Hours | <b>516</b> Keep It Country | 24 Hours |

## CHILDREN'S

|                        |             |                     |             |
|------------------------|-------------|---------------------|-------------|
| <b>600</b> CBBC HD     | 07:00-19:00 | <b>605</b> Tiny POP | 24 Hours    |
| <b>601</b> CBeebies HD | 06:00-19:00 | <b>606</b> POP+1    | 24 Hours    |
| <b>602</b> CITV        | 06:00-18:00 | <b>607</b> CBBC     | 07:00-19:00 |
| <b>603</b> POP         | 24 Hours    | <b>608</b> CBeebies | 06:00-19:00 |
| <b>604</b> POP MAX     | 06:00-23:30 |                     |             |

## FAITH

|                           |          |                        |          |
|---------------------------|----------|------------------------|----------|
| <b>690</b> Inspiration TV | 24 Hours | <b>694</b> GOD Channel | 24 Hours |
| <b>691</b> Daystar HD     | 24 Hours | <b>695</b> Sonlife TV  | 24 Hours |
| <b>692</b> Revelation     | 24 Hours |                        |          |

## SHOPPING

|                       |          |                            |          |
|-----------------------|----------|----------------------------|----------|
| <b>800</b> QVC        | 24 Hours | <b>807</b> Jewellery Maker | 24 Hours |
| <b>801</b> QVC Beauty | 24 Hours | <b>809</b> TJC             | 24 Hours |
| <b>802</b> QVC Extra  | 24 Hours | <b>812</b> Ideal World     | 24 Hours |
| <b>803</b> QVC Style  | 24 Hours | <b>813</b> Create & Craft  | 24 Hours |
| <b>805</b> Gems TV    | 24 Hours | <b>814</b> Juwelo          | 24 Hours |
| <b>806</b> JML Direct | 24 Hours | <b>817</b> Hochanda        | 24 Hours |

## RADIO

|   |  |   |  |
|---|--|---|--|
| <b>700</b> BBC Radio 1                      |  | <b>719</b> Capital FM                               |  |
| <b>701</b> BBC Radio 1Xtra                  |  | <b>720</b> Capital Xtra                             |  |
| <b>702</b> BBC Radio 2                      |  | <b>721</b> Classic FM                               |  |
| <b>703</b> BBC Radio 3                      |  | <b>722</b> Gold                                     |  |
| <b>704</b> BBC Radio 4 FM                   |  | <b>723</b> Radio X                                  |  |
| <b>705</b> BBC Radio Five Live              |  | <b>724</b> Absolute Radio                           |  |
| <b>706</b> BBC Radio Five Live Sports Extra |  | <b>726</b> Absolute 80s                             |  |
| <b>707</b> BBC Radio 6 Music                |  | <b>730</b> Planet Rock                              |  |
| <b>708</b> BBC Radio 4 Extra                |  | <b>731</b> talkSPORT                                |  |
| <b>709</b> BBC Asian Network                |  | <b>732</b> Smooth Radio                             |  |
| <b>710</b> BBC Radio 4 LW                   |  | <b>733</b> Heart                                    |  |
| <b>711</b> BBC World Service                |  | <b>734</b> LBC 97.3                                 |  |
| <b>712</b> BBC Radio Scotland               |  | <b>735</b> BBC Radio Cymru 2 ( <b>718</b> in Wales) |  |
| <b>713</b> BBC Radio nan Gaidheal           |  | <b>750</b> RTE Radio 1                              |  |
| <b>714</b> BBC Radio Wales                  |  | <b>751</b> RTE 2FM                                  |  |
| <b>715</b> BBC Radio Cymru                  |  | <b>752</b> RTE Lyric FM                             |  |
| <b>716</b> BBC Radio Ulster                 |  | <b>753</b> RTE na Gaeltachta                        |  |
| <b>717</b> BBC Radio Foyle                  |  | <b>786</b> BFBS Radio                               |  |
| <b>718</b> BBC Radio London                 |  | <b>790</b> Trans World Radio                        |  |

## ON DEMAND

**Red Button** BBCi Interactivity from all BBC channels

**Apps & Players accessed via On Demand menu on Smart set-top boxes**

BBC iPlayer

ITV Hub

Demand 5

Netflix

Rakuten TV

France 24

Ketchup TV

YouTube

STV Player

BBC Sport

TVPlayer Plus

Pop Fun

BBC News

## HOW TO GET ON DEMAND TV

On Demand TV is available on selected Freesat boxes and TVs (check [freesat.co.uk](http://freesat.co.uk) for details).

To enjoy this feature, you'll need to connect your box to your home broadband (with a minimum broadband speed of 2 Mbps).

For more information about accessing On Demand services through a broadband connection, please visit [freesat.co.uk/help](http://freesat.co.uk/help)

## STAY UP TO DATE

For a full round up of what's on Freesat, head to [freesat.co.uk/channels](http://freesat.co.uk/channels)

Looking for [regional variants of popular channels?](#)

## TALKING CHANNEL LIST

Call **0800 652 0643** to hear our channels listed by genre, along with their channel numbers.

You can also choose to hear a list of channels that carry audio description.