

# YOUR CHANNEL CHOICE

The Freesat Channel Guide



## ENTERTAINMENT



<b>101</b> BBC One SD/HD**	24 Hours	<b>129</b> 5USA	24 Hours
<b>102</b> BBC Two SD/HD**	24 Hours	<b>130</b> 5USA+1	24 Hours
<b>103</b> ITV London**	24 Hours	<b>131</b> 5*	24 Hours
<b>104</b> C4/S4C in Wales	24 Hours	<b>132</b> 5*+1	24 Hours
<b>105</b> Channel 5 HD	24 Hours	<b>133</b> My5	24 Hours
<b>106</b> BBC One HD	24 Hours	<b>134</b> CBS Drama	24 Hours
<b>107</b> BBC Four HD	19:00-04:00	<b>135</b> CBS Reality	24 Hours
<b>108</b> BBC Two	24 Hours	<b>136</b> CBS Reality+1	24 Hours
<b>109</b> BBC Alba	24 Hours	<b>137</b> CBS Action	24 Hours
<b>110</b> BBC Four	24 Hours	<b>138</b> horror channel	24 Hours
<b>111</b> ITV HD / UTV HD	24 Hours	<b>139</b> horror channel+1	24 Hours
<b>112</b> ITV+1	24 Hours	<b>140</b> BET	24 Hours
<b>113</b> ITV2	24 Hours	<b>141</b> Spike	24 Hours
<b>114</b> ITV2+1	24 Hours	<b>142</b> True Entertainment	24 Hours
<b>115</b> ITV3	24 Hours	<b>143</b> True Crime	24 Hours
<b>116</b> ITV3+1	24 Hours	<b>144</b> Pick TV	24 Hours
<b>117</b> ITV4	24 Hours	<b>145</b> Pick+1	24 Hours
<b>118</b> ITVBe	24 Hours	<b>146</b> Challenge	24 Hours
<b>119</b> ITVBe+1	24 Hours	<b>147</b> Challenge+1	24 Hours
<b>120</b> S4C HD	07:00-end*	<b>148</b> Food Network	24 Hours
<b>121</b> C4+1	24 Hours	<b>149</b> Food Network+1	24 Hours
<b>122</b> E4	24 Hours	<b>150</b> Travel Channel	24 Hours
<b>123</b> E4+1	24 Hours	<b>151</b> Travel Channel+1	24 Hours
<b>124</b> More4	09:00-04:00	<b>152</b> True Crime+1	24 Hours
<b>125</b> More4+1	10:00-05:00	<b>153</b> True Ent+1	10:25-07:00
<b>126</b> C4 HD	24 Hours	<b>155</b> ITV4+1	24 Hours
<b>127</b> 4 Seven	24 Hours		
<b>128</b> Channel 5+1	24 Hours		

[Continued...](#)

\*transmission times may vary

\*\*region dependant

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## ENTERTAINMENT (CONTINUED)



<b>156</b> PBS America	24 Hours	<b>160</b> Really	24 Hours
<b>157</b> YourTV	24 Hours	<b>161</b> Showcase	24 Hours
<b>158</b> Drama	24 Hours	<b>162</b> Blaze	24 Hours
<b>159</b> Yesterday	24 Hours		

## NEWS & SPORT



<b>200</b> BBC News HD	24 Hours	<b>209</b> NHK World HD	24 Hours
<b>201</b> BBC Parliament	24 Hours	<b>210</b> CNBC	24 Hours
<b>202</b> Sky News	24 Hours	<b>211</b> CGTN	24 Hours
<b>203</b> Al-Jazeera English	24 Hours	<b>212</b> BBC News	24 Hours
<b>205</b> France 24	24 Hours	<b>213</b> Channels 24	24 Hours
<b>206</b> RT/RT HD	24 Hours	<b>214</b> Arirang TV	24 Hours
<b>207</b> CNN	24 Hours	<b>250</b> FrontRunner	19:00-07:00
<b>208</b> Bloomberg TV	24 Hours		

## MOVIES



<b>300</b> Film4	15:00-03:00	<b>304</b> Movies4Men	24 Hours
<b>301</b> Film4+1	24 Hours	<b>305</b> Movies4Men+1	24 Hours
<b>302</b> True Movies 1	24 Hours	<b>306</b> Talking Pictures TV	24 Hours
<b>303</b> True Movies 2	24 Hours		

## LIFESTYLE



<b>400</b> Irish TV	24 Hours
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# MUSIC



<b>500</b> Chartshow TV	24 Hours
<b>501</b> The Vault	24 Hours
<b>502</b> Chartshow Hits	24 Hours
<b>503</b> B4U Music	24 Hours
<b>504</b> Starz	24 Hours
<b>505</b> Vintage TV	24 Hours
<b>506</b> Heart TV	24 Hours
<b>507</b> Capital TV	24 Hours

<b>508</b> Kiss	24 Hours
<b>509</b> The Box	24 Hours
<b>510</b> Magic	24 Hours
<b>511</b> Viva	24 Hours
<b>513</b> Now 80s	24 Hours
<b>515</b> Channel AKA	24 Hours
<b>516</b> Keep It Country	24 Hours

# CHILDREN'S



<b>600</b> CBBC HD	07:00-19:00
<b>601</b> CBeebies HD	06:00-19:00
<b>602</b> CITV	06:00-18:00
<b>603</b> POP	24 Hours
<b>604</b> Kix!	06:00-23:30

<b>605</b> Tiny POP	24 Hours
<b>606</b> POP+1	24 Hours
<b>607</b> CBBC	07:00-19:00
<b>608</b> CBeebies	06:00-19:00
<b>609</b> Tiny Pop+1	24 Hours

# SPECIAL INTEREST



<b>651</b> Community Channel	24 Hours
<b>652</b> Forces TV	24 Hours
<b>661</b> Rishtey	24 Hours
<b>662</b> Colors	24 Hours
<b>690</b> Inspiration TV	24 Hours

<b>691</b> Daystar HD	24 Hours
<b>692</b> Revelation	24 Hours
<b>693</b> Islam Channel	24 Hours
<b>694</b> GOD Channel	24 Hours
<b>695</b> Sonlife TV	24 Hours

# HD CHANNELS



<b>102</b> BBC Two HD	24 Hours
<b>105</b> 5 HD	24 Hours
<b>106</b> BBC One HD	24 Hours
<b>107</b> BBC Four HD	19:00-04:00
<b>111</b> ITV HD / UTV HD	24 Hours
<b>120</b> S4C HD	24 Hours
<b>126</b> Channel Four HD	24 Hours

<b>200</b> BBC News HD	24 Hours
<b>206</b> RT HD	24 Hours
<b>209</b> NHK World HD	24 Hours
<b>214</b> Arirang TV	24 Hours
<b>600</b> CBBC HD	07:00-19:00
<b>601</b> CBeebies HD	06:00-19:00
<b>691</b> Daystar HD	24 Hours

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# RADIO



<b>700</b> BBC Radio 1
<b>701</b> BBC Radio 1Xtra
<b>702</b> BBC Radio 2
<b>703</b> BBC Radio 3
<b>704</b> BBC Radio 4 FM
<b>705</b> BBC Radio Five Live
<b>706</b> BBC Radio Five Live Sports Extra
<b>707</b> BBC Radio 6 Music
<b>708</b> BBC Radio 4 Extra
<b>709</b> BBC Asian Network
<b>710</b> BBC Radio 4 LW
<b>711</b> BBC World Service
<b>712</b> BBC Radio Scotland
<b>713</b> BBC Radio nan Gaidheal
<b>714</b> BBC Radio Wales
<b>715</b> BBC Radio Cymru
<b>716</b> BBC Radio Ulster
<b>717</b> BBC Radio Foyle
<b>718</b> BBC Radio London

<b>719</b> Capital FM
<b>720</b> Capital Xtra
<b>721</b> Classic FM
<b>722</b> Gold
<b>723</b> Radio X
<b>724</b> Absolute Radio
<b>726</b> Absolute 80s
<b>730</b> Planet Rock
<b>731</b> talkSPORT
<b>732</b> Smooth Radio
<b>733</b> Heart
<b>734</b> LBC 97.3
<b>750</b> RTE Radio 1
<b>751</b> RTE 2FM
<b>752</b> RTE Lyric FM
<b>753</b> RTE na Gaeltachta
<b>777</b> Insight Radio
<b>786</b> BFBS Radio
<b>790</b> Trans World Radio

# SHOPPING



<b>800</b> QVC	24 Hours
<b>801</b> QVC Beauty	24 Hours
<b>802</b> QVC Extra	24 Hours
<b>803</b> QVC Style	24 Hours
<b>804</b> GR Shop	24 Hours
<b>805</b> Gems TV	24 Hours
<b>806</b> JML Direct	24 Hours
<b>807</b> Jewellery Maker	24 Hours
<b>808</b> TJC Choice	24 Hours
<b>809</b> TJC	24 Hours

<b>810</b> Ideal Extra	24 Hours
<b>811</b> Craft Extra	24 Hours
<b>812</b> Ideal World	24 Hours
<b>813</b> Create & Craft	24 Hours
<b>814</b> Rocks & Co	24 Hours
<b>815</b> Thane	24 Hours
<b>816</b> High Street TV	24 Hours
<b>817</b> Hochanda	24 Hours
<b>818</b> Craft Channel	24 Hours

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# REGIONAL



## BBC ONE ACCESSED AT 101

- 950 BBC One London
  - 951 BBC One Channel Islands
  - 952 BBC One East Midlands
  - 953 BBC One East (East)
  - 954 BBC One East (West)
  - 955 BBC One North West
  - 956 BBC One N.East & Cumbria
  - 957 BBC One Northern Ireland
  - 958 BBC One Oxford
  - 959 BBC One South East
  - 960 BBC One Scotland
  - 961 BBC One South
  - 962 BBC One South West
  - 963 BBC One West Midlands
  - 964 BBC One Wales
  - 965 BBC One West
  - 966 BBC One Yorks
  - 967 BBC One Yorks & Lincs
  - 972 BBC One HD
- ## BBC ONE HD ACCESSED AT 108
- BBC One NI HD
  - BBC One Scotland HD
  - BBC One Wales HD
- ## BBC TWO ACCESSED AT 102
- 968 BBC Two England
  - 969 BBC Two Northern Ireland
  - 970 BBC Two Scotland
  - 971 BBC Two Wales

## ITV REGIONS

- ITV London
  - ITV Border
  - ITV Wales
  - ITV Meridian South
  - ITV Meridian South East
  - ITV Granada
  - ITV Tyne Tees
  - ITV Yorkshire West
  - ITV Yorkshire East
  - ITV Meridian North
  - ITV Anglia West
  - ITV Anglia East
  - ITV West
  - ITV West Country
  - ITV Central South
  - ITV Central East
  - ITV Central West
  - ITV HD (South)
  - ITV HD (North)
  - STV Scottish East
  - STV Scottish West
  - STV Grampian
  - UTV (Ulster)
- Channel TV selected HD programmes available via the red button
- ITV Channel Islands
  - ITV Meridian HD
  - ITV Central HD
  - UTV HD
  - STV HD
  - ITV+1 Anglia
  - ITV+1 Yorks
  - ITV+1 Central
  - ITV+1 Granada Border
  - ITV+1 Meridian

## ITV+1 Tyne Tees

- ITV+1 West Country
- ITV+1 Wales
- ITV+1 West

## CHANNEL 4 ACCESSED AT 104

- C4 North
- C4 South
- C4 Scotland
- C4 Midlands
- C4 Ulster

## CHANNEL 4+1 ACCESSED AT 121

- C4+1 North
- C4+1 South
- C4+1 Scotland
- C4+1 Midlands
- C4+1 Ulster

## CHANNEL 5 ACCESSED AT 105

- Channel 5 London
- Channel 5 North
- Channel 5 N Ireland
- Channel 5 Scotland

## AUDIO DESCRIPTION

- 972 BBC One HD
- 977 ITV London
- 974 C4 London
- 975 C4+1 London

# ADULT



870 Babestation

24 Hours

# ON DEMAND



**901 BBC iPlayer** On Smart set-top boxes

**903 ITV Hub** On selected set-top boxes and televisions.

**999 Freesat Information**

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

**Via On Demand menu on Smart set-top boxes**

BBC iPlayer

ITV Hub

All4

Demand 5

Netflix

Wuaki.tv

Curzon Home Cinema

Hopster

YouTube

STV Player\*\*

BBC News

BBC Sport

# HOW TO GET ON DEMAND TV



To get On Demand TV on Freesat you'll need to connect your Smart Freesat HD or Freesat+ HD box to your home broadband.

You can do this with an Ethernet cable or by using Homeplug Adapters. On Demand TV is available on selected Freesat boxes and TVs (check [freesat.co.uk](http://freesat.co.uk) for details). You will need a minimum broadband speed of 2 Mbps. For more information about accessing On Demand services through a broadband connection, please visit the Freesat Information Service on channel **999** or go to [freesat.co.uk](http://freesat.co.uk)

# STAY UP TO DATE



For a bang up to date list of what's on Freesat please check our website: [freesat.co.uk/what-you-get/our-channels](http://freesat.co.uk/what-you-get/our-channels)

# TALKING CHANNEL LIST



If you wish to hear a recording of Freesat's channels and services you can call our freephone number **0800 652 0643**.

You can hear the channels listed by genre, along with their channel numbers.

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

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