

ENTERTAINMENT

101	BBC One SD/HD**	24 Hours	138	horror channel	24 Hours
102	BBC Two SD/HD**	24 Hours	139	horror channel+1	24 Hours
103	ITV / STV / UTV**	24 Hours	140	BET	24 Hours
104	C4 / S4C**	24 Hours	141	5Spike	24 Hours
105	Channel 5 SD/HD**	24 Hours	142	True Entertainment	24 Hours
106	BBC One HD/BBC Scotland SD/HD**	24 Hours	144	Pick TV	24 Hours
107	BBC Four SD/HD	19:00-04:00	145	Pick+1	24 Hours
108	BBC Scotland SD/HD**	24 Hours	146	Challenge	24 Hours
109	BBC Alba	24 Hours	147	Challenge+1	24 Hours
110	BBC Two SD / BBC One SD**	24 Hours	148	Food Network	24 Hours
111	ITV HD / UTV HD**	24 Hours	149	Food Network+1	24 Hours
112	ITV+1 / UTV+1**	24 Hours	150	DMAX	24 Hours
113	ITV2	24 Hours	151	DMAX+1	24 Hours
114	ITV2+1	24 Hours	152	True Ent+1	10:25-07:00
115	ITV3	24 Hours	154	ITV4+1	24 Hours
116	ITV3+1	24 Hours	155	PBS America	24 Hours
117	ITV4	24 Hours	156	YourTV	24 Hours
118	ITVBe	24 Hours	157	Dave	24 Hours
119	ITVBe+1	24 Hours	158	Drama	24 Hours
120	S4C HD**	07:00-end	159	Yesterday	24 Hours
121	C4+1	24 Hours	160	Really	24 Hours
122	E4	24 Hours	161	ShowcaseTV	24 Hours
123	E4+1	24 Hours	162	Blaze	24 Hours
124	More4	09:00-04:00	164	Together TV	24 Hours
125	More4+1	10:00-05:00	165	Forces TV	24 Hours
127	4 Seven	24 Hours	166	Home	24 Hours
128	Channel 5+1	24 Hours	167	Quest HD	24 Hours
129	5USA	24 Hours	168	Quest+1	24 Hours
130	5USA+1	24 Hours	169	Quest Red	24 Hours
131	5STAR	24 Hours	170	Quest Red+1	24 Hours
132	Paramount Network	24 Hours	171	Yanga TV	24 Hours
133	5Select	24 Hours	172	Quest	24 Hours
134	CBS Drama	24 Hours	173	BBC Four	24 Hours
135	CBS Reality	24 Hours	174	BBC Scotland SD**	24 Hours
136	CBS Reality+1	24 Hours	175	Smithsonian Channel SD/HD	24 Hours
137	CBS Justice	24 Hours			

**region dependant

HD CHANNELS

102 BBC Two HD**	24 Hours	205 France 24 HD	24 Hours
105 5 HD	24 Hours	206 RT HD	24 Hours
106 BBC One HD**	24 Hours	208 Bloomberg TV HD	24 Hours
107 BBC Four HD	19:00-04:00	209 NHK World Japan HD	24 Hours
108 BBC Scotland HD**	24 Hours	211 CGTN HD	24 Hours
111 ITV HD/UTV HD/STV HD**	24 Hours	214 Arirang TV	24 Hours
120 S4C HD**	24 Hours	215 TRT World HD	24 Hours
167 Quest HD	24 Hours	600 CBBC HD	07:00-19:00
175 Smithsonian Channel HD	24 Hours	601 CBeebies HD	06:00-19:00
200 BBC News HD	24 Hours	691 Daystar HD	24 Hours

NEWS & SPORT

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

MOVIES

300 Film4	11:00-03:00	304 True Movies+1	24 Hours
301 Film4+1	12:00-04:00	305 Movies4Men	24 Hours
302 Sony Movie Channel	24 Hours	306 Talking Pictures TV	24 Hours
303 True Movies	24 Hours	307 Retro Movies	24 Hours

MUSIC

501 The Vault	24 Hours	516 Spotlight	24 Hours
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CHILDREN'S

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

FAITH

690 Inspiration TV	24 Hours	694 GOD Channel	24 Hours
691 Daystar HD	24 Hours	695 Sonlife TV	24 Hours
692 Revelation	24 Hours		

SHOPPING

800 QVC	24 Hours	807 Jewellery Maker	24 Hours
801 QVC Beauty	24 Hours	809 TJC	24 Hours
802 QVC Extra	24 Hours	812 Ideal World	24 Hours
803 QVC Style	24 Hours	813 Create & Craft	24 Hours
805 Gemporia	24 Hours	817 Hochanda	24 Hours
806 JML Direct	24 Hours		

RADIO

700 BBC Radio 1		720 Capital Xtra	
701 BBC Radio 1Xtra		721 Classic FM	
702 BBC Radio 2		722 Gold	
703 BBC Radio 3		723 Radio X	
704 BBC Radio 4 FM		724 Absolute Radio	
705 BBC Radio Five Live		726 Absolute 80s	
706 BBC Radio Five Live Sports Extra		730 Planet Rock	
707 BBC Radio 6 Music		731 talkSPORT	
708 BBC Radio 4 Extra		732 Smooth Radio	
709 BBC Asian Network		733 Heart	
710 BBC Radio 4 LW		734 LBC 97.3	
711 BBC World Service		735 BBC Radio Cymru 2 (718 in Wales)	
712 BBC Radio Scotland		736 Virgn Radio UK	
713 BBC Radio nan Gaidheal		750 RTE Radio 1	
714 BBC Radio Wales		751 RTE 2FM	
715 BBC Radio Cymru		752 RTE Lyric FM	
716 BBC Radio Ulster		753 RTE na Gaeltachta	
717 BBC Radio Foyle		786 BFBS Radio	
718 BBC Radio London		790 Trans World Radio	
719 Capital FM			

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

My5

BBC Sport

Netflix

UKTV Play

Rakuten TV

CBS Catch-Up Channels UK

YouTube

STV Player

BBC News

Horror Bites

Pop Fun

Ketchup TV

France 24

EROS Now

HOW TO GET ON DEMAND TV

On Demand TV is available on selected Freesat boxes and TVs (check 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

STAY UP TO DATE

For a full round up of what's on Freesat, head to freesat.co.uk/channels

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

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.