

## ENTERTAINMENT

<b>101</b>	<b>BBC One SD/HD**</b>	24 Hours	<b>139</b>	<b>horror channel+1</b>	24 Hours
<b>102</b>	<b>BBC Two SD/HD**</b>	24 Hours	<b>140</b>	<b>BET</b>	24 Hours
<b>103</b>	<b>ITV / STV / UTV**</b>	24 Hours	<b>141</b>	<b>5Spike</b>	24 Hours
<b>104</b>	<b>C4 / S4C**</b>	24 Hours	<b>142</b>	<b>True Entertainment</b>	24 Hours
<b>105</b>	<b>Channel 5 SD/HD**</b>	24 Hours	<b>143</b>	<b>Sony Crime Channel</b>	24 Hours
<b>106</b>	<b>BBC One HD / BBC Two SD/HD</b>	24 Hours	<b>144</b>	<b>Pick TV</b>	24 Hours
<b>107</b>	<b>BBC Four HD</b>	19:00-04:00	<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 Two SD / BBC One SD**</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 Justice</b>	24 Hours	<b>173</b>	<b>BBC Four</b>	24 Hours
<b>138</b>	<b>horror channel</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>209</b> NHK World Japan 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 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

## MOVIES

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

## MUSIC

<b>501</b> The Vault	24 Hours	<b>516</b> Keep It Country	24 Hours
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## 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 Christmas	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> Gemporia	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

UKTV Play

Rakuten TV

EROS Now

France 24

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? 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.