

your channel guide...



entertainment...

 Channel 1

 Channel 2

 Channel 3

 Channel 4

 Channel 5

 Channel 6

 Channel 7

 Channel 9

 Channel 10

 Channel 11

 Channel 12

 Channel 13

 Channel 31

 Channel 14

 Channel 15

 Channel 20

 Channel 30

 Channel 32

 Channel 35

 Channel 37

 Channel 105

 Channel 106



lifestyle...

 Channel 16

 Channel 19

 Channel 22

 Channel 23

 Channel 24

 Channel 87

 Channel 88



children's...

 Channel 70

 Channel 71

 Channel 75



music...

 Channel 18

 Channel 21



news...

 Channel 80

 Channel 81

 Channel 82

 Channel 83

 Channel 100



FREEVIEW are adding channels all the time...

So to ensure you are receiving the full service please rescan your equipment. Your manufacturer can confirm whether your digital box/TV rescans automatically. If yours doesn't, you need to press "Menu" on your remote control and follow the on-screen instructions or those printed in your manual. A typical sequence is:

1. Press MENU on your remote control
2. From the Menu options, select the 'Tuning Menu'
3. Select 'Auto Setup' or 'Update' to rescan your digital TV

regional coverage...

BBC 2W (Wales) Channel 2
Peak time programming every weeknight from Wales about Wales and for Wales.

S4C Digital (Wales) Channel 4
A lively, dynamic channel dedicated to Wales and all things Welsh, with over 80 hours of Welsh language programmes every week.

S4C2 (Wales) Channel 86
Uninterrupted coverage of the Wales Assembly from the Government chamber at Cardiff Bay.

BBC Two Digital (Northern Ireland) Channel 2
Weekday peak time programmes offering local viewers an unexpected view of the familiar.

TeleG (Scotland) Channel 8
Daily Gaelic language service for viewers in Scotland.