
























your channel guide...



entertainment...

| | |
|--|---|
|  Channel 1 |  Channel 13 |
|  Channel 2 |  Channel 14 |
|  Channel 3 |  Channel 15 |
|  Channel 4 |  Channel 20 |
|  Channel 5 |  Channel 30 |
|  Channel 6 |  Channel 31 |
|  Channel 7 |  Channel 32 |
|  Channel 9 |  Channel 35 |
|  Channel 10 |  Channel 36 |
|  Channel 11 |  Channel 37 |
|  Channel 12 |  Channel 105 |
| |  Channel 106 |



lifestyle...

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|--|
|  Channel 16 |
|  Channel 19 |
|  Channel 22 |
|  Channel 23 |
|  Channel 24 |
|  Channel 87 |
|  Channel 88 |



children's...

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|--|
|  Channel 70 |
|  Channel 71 |
|  Channel 75 |



music...

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|--|
|  Channel 18 |
|  Channel 21 |



news...

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|---|
|  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...

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|--|-------------------|--|------------------|
| BBC 2W (Wales) Peak time programming every weeknight from Wales about Wales and for Wales. | Channel 2 | BBC Two Digital (Northern Ireland) Weekday peak time programmes offering local viewers an unexpected view of the familiar. | Channel 2 |
| S4C Digital (Wales) A lively, dynamic channel dedicated to Wales and all things Welsh, with over 80 hours of Welsh language programmes every week. | Channel 4 | TeleG (Scotland) Daily Gaelic language service for viewers in Scotland. | Channel 8 |
| S4C2 (Wales) Uninterrupted coverage of the Wales Assembly from the Government chamber at Cardiff Bay. | Channel 86 | | |