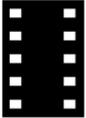


Be an excellent TCA geographer and keep up to date! Most programmes are available on **catch up!**

Monday	Tuesday	Wednesday	Thursday
<p> 7pm BBC Four <b>Yorkshire Walks</b> 1/4 The wildlife of Artist Shanaz Gulzar seeks inspiration as she explores Wensleydale, setting out from Leyburn on a walk to Bolton Castle, where Mary, Queen of Scots was imprisoned in 1568. Along the way, Shanaz discovers evidence of an industrial past and talks to a volunteer worker on the heritage railway line, while also stopping to sketch and reflect.</p>	<p> 2pm Dave <b>Expedition with Steve Backshall</b> 2/10 Oman: Lost Canyon In the Jebel Akhdar mountain range of Oman, Steve leads an expedition into an unexplored desert canyon. With temperatures soaring, dehydration and heat stroke are a constant threat.</p> <p> 7pm BBC Four <b>Yorkshire Walks</b> 2/4 Heptonstall to Stoodley Pike. Artist Shanaz Gulzar goes on a ramble that straddles the north and south sides of Calderdale, stopping along the way to sketch and read poetry. She begins in the village of Heptonstall, rambles past Hell Hole and along the canal in Hebden Bridge, before climbing to the Stoodley Pike peace monument.</p>	<p> 2pm Dave <b>Expedition with Steve Backshall</b> 3/10 White Water: Bhutan Steve and a team of kayakers head to the Himalayas to visit the last great unexplored river in Bhutan. Legend has it that at some point, the river drops off the face of the planet.</p> <p> 7pm BBC Four <b>Yorkshire Walks</b> 3/4 Runswick Bay to Whitby. Artist Shanaz Gulzar seeks inspiration while walking a stretch of the 109-mile Cleveland Way, meeting fellow walkers along the way and finding spots to sketch and recite poetry. Starting in Runswick Bay, and armed only with a handheld 360-degree selfie-style camera. she climbs the steep steps to the cliff top before strolling along the coastal path, absorbing the beautiful landscape and its industrial past, before finishing at Whitby for sunset.</p>	<p> 2pm Dave <b>Expedition with Steve Backshall</b> 4/10 Suriname: Ghost River Steve and his team are venturing into the heart of Suriname, to kayak an unnamed river that will take the them through a forest unchanged for millions of years.</p> <p> 7pm 5STAR <b>Inside Iceland: Britain's Budget Supermarket</b> 3/4 A current area for growth is vegan food, so Iceland's vegan buyer visits a factory to watch meatless sausage rolls being produced, as well as scoping out vegan products for the future. The Iceland team also tucks into its rivals' choc ices, while out in Italy the team develops a new ice-cream cake. Elsewhere, some environmentally friendly packaging for fruit and vegetables is put to the test with a view to making the company plastic free by 2023.</p>
Friday	Saturday	Sunday	Feature of the Week
<p> 8am Channel 5 <b>Great Coastal Railroad Journeys</b> A train ride along the most attractive coastlines in Europe. From Spain's northern seas to the beautiful Welsh coast and the frozen wonders of Norway, this documentary charts how each coast was shaped and linked by rail and meets some of the characters who live and work along these most scenic lines.</p>	<p> 9am BBC2 <b>Steve Backshall's Extreme Mountain Challenge</b> 2/2. The naturalist reaches the peak of one of Venezuela's tepui mountains, before joining a party of Italian cavers as they venture into the unexplored caverns within. Inside, they discover strange wildlife and evidence of the geological forces that give the tepuis their unusual shape. Finally, the team returns to the ground by abseiling down the Angel Falls, the world's highest waterfall.</p> <p> 11am BBC2 <b>Wild West: America's Great Frontier</b> 2/3 Wildlife in America's mountain regions, including the Rockies and the Sierra Nevada, areas infamous for extremes of temperature from freezing winters to scorching summers. The programme examines the survival strategies employed by animals.</p>	<p> 6.30m BBC2 <b>This World: Cuba</b> Simon gets under the skin of a colourful and vibrant country famous for its hospitality and humour and asks if this new economic openness could lead to political liberalisation in a totalitarian country with a poor human rights record. Will Cuba be able to maintain the positive aspects of its long isolation under socialism - low crime, top-notch education and one of the best health systems in the world - while embracing what certainly looks like capitalism? Is this the last chance to see Cuba before it becomes just like any other country?</p>	<p> 8pm 5STAR <b>Wednesday 2012</b> (12A) A scientist learns the world is soon to face a global cataclysm that will wipe out the human race, but finds the US president has plans to secretly save a fraction of the population, leaving everyone else to die. A writer learns of this scheme, and as the world is devastated by earthquakes and volcanic eruptions, he tries to get his family to the last safe refuge. Disaster movie, with John Cusack and Chiwetel Ejiofor.</p>