

YOUR CHANNEL CHOICE

THE FREESAT CHANNEL GUIDE

For Further information on receiving all these FREE channels please contact



PROSAT SPAIN
0034 626744891/ 965060809
info@prosatspain.com

ENTERTAINMENT



101 BBC One	24 Hours	125 More4+1	10:00-05:00
102 BBC Two	24 Hours	126 C4 HD	24 Hours
103 ITV London*	24 Hours	127 4 Seven	24 Hours
104 C4/S4C in Wales	24 Hours	128 Channel 5+1	24 Hours
105 Channel 5	24 Hours	129 5USA	24 Hours
106 BBC Three	19:00-04:00	130 5USA+1	24 Hours
107 BBC Four	19:00-04:00	131 5*	24 Hours
108 BBC One HD	24 Hours	132 5*+1	24 Hours
109 BBC Two HD	24 Hours	134 CBS Drama	24 Hours
110 BBC Alba	24 Hours	135 CBS Reality	24 Hours
112 ITV+1	24 Hours	136 CBS Reality+ 1	24 Hours
113 ITV2	24 Hours	137 CBS Action	24 Hours
114 ITV2+1	24 Hours	138 horror channel	24 Hours
115 ITV3	24 Hours	139 horror channel +1	24 Hours
116 ITV3+1	24 Hours	140 BET	24 Hours
117 ITV4	24 Hours	141 BET+1	24 Hours
118 ITV4 +1	10:25-07:00	142 True Entertainment	24 Hours
119 ITV HD	24 Hours	143 More>Movies	24 Hours
120 S4C Digidol	07:00-end*	144 Pick TV	24 Hours
121 C4+1	24 Hours	145 Challenge	24 Hours
122 E4	24 Hours	146 VIVA	24 Hours
123 E4+1	24 Hours	147 BBC Three HD	19:00-04:00
124 More4	09:00-04:00	148 BBC Four HD	19:00-04:00

*transmission times may vary

DECEMBER 2013
FREESAT.CO.UK

NEWS & SPORT



200 BBC News	24 Hours
201 BBC Parliament	24 Hours
202 Sky News	24 Hours
203 Al-Jazeera English	24 Hours
204 Euronews	24 Hours
205 France 24	24 Hours
206 RT/RT HD	24 Hours

207 CNN	24 Hours
208 Bloomberg TV	24 Hours
209 NHK World HD	24 Hours
210 CNBC	24 Hours
211 CCTV-NEWS	24 Hours
212 BBC News HD	24 Hours

MOVIES



300 FilmFour	15:00-03:00
301 FilmFour+1	24 Hours
302 True Movies 1	24 Hours

303 True Movies 2	24 Hours
304 Movies4Men	24 Hours
305 Movies4Men+1	24 Hours

LIFESTYLE



400 Showcase	24 Hours
401 Information TV	24 Hours
402 Showcase 2	24 Hours
403 Food Network	24 Hours
404 Food Network +1	24 Hours

405 The Travel Channel	24 Hours
408 The Active Channel	24 Hours
409 Holiday & Cruise	06:00-22:00
410 Film On TV	24 Hours

MUSIC



500 Chartshow TV	24 Hours
501 The Vault (501)	24 Hours
502 Flava	24 Hours
503 Chartshow Dance	24 Hours
504 B4U Music	24 Hours

505 BuzMuzik	24 Hours
506 Bliss	24 Hours
509 Zing	24 Hours
510 Clubland TV	24 Hours

Continued...

MUSIC (CONTINUED)



511 Planet Pop	24 Hours
515 Vintage TV	24 Hours
516 Heart TV	24 Hours
517 Capital	24 Hours
518 Kiss	24 Hours

519 The Box	24 Hours
520 Heat	24 Hours
521 SmashHits	24 Hours
523 Magic	24 Hours
524 Kerrang!	24 Hours

CHILDREN'S



600 CBBC	07:00-19:00
601 CBeebies	06:00-19:00
602 CITV	06:00-18:00
603 POP	24 Hours
604 PopGirl	06:00-23:30

605 Tiny POP	24 Hours
606 Kix!	06:00-23:30
607 CBBC HD	07:00-19:00
608 CBeebies HD	06:00-19:00

SPECIAL INTEREST



652 Psychic Today	24 Hours
660 Sony SAB	24 Hours
661 Rishtey	24 Hours
662 Colors	24 Hours
690 Inspiration	24 Hours
691 Daystar	24 Hours

692 Revelation	24 Hours
693 Islam Channel	24 Hours
694 GOD Channel	24 Hours
695 Sonlife	24 Hours
696 TBN Europe	24 Hours

RADIO



700 BBC Radio 1
701 BBC Radio 1Xtra
702 BBC Radio 2
703 BBC Radio 3
704 BBC Radio 4 FM

705 BBC Radio Five Live
706 BBC Radio Five Live Sports Extra
707 BBC Radio 6 Music
708 BBC Radio 4 Extra

[Continued...](#)

RADIO (CONTINUED)



709 BBC Asian Network
710 BBC Radio 4 LW
711 BBC World Service
712 BBC Radio Scotland
713 BBC Radio nan Gaidheal
714 BBC Radio Wales
715 BBC Radio Cymru
716 BBC Radio Ulster
718 BBC London 94.9
719 Capital FM
720 Choice FM
721 Classic FM
722 Gold
723 Xfm
724 Absolute Radio

726 Absolute 80s
729 Jazz FM
730 Planet Rock
731 talkSPORT
732 Smooth Radio
733 Heart
734 LBC 97.3
750 RTE Radio 1
751 RTE 2FM
752 RTE Lyric FM
753 RTE na Gaeltachta
777 Insight Radio
786 BFBS Radio
790 Trans World Radio

SHOPPING



800 QVC	24 Hours
801 Price Drop TV	24 Hours
802 Bid TV	24 Hours
803 Tristar	24 Hours
804 TV Warehouse	24 Hours
805 Gems TV	24 Hours
806 TV Shop	24 Hours
807 JewelleryMaker	24 Hours
808 JML Direct	24 Hours
809 The Store	24 Hours
810 Ideal Extra	24 Hours

811 Craft Extra	24 Hours
812 Ideal World	24 Hours
813 Create & Craft	24 Hours
814 QVC Extra	24 Hours
815 The Jewellery Channel	24 Hours
816 QVC Beauty	24 Hours
817 Rocks & Co1	24 Hours
818 QVC Style	24 Hours
820 Thane Direct	24 Hours
821 High Street TV	24 Hours

*transmission times may vary

DECEMBER 2013
FREESAT.CO.UK

ADULT



870 Babestation

24 Hours

875 Playboy TV Chat

24 Hours

REGIONAL



BBC ONE ACCESSED AT 101

950 BBC One London

951 BBC One Channel Islands

952 BBC One East Midlands

953 BBC One East (East)

954 BBC One East (West)

955 BBC One North West

956 BBC One N.East & Cumbria

957 BBC One Northern Ireland

958 BBC One Oxford

959 BBC One South East

960 BBC One Scotland

961 BBC One South

962 BBC One South West

963 BBC One West Midlands

964 BBC One Wales

965 BBC One West

966 BBC One Yorks

967 BBC One Yorks & Lincs

972 BBC One HD

BBC ONE HD ACCESSED AT 108

BBC One NI HD

BBC One Scotland HD

BBC One Wales HD

BBC TWO ACCESSED AT 102

968 BBC Two England

969 BBC Two Northern Ireland

970 BBC Two Scotland

971 BBC Two Wales

ITV REGIONS

ITV London

ITV Border

ITV Wales

ITV Meridian South

ITV Meridian South East

ITV Granada

ITV Tyne Tees

ITV Yorkshire West

ITV Anglia East

ITV West

ITV West Country

ITV Central South

ITV Central East

ITV Central West

ITV HD (South)

ITV HD (North)

STV Scottish East

STV Scottish West

STV Grampian

UTV (Ulster)

Channel TV selected HD programmes available via the red button

ITV +1 Anglia

ITV +1 Yorks

ITV +1 Central

ITV +1 Granada Border

ITV +1 Meridian

ITV +1 Tyne Tees

ITV +1 West Country

ITV +1 Wales

ITV +1 West

CHANNEL 4 ACCESSED AT 104

C4 North

C4 South

C4 Scotland

C4 Midlands

C4 Ulster

CHANNEL 4+1 ACCESSED AT 121

C4+1 North

C4+1 South

C4+1 Scotland

C4+1 Midlands

C4+1 Ulster

CHANNEL 5 ACCESSED AT 105

Channel 5 London

Channel 5 North

Channel 5 N Ireland

Channel 5 Scotland

AUDIO DESCRIPTION

972 BBC One HD

977 ITV London

974 C4 London

975 C4+1 London

ON DEMAND

These services may not be available outside of the UK



901 BBC iPlayer

903 ITV Player On selected set top boxes and televisions.

999 Freesat Information

Red Button BBCi Interactivity from all BBC channels

Via On Demand menu on Freetime boxes

BBC iPlayer

ITV Player

Demand 5

4oD

YouTube

HOW TO GET ON DEMAND TV



To get On Demand TV on Freesat you'll need to connect your Freesat HD or Freesat+ HD box to your home broadband.

You can do this with an Ethernet cable or by using Homeplug Adapters. On Demand TV is available on selected Freesat boxes and TVs (check freesat.co.uk for details). You will need a minimum broadband speed of 2 Mbps. For more information about accessing On Demand services through a broadband connection, please visit the Freesat Information Service on channel **999** or go to freesat.co.uk

STAY UP TO DATE



This channel guide was published in December 2013, but we're adding channels all the time.

So for a bang up to date list of what's on Freesat please check our website: freesat.co.uk/what-you-get/our-channels

TALKING CHANNEL LIST



If you wish to hear a recording of Freesat's channels and services you can call our freephone number **0800 652 0643**.

You can hear the channels listed by genre, along with their channel numbers.

You can also choose to hear a list of channels that carry audio description.