

ENTERTAINMENT

101	BBC One SD/HD**	24 Hours	135	CBS Reality	24 Hours
102	BBC Two SD/HD**	24 Hours	136	CBS Reality+1	24 Hours
103	ITV London**	24 Hours	137	CBS Action	24 Hours
104	C4 / S4C in Wales	24 Hours	138	horror channel	24 Hours
105	Channel 5 HD	24 Hours	139	horror channel+1	24 Hours
106	BBC One HD	24 Hours	140	BET	24 Hours
107	BBC Four HD	19:00-04:00	141	Spike	24 Hours
108	BBC Two	24 Hours	142	True Entertainment	24 Hours
109	BBC Alba	24 Hours	143	True Crime	24 Hours
110	BBC Four	24 Hours	144	Pick TV	24 Hours
111	ITV HD / UTV HD	24 Hours	145	Pick+1	24 Hours
112	ITV+1	24 Hours	146	Challenge	24 Hours
113	ITV2	24 Hours	147	Challenge+1	24 Hours
114	ITV2+1	24 Hours	148	Food Network	24 Hours
115	ITV3	24 Hours	149	Food Network+1	24 Hours
116	ITV3+1	24 Hours	150	Travel Channel	24 Hours
117	ITV4	24 Hours	151	Travel Channel+1	24 Hours
118	ITVBe	24 Hours	152	True Ent+1	10:25-07:00
119	ITVBe+1	24 Hours	153	TruTV	24 Hours
120	S4C HD	07:00-end*	154	ITV4+1	24 Hours
121	C4+1	24 Hours	155	PBS America	24 Hours
122	E4	24 Hours	156	YourTV	24 Hours
123	E4+1	24 Hours	157	Dave	24 Hours
124	More4	09:00-04:00	158	Drama	24 Hours
125	More4+1	10:00-05:00	159	Yesterday	24 Hours
126	C4 HD	24 Hours	160	Really	24 Hours
127	4 Seven	24 Hours	161	ShowcaseTV	24 Hours
128	Channel 5+1	24 Hours	162	Blaze	24 Hours
129	5USA	24 Hours	164	Community Channel	24 Hours
130	5USA+1	24 Hours	165	Forces TV	24 Hours
131	5*	24 Hours	166	Home	24 Hours
132	5*+1	24 Hours	167	Quest	24 Hours
133	My5	24 Hours	169	Quest Red	24 Hours
134	CBS Drama	24 Hours			

*transmission times may vary

**region dependant

HD CHANNELS

102 BBC Two HD	24 Hours	200 BBC News HD	24 Hours
105 5 HD	24 Hours	206 RT HD	24 Hours
106 BBC One HD	24 Hours	209 NHK World HD	24 Hours
107 BBC Four HD	19:00-04:00	214 Arirang TV	24 Hours
111 ITV HD / UTV HD	24 Hours	600 CBBC HD	07:00-19:00
120 S4C HD	24 Hours	601 CBeebies HD	06:00-19:00
126 Channel 4 HD	24 Hours	691 Daystar HD	24 Hours

NEWS & SPORT

200 BBC News HD	24 Hours	209 NHK World HD	24 Hours
201 BBC Parliament	24 Hours	210 CNBC	24 Hours
202 Sky News	24 Hours	211 CGTN	24 Hours
203 Al-Jazeera English	24 Hours	212 BBC News	24 Hours
205 France 24	24 Hours	213 Channels 24	24 Hours
206 RT/RT HD	24 Hours	214 Arirang TV	24 Hours
207 CNN	24 Hours	250 Front Runner	19:00-07:00
208 Bloomberg TV	24 Hours	252 FreeSports	24 Hours

MOVIES

300 Film4	11:00-03:00	304 Movies4Men	24 Hours
301 Film4+1	12:00-04:00	305 Movies4Men+1	24 Hours
302 True Christmas	24 Hours	306 Talking Pictures TV	24 Hours
303 True Xmas+1	24 Hours		

MUSIC

500 Chartshow TV	24 Hours	508 Kiss	24 Hours
501 The Vault	24 Hours	509 4Music	24 Hours
502 Scuzz	24 Hours	510 Magic	24 Hours
504 Starz	24 Hours	511 Viva	24 Hours
505 Vintage TV	24 Hours	513 Now 80s	24 Hours
506 Heart TV	24 Hours	516 Keep It Country	24 Hours
507 Capital TV	24 Hours		

CHILDREN'S

600 CBBC HD	07:00-19:00	605 Tiny POP	24 Hours
601 CBeebies HD	06:00-19:00	606 POP+1	24 Hours
602 CITV	06:00-18:00	607 CBBC	07:00-19:00
603 POP	24 Hours	608 CBeebies	06:00-19:00
604 POP MAX	06:00-23:30	609 Tiny POP+1	24 Hours

FAITH

690 Inspiration TV	24 Hours	694 GOD Channel	24 Hours
691 Daystar HD	24 Hours	695 Sonlife TV	24 Hours
692 Revelation	24 Hours		

SHOPPING

800 QVC	24 Hours	810 Ideal Extra	24 Hours
801 QVC Beauty	24 Hours	811 Craft Extra	24 Hours
802 QVC Christmas	24 Hours	812 Ideal World	24 Hours
803 QVC Style	24 Hours	813 Create & Craft	24 Hours
805 Gems TV	24 Hours	814 Rocks & Co	24 Hours
806 JML Direct	24 Hours	815 Thane	24 Hours
807 Jewellery Maker	24 Hours	816 High Street TV	24 Hours
808 TJC Choice	24 Hours	817 Hochanda	24 Hours
809 TJC	24 Hours	818 Best Direct	24 Hours

ADULT

870 Babestation	24 Hours
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RADIO

700 BBC Radio 1		719 Capital FM	
701 BBC Radio 1Xtra		720 Capital Xtra	
702 BBC Radio 2		721 Classic FM	
703 BBC Radio 3		722 Gold	
704 BBC Radio 4 FM		723 Radio X	
705 BBC Radio Five Live		724 Absolute Radio	
706 BBC Radio Five Live Sports Extra		726 Absolute 80s	
707 BBC Radio 6 Music		730 Planet Rock	
708 BBC Radio 4 Extra		731 talkSPORT	
709 BBC Asian Network		732 Smooth Radio	
710 BBC Radio 4 LW		733 Heart	
711 BBC World Service		734 LBC 97.3	
712 BBC Radio Scotland		750 RTE Radio 1	
713 BBC Radio nan Gaidheal		751 RTE 2FM	
714 BBC Radio Wales		752 RTE Lyric FM	
715 BBC Radio Cymru		753 RTE na Gaeltachta	
716 BBC Radio Ulster		777 Insight Radio	
717 BBC Radio Foyle		786 BFBS Radio	
718 BBC Radio London		790 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

All 4

Demand 5

Netflix

Rakuten TV

Curzon Home Cinema

Ketchup TV

YouTube

STV Player**

BBC Sport

TVPlayer

Pop Fun

Hopster

BBC News

HOW TO GET ON DEMAND TV

On Demand TV is available on selected Freesat boxes and TVs (check 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

STAY UP TO DATE

For a full round up of what's on Freesat, head to freesat.co.uk/channels

Looking for [regional variants of popular channels?](#)

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.