

# EXPLORE TV

38 x 30' and 39 x 60'





## Episodic Synopsis

## Explore TV

In the Explore 30' episodes, Trevor Cochrane and his team travels around the world, to inspire you to experience and explore. In this series, the Explore team travels to Canada on the most amazing culinary tour, visit New Zealand and discover unique landscape around every corner, get immersed in the hot Korean food which is in so much demand around the globe, and discover WWII history in Thailand, as well as a hidden paradise gem. Come explore with us.

### Explore TV, 30 minutes

#### EPISODE 1: New Zealand

Join Trevor and the team, as they explore the fascinating and exciting part of New Zealand's North Island, the Bay of Plenty. You will be captivated by some extraordinary gardens from the Bayley's Garden & Art Festival as well as cultural and lifestyle adventures within the region.

#### EPISODE 2: Thailand

Escape to one of Asia's most exotic locations Thailand with the team. Beginning with Bangkok, one of the busiest cities in the world, the team explores the floating markets and takes part in the famous Thailand festival Loi Krathong Festival. And when in Bangkok, you have to go treasure hunting through Pak Klong Talad Market.

#### EPISODE 3: Thailand

The Explore team continues their adventure through Thailand, taking in the sights of Chiang Mai on a motorbike, visiting the Hills tribe in northern Thailand, and learning all about the world famous Thai silk at Ban Prasat Village.



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#### EPISODE 4: Northern Ireland

A road trip from Belfast City along the Antrim Coast will provide holiday inspirations for anyone planning a visit to northern Ireland. For those wanting to explore differently, try the Belfast tour by a black taxi. A trip to Belfast is not complete without a trip to an Irish pub. Trevor also visits some of the most beautiful gardens - Belfast Botanic Gardens, Rowallene Garden and Mount Stewart Gardens.

#### EPISODE 5: Northern Ireland

The road trip in northern Ireland continues on the most scenic drive in Northern Ireland, along the Antrim Coast. With stunning scenery throughout the drive and many places of interest to shop at, set aside a few days to really enjoy all the sights, like the walled gardens at Glenarm Castle and the only World Heritage Site in Northern Ireland, the Giant's Causeway.

#### EPISODE 6: Hawaii, 2010

The Explore team visits one of the most exotic locations on the planet - Hawaii. From exploring the volcanoes, to farmers markets to try some delicious tropical fruit to riding a horse through the spectacular landscape and snorkelling in the beautiful waters off the islands, there's so much to explore about Hawaii.

#### EPISODE 7: Canada, 2016

The team goes on a culinary adventure in beautiful Canada, starting with western Canada. The team starts the trip in Nova Scotia, and tries the lobster and other delicious seafood of the area, and then takes the VIA rail to Quebec, where they experience the wineries and the top food destinations of the province.



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#### EPISODE 8: New Zealand

In this episode, Trevor and Chrissy drive from Christchurch through the West Coast to Wanaka and Queenstown. They discover a unique landscape around every corner. From Christchurch, Trevor and Chrissy discover cascading waterfalls on their way across the majestic Southern Alps to the ancient forests, river valleys and giant glaciers of the rugged West Coast. They also visit the lakeside resort town of Wanaka and end their journey in Queenstown.

#### EPISODE 9: New Zealand

Trevor and Chrissy visit South Island of New Zealand to explore the beautiful city of Christchurch. They visit the stunning Christchurch Botanic gardens, spend a relaxing time punting down the Avon River, ride through Christchurch on the tram, and enjoy the eclectic café and restaurant scene. That's not all, they also explore the ancient volcanic peninsula and the wondrous marine line, lush vineyards and pristine glacial lakes and the majestic Southern Alps.

#### EPISODE 10: Canada

In the eastern side of Canada, the team starts off with visiting the best wineries and food destinations in British Columbia. They explore and taste the amazing foods of the Salt Spring Island Markets, Cowichan Valley, Summerhill winery, Mission Hill winery and more.

#### EPISODE 11: South Korea

Trevor and Scott visit South Korea for a culinary adventure. They start off in the exciting city of Seoul, and they dive straight into the Korean street food scene that's so hot currently around the globe. They experience the Ongo Night Dining Tour and visit the Gwangjang food market, Korea's largest food market and sample some amazing Korea street food. The duo also checks out the famous fried chicken and beer restaurants, BBQ restaurants, and some fine dining.



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#### EPISODE 12: Thailand

In this episode Trevor travels to Khao Lak, the beautiful tropical paradise of Thailand. Just an hour's drive north of Phuket, Trevor explores Khao Lak, by snorkelling, diving, enjoying the beautiful beaches... as well as enjoying the local food. He also visits the Tsunami Memorial Park.

#### EPISODE 13: South Korea

The duo continues their culinary adventure in Korea, travelling to Jeonju, the food capital of Korea. In Jeonju they taste the famous royal course meal and world-famous bibimbap and experience staying in a traditional hanok. The next stop in their culinary journey is Busan, famous for seafood.

#### EPISODE 14: Thailand

Trevor travels to Thailand to discover the Anzac history in Kanchanaburi, Thailand. It was in Kanchanaburi that the infamous Burma Railway was built during the WWII, and there is now a memorial and two museums to explain the history.

#### EPISODE 15: Canada

Join Trevor & Nigel for spectacular wildlife viewing session's, as they go in search of the famed Grizzly Bear. Exploring the wilderness from a secluded floating lodge in the heart of Great Bear Rain Forest, British Columbia.

#### EPISODE 16: Canada

Ep Trevor and Nigel travel to Calgary, Alberta in Canada for the amazing Calgary Stampede! They get fitted with cowboy hats and enjoys watching chuckwagon racing, meet Trevor Panczak, Canadian country singer and are introduced to fun stampede food and has a cultural experience at the Indian Village.



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#### EPISODE 17: Canada

Trevor boards the Akademik Ioffe, an expedition ship exploring Canada's Maritimes. They travel on the expedition ship to Louisebourg, and to Sable Islands with the wild horses, Charlottetown in Prince Edward Island and also to La Isle de La Madeleine.

#### EPISODE 18: Bali

In this episode, Trevor travels to the beautiful Indonesian island of Bali. They head to Northern Bali, to introduce to the viewers areas of Bali less known. We visit a pearl farm and learn how the beautiful pearls are made and how a real pearl farm operates... and even a taste of pearl meat. Trevor relaxes on the quiet beaches, admire the beautiful scenery... and a dive at the stunning Menjangan Island. Trevor also visits the Komodo dragons on the Komodo Island, and learns so much about this magnificent animal and its habitat.

#### EPISODE 19: Korea

Trevor and Chrissy travel to South Korea to have a holiday that leaves you feeling better, healthier and fitter. Wellness Tourism in Korea has been actively promoted worldwide for years, and now emerging as a major tourism theme today. The duo begins their journey in Seoul, where they visit traditional Korean spa and green tea therapy and Chrissy even visits a famous Korean cosmetics house. In their wellness trip through Korea, they also travel to the famous city of Jeonju.

#### EPISODE 20: Korea

Trevor and Chrissy continue on their wellness trip through South Korea. They visit Jeju Island, a beautiful tropical island in Korea. There they meet the Haenyeo, the free diving women of the island, and visit a green tea plantation. Also on Jeju Island, they explore the Spirit Garden, a relaxing stunning garden of bonsais and experience aromatherapy at the Herb Garden. They also take a road trip to the National Forest Healing Center that offers a variety of nature-based therapy programs in Yeongju.



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#### EPISODE 21: Mozambique

Trevor and Nigel travel to one of the best kept secrets in Africa, Mozambique. From eco-glamping to heading out on safari through one of Mozambique's incredible reserves, this is a country of unexpected adventures.

#### EPISODE 22: Mozambique

Trevor and Nigel travel from the coast to the mountains on their journey through Mozambique, visiting vibrant markets, local villages and a trip to Gorongosa National Park - an amazing destination to get up close to African wildlife.

#### EPISODE 23: USA

For the very first time Explore TV heads to the USA with Trevor Cochrane and Nigel Ruck starting in Las Vegas taking a drive trip to discover the history of Nevada and the mystery with a visit to ghost towns and area 51 and the Alien Research centre before crossing the border into Utah to realise the truly spectacular natural beauty of this pretty part of the USA.

#### EPISODE 24: Viking Far East Discovery Cruise Part 1

Trevor takes his first ever cruise on the world's No 1 cruise line 3 years running, experiencing the Far East Discovery Cruise on the brand-new Viking Orion, a ship with everything you could ever imagine, including a planetarium. This journey begins with a trip to the Great Wall of China and finishes in Okinawa, Japan.



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### EPISODE 25: Viking Far East Discovery Cruise Part 2

Trevor continues the journey on the worlds leading luxury small ship The Viking Orion, visiting Okinawa's Ishigaki Island before sailing to China and Xiamen one of China's most fascinating coastal city's. The ship then cruises to Hong Kong and Trev shows you around the ship and its many award winning facilities.

#### *In Production:*

Viking Cruise 12 episodes

New Zealand 1 episode



 **OPTIMUM**  
TELEVISION



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In the Explore 60' episodes, Trevor Cochrane and his friends travel around the globe – to Thailand, Canada, South Korea, Ireland, Fiji, Japan and even an European river cruise adventure. Join them on their travels around the world, and be inspired to travel and explore. They explore the world and have the most amazing experiences – such as swimming with the beluga whales in Canada, relaxing in the stunning beaches of Fiji, staying in a 900-year-old traditional inn in Japan, and sleeping in a floating tent in the world's oldest rainforest in Thailand. Come explore with us.

### Explore TV, 60 minutes (episode 1-24 synopsis available on request)

#### EPISODE 25: Thailand

The team travels to Phuket Island in the Thailand paradise. The journey sees truly amazing Thai culture and its beautiful people and food. They explore the north of the island to visit the world's oldest rainforest and see spectacular scenery, wildlife, flora and an elephant experience unlike any other. Trevor learns to cook Thai cuisine at home the old-fashioned way and also cook up a seafood feast with mud crabs while staying in luxury in one of the most idealist bays.

#### EPISODE 26: Canada

The team takes you on a fantastic journey through Canada as they swim with the beluga whale, trek through the tundra and get the rare opportunity to see polar bears. They begin their adventure in Montreal and go dogsledding in Churchill and travel back 100 million years to the age of the dinosaur. The team meets the Blackfoot people and also sees the world's most beautiful garden.

#### EPISODE 27: Canada

This show begins in the Granville Island Markets in Canada. Next the team heads to the east coast to discover the Grand Fairmont Chateau Frontenac (the world's most photographed hotel) in Quebec City. The Explore team spots amazing architecture, French culture and people, and tastes plenty of tasty Canadian cuisine and is amazed by the beautiful scenery of Canada. The final destination is Spirit Bear Lodge in northwestern British Columbia to spot amazing wildlife such as the Spirit Bear.



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#### EPISODE 28: South Korea

This trip begins in the capital Seoul where the team gets to the iconic N Seoul Tower by cable car, which is the best way to see Seoul and also the mountains and the river. Next they travel south to Pusan and then to the holiday island of Jeju. Korean food is incredibly popular internationally and the team shares the delicious and downright different.

#### EPISODE 29: Ireland

The team are in wonderful Dublin in Ireland and then heads to Belfast with loads of food and music in between and even something spooky in between. They begin with a tour around town showing the modern and the old and finish the journey at Crumlin Road Gaol with a special guest from Ghost Searchers Ireland.

#### EPISODE 30: Fiji

The Explore team visits the tropical paradise of Fiji with its beautiful clean white sands, crystal clear waters and the friendliest people you'll ever meet! They begin at Castaway Island and travel around on a luxurious catamaran, followed by a step back in time to visit traditional Fiji. The village ceremonies and picturesque gardens make a very special destination.

#### EPISODE 31: Canada

This show is all about the East Coast of Canada. The team journeys to Nova Scotia, New Brunswick, New Finland and Prince Edward Island, the home of Anne of Green Gables. The team begins this journey by exploring the very European architecture and French-speaking people of North America in Quebec City and ends at Prince Edward Island.



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#### EPISODE 32: Thailand

Bringing the show from Chiang Mai in northern Thailand, the team have loads of fun with so many things to see and do. Trevor and Kim take us right around the region, visiting the Walking Street Markets, a hot air balloon festival, the Ping River, traditional Thai food, Wat Chedi Luang Temple, Patara Elephant Farm, Chiang Dao National Park and the team go on a Chiang Mai Night Safari.

#### EPISODE 33: Europe

Trevor begins his European trip in the town of Basle, in Germany with a local guide to show him around. He visits art galleries, universities, landmark towers and the Henrich Munster Cathedral. Trevor stays on a luxury ship and travels across the Rhine River in style. He cruises through Breisach and Triburg, right in the heart of the Black Forest. With special access to the Rastatt Residential Palace and Gardens, he shares with the viewers the epitome of baroque residential design. The charming cobbled streets in Heidelberg prove impressive and in the fascinating town of Cochem he explores the Reichsburg.

#### EPISODE 34: Europe

Trevor continues on his European cruise trip through the Netherlands and into Belgium. He visits the quaint beauty of the small Dutch town of Mook, which also has an Australian connection. Next is a cycle through the cobblestone streets of Veer in the southwest Zealand then to Antwerp in Belgium. The last leg of the journey lands in the city of Amsterdam to appreciate the art of blending superb cheeses.

#### EPISODE 35: Japan

The Explore team travels to Japan – first exploring Okinawa, diving in one of the best dive spots in the world and trying the local cuisine, then flying to Tokyo to experience the exciting nightlife of Tokyo, as well as the traditional. The team then has an amazing cultural experience of staying in a 900-year-old traditional Japanese ryokan and soaking away in the hot spring baths.



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### EPISODE 36: South Korea

The team visit South Korea to understand the beautiful country's modern and ancient history and the glorious food. They head out for some retail therapy, take us inside some ultra-modern Korean architecture and get our tastebuds tingling with one of the hottest cuisines sweeping Australia right at the moment.

### EPISODE 37: Ireland

The team returns to breathtaking Ireland. Trevor and his team travel on the Wild Atlantic Wave to see the coastline of the Emerald Aisle, the beautiful Kylemore Abbey, the Dingle Peninsula, Sleat Head Drive and slice and hook their way around one of Ireland's most famous links golf course.

### EPISODE 38: Thailand

The Explore team visits Thailand for amazing architecture, incredible food, beautiful religion and the most beautiful people on the planet. They begin at the Royal Barge Museum to see the magnificent royal barges, visit the largest temple in the south, Wat Phra Dhammakaya Temple. Next we island hop along the Andaman Sea to explore the Koh Muk and Tham Morakot Islands. The team finish up in fast-paced Bangkok to pay respects to the Goddess of Water during the Loi Krathong.

### EPISODE 39: Canada

The team arrives in Canada by helicopter then explore the spectacular scenery of British Columbia. Next up they travel south on the ultimate road trip through fields of gold in the shadows of the truly spectacular Rocky Mountains. To cap it all off they head back to a place that has both a history and a story, the Yukon.