



## **Travels with Darley**

### **Episode Guide**

#### **101 Guadeloupe Islands Caribbean Adventures**

Darley Newman joins local guides in the Guadeloupe Islands to discover this Caribbean island destination with unique French Creole influences. Viewers experience a hike on an active volcano, followed by a dip in picturesque natural hot springs. At a nearby eco-spa, reminiscent of locations in Bali, Darley has an extreme spa experience, trying a fish pedicure. Beautiful underwater scenery is highlighted snorkeling the Jacques Cousteau Reserve, as well as lively culture at local markets. Darley dives into street food, takes a culturally significant dance class, and enlists locals to take her to see street art and enjoy culinary delights in the islands' largest city to round out a truly diverse Caribbean adventure.

#### **102 Maryland's Eastern Shore**

Darley leads viewers on an epic family road trip along Maryland's Eastern Shore, showcasing accessible adventures for multiple generations traveling together, including young children. Some destinations include Assateague Island National Seashore to view wild horses, camp by the beach, kayak and enjoy a great summer ritual, roasting s'mores over an open fire. The group visits a rural farm that makes ice cream from cow to cone and the all-American town of Berlin, where glass blowing and a peach-infused town dessert are on tap with local craft beer. Next, viewers learn about the area's maritime history in St Michaels at the Chesapeake Bay Maritime Museum, before feasting on crabs by the water. Stunning Maryland beaches and a walk along what's been awarded "America's Best Boardwalk" in Ocean City prove one of the highlights for the kids. Finally, Darley takes viewers to escape from it all on remote Tilghman Island on this diverse and beautiful episode.

#### **103 Belgium: Castles, Cities & Countryside**

Explore some of the most beautiful cities, countryside and castles in Belgium, mixing music, nature, food and culture in Dinant, Namur, Mons, Bastogne, Waterloo and beyond. Foodies will enjoy meeting one of Belgium's top chefs at a Michelin two-star restaurant, where garden to table and molecular cuisine is highlighted. Darley takes a

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dream adventure trip, kayaking to a castle, but has some weather snafus. This is resolved as she takes an unusual rail biking adventure to a monastery where tasty cheese and beer are on tap. In the European cultural capital, Mons, Darley meets a longtime local guide to taste beer on the Grand Place and learns how to make rich chocolate pralines. Finally, we explore World War II history at the Mardasson Memorial and Bastogne War Museum. Walking among the foxholes, where soldiers from Easy Company of the 101st Airborne Division hid out, makes for a dramatic and significant travel adventure.

### **104 Belgium: Brussels & Beyond**

Explore Brussels during the annual Jazz festival, taking in fashion, Belgian chocolate and art deco architecture by foot and bicycle. Venture through the Ardennes region, where beer tasting, a top place to eat fries and rail biking are on tap. Visit diverse breweries, bakeries and markets in Liege, where a secret meatball taster takes Darley to his top restaurant pick for Belgium's tastiest meatballs. Stroll through medieval Durbuy, one of Belgium's quirkiest cities, where an actual count still lives. This episode showcases surprising adventures that even locals don't know exist in Belgium.

### **105 Southern States Road Trip**

Take a classic American road trip through Arkansas, South Carolina and Kentucky. Highlights of the Southern States adventure include rappelling into the mouth of a cave in Kentucky and live Bluegrass music, classic Corvettes at the Corvette Museum in Bowling Green, and farm fresh food at a country diner. Darley joins locals to bike a top urban trail in Greenville that leads to a farm store and brewery. In Arkansas, Darley takes viewers to the colorful farmers market in Little Rock and inside an oddly interesting museum dedicated to the women's purse. In the Northwest part of the state, we take a walk along historic Bathhouse Row in Hot Springs and try local beer at a historic bar once frequented by gangster Al Capone. Finally, we combine adventure and food, enjoying a boat ride in a pretty state park and Arkansas cuisine with a James Beard nominated chef.

### **106 Michigan's Upper Peninsula**

The beautiful and historically treacherous waters of three of the Great Lakes and the St. Mary's River surround Michigan's Upper Peninsula. The identity of the people and towns of the UP has been shaped by all of this water and the vast UP's remote location. Traveling here, you'll hear tales of lighthouse keepers and their families, fur traders, priests and devastating shipwrecks. We'll explore the unique culture, food and history of the UP with a variety of local people and host Darley Newman, who travels to experience stunning lighthouses, trails and brew pubs and parks in Sault Ste Marie, Mackinac Island and St. Ignace. Native American culture, hikes, a scenic drive, the historic Grand Hotel and one of the world's busiest water highways, the Soo Locks, are featured.

### **107 Road Trip: Maryland, Virginia and South Carolina**

Take a road trip to enjoy some of the top cities and adventures on the East Coast in the USA. Start in Columbia, the capital of South Carolina. Delve into the state's best BBQ and artisanal ice cream, before discovering presidential history and pop culture in a

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historic neighborhood. In Middleburg, Virginia, fly through the trees by zip lining and learn about American history by wine tasting. Next, bike the Cross Island Trail on Kent Island, Maryland, which takes you by the iconic Bay Bridge and to a scenic place to eat by the water. Finally, enjoy a fishing expedition on the Chesapeake Bay, where host Darley Newman catches and reels in the biggest fish of her life.

### **108 Guadeloupe Islands Caribbean Escape**

From chocolate and coffee to forts and farms, island hop through the French Caribbean, discovering Guadeloupe's diverse islands of Grand Terre, Les Saintes, Basse Terre and Marie Galante. Host Darley Newman takes viewers rum tasting and learns how rum is produced from farm to table on the island of Marie Galante, known for its stunning beaches. Next, we take a boat ride to Les Saintes, which has been dubbed the Capri of the Caribbean. This island boasts a bay that's been deemed by UNESCO as one of the most beautiful bays in the world, as well as idyllic beaches and French Caribbean cuisine. On Basse Terre, the "green" island, Darley joins a local to visit a chocolate plantation in an area where cocoa has been grown since the 17<sup>th</sup> century. She also visits Guadeloupe's oldest coffee plantation, set high in the hills of Basse Terre. Episode includes special behind the scenes and bloopers.

## **Season 2**

### **201 England: Manchester, Liverpool & the Lake District**

The best places to eat in Northern England, where The Beatles got inspired, hip neighborhoods and soccer history is revealed as Travels with Darley discovers the cities of Manchester and Liverpool and the charms of the Lake District. Darley joins local guides to visit The Beatles Story, Strawberry Field and Penny Lane in Liverpool. In Manchester, she takes a walking and taxi tour, soaking in the city's history and modern culture in the popular Northern Quarter and at the National Football Museum. In the stunning Lake District, Darley enjoys a culinary adventure in Cartmel, visiting a Michelin starred restaurant and tasting the area's best sticky toffee pudding and local cheeses. In Grasmere, home to Dove Cottage where poet William Wordsworth wrote many great works, Darley tastes sweet treats at Sarah Nelson's Grasmere Gingerbread, completing a diverse tour of Northern England, combining food, culture, countryside and cities.

### **202 Northern Wales: Isle of Anglesey & The Coast**

Combine breathtaking coastal farms and beaches with heart pumping adventures on Europe's fastest zipline and inside a haunted castle in Wales. This part of the United Kingdom boasts gorgeous landscapes, historic castles and abbeys, modern day adventure attractions and a unique language and culture best experienced by traveling with the locals. Darley meets Gareth Wyn Jones, a sheep farmer with a huge following, and learns about life on a Welsh farm in one of the most beautiful coastal locations on the planet. On Anglesey Island, where Prince William and Duchess Kate lived during his tour of duty as a search and rescue pilot starting back in 2010, Darley walks the Wales Coast Path and visits a town with one of the world's longest place names. She dives into local cuisine

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and products produced on this island, making for a salty experience. Next, viewers join Darley for a ride along the Menai Straits in a high speed RIB boat and visit two castles, including one that is reputed to be haunted. Finally, Darley flies high for an adrenaline pumping adventure on Europe's longest and fastest zip line. The trip through Wales ends learning surprising the surprising history of Valle Crucis Abbey and listening to the inspiring Froncysyllte Male Voice Choir.

### **203 Northern England and Wales**

Visit stately castles and stunning landscapes in Northern England and Wales. Laugh with the real life Calendar Girls and explore Harry Potter film sites and other film locations. Emmy-nominated TV host and traveler Darley Newman leads viewers through Castle Howard, which served as the backdrop for the 1981 TV series and 2008 film version of *Brideshead Revisited*. This castle and its story may remind viewers of *Downton Abbey* and the fictional Crawley Family. Next, venture to another movie location, Goathland Station, the set for the fictional Hogsmeade station in Harry Potter films and the police drama *Heartbeat*. Exploring the dramatic moors in Bronte Country, viewers get a window into the locations that inspired the Bronte sisters to write famous literary works like *Wuthering Heights*. Plus, a unique library vacation, Saltaire and the Pontcysyllte Aqueduct, listed as World Heritage Sites by UNESCO.

### **204 Little Rock, Arkansas**

Explore the best of Little Rock, the capital of the state of Arkansas, combining BBQ with tasty ice cream and baked sweets, diverse neighborhoods and Clinton history. Darley tours Little Rock by bike, joining a local guide to cycle through neighborhoods and highlighting important sites like the Governor's Mansion and the Clinton Presidential Library. Next, she hops on a Segway to discover Riverfront Park and the Arkansas River Trail. History and architecture are explored at Little Rock Central High School National Historic Site and the Arkansas State Capitol Building, complete with bronze Tiffany doors. Finally, Darley tries craft beer at Lost Forty Brewery, unusual spirits at Rock Town Distillery and locally sourced foods with a James Beard Award-nominated chef.

### **205 Hong Kong Island Hopping**

Hong Kong is a big city with lots of urban attractions, but with over 260 islands, Hong Kong is also a great destination for island hopping. We're exploring the greener side of Hong Kong by hiking, biking, boating and taking in beach views with the locals. We'll visit a doctor who specializes in traditional Chinese medicine, see what Hong Kong locals eat at bustling markets and make a trip to Lantau Island to visit the Big Buddha, Po Lin Monastery and Tai O. We'll also hike the Hong Kong Trail at Victoria Peak and the Dragon's Back and learn about geology at the Hong Kong Global Geopark, a UNESCO site. You'll be surprised by the eco-adventures we uncover in urban Hong Kong.

## Season 3

### **301 Martinique Adventures**

Explore the French Caribbean on the island of Martinique, combining beautiful beaches with lush rainforests and quiet fishing villages with vibrant cultural sites. Host Darley Newman meets local guides to take a deeper dive into the top places to sun, sail, snorkel, eat, drink and enjoy eco-friendly nature and fascinating Creole culture.

### **302 Hong Kong Urban Adventures**

Explore art galleries, hip neighborhoods and top nightlife in Hong Kong, as host Darley Newman meets local experts enjoy the best urban adventures in this bustling Asian city. From authentic cuisine on a foodies' tour of Sham Shui Po to dim sum at the world's cheapest Michelin-star restaurant, food, markets, culture and temples take center stage on this city tour.

### **303 Wyoming National Forests**

From the Bridger Teton National Forest in iconic Jackson Hole to the Snowy Range scenic byway in the Medicine Bow National Forest, host Darley Newman and local guides go off the grid to reconnect and discover national forests and great towns for outdoor lovers in Wyoming. From mountain biking, horseback riding, fishing, hiking and scenic drives to historic towns and modern brewpubs, the Cowboy State does not disappoint.

### **304 Illinois: Route 66 & Midewin**

Travel to the top diners and historic sites along all-American Route 66, including modern nature escapes that may surprise you. This is an Illinois road trip you won't forget, as host Darley Newman drives old Route 66 in a classic car to meet bison at Midewin National Tallgrass Prairie and explore the best of "the Mother Road."

### **305 Illinois: Ottawa & Beyond**

Hiking, biking, beer tasting and boating are just some of the adventures host Darley Newman explores with local guides not far from Chicago in Ottawa, Illinois. From a Himalayan salt cave to a Cajun chef amid the cornfields to the historic I&M Canal, this Illinois adventure is filled with interesting things to learn and experience.

## Season 4

### **401 West Virginia Adventures**

Experience the best of the Mountain State with locals as the guides, including top outdoor adventures and history. Take a scenic train ride in a rare steam locomotive, walk through history at Harpers Ferry National Historical Park, go fly-fishing and off-roading and enjoy extreme whitewater rafting during Gauley Season on "Travels with Darley: West Virginia Adventures."

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#### **402 France's Western Front Part I**

Experience World War I history in an active way on a journey along the Western Front in Northeastern France. Local experts guide Darley by bicycle and foot through the cities of Verdun and Metz to sample famous foods like Quiche Lorraine and visit battlefields, American cemeteries and memorials, combining rich cuisine with history related to The Great War.

#### **403 France's Western Front Part II**

Travel along the historic Western Front in France to explore the history of one of the most devastating wars on earth, World War I. Learn how The Great War affected communities in France in the past and present day, delving into remembrance sites and modern pleasures, including great Champagne and local cuisine.

#### **404 Missouri's Route 66 & St. Louis**

Darley explores St Louis and the birthplace of Route 66, mixing classic American history with modern diversions. Viewers travel along to dine on downhome BBQ with a spicy pitmaster, meet a James Beard Award-winning chef and explore city neighborhoods and breweries. Darley enlists local guides for an outdoor hike at Castlewood State Park, and a visit to City Museum, the St. Louis Art Museum and Forest Park.

#### **405 Tokyo, Japan**

Mixing the ultra-modern with Edo-period traditions, locals guide Darley to the best food, culture and adventures in Japan's capital city of Tokyo. Explore top neighborhoods, markets, temples, and surprising areas of natural beauty, including a behind-the-scenes tour of a Tokyo saké brewery, sushi at the world's largest fish market, a hike at a sacred mountain and more.

#### **406 Martinique Caribbean Culture**

Darley travels with locals to learn about Martinique's unique culture and history, which includes famous figures like Empress Josephine and modern poets, artists and politicians. She travels through the capital city of Fort-de-France, to the Anse Cafard Slave Memorial, through urban markets and to an ancient Créole sugarcane plantation to learn about rum agricole and enjoy a deeper dive into this French Caribbean Island.

### **Season 5**

#### **501 New York's Southern Finger Lakes**

Combine hands-on art with adrenaline pumping adventures throughout New York's Southern Finger Lakes, soaring above Mark Twain Country, learning glass blowing in Corning, walking amid waterfalls in Watkins Glen State Park, and enjoying stand up paddle boarding in Hammondsport. Travelers join Darley and local experts to explore history, wine and culture in the Finger Lakes.

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### **502 New Mexico's Continental Divide Trail**

Explore the Continental Divide Trail, one of our nation's National Scenic Trails, by biking, hiking and rafting, discovering unique places to unplug, refuel and learn about history, culture and ecology. Diverse landscapes and stops throughout the state of New Mexico, including Pie Town, Silver City, the Rio Chama, the Cosmic Campground, the Gila Cliff Dwellings, a mountain sacred to the Navajo people and a monastery in the high desert.

### **503 Santa Fe Arts & Culture**

From scenery so enchanting that it's drawn in filmmakers throughout history to farm fresh New Mexican cuisine and culture, explore Santa Fe with Emmy-nominated host Darley Newman and a cast of local friends. Discover history in Santa Fe's Plaza, contemporary art at Meow Wolf, tailgating at the Santa Fe Opera and a Japanese style spa complete with artisanal sake, combining the classic and quirky in Santa Fe.

### **504 Finger Lakes & Monongahela Forests**

Enjoy an East Coast nature escape in the Finger Lakes National Forest and Monongahela National Forest in New York and West Virginia. From a visit to the "Queen's Castle" to learn about the women's suffrage movement to a walk through an old growth forest teeming with life, viewers explore travel destinations for outdoor adventures by horseback riding, fly fishing, sailing and hiking.

### **505 French Riviera**

Explore the French Riviera, learning about Picasso in Old Antibes, taking a stroll along Cannes famous promenade, visiting local markets in Nice, touring a perfume factory in Grasse and discovering a royal fort on St Marguerite Island. Host Darley Newman showcases how to dive into Cote d'Azur like a local with its stunning beauty and diversity of history and flavors.

### **506 Santa Fe Adventures**

Explore Santa Fe outdoor adventures and lesser known cultural attractions by hiking at Bandelier National Monument, visiting an award-winning restaurant serving traditional New Mexican food, mountain biking in the Santa Fe National Forest, observing Chimayo weavers and making a stop along the old Camino Real. Meet traditional artists and locals who share living history and reveal special ties to New Mexico's past to gain a deeper understanding of daily life and active adventure in Santa Fe.