



Friggiðagur 1. august
 0.00 Modelling in the long Term
 0.30 The Clinical Psychologist
 1.00 In Search of Identity
 2.30 Rover's Return
 3.00 Lyn Marshalls Everyday Yoga
 4.00 The Greek Language and People
 5.00 The Small Business Programme
 5.30 20 Steps to better Management
 6.00 BBC Newsdesk
 6.25 Prime Weather
 6.30 Simon and the Witch
 6.45 Alfonso Bonzo
 7.10 Grange Hill
 7.45 Ready Steady Cook
 8.15 Kilroy
 9.00 Style Challenge
 9.30 Eastenders
 10.00 Pie in the Sky
 10.50 Prime Weather
 10.55 Good Living
 11.20 Ready Steady Cook
 11.50 Style Challenge
 12.15 Vets School
 12.45 Kilroy
 13.30 Eastenders
 14.00 Pie in the Sky
 14.50 Prime Weather
 15.00 Good Living
 15.25 Simon and the Witch
 15.45 Alfonso Bonzo
 16.05 Grange Hill
 16.30 Wildlife
 17.00 BBC World News
 17.25 Prime Weather
 17.30 Ready Steady Cook
 18.00 East Enders
 18.30 Vets School
 19.00 Goodnight Sweetheart
 19.30 Keeping up Appearances
 20.00 Casualty
 21.00 BBC World News
 21.25 Prime Weather
 21.30 Later with Jools Holland
 22.35 The Glam Metal Defectives
 23.10 Fiat for fun
 23.35 Top of the Pops

Leygardagur 2. august
 0.05 Dr. Who
 0.30 Pieter Bruegel and Popular Culture
 1.00 DNA the Spice of Life
 1.30 History of Maths
 2.00 Testing Teachers
 2.30 Tropical Forest
 3.00 Bajourou Music of Mali
 3.30 Social Work in the Inner City
 4.00 Mantegna the Triumphs of Caesar
 4.30 Building in Cells
 5.00 Animated English
 5.30 The Island an Historic Piece
 6.00 BBC Newsdesk
 6.25 Prime Weather
 6.30 Noddy
 6.45 Jonny Briggs
 7.00 Bodger and Badger
 7.15 The Really Wild Show
 7.40 The Biz
 8.05 Gruy
 8.30 Grange Hill Omnibus
 9.05 Dr. Who
 9.30 Style Challenge
 9.55 Ready Steady Cook
 10.25 Prime Weather
 10.30 Eastenders Omnibus
 11.50 Style Challenge
 12.15 Ready Steady Cook
 12.45 Kilroy
 13.30 Wildlife
 14.00 Love Hurts
 14.50 Prime Weather
 15.00 Monty the Dog
 15.05 The Lowdown
 15.30 The Genie from Down Under
 15.55 Grange Hill Omnibus
 16.30 Wilderness Walks
 17.00 Top of the Pops
 17.30 Dr. Who
 18.00 Dads Army
 18.30 Are You Being Served?
 19.00 Pie in the Sky
 20.00 To Play the King
 20.55 Prime Weather
 21.00 Blackadder Goes Forth
 21.30 Ruby Wax Meets Bette Midler and Liza Minelli
 22.00 Shooting Stars

Sunnudagur 3. august
 0.20 Prime Weather
 0.30 Information Technology and Society
 1.30 The Developing World
 2.00 Accumulating Years and Wisdom
 2.30 Physics
 3.00 Rome under the Pope
 3.30 Seeing through Maths
 4.00 Quality Care
 4.30 Scientifically Speaking
 5.00 The Jewish Enigma
 5.30 Fluid Flows
 6.00 BBC Newsdesk
 6.25 Prime Weather
 6.30 Simon and the Witch
 6.45 Wham Bam Strawberry Jam
 7.00 Monty the Dog
 7.05 Alfonso Bonzo
 7.30 Century Falls
 7.55 The Genie from Down Under
 8.20 Grange Hill Omnibus
 8.55 Top of the Pops
 9.25 Style Challenge
 9.50 Ready Steady Cook
 10.20 Prime Weather
 10.25 Minder
 11.15 Whatever Happened to the Likely Lads
 11.45 Style Challenge
 12.15 Ready Steady Cook
 12.45 Kilroy
 13.00 Wildlife
 14.00 All Creatures Great and Small
 14.50 Bodger and Badger
 15.05 The Really Wild Show
 15.30 Alfonso Bonzo
 15.55 Grange Hill Omnibus
 16.30 Wildlife
 17.00 BBC World News
 17.25 Prime Weather
 17.30 Antiques Roadshow
 18.00 Lovejoy
 19.00 999
 20.00 Bookmark: The Vampire's Life
 21.00 Yes Prime Minister
 21.30 The Black Stuff
 23.15 Songs of Praise
 23.55 Prime Weather

Mánadagur 4. august
 0.00 Black Girls in Search of Learning
 0.30 An English Education
 1.00 Learning about Leadership
 1.30 Windows on the Mind
 2.00 Lyn Marshalls Everyday Yoga
 4.00 A vous la France
 5.00 The Small Business Programme
 5.30 20 Steps to Better Management
 6.00 BBC Newsdesk
 6.25 Prime Weather
 6.30 Noddy
 6.40 Gruy
 7.05 Grange Hill
 7.30 Newsround Extra
 7.45 Ready Steady Cook
 8.15 Kilroy
 9.00 Style Challenge
 9.30 Wildlife
 10.00 Strathblair
 10.50 Prime Weather
 10.55 Good Living
 11.20 Ready Steady Cook
 11.50 Style Challenge
 12.15 Animal Hospital
 12.45 Kilroy
 13.30 Wildlife
 14.00 Strathblair
 14.50 Prime Weather
 15.00 Good Living
 15.25 Noddy
 15.35 Gruy
 16.00 Grange Hill
 16.25 Songs of Praise
 17.00 BBC World News
 17.25 Prime Weather
 17.30 Ready Steady Cook
 18.00 Wildlife
 18.30 Masterchef
 19.00 Are You Being Served?
 19.30 Birds of a Feather
 20.00 Lovejoy
 21.00 BBC World News
 21.25 Prime Weather
 21.30 Inside Story
 22.20 One Man and His Dog
 23.00 Westbeach
 23.55 Prime Weather

Týsdagur 5. august
 0.00 Stand by our Banner
 0.30 Swedish Science in the 18th Century
 1.00 San Francesco Rimini
 1.30 Public Murals in New York
 2.00 Good Health
 2.30 This Sporting Life
 3.00 The Future's in the Fridge
 3.30 Thin Ice
 4.00 A vous la France
 5.30 RCN Update Unit
 6.00 BBC Newsdesk
 6.25 Prime Weather
 6.30 Jonny Briggs
 6.45 Uncle Jack and the Dark side of the Moon
 7.10 Just William
 7.45 Ready Steady Cook
 8.15 Kilroy
 9.00 Style Challenge
 9.30 Eastenders
 10.00 The Duchess of Duke Street
 10.50 Prime Weather
 10.55 Real Rooms
 11.20 Ready Steady Cook
 11.50 Style Challenge
 12.15 Masterchef
 12.45 Kilroy
 13.30 Eastenders
 14.00 The Duchess of Duke Street
 14.50 Prime Weather
 14.55 Real Rooms
 15.20 Jonny Briggs
 15.35 Maid Marian and Her Merry Men
 16.00 Just William
 16.30 Top of the Pops
 17.00 BBC World News
 17.25 Prime Weather
 17.30 Ready Steady Cook
 18.00 Eastenders
 18.30 The English Country Garden
 19.00 Benny Hill
 20.00 A Very Peculiar Practice
 21.00 BBC World News
 21.25 Prime Weather
 21.30 HMS Brilliant
 22.30 The Murder Squad
 23.00 Casualty
 23.50 Prime Weather

Mikudagur 6. august
 0.00 Software Development
 0.30 Building by Numbers
 1.00 Regressing to Quality
 1.30 Errors aren't Forever
 2.00 Fit for Summer
 4.00 A vous la France
 6.00 BBC Newsdesk
 6.25 Prime Weather
 6.30 Monty the Dog
 6.35 The Genie from Down Under
 7.00 Grange Hill
 7.25 The Ozone
 7.45 Ready Steady Cook
 8.15 Kilroy
 9.00 Style Challenge
 9.30 Eastenders
 10.00 Campion
 10.50 Prime Weather
 11.00 Real Rooms
 12.00 Style Challenge
 12.20 The English Country Garden
 12.45 Kilroy
 13.30 Eastenders
 14.00 Campion
 14.50 Prime Weather
 15.00 Real Rooms
 15.30 Monty the Dog
 15.35 The Genie from Down Under
 16.00 Grange Hill
 16.30 Wildlife
 17.00 BBC World News
 17.25 Prime Weather
 17.30 Ready Steady Cook
 18.00 Eastenders
 18.30 Wilderness Walks
 19.00 Blackadder goes forth
 19.30 Goodnight Sweetheart
 20.00 I Claudius
 21.00 BBC World News
 21.25 Prime Weather
 21.30 I Claudius
 22.10 Bookmark: The Vampire's Life
 23.00 She's Out
 23.50 Prime Weather

Hósdagur 7. august
 0.00 Plugging into the Sun
 0.30 The Chemistry of Survival
 1.00 The Chemistry of Power
 1.30 The Chemistry of Life and Death
 2.00 Fit for Summer

4.00 A vous la France
 6.00 BBC Newsdesk
 6.25 Prime Weather
 6.30 Wham Bam Strawberry Jam
 6.45 The Really Wild Show
 7.10 Century Falls
 7.45 Ready Steady Cook
 8.15 Kilroy
 9.00 Style Challenge
 9.30 Wildlife
 10.00 Lovejoy
 10.50 Prime Weather
 10.55 Real Rooms
 11.20 Ready Steady Cook
 11.50 Style Challenge
 12.15 Wilderness Walks
 12.45 Kilroy
 13.30 Wildlife
 14.00 Lovejoy
 14.50 Prime Weather
 15.00 Real Rooms
 15.25 Wham Bam Strawberry Jam
 15.40 The Really Wild Show
 16.00 Goggle Eyes
 16.30 Dr. Who
 17.00 BBC World News
 17.25 Prime Weather
 17.30 Ready Steady Cook
 18.00 Wildlife
 18.30 Antiques Roadshow
 19.00 Dad's Army
 19.30 Yes Prime Minister
 20.00 Pie in the Sky
 20.00 BBC World News
 21.25 Prime Weather
 21.30 Jilly Cooper: The Bonk-buster Years
 22.30 A Woman Called Smith
 23.00 Minder
 23.50 Prime Weather



Friggiðagur 1. august
 7.30 Football
 9.00 Modern Pentathlon
 10.00 Athletics
 12.00 Motorsports
 13.00 Mountain Bike
 13.30 Diving
 14.00 Tennis
 16.00 Tennis - Live
 18.00 Motorcycling - Live
 19.00 Athletics - Live
 20.30 Tennis
 22.00 Motorcycling
 23.00 Boxing
 00.00 Four Wheels Drive
 00.30 Close

Leygardagur 2. august
 6.00 Athletics - Live
 9.15 Mountain Bike
 9.45 Strongest Man '97
 10.45 Athletics
 12.00 Motorcycling
 13.00 Triathlon - Live
 15.00 Athletics
 16.00 Athletics - Live
 18.30 Tennis - Live
 20.30 Boxing
 22.00 Motorcycling
 23.00 Tennis - Live
 02.00 Close

Sunnudagur 3. august
 6.00 Athletics - Live
 8.30 Mountain Bike
 9.00 Four Wheels Drive
 9.30 Athletics
 11.45 Motorcycling
 12.45 Motorcycling - Live
 13.05 Motorcross
 13.35 Athletics
 14.30 Motorcycling
 14.45 Motorcycling - Live
 19.00 Athletics - Live
 20.30 Athletics
 22.00 Motorcycling
 23.00 Tennis
 00.30 Close

Mánadagur 4. august
 6.00 Athletics - Live
 8.30 Olympic Games
 9.00 Motorcycling
 11.00 Athletics
 12.30 Mountain Bike
 13.00 Motorcycling
 14.00 Triathlon
 15.00 Athletics
 15.45 Athletics - Live
 19.45 Tennis - Live
 21.30 Athletics
 23.00 Mountain Bike
 0.30 Close

Týsdagur 5. august
 6.00 Athletics - Live
 10.00 Triathlon
 11.00 Athletics
 12.30 Mountain Bike
 13.00 Surfing
 13.30 Tennis
 15.00 Athletics
 15.45 Athletics - Live
 19.15 Tennis - Live
 21.30 Athletics
 23.00 Mountain Bike
 0.30 Equestrianism
 0.30 Close

Mikudagur 6. august
 6.00 Athletics - Live
 11.00 Athletics
 12.30 Mountain Bike
 13.00 Water Skiing
 13.30 Tennis
 15.00 Athletics
 15.45 Athletics - Live
 19.30 Tennis - Live
 21.30 Athletics
 23.00 Mountain Bike
 23.30 Tennis
 00.30 Close

Hósdagur 7. august
 6.00 Athletics - Live
 9.00 Equestrianism
 10.00 Motorcycling
 10.30 Motorcross
 11.00 Athletics
 12.30 Mountain Bike
 13.00 Mountain Bike
 13.30 Tennis
 15.00 Athletics
 15.50 Athletics - Live
 19.30 Tennis
 21.30 Athletics
 23.00 Mountain Bike
 23.30 Sailing
 0.00 Four Wheels Drive
 0.30 Close



Friggiðagur 1. august
 4.55 The City
 5.20 Goðan morgun börn
 6.50 Goðan morgun
 9.30 Goðan morgun (e)
 11.00 TV-Shop
 11.50 Pacific Drive
 12.15 Grannar
 12.45 All American Girl
 13.15 Paradise Beach
 13.45 Heartbreak High
 14.40 Pacific Drive
 15.05 Grannar
 15.35 The City
 16.05 Baywatch
 17.00 TV3 beinleiðis
 17.05 Krakk ella ja
 17.35 Mán yvir Miami
 18.30 Pyramidan
 19.05 Filmur: Kona mín er óksamordari
 20.40 Dokumentar: Hooks at the Point
 21.35 TV3 beinleiðis
 21.50 Gamal drongur í New York
 22.20 Ein rödd í náttini
 1.20 Diana
 2.15 Liðugt

Mikudagur 6. august
 4.55 The City
 5.20 Goðan morgun börn
 6.50 Goðan morgun
 9.30 Goðan morgun (e)
 11.00 TV-Shop
 11.50 Pacific Drive
 12.15 Grannar
 12.45 All American Girl
 13.15 Paradise Beach
 13.45 Heartbreak High
 14.40 Pacific Drive
 15.05 Grannar
 15.35 The City
 16.05 Baywatch
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 17.05 Krakk ella ja
 17.35 Mán yvir Miami
 18.30 Pyramidan
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 20.40 Dokumentar: Hooks at the Point
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 22.20 Ein rödd í náttini
 1.20 Diana
 2.15 Liðugt

Leygardagur 2. august
 7.00 Fyrir börn
 9.05 Biker Mice from Mars
 9.30 Weekend-Shop
 10.30 TV-Shop
 11.30 Ein lögin heimur
 12.00 Fangarnir á fortinum
 13.25 The Extraordinary
 14.20 All American Girl
 14.50 Flintstones
 15.20 Filmur: Fun in Alcapulco
 17.05 Tarzan
 18.00 Sea Rescue
 18.25 Suddenly Susan
 18.55 Filmur: Calendar Girl
 20.35 Filmur: Heartbreak Ridge
 0.00 Twilight Zone
 0.30 Filmur: Jungle Fever
 1.50 Liðugt

Sunnudagur 3. august
 7.00 Fyrir börn
 9.00 Biker Mice from Mars
 9.25 Name Your Adventures
 9.50 Ein lögin heimur

10.20 Fangarnir á fortinum
 11.45 Our Gang
 11.55 Flintstones
 12.25 The Extraordinary
 13.20 All American Girl
 13.50 Maybe This Time
 14.20 Filmur: The Rainmaker
 16.35 Home Improvement
 17.05 Murder She Wrote
 18.00 Náttúrufending
 19.00 Eg og framtíðin
 20.00 Filmur: Lorenzo's Oil
 22.30 Married With Children
 23.00 Ellen
 23.30 Filmur: Born to Ride
 1.05 Liðugt

Mánadagur 4. august
 4.55 The City
 5.20 Goðan morgun börn
 6.50 Goðan morgun
 9.30 Goðan morgun (e)
 11.00 TV-Shop
 11.50 Pacific Drive
 12.15 Grannar
 12.45 All American Girl
 13.15 Paradise Beach
 13.45 Heartbreak High
 14.40 Pacific Drive
 15.05 Grannar
 15.35 The City
 16.05 Baywatch
 17.00 TV3 beinleiðis
 17.05 Krakk ella ja
 17.35 Mán yvir Miami
 18.30 Pyramidan
 19.00 World Music Award 1.2
 20.00 Melrose Place
 20.55 J.A.G.
 21.55 TV3 beinleiðis
 22.10 Party Uartig
 22.40 Ein rödd í náttini
 23.40 Filmur: Crossing Delancey
 1.25 Diana
 2.10 Liðugt

Týsdagur 5. august
 4.55 The City
 5.20 Goðan morgun börn
 6.50 Goðan morgun
 9.30 Goðan morgun (e)
 11.00 TV-Shop
 11.50 Pacific Drive
 12.15 Grannar
 12.45 All American Girl
 13.15 Paradise Beach
 13.45 Heartbreak High
 14.40 Pacific Drive
 15.05 Grannar
 15.35 The City
 16.05 Baywatch
 17.00 TV3 beinleiðis
 17.05 Krakk ella ja
 17.35 Mán yvir Miami
 18.30 Pyramidan
 19.05 Filmur: Kona mín er óksamordari
 20.40 Dokumentar: Hooks at the Point
 21.35 TV3 beinleiðis
 21.50 Gamal drongur í New York
 22.20 Ein rödd í náttini
 1.20 Diana
 2.15 Liðugt

Mikudagur 6. august
 4.55 The City
 5.20 Goðan morgun börn
 6.50 Goðan morgun
 9.30 Goðan morgun (e)
 11.00 TV-Shop
 11.50 Pacific Drive
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 12.45 All American Girl
 13.15 Paradise Beach
 13.45 Heartbreak High
 14.40 Pacific Drive
 15.05 Grannar
 15.35 The City
 16.05 Baywatch
 17.00 TV3 beinleiðis
 17.05 Krakk ella ja
 17.35 Mán yvir Miami
 18.30 Pyramidan
 19.00 Pá eventyr með Pernille
 19.30 Adrenalin Junkies
 21.10 Ruby vitjar Pamela Lee
 21.45 TV3 beinleiðis
 22.00 Veruligi heimurinn
 22.30 New York Undercover
 23.50 Filmur: The Ritz
 01.05 Diana
 01.55 Liðugt

Hósdagur 7. august
 4.55 The City
 5.20 Goðan morgun börn
 6.50 Goðan morgun
 9.30 Goðan morgun (e)
 11.00 TV-Shop