Flex
Channel guide
February 2026

KEY

- 1 Free to all
- 2 Essential Entertainment
- PREMIUM CHANNELS

HOW TO FIND WHICH CHANNELS YOU CAN GET

1. Match your package to the column
2. If there's a tick in your column, you get that channel. Essential Entertainment also includes all the free-to-all channels
3. If a channel is blue, it is a premium channel included in some TV bundles or can be added to your TV package for an extra charge

1	2	
✓		101 BBC One HD
	✓	177 Discovery HD
		516 Sky Sports F1®

If a channel is available in both SD and HD, and your package includes the HD version, you will automatically see the HD content (TiVo® customers should visit the relevant channel listed for SD/HD).

ENTERTAINMENT

1	2		
✓		100	Virgin TV Showcase
✓		101	BBC One HD
✓		102	BBC Two HD
✓		103	ITV1 HD/STV HD*
✓		104	Channel 4 HD/S4C HD*
✓		105	Channel 5 HD
✓		106	E4 HD
✓		107	BBC Three HD/BBC Four HD*
✓		108	BBC Four HD/Channel 4 HD Wales*
	✓	109	Sky One HD
	✓	110	Sky Witness HD
	✓	112	Sky Comedy HD
✓		113	TLC HD/BBC Three HD Scotland & Wales*
	✓	114	U&Alibi HD
✓		115	ITV2 HD
✓		116	U&Drama HD
✓		117	ITV3 HD
✓		118	ITV4 HD
✓		119	ITV Quiz HD
✓		120	5USA
	✓	121	Sky Documentaries HD
	✓	122	Sky Crime HD
✓		123	Sky Arts HD
	✓	124	U&GOLD HD
✓		125	U&W HD
✓		126	5STAR
✓		127	U&Dave HD
✓		128	Quest HD/TLC HD Scotland & Wales*
✓		129	U&Yesterday HD
✓		130	5ACTION HD
	✓	131	Sky HISTORY HD
	✓	132	Comedy Central HD
	✓	133	Crime + Investigation HD
	✓	134	MTV HD
	✓	135	Sky Nature HD
✓		136	Together TV
✓		137	Quest Red/Quest HD Scotland & Wales*
✓		138	5Select
✓		139	Challenge
	✓	140	Sky Sci-Fi HD
✓		143	4Seven HD
✓		144	E4 Extra
✓		146	Quest Red Scotland & Wales*
✓		147	More4 HD
✓		148	True Crime
✓		149	Legend
✓		150	That's TV
✓		151	That's TV 2
	✓	154	Comedy Central Extra
✓		156	Sky Mix HD
✓		159	Regional Channels
✓		161	BBC Alba*
✓		162	5USA*
✓		164	S4C HD*
✓		165	Really
	✓	166	Investigation Discovery
✓		168	Food Network
✓		169	DMAX
✓		170	Great! TV
✓		171	Legend Xtra
✓		172	True Crime Xtra
✓		174	BLAZE®
	✓	175	Virgin TV Ultra HD
✓		176	U&Eden HD
	✓	177	Discovery HD
	✓	178	Animal Planet HD
	✓	179	Discovery Science
	✓	180	Discovery Turbo
	✓	181	Discovery History
	✓	182	National Geographic WILD HD
	✓	183	National Geographic HD
	✓	186	Sky HISTORY 2 HD
✓		187	PBS America HD
✓		192	God TV
		204	Netflix
		205	Amazon Prime Video
✓		220	Inside Crime HD
✓		221	Real Wild HD
✓		222	Mystery TV HD
✓		223	Haunt TV HD
✓		224	History Hit HD
✓		225	5 Cops HD
✓		226	Catfish HD
✓		227	U&The Past HD
✓		228	U&Real Heroes HD
✓		229	U&Transport HD
✓		230	Homes Under The Hammer HD
✓		231	Inside Outside HD
✓		233	Hell's Kitchen HD
✓		234	History Hunters HD
✓		237	Real Crime HD
✓		238	Wonder HD
✓		241	U&Laughs HD
✓		242	NextUp Live Comedy HD
✓		243	The Chat Show Channel HD
✓		244	Baywatch HD
✓		245	Love Pets HD
✓		246	CSI: Crime Scene Investigation HD
✓		250	Deal Or No Deal HD
✓		251	Tipping Point HD
✓		252	Mythbusters HD
✓		253	Eggheads HD
✓		254	Deal Masters HD
✓		991	BBC RB HD
	✓	999	Virgin TV Ultra HD

MUSIC

1	2		
✓		285	NOW 70s
✓		286	NOW 80s
✓		287	NOW 90s & 00s
✓		288	NOW ROCK
✓		289	Clubland TV
✓		296	Stingray Classica HD
✓		297	Stingray DJAZZ HD
✓		298	ZenLIFE HD
✓		299	Qello Concerts HD

PLUS 1

1	2		
✓		303	ITV1 +1 & STV +1*
✓		304	Channel 4 +1
✓		305	Channel 5 +1
✓		306	E4 +1
	✓	310	Sky Witness +1
✓		313	TLC +1*
	✓	314	U&Alibi +1
✓		315	ITV2 +1
✓		316	U&Drama +1
✓		317	ITV3 +1
✓		318	ITV4 +1
✓		320	5USA +1*
	✓	322	Sky Crime +1
	✓	324	U&GOLD +1
✓		325	U&W +1
✓		326	5STAR +1
✓		327	U&DaveJaVu
✓		328	Quest +1/TLC +1 Scotland & Wales*
✓		329	U&Yesterday +1
	✓	332	Comedy Central +1
	✓	333	Crime + Investigation +1
✓		337	Quest +1 Scotland & Wales*
✓		347	More4 +1
✓		362	5 USA +1 Scotland*
✓		365	Really +1
	✓	366	Investigation Discovery +1
✓		369	DMAX +1
✓		376	U&Eden +1
	✓	377	Discovery +1
	✓	378	Animal Planet +1
	✓	379	Discovery Science +1
	✓	381	Discovery History +1
	✓	383	National Geographic +1

MOVIES

1	2		
✓		400	Virgin Movies Previews
		401	Sky Cinema Premiere HD
		402	Sky Cinema Select HD
		403	Sky Cinema Hits HD
		404	Sky Cinema Greats HD
		405	Sky Cinema Animation HD
		406	Sky Cinema Family HD
		407	Sky Cinema Action HD
		408	Sky Cinema Comedy HD
		409	Sky Cinema Thriller HD
		410	Sky Cinema Drama HD
		411	Sky Cinema Sci-Fi & Horror HD
	✓	419	Movies 24
	✓	420	Movies 24 +
✓		424	Great! Romance
✓		425	Great! Mystery
✓		426	Great! Action
✓		428	Film4 HD
✓		430	Film4 +1
✓		445	Talking Pictures TV
✓		450	British Screen Classics
✓		451	wedotv Movies
✓		460	Rakuten TV Top Movies
✓		461	Rakuten TV Action
✓		462	Rakuten TV Drama
✓		463	Rakuten TV Comedy
✓		464	Rakuten TV Sci-Fi

SPORT

1	2		
		501	Sky Sports Main Event HD
		502	Sky Sports Premier League HD
		503	Sky Sports Football HD
		504	Sky Sports+ HD
		505	Sky Sports Cricket HD
		506	Sky Sports Golf HD
		507	Sky Sports F1® HD
		508	Sky Sports Tennis HD
	✓	509	Sky Sports News HD
		510	Sky Sports Action HD
	✓	511	Sky Sports Mix HD
✓		512	Sky Sports Racing HD
		513	Sky Sports Main Event UHD
		514	Sky Sports F1® UHD
		515	Sky Sports Ultra HD 1
		516	Sky Sports Ultra HD 2
		521	TNT Sports 1 HD
		522	TNT Sports 2 HD
		523	TNT Sports 3 HD
		524	TNT Sports 4 HD
		525	TNT Sports Ultimate
		526	MUTV
		536	Racing TV HD
		544	LFC TV HD
		551	Premier Sports 1 HD
		552	Premier Sports 2 HD
✓		553	Premier Sports Rugby HD
✓		556	Red Bull TV HD
✓		557	TRACE Sport Stars HD

NEWS

1	2		
✓		601	BBC News HD
✓		602	Sky News HD
✓		604	GB News HD
✓		605	BBC Parliament HD
✓		609	Bloomberg HD
✓		613	CNBC
✓		620	Euronews
✓		621	NDTV 24x7
✓		622	Al Jazeera English
✓		624	France 24 English HD
✓		626	CNN HD

KIDS

1	2		
✓		701	CBBC HD
✓		702	CBeebies HD
		703	Baby TV
		704	Cartoon Network HD
		705	Cartoon Network +1
		706	Cartoonito
		707	Sky Kids HD
		712	Nickelodeon HD
		713	Nick +1
		715	Nick Jr.
		716	Nick Jr. Too
		717	Nicktoons
		730	Boomerang
		731	Boomerang +1

SHOPPING

1	2		
✓		740	QVC HD
✓		741	QVC Beauty
✓		742	QVC Style HD
✓		743	QVC Extra
✓		747	Ideal World
✓		754	HobbyMaker HD
✓		755	Gemporia
✓		757	TJC HD
✓		758	Cruise1st.tv HD

INTERNATIONAL

1	2		
		801	Utsav Gold HD
		802	Utsav Bharat
		803	Utsav Plus HD
		805	SONY TV Asia HD
		806	SONY MAX HD
	✓	807	SONY SAB
		808	SONY MAX 2
		809	Zee TV HD
		810	Zee Cinema HD
		811	Zee Punjabi
		815	B4U Movies
	✓	816	B4U Music
		825	Colors Gujarati
		826	Colors HD
		827	Colors Rishtey
		828	Colors Cineplex
✓		831	Al Jazeera Arabic
✓		838	Islam Channel UK

LOCAL

1	2		
✓		159	Regional Channels
✓		861	BBC One London HD
✓		862	BBC One Scotland HD
✓		863	BBC One NI HD
✓		864	BBC One Wales HD
✓		865	BBC Two England HD

ADULT

1	2		
		969	Adult Previews
		970	Television X: The Fantasy Channel
		971	Babes & Brazzers
		972	Adult Channel
		973	XXX Brits
		974	Xrated 40 Plus
		978	TV X (subscription)
		979	XXX Brits (subscription)
		980	Adult Channel (subscription)
✓		981	Babestation
✓		983	Pure Babes HD

INFORMATION

1	2		
✓		968	PIN Help
✓		985	PIN Help
✓		998	What's On

Entertainment subscriptions

Disney +
Netflix
Sky Cinema HD
Racing TV
Sky Sports HD/ Ultra HD
TNT Sports
Premier Sports
Asian Mela
Baby TV
Kids Pick
Essential Entertainment
Adult Collections

All entertainment subscriptions shown available at extra cost

* Regional variations apply

° SD/HD variations apply. We will always offer you the best quality content you are entitled to. If your package includes HD channels, Stream will automatically replace your standard definition channels with the high definition version.

Channel packaging subject to change. Correct as of 24/2/2026 – see virginmedia.com for latest packaging line-up. Premium channels and package upgrades must be kept for at least 30 days. HD TV set required and Stream box connected with HDMI cables required for HD channels. Additional Netflix subscription needed to watch Netflix. Additional Amazon Prime subscription needed to watch Prime Video. Channels/HD Channels may be subject to change. You must subscribe to Sky Sports in SD to take these channels in HD.