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TELEVISION THURSDAY 11 MAY

What to watch



In transit: Alice Morrison journeys across North Africa

From Morocco to Timbuktu: An Arabian Adventure *BBC Two, 9.00pm*

This quirky two-part travelogue takes us through some of the most barren, remote and unforgiving landscapes on the planet while tracing the ancient "salt road" trade routes of North Africa.

Our guide is Alice Morrison, self-confessed "Arabist and explorer" who, while not your standard smooth TV presenter, wears her deep knowledge of the cultures, places and people she encounters with an appealing lightness and amiability. Her aim is to traverse – much of the way on foot – the 1,500 miles or so south from Tangier on the northern tip of Africa to the fabled "golden city"

of Timbuktu in Mali. In her way stand the icy high passes of the Atlas Mountains and the searing sands of the vast and deadly Sahara desert.

In this opening film Morrison samples the pleasures of Tangier and Fes (where, wrinkling her nose at fermented camel's milk, she extracts the quote of the week from a Michelin starred chef: "Everything good smells horrible at some point, even we human beings.") But she's clearly more at home with mountain guides and the Berber nomads of the Atlas, and the further she gets from civilisation, the more enjoyable this fascinating documentary becomes.

Gerard O'Donovan



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Tonight: The Leader Interviews: Paul Nuttall
ITV, 7.30pm

A *Tonight* special sees Julie Etchingham give the UKIP leader Paul Nuttall grilling, as he sets out his vision for Britain.

Joanna Lumley's Postcards
ITV, 8.30pm

Witty, self-effacing and possessed of a uniquely caramel voice: is there a more relaxing travel companion than Joanna Lumley? As this series continues - combining reminiscences of her more exotic travels with fresh insights - the actress and activist discusses her journey across the Greek islands, where she met people who speak by whistling.

The Truth About Sleep
BBC One, 9.00pm

Yet another programme drops into the schedules promising verisimilitude - see *The Truth About Meat*, *The Truth About Alcohol* etc. Here chronic



The Truth About Sleep:
presenter Michael Mosley

insomniac Michael Mosley investigates the science of sleep, finding out what exactly it is and what happens to someone if they do not get enough of it. Don't be put off by the title - the documentary's far less soporific than you might expect.

Born to Kill
Channel 4, 9.00pm

As the tense, menacing thriller about a teenage boy with a psychopathic side concludes, Jenny (Romola Garai) makes a desperate bid to get to the bottom of her son's (Jack Rowan) increasingly dangerous behaviour.
Patrick Smith