

FREQUENCY REFERENCE CARD ADDITIONAL INFORMATION

UK FREE-FALL PARACHUTE DROP ZONE ACTIVITY.  
The Nominated Air Traffic Service Units (NATSU) and relevant site frequencies to be used are listed on each Frequency Reference Card. See UK AIP ENR 1.1 and ENR 5.5. Pilots are advised to assume the Drop Zone is ACTIVE if no information can be obtained.

SPECIAL USE AREA CROSSING SERVICE (SUACS) is available for certain Danger Areas. The relevant areas (identified on the chart by the prefix †) and Unit Contact Frequencies to be used are listed on each Frequency Reference Card. For availability of the services see UK AIP ENR 5.1.

SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUA AIS) is available for certain Danger Areas shown on the chart (identified on the chart by the prefix §). The Nominated Air Traffic Service Units (NATSU) to be used are listed on each Frequency Reference Card. See UK AIP ENR 1.1. Pilots are advised to assume that a Danger Area is ACTIVE if no reply is received from the appropriate NATSU.

Danger Areas whose identification numbers are prefixed with an asterisk (\*) contain airspace subject to byelaws which prohibit entry during the period of activity. See UK AIP ENR 1.1.

NOTAM briefings & Preflight Information Bulletins (PIB): [www.nats.aero/ais](http://www.nats.aero/ais)  
AIS Information Line - details of Restricted Areas (Temporary), airspace upgrades, emergency restrictions of flying and Red Arrow flights: 08085 354802 or +44(0)1489 887515. Pilots are advised to call either of these numbers for up to the minute briefings prior to all flights.  
UK NOTAM Office: +44(0)1489 612488/612489 (H24)

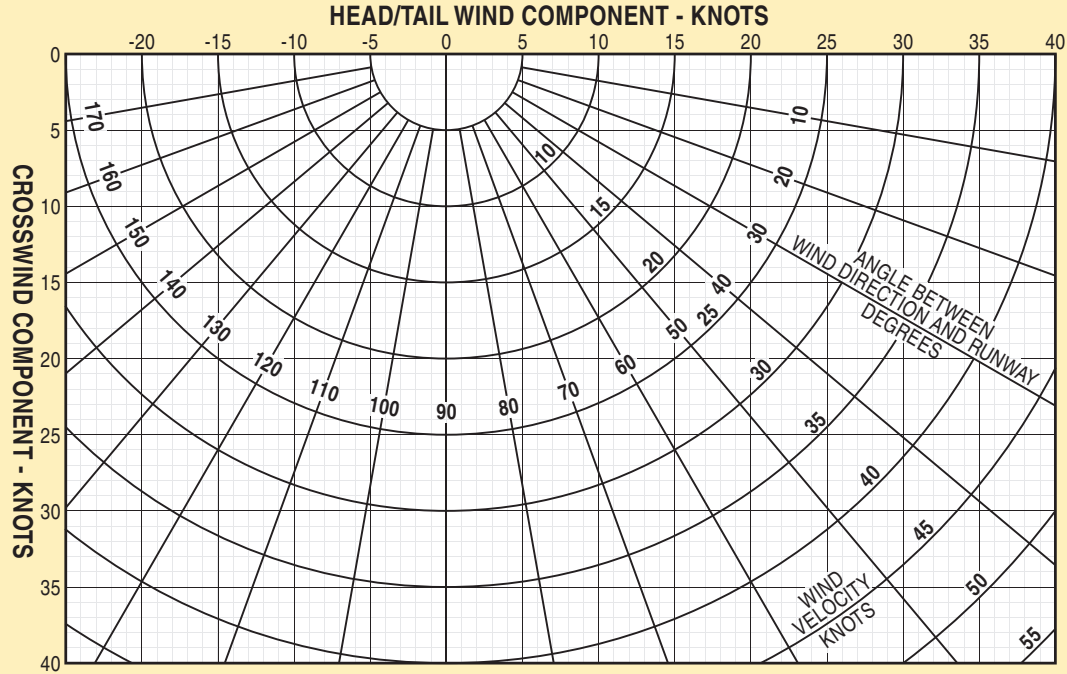
VALIDITY OF AERONAUTICAL INFORMATION  
Aeronautical information on this card includes relevant changes notified by UK AIP AMENDMENTS published up to AIRAC 01/2026 (22 Jan 2026).  
Updates to the 1:500,000 VFR charts are currently available at:  
• [www.nats.aero/ais/vfr\\_s\\_eng](http://www.nats.aero/ais/vfr_s_eng)  
• [www.nats.aero/ais/vfr\\_n\\_eng](http://www.nats.aero/ais/vfr_n_eng)  
• [www.nats.aero/ais/vfr\\_scotland](http://www.nats.aero/ais/vfr_scotland)  
Users are requested to refer corrections to this document to [vfrcharts@nats.co.uk](mailto:vfrcharts@nats.co.uk)

VOLMET FREQUENCIES		
LONDON	MAIN	135.375
LONDON	NORTH	126.600
LONDON	SOUTH	128.600
DUBLIN		127.005
SCOTTISH		125.725

SAFETYCOM FREQUENCY 135.480

CONVERSION TABLE		
METRES	FEET/METRES	FEET
0-305	1	3-281
3-1	10	32-8
15-2	50	164-0
30-5	100	328-1
152-4	500	1640-4
304-8	1000	3280-8

MORSE CODE AND ICAO PHONETIC ALPHABET					
A Alpha	--	J Juliett	----	S Sierra	...
B Bravo	----	K Kilo	---	T Tango	-
C Charlie	----	L Lima	----	U Uniform	...
D Delta	---	M Mike	--	V Victor	----
E Echo	.	N November	--	W Whiskey	----
F Foxtrot	----	O Oscar	---	X X-ray	----
G Golf	---	P Papa	----	Y Yankee	----
H Hotel	----	Q Quebec	----	Z Zulu	----
I India	..	R Romeo	---		



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