

SOUTHERN ENGLAND & WALES

AREODROME	INDICATOR	RAD/APP	TWR	AFIS	AG	AREODROME	INDICATOR	RAD/APP	TWR	AFIS	AG
Aldersbury Hill	EGSL		123.355		131.560	Little Risington	EGP				120.790
Andover	EGSL				130.535	Liverpool	EGDP		119.855	126.335	118.130
Badrington	EGVE	124.455(M)	120.430	123.180		London City	EGLC	132.700	118.080		118.930
Barkston Heath	EGSM				120.380	London Gatwick	EGKK	126.825	124.230		
Becles	EGBF				119.030	London Heathrow	EGLL	119.730	118.505		
Bedford	EGHU				123.255	London Heliport	EGLW		134.280		
Bembridge	EGUB	120.905(M)	127.155	118.390		London Luton	EGGW	129.550	132.555		
Bicester						London Stansted	EGSS		123.805		
Bighill	EGKB	129.405	134.805			Lydd	EGMD	120.705	119.380		
Birmingham	EGBB	123.980	118.305			Manchester	EGCC	118.580	118.630		
Blackbushe	EGLB			122.305	120.330	Manchester/Barton	EGCB			120.255	119.930
Bodmin	EGLA	126.705(M)	130.755			Mansford Hill	EGYM	124.155(M)	118.330		
Boscombe Down	EGDM					Marmham	EGDI		122.100		
Bournemouth	EGHH	119.480	125.605	125.605		Merryfield	EGPI		122.605		
Bristol	EGLP	125.650	133.850	135.130		Middle Wallop	EGP	123.300	118.605		
Brize Norton	EGVN	119.005(M)	123.730			Mildenhall	EGIN		122.550		
Caernarfon	EGCK			122.295		Monk	EGCO		119.180	118.955	
Cambridge	EGSC	120.965	125.905			Northwyl	EGDN				130.380
Cardiff	EGFF	119.155	133.105			Netherthorpe	EGNF			128.305	126.305
Cardiff Tremorfa	EGFC			120.655		Newquay	EGHQ	133.405	134.380		
Chalgrove	EGLU	125.410	125.410			North Weald	EGGX				123.530
Challock	EGKE			118.685		Northampton'swell	EGBK				122.705
Chichester/Goodwood	EGHR		122.455			Northolt	EGWU	126.450	120.675		
Cleaton	EGSQ			118.155		Norwich	EGSH		119.355	124.255	
Clifton Common	EGHA			119.305		Nottingham	EGBN				134.880
Compton Abbas	EGXC	119.205(M)	124.680	122.710		Oaksey Park	EGTW				132.230
Coningsby	EGWC					Odham	EGVO	131.305(M)	119.230		
Costford	EGVC	135.880	128.655			Old Buckenham	EGVY				124.405
Coventry	EGBE			123.830		Old Sarum	EGLS				129.905
Cranfield	EGTC	122.855	134.930			Old Warden	EGTH				130.705
Cranwell	EGVD	124.455(M)	126.055			Oxford	EGTK	125.090	133.430		
Crowfield	EGSD			122.775		Parham					124.965
Culdrose	EGDR	134.055(M)	122.100			Pembury	EGPP				124.400
Damrys Hall	EGML			119.555		Perranporth	EGTP				119.735
Deanham	EGLD			129.730		Peterborough	EGSF				129.730
Derby	EGBD			130.730		Peterborough/Conington	EGSP				120.330
Dunkeswell	EGTU	123.480		118.335		Peterborough/Sibson	EGHP				129.805
Dunstable	EGTD			119.105		Popham	EGHP				122.130
Duxford	EGSU			119.905		Portland Heliport	EGDP				
Eaglescott	EGSH		122.080	122.080		Predannack	EGPO	134.055	122.100		
East Colne	EGSR		123.010			Redhill	EGKR		119.605		
East Midlands	EGNX	134.180	124.005	122.430		Retford Gamston	EGNE				130.480
Elstree	EGTR			122.405		Rochester	EGTO			122.255	
Enstone	EGTN			122.805		St Albans**	EGSY		122.865		124.880
Exeter	EGTE	128.980	119.805	129.880		Scilly Isles/St Marys	EGHE	124.880	124.880		118.435
Fairford*	EGVA		124.800			Shackwell Lodge	EGSJ				128.380
Fairoaks	EGTF					Shawbury	EGOS	133.155(M)	122.100		
Farnborough	EGLF	133.440	122.780	123.430		Shipham	EGSA				132.255
Ferndale	EGL			122.990		Shobdon	EGSS				118.155
Fleetlands	EGVF			135.705		Shoreham	EGKA	123.155	125.405		123.155
Fowlmeare	EGMA					Silverstone Heliport	EGBY				130.280
Gloucestershire						Skegness					132.430
Gransden Lodge	EGBJ	128.555	122.905			Skyports Heliport (London)					131.965
Great Oakley					131.280	Sleep	EGCV				122.455
Grove Farm					123.205	Southernham***	EGHI	122.730	118.205		
Guernsey	EGJB	128.655	119.955		130.430	Stow Maries	EGMG	130.780	127.730		
Halton	EGVN					Stow Maries	EGSG				122.805
Haverfordwest	EGFE			123.605		Sturgeon	EGCS				118.980
Hawarden	EGNR	120.055	124.955			Swansea	EGH				130.305
Hemstridge	EGHS			130.255		Syeston	EGAY				119.705
Honington	EGXH			124.105		Tatenhill	EGBM				128.530
Husbands Bosworth				127.580		Terr Hill	EGOE			122.100	
Isle of Wight/Sandown	EGHN			119.280		Throxton	EGHO				118.280
Jersey	EGLJ	120.305	119.455			Tilstock	EGGT				118.205
Kemble	EGBP			118.430		Treco	EGCT				118.105
Kirbyhawke	EGKF			119.760		Tunersdon	EGBT				122.180
Lakenheath	EGUL	128.900(M)	122.100	118.285		Upton****	EGDU				124.105
Land's End	EGHC		120.255			Valley	EGOV	125.230(M)	122.100		
Lasham	EGHL			131.030		Waddington	EGXW	119.505(M)	121.305		
Lashenden/Headcorn	EGKH			122.210		Watisham	EGUW	125.805	118.210		125.805
Lee-on-Solent	EGHE		118.930			Wellbourne Mountford	EGBW			124.030	126.005
Leicester	EGBG					Walspool	EGCW				
Little Gransden	EGMJ			122.130		**Mons - Initial contact frequency refer to Valley					
RAF Fairford - Initial contact frequency refer to Brize Norton (M) = MATZ Crossing Frequency				130.855		**St Athan - Initial contact frequency refer to Cardiff					
						***Southampton/Solent - Initial contact frequency is 120.230					
						****Upton - Salisbury Information 122.755					

SOUTHERN ENGLAND & WALES

Frequency Reference Card - AIRAC 01/2026 (22 Jan 2026)

AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G
West Wales/Aberporth	EGFA			122.155	122.155
White Waltham	EGLM				122.605
Wick Cheney	EGNV				122.455
Withering	EGXT			119.680(M)	127.980
Wolverhampton/					
Halfpenny Green	EGBO				123.005
Wycombe Air Park/Booker	EGTB				126.555
Wyllon	EGUY			130.805	125.405
Yeovil/Westland	EGHG				126.855
Yeovilton	EGDY			127.355(M)	120.805

(M) = MATZ Crossing Frequency

SPECIAL USE AREA CROSSING SERVICE (SUACS)

D001.....	CULDROSE APP 134.055; Outside times SUAAS via LONDON INFO 124.750MHz
D003, D004, D006A-C, D007A-C, D008A-C, D009A & D009B	PLYMOUTH MIL 121.255; Outside times SWANWICK MIL via LONDON INFO 124.750MHz
D005A & D005B	CULDROSE APP 134.055; Outside times SWANWICK MIL via LONDON INFO 124.750MHz
D012, D013, D014, D017, D021, D023, D031, D036.....	PLYMOUTH MIL 124.150MHz; Outside times SWANWICK MIL via LONDON INFO 124.750MHz
D037, D038, D039, D040	PEMBREY RANGE 122.755; Outside times LONDON INFORMATION 124.750MHz
D118.....	BOSCOMBE DOWN ZONE 126.705
D120, D122A-C.....	BOSCOMBE DOWN ZONE 126.705; Outside times
*D123, *D124, *D125.....	BOSCOMBE DOWN ZONE 126.705; Outside times
*D126, *D127 & *D128.....	LONDON INFORMATION 124.750MHz
D129.....	OXFORD APP 125.090
D148.....	BOSCOMBE DOWN ZONE 126.705
D201A, D201B, *D201C, *D201D, D201F, D201G, *D201H, *D201I, D201K, D202A, D202B, D202C & D202D	ABERPORTH RADAR 120.855MHz or WEST WALES RADAR 127.090
*D207.....	HOLBEACH RANGE 122.755
D218A.....	BRIZE RADAR 124.280
D218B.....	BRIZE RADAR 124.280 below FL160; SWANWICK MIL 128.700MHz at/below FL160
D218C.....	SWANWICK MIL 128.700MHz
D220A & D220B.....	MARHAM ATC 124.155
*D307.....	DONNA NOOK RANGE 122.755
D324A & D324B.....	WADDINGTON ATC 119.505

SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUASIS)

D001, D003, D004, D006A-C, D007A-C, D008A-C, D009A & B, *D011A-C, D012, D013, D014, *D015, D017, D021, D023 & D031	LONDON INFORMATION 124.750MHz
D005A & D005B.....	SWANWICK MIL via LONDON INFO 124.750MHz
*D026.....	PLYMOUTH MIL 124.150MHz
D036.....	LONDON INFO 124.750MHz/124.600MHz or SOUTHAMPTON or JERSEY ATISus
D037, D038, D039 & D040.....	LONDON INFO 124.750MHz/124.600MHz
*D044.....	LYDD APP 120.705**
D064B-C, D110, *D113A-B, *D115A-B & *D117	EXETER APP 128.980MHz*
D18.....	LONDON INFORMATION 124.750MHz
D19.....	PEMBREY RANGE 122.755*
D120, D122A-C.....	YEovilTON APP 127.335*
*D123, *D124, *D125.....	BOSCOMBE DOWN ZONE 126.705
*D126 & *D128.....	SAUSBURY INFORMATION 122.755*
D127.....	BOSCOMBE DOWN ZONE 126.705
D129.....	BRIZE ZONE 119.005
*D130, *D132, D133-B, *D136, *D136A, D138B, *D138C & *D138D	FARNBOROUGH RAD 133.440MHz**
*D139.....	SOUTHEAST APP 130.780**
*D141.....	LONDON INFORMATION 124.600MHz
D147, D148, *D203, D211 & D216.....	LYDD APP 120.705**
D201A, D201B, *D201C, *D201D, D201F, D201G, *D201H, *D201I, D201K, D202A-D	LONDON INFORMATION 124.750MHz
D220A, D220B & D305.....	WEST WALES INFORMATION 122.155
	LONDON INFORMATION 124.600MHz

OUTSIDE TIMES [* LONDON INFORMATION 124.750MHz
** LONDON INFORMATION 124.600MHz

SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUASIS) continued

*D207.....	HOLBEACH RANGE 122.755**
*D208.....	LAKEHEATH ZONE 128.900MHz
D213.....	COVENTRY INFORMATION 123.830MHz**
D217A-K.....	LLANBEDR INFORMATION 118.930
D218A-C.....	LONDON INFORMATION 124.750MHz
*D304 & D314.....	MANCHESTER APP 118.580
D307.....	DONNA NOOK RANGE 122.755
D324A & D324B.....	LONDON INFORMATION 124.600MHz
	LONDON INFORMATION 124.750MHz

OUTSIDE TIMES [* LONDON INFORMATION 124.750MHz
** LONDON INFORMATION 124.600MHz

LOWER AIRSPACE RADAR SERVICE (LARS) (See UK AIR ENR 1.6)

Boscombe Down	126.705(M)	Marham	124.155(M)
Bournemouth	119.480	Newquay	133.405
Brize Norton	124.280	Norwich	119.355
Cardiff	119.155	Plymouth Mill West	121.255
Corningsby	119.205(M)	Plymouth Mill East	124.150
Culdrose	134.055(M)	Sharnbury	133.155(M)
East Midlands	134.180	Southend	130.780
Exeter	128.980	Valley	126.230(M)
Farnborough West	125.250	Waddington	119.505(M)
Farnborough East	123.225	Yeovilton	127.355(M)
Farnborough North	132.800		

(M) = MATZ Crossing Frequency

UK FREE-FALL PARACHUTE DROP ZONE ACTIVITY

DROP ZONE	NATSU	AD or Alt Freq.
Becles	Norwich ATC	119.355** A/G 120.380
Boscombe Down	Boscombe Down ATC	126.705 TYWR 130.755
Chalgrove	Benson ATC	120.905* A/G 125.410
Chatteris	London Control	124.600 A/G 129.905
Dunkeswell	Exeter ATC	128.980* A/G 129.905 or 123.480
Hinton-in-the-Hedges	Brize Norton ATC	124.280 A/G 119.455 or 129.905
Keewill	Brize Norton ATC	124.280 A/G 122.240
Langer	East Midlands ATC	134.180** A/G 122.240
Lashenden/Headcorn	Headcorn Radio	122.210
Llanbedr	Valley Radar	125.230* A/G 118.930
Netheravon	Netheravon DZ	128.305 A/G 129.905
Old Sarum	London Control	124.750 A/G 119.755
Perranporth	Newquay ATC	133.405 A/G 129.905 or 120.330
Peterborough/Silsdon	Marham ATC	124.155** A/G 129.905 or 120.330
South Caney	Brize Norton ATC	124.280 A/G 129.905
Swansea	Cardiff ATC	119.155* A/G 129.905
Tilstock	Sharnbury ATC	133.155 A/G 118.100
Weston on the Green	Brize Norton ATC	124.280 A/G 120.090

If unable to establish [* London information 124.750
contact outside times [** London information 124.600

LISTENING SQUARES (For SSR Operating Procedures see UK AIR ENR 1.6)

	Code	Monitor	Code	Monitor
Birmingham	0010	123.980	London City/Thames	0012 132.700
Bournemouth	0011	119.480	London Gatwick	7012 126.825
Bristol	5077	126.650	London Luton	0013 129.550
Brize Norton	3727	124.280	London Stansted	7013 120.625
Cardiff	3636	119.155	Manchester	7366 118.580
East Midlands	4572	134.180	Norwich	7350 119.355
Farnborough LARS West	4572	126.250	Oxford	4517 125.090
Harwarden	4607	120.055	Southampton/Solent	7011 120.230
Liverpool	5060	119.855	Southend	5050 130.780

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 1:500,000 Southern England & Wales are currently available at www.nats.aero/aia/s/r/s_eng. Users are requested to refer corrections to this document to vtcharts@nats.co.uk.

