

SOUTHERN ENGLAND & WALES

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

AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G	AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G
Alderney	EGJA		125.355			Little Rissington	EGVL				120.780
Almondsbury Heli					131.560	Little Snoring					118.130
Andrewsfield	EGSL				130.555	Liverpool	EGGP	119.855	126.355		
Badminton					123.180	Llanbedr	EGFD				118.930
Barkston Heath	EGYE	124.455(M)	120.430			London City	EGLC	132.700	118.080		
Beccles	EGSM				120.380	London Gatwick	EGKK	126.825	124.230		
Bedford	EGBF				119.030	London Heathrow	EGLL	119.730	118.505		
Bembridge	EGHJ				123.255	London Heliport	EGLW		134.280		
Benson	EGUB	120.905(M)	127.155			London Luton	EGGW	129.550	132.555		
Bicester					118.390	London Stansted	EGSS	120.625	123.805		
Biggin Hill	EGKB	129.405	134.805			Lydd	EGMD	120.705	119.380		
Birmingham	EGBB	123.980	118.305			Manchester	EGCC	118.580	118.630		
Blackbushe	EGLK			122.305	122.305	Manchester/Barton	EGCB			120.255	
Bodmin	EGLA				120.330	Manston Heli					119.930
Boscombe Down	EGDM	126.705(M)	130.755			Marham	EGYM	124.155(M)	118.330		
Bournemouth	EGHM	119.480	125.605		125.605	Merryfield	EGDI		122.100		
Brimpton	EGLP				135.130	Middle Wallop	EGVP	123.300	118.605		
Bristol	EGGD	125.650	133.850			Mildenhall	EGUN		122.550		
Brize Norton	EGVN	119.005(M)	123.730			Mona*	EGOQ		119.180	118.955	
Caernarfon	EGCK				122.255	Nantclwyd					130.380
Cambridge	EGSC	120.965	125.905			Netheravon	EGDN		128.305	128.305	
Cardiff	EGFF	119.155	133.105			Netherthorpe	EGNF				123.280
Cardiff Tremorfa	EGFC				120.655	Newquay	EGHQ	133.405	134.380		
Chalgrove	EGLJ				125.410	North Weald	EGSX				123.530
Challock	EGKE				118.685	Northampton/Sywell	EGBK				122.705
Chichester/Goodwood	EGHR			122.455		Northolt	EGWU	126.450	120.675		
Clacton	EGSQ				118.155	Norwich	EGSH	119.355	124.255		
Clench Common					119.305	Nottingham	EGBN				134.880
Compton Abbas	EGHA				122.710	Oaksey Park	EGTW				132.230
Coningsby	EGXC	119.205(M)	124.680			Odiham	EGVO	131.305(M)	119.230		
Cosford	EGWC	135.880	128.655			Old Buckenham	EGSV				124.405
Coventry	EGBE			123.830		Old Sarum	EGLS				129.905
Cranfield	EGTC	122.855	134.930			Old Warden	EGTH			130.705	130.705
Cranwell	EGYD	124.455(M)	125.055			Oxford	EGTK	125.090	133.430		
Crowfield	EGSO				122.775	Parham					124.965
Culdrose	EGDR	134.055(M)	122.100			Pembrey	EGFP				124.400
Damyns Hall	EGML				119.555	Perranporth	EGTP				119.755
Deanland	EGKL				129.730	Peterborough/Conington	EGSF				129.730
Denham	EGLD				130.730	Peterborough/Sibson	EGSP				120.330
Derby	EGBD				118.355	Popham	EGHP				129.805
Dunkeswell	EGTU				123.480	Portland Heliport	EGDP				122.130
Dunsfold	EGTD				119.105	Predannack	EGDO	134.055	122.100		
Dunstable Downs					119.905	Redhill	EGKR		119.605		
Duxford	EGSU			122.080		Retford Gamston	EGNE				130.480
Eaglescott	EGHU				123.010	Rochester	EGTO			122.255	
Earls Colne	EGSR				122.430	St Athan**	EGSY		122.865		
East Midlands	EGNX	134.180	124.005			Scilly Isles/St Marys	EGHE	124.880	124.880		124.880
Elstree	EGTR			122.405	122.405	Seething	EGSJ				118.435
Enstone	EGTN				129.880	Shacklwell Lodge					128.380
Exeter	EGTE	128.980	119.805			Shawbury	EGOS	133.155(M)	122.100		
Fairford*	EGVA		124.800			Shipdham	EGSA				132.255
Fairoaks	EGTF				123.430	Shobdon	EGBS			118.155	118.155
Farnborough	EGLF	133.440	122.780			Shoreham	EGKA	123.155	125.405		123.155
Fenland	EGCL				122.930	Silverstone Heliport	EGBV		123.330		130.280
Fleetlands	EGVF			135.705		Skegness					132.430
Fowlmere	EGMA				135.705	Skyports Heliport (London)					131.965
Gloucestershire	EGBJ	128.555	122.905			Sleep	EGCV				122.455
Gransden Lodge					131.280	Southampton***	EGHI	122.730	118.205		
Great Oakley					123.205	Southend	EGMC	130.780	127.730		
Grove Farm					130.430	Stapleford	EGSG				122.805
Guernsey	EGJB	128.655	119.955			Stow Maries					118.980
Halton	EGWN				130.430	Sturgate	EGCS				130.305
Haverfordwest	EGFE				123.605	Swansea	EGFH				119.705
Hawarden	EGNR	120.055	124.955			Syerston	EGXY				128.530
Henstridge	EGHS				130.255	Tatenhill	EGBM				124.080
Honington	EGXH				124.105	Tern Hill	EGOE		122.100		
Husbands Bosworth					127.580	Thruxton	EGHO				118.280
Isle of Wight/Sandown	EGHN				119.280	Tilstock	EGCT				118.105
Jersey	EGJJ	120.305	119.455			Tresco	EGHT				118.205
Kemble	EGBP			118.430		Turweston	EGBT				122.180
Kenley	EGKN				119.760	Upavon****	EGDJ				124.105
Kittyhawk	EGKF				118.265	Valley	EGOV	125.230(M)	122.100		
Lakenheath	EGUL	128.900(M)	122.100			Waddington	EGXW	119.505(M)	121.305		
Land's End	EGHC			120.255		Wattisham	EGUW	125.805	118.210		125.805
Lasham	EGHL				131.030	Wellesbourne Mountford	EGBW			124.030	
Lashenden/Headcorn	EGKH				122.210	Welshpool	EGCW				128.005
Lee-on-Solent	EGHF			118.930		*Mona - Initial contact frequency refer to Valley					
Leicester	EGBG				122.130	**St Athan - Initial contact frequency refer to Cardiff					
Little Gransden	EGMJ				130.855	***Southampton/Solent - Initial contact frequency is 120.230					
*Fairford - Initial contact frequency refer to Brize Norton						****Upavon - Salisbury Information 122.755					
(M) = MATZ Crossing Frequency											

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

Wickenby

EGNW

122.455

Wittering

EGXT

119.680(M)

127.980

Wolverhampton/
Halfpenny Green

EGBO

123.005

Wycombe Air Park/Booker

EGTB

126.555

Wytton

EGUY

126.855

Yeovil/Westland

EGHG

130.805

125.405

Yeovilton

EGDY

127.355(M)

120.805

(M) = MATZ Crossing Frequency

SPECIAL USE AREA CROSSING SERVICE (SUACS)

D001.....

CULDROSE APP 134.055; Outside times SUA AIS 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

SWANWICK MIL via LONDON INFO 124.750MHz

D118.....

PEMBREY RANGE 122.755; Outside times LONDON INFORMATION 124.750MHz

D120, D122A-C.....

BOSCOMBE DOWN ZONE 126.705

*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, *D201J, D201K, D202A, D202B, D202C & D202D

ABERPORTH RADAR 120.835MHz 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/above 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 (SUA AIS)

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 ATSU S

D037, D038, D039 & D040.....

LONDON INFO 124.750MHz/124.600MHz

*D044.....

LYDD APP 120.705**

*D061.....

EXETER APP 128.980MHz*

D064B-C, D110, *D113A-B, *D115A-B & *D117

LONDON INFORMATION 124.750MHz

D118.....

PEMBREY RANGE 122.755*

D119.....

YEOVILTON APP 127.355*

D120, D122A-C.....

BOSCOMBE DOWN ZONE 126.705

*D123, *D124, *D125, *D126 & *D128

SALISBURY INFORMATION 122.755*

*D127.....

BOSCOMBE DOWN ZONE 126.705*

D129.....

BRIZE ZONE 119.005

*D130, *D132, D133-B.....

FARNBOROUGH RAD 133.440MHz**

*D136, *D138A, D138B, *D138C & *D138D

SOUTHEND APP 130.780**

*D139.....

LONDON INFORMATION 124.600MHz

*D141.....

LYDD APP 120.705**

D147, D148 *D203, D211 & D216.....

LONDON INFORMATION 124.750MHz

D201A, D201B, *D201C, *D201D, D201F, D201G, *D201H, *D201J, D201K, D202A-D

WEST WALES INFORMATION 122.155

D220A, D220B & D305.....

LONDON INFORMATION 124.600MHz

OUTSIDE TIMES

* LONDON INFORMATION 124.750MHz

** LONDON INFORMATION 124.600MHz

SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUA AIS) continued

*D207.....

HOLBEACH RANGE 122.755**

*D208.....

LAKENHEATH 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

OUTSIDE TIMES

* LONDON INFORMATION 124.750MHz

** LONDON INFORMATION 124.600MHz

LOWER AIRSPACE RADAR SERVICE (LARS) (See UK AIP 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 Mil West

121.255

Coningsby

119.205(M)

Plymouth Mil East

124.150

Culdrose

134.055(M)

Shawbury

133.155(M)

East Midlands

134.180

Southend

130.780

Exeter

128.980

Valley

125.230(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.

Beccles

Norwich ATC

119.355**

A/G

120.380

Boscombe Down

Boscombe Down ATC

126.705

TWR

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

Keovil

Brize Norton ATC

124.280

Langar

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

Old Sarum

London Control

124.750

A/G

129.905

Perranporth

Newquay ATC

133.405

A/G

119.755

Peterborough/Sibson

Marham ATC

124.155**

A/G

129.905 or 120.330

South Cerney

Brize Norton ATC

124.280

A/G

129.905

Swansea

Cardiff ATC

119.155*

A/G

129.905

Tilstock

Shawbury ATC

133.155

A/G

118.100

Weston on the Green

Brize Norton ATC

124.280

A/G

120.090

If unable to establish contact outside times

* London Information

124.750

** London Information

124.600

LISTENING SQUAWKS (For SSR Operating Procedures see UK AIP ENR 1.6)

Birmingham

Code

Monitor

London City/Thames

0012

132.700

Bournemouth

0011

119.480

London Gatwick

7012

126.825

Bristol

5077

125.650

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

125.250

Oxford

4517

125.090

Hawarden

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/aifs/vfr_s_eng.

Users are requested to refer corrections to this document to vrcharts@nats.co.uk.

NARS

Civil Aviation Authority

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