

SOUTHERN ENGLAND & WALES

Frequency Reference Card - AIRAC 03/2026 (19 Mar 2026)

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

(M) = MATZ Crossing Frequency

SPECIAL USE AREA CROSSING SERVICE (SUACS)

D001	CULDRHOSE APP 134.055; Outside times SUAAS via LONDON INFO 124.750MHz
D003, D004, D005A-C, D007A-C, D008A-C, D009A & D009B	PLYMOUTH MIL 121.255; Outside times SWANWICK MIL via LONDON INFO 124.750MHz
D005A & D005B	CULDRHOSE 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 BOSCOMBE DOWN ZONE 126.705
D118	PEMBREY RANGE 122.755; Outside times BOSCOMBE DOWN ZONE 126.705
D120, D122A-C	BOSCOMBE DOWN ZONE 126.705; Outside times
*D123, *D124, *D125	LONDON INFORMATION 124.750MHz
*D126, *D127 & *D128	OXFORD APP 125.090
D129	BOSCOMBE DOWN ZONE 126.705
D148	ABERPORTH RADAR 120.835MHz or WEST WALES RADAR 127.090
D201A, D201B, *D201C, *D201D, D201E, D201G, *D201H, *D201I, D201K, D202A, D202B, D202C & D202D	HOLBEACH RANGE 122.755
*D207	BRIZE RADAR 124.280
D218A	BRIZE RADAR 124.280 below FL180; SWANWICK MIL 128.700MHz at/above FL180
D218B	SWANWICK MIL 128.700MHz
D218C	MARHAM ATC 124.155
D220A & D220B	DONNA NOOK RANGE 122.755
*D307	WADDINGTON ATC 119.505
D324A & D324B	

SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUAAIS)

D001, D003, D004, D005A-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**
D061	EXETER APP 128.980MHz
D064B-C, D110, *D113A-B, *D115A-B & *D117	LONDON INFORMATION 124.750MHz
D18	PEMBREY RANGE 122.755*
D119	YEovilTON APP 127.335*
D120, D122A-C	BOSCOMBE DOWN ZONE 126.705
*D123, *D124, *D125	SALISBURY INFORMATION 122.755*
*D126 & *D128	BOSCOMBE DOWN ZONE 126.705*
*D127	BRIZE ZONE 119.005
*D130, *D132, D133-B	FARNBOROUGH RAD 133.440MHz**
*D136, *D136A, D138B	SOUTHEND APP 130.780**
*D138C & *D138D	LONDON INFORMATION 124.600MHz
*D139	LYDD APP 120.705**
*D141	LONDON INFORMATION 124.750MHz
D147, D148, *D203, D211 & D216	LONDON INFORMATION 124.750MHz
D201A, D201B, *D201C, *D201D, D201E, D201G, *D201H, *D201I, 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 (SUAAIS) continued	HOLBEACH RANGE 122.755**
*D207	
*D208	LAKENHEAD 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 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
Caningsby	11.9205(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	125.200(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.
Bacles	Notwich 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 A/G 122.240
Lanar	East Midlands ATC	134.180** A/G 122.240
Lashenden/Headcorn	Headcorn Radio	122.210
Llanber	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/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
Titchcock	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 SQUAWKS (For SSR Operating Procedures see UK AIP 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 125.650	London Luton	0013 129.850
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 119.555
Farnborough LARS West	4572 125.250	Oxford	4517 125.090
Hamwarden	4607 120.055	Southampton/Soleil	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 03/2026 (19 Mar 2026).
Updates to 1:500,000 Southern England & Wales are currently available at www.nats.aero/ais/vfr_s_eng.
Users are requested to refer corrections to this document to VCharts@nats.co.uk.

