

SOUTHERN ENGLAND & WALES

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

| AERODROME | INDICATOR | RAD/APP | TWR | AFIS | A/G |
|-----------------------|-----------|------------|---------|---------|---------|
| Alderney | EGJA | | 125.355 | | |
| Almondsbury Heli | | | | 131.560 | |
| Andrewsfield | EGSL | | | 130.555 | |
| Badminton | | | | 123.180 | |
| Barkston Heath | EGYE | 124.455(M) | 120.430 | | |
| Beccles | EGSM | | | 120.380 | |
| Bedford | EGBF | | | 119.030 | |
| Bembridge | EGHJ | | | 123.255 | |
| Benson | EGUB | 120.905(M) | 127.155 | | |
| Bicester | | | | 118.390 | |
| Biggin Hill | EGKB | 129.405 | 134.805 | | |
| Birmingham | EGBB | 123.980 | 118.305 | | |
| Blackbushe | EGLK | | | 122.305 | 122.305 |
| Bodmin | EGLA | | | 120.330 | |
| Boscombe Down | EGDM | 126.705(M) | 130.755 | | |
| Bournemouth | EGHM | 119.480 | 125.605 | 125.605 | |
| Brimpton | EGLP | | | 135.130 | |
| Bristol | EGGD | 125.650 | 133.850 | | |
| Brize Norton | EGVN | 119.005(M) | 123.730 | | |
| Caernarfon | EGCK | | | 122.255 | |
| Cambridge | EGSC | 120.965 | 125.905 | | |
| Cardiff | EGFF | 119.155 | 133.105 | | |
| Cardiff Tremorfa | EGFC | | | 120.655 | |
| Chalgrove | EGLJ | | | 125.410 | |
| Challock | EGKE | | | 118.685 | |
| Chichester/Goodwood | EGHR | | 122.455 | | |
| Clacton | EGSQ | | | 118.155 | |
| Clench Common | | | | 119.305 | |
| Compton Abbas | EGHA | | | 122.710 | |
| Coningsby | EGXC | 119.205(M) | 124.680 | | |
| Cosford | EGWC | 135.880 | 128.655 | | |
| Coventry | EGBE | | 123.830 | | |
| Cranfield | EGTC | 122.855 | 134.930 | | |
| Cranwell | EGYD | 124.455(M) | 125.055 | | |
| Crowfield | EGSO | | | 122.775 | |
| Culdrose | EGDR | 134.055(M) | 122.100 | | |
| Damyns Hall | EGML | | | 119.555 | |
| Deanland | EGKL | | | 129.730 | |
| Denham | EGLD | | | 130.730 | |
| Derby | EGBD | | | 118.355 | |
| Dunkeswell | EGTU | | | 123.480 | |
| Dunsfold | EGTD | | | 119.105 | |
| Dunstable Downs | | | | 119.905 | |
| Duxford | EGSU | | 122.080 | 122.080 | |
| Eaglescott | EGHU | | | 123.010 | |
| Earis Colne | EGSR | | | 122.430 | |
| East Midlands | EGNX | 134.180 | 124.005 | | |
| Elstree | EGTR | | 122.405 | 122.405 | |
| Enstone | EGTN | | | 129.880 | |
| Exeter | EGTE | 128.980 | 119.805 | | |
| Fairford* | EGVA | | 124.800 | | |
| Fairoaks | EGTF | | | 123.430 | |
| Farnborough | EGLF | 133.440 | 122.780 | | |
| Fenland | EGCL | | | 122.930 | |
| Fleetlands | EGVF | | 135.705 | | |
| Fowlmere | EGMA | | | 135.705 | |
| Gloucestershire | EGBJ | 128.555 | 122.905 | | |
| Gransden Lodge | | | | 131.280 | |
| Great Oakley | | | | 123.205 | |
| Grove Farm | | | | 130.430 | |
| Guernsey | EGJB | 128.655 | 119.955 | | |
| Halton | EGWN | | | 130.430 | |
| Haverfordwest | EGFE | | | 123.605 | |
| Hawarden | EGNR | 120.055 | 124.955 | | |
| Henstridge | EGHS | | | 130.255 | |
| Honington | EGXH | | | 124.105 | |
| Husbands Bosworth | | | | 127.580 | |
| Isle of Wight/Sandown | EGHN | | | 119.280 | |
| Jersey | EGJJ | 120.305 | 119.455 | | |
| Kemble | EGBP | | 118.430 | | |
| Kenley | EGKN | | | 119.760 | |
| Kittyhawk | EGKF | | | 118.265 | |
| Lakenheath | EGUL | 128.900(M) | 122.100 | | |
| Land's End | EGHC | | 120.255 | | |
| Lasham | EGHL | | | 131.030 | |
| Lashenden/Headcorn | EGKH | | | 122.210 | |
| Lee-on-Solent | EGHF | | 118.930 | | |
| Leicester | EGBG | | | 122.130 | |
| Little Gransden | EGMJ | | | 130.855 | |

*Fairford - Initial contact frequency refer to Brize Norton
(M) = MATZ Crossing Frequency

SOUTHERN ENGLAND & WALES

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| AERODROME | INDICATOR | RAD/APP | TWR | AFIS | A/G |
|----------------------------|-----------|------------|---------|---------|---------|
| Little Rissington | EGVL | | | | 120.780 |
| Little Snoring | | | | | 118.130 |
| Liverpool | EGGP | 119.855 | 126.355 | | |
| Llanbedr | EGFD | | | | 118.930 |
| London City | EGLC | 132.700 | 118.080 | | |
| London Gatwick | EGLK | 126.825 | 124.230 | | |
| London Heathrow | EGLL | 119.730 | 118.505 | | |
| London Heliport | EGLW | | 134.280 | | |
| London Luton | EGGW | 129.550 | 132.555 | | |
| London Stansted | EGSS | 120.625 | 123.805 | | |
| Lydd | EGMD | 120.705 | 119.380 | | |
| Manchester | EGCC | 118.580 | 118.630 | | |
| Manchester/Barton | EGCB | | | 120.255 | |
| Manston Heli | | | | | 119.930 |
| Marham | EGYM | 124.155(M) | 118.330 | | |
| Merryfield | EGDI | | | 122.100 | |
| Middle Wallop | EGVP | 123.300 | 118.605 | | |
| Mildenhall | EGUN | | | 122.550 | |
| Mona* | EGOQ | | | 119.180 | 118.955 |
| Nantclwyd | | | | | 130.380 |
| Netheravon | EGDN | | 128.305 | 128.305 | |
| Netherthorpe | EGNF | | | 123.280 | |
| Newquay | EGHQ | 133.405 | 134.380 | | |
| North Weald | EGSX | | | 123.530 | |
| Northampton/Sywell | EGBK | | | 122.705 | |
| Northolt | EGWU | 126.450 | 120.675 | | |
| Norwich | EGSH | 119.355 | 124.255 | | |
| Nottingham | EGBN | | | 134.880 | |
| Oaksey Park | EGTW | | | 132.230 | |
| Odiham | EGVO | 131.305(M) | 119.230 | | |
| Old Buckenham | EGSV | | | 124.405 | |
| Old Sarum | EGLS | | | 129.905 | |
| Old Warden | EGTH | | | 130.705 | 130.705 |
| Oxford | EGTK | 125.090 | 133.430 | | |
| Parham | | | | 124.965 | |
| Pembrey | EGFP | | | 124.400 | |
| Perranporth | EGTP | | | 119.755 | |
| Peterborough/Conington | EGSF | | | 129.730 | |
| Peterborough/Sibson | EGSP | | | 120.330 | |
| Popham | EGHP | | | 129.805 | |
| Portland Heliport | EGDP | | | 122.130 | |
| Predannack | EGDO | 134.055 | 122.100 | | |
| Redhill | EGKR | | 119.605 | | |
| Retford Gamston | EGNE | | | 130.480 | |
| Rochester | EGTO | | | 122.255 | |
| St Athan** | EGSY | | 122.865 | | |
| Scilly Isles/St Marys | EGHE | 124.880 | 124.880 | | 124.880 |
| Seething | EGSJ | | | 118.435 | |
| Shackwell Lodge | | | | 128.380 | |
| Shawbury | EGOS | 133.155(M) | 122.100 | | |
| Shiphtham | EGSA | | | 132.255 | |
| Shobdon | EGBS | | | 118.155 | 118.155 |
| Shoreham | EGKA | 123.155 | 125.405 | | 123.155 |
| Silverstone Heliport | EGBV | | 123.330 | | 130.280 |
| Skegness | | | | 132.430 | |
| Skyports Heliport (London) | | | | 131.965 | |
| Sleep | EGCV | | | 122.455 | |
| Southampton*** | EGHI | 122.730 | 118.205 | | |
| Southend | EGMC | 130.780 | 127.730 | | |
| Stapleford | EGSG | | | 122.805 | |
| Stow Maries | | | | 118.980 | |
| Sturgate | EGCS | | | 130.305 | |
| Swansea | EGFH | | | 119.705 | |
| Syerston | EGXY | | | 128.530 | |
| Tatenhill | EGBM | | | 124.080 | |
| Tern Hill | EGOE | | 122.100 | | |
| Thrupton | EGHO | | | 118.280 | |
| Tilstock | EGCT | | | 118.105 | |
| Tresco | EGHT | | | 118.205 | |
| Turweston | EGBT | | | 122.180 | |
| Upavon**** | EGDJ | | | 124.105 | |
| Valley | EGOV | 125.230(M) | 122.100 | | |
| Waddington | EGXW | 119.505(M) | 121.305 | | |
| Wattisham | EGUW | 125.805 | 118.210 | | 125.805 |
| Wellesbourne Mountford | EGBW | | | 124.030 | |
| Welshpool | EGCW | | | 128.005 | |

*Mona - Initial contact frequency refer to Valley
**St Athan - Initial contact frequency refer to Cardiff
***Southampton/Solent - Initial contact frequency is 120.230
****Upavon - Salisbury Information 122.755

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 |
| Keeliv | 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 | 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 | 129.510 |
| 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 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 vfrcharts@nats.co.uk.

