

SOUTHERN ENGLAND & WALES

Frequency Reference Card - AIRAC 04/2026 (16 Apr 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	EKGC	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	134.805	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	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	EGDJ			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*	EGQQ			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	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		122.080	Retford Gamston	EGNE				130.480
Eaglescott	EGHU				123.010	Rochester	EGTO				122.255
Earis 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	Shackwell Lodge					128.380
Exeter	EGTE	128.980	119.805			Shawbury	EGOS	133.155(M)	122.100		
Fairford*	EGVA		124.800			Shiphtham	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	EGLC				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	Thrupton	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							
Leicester	EGBG				122.130						
Little Gransden	EGMJ				130.855						

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

*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

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AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G	SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUA AIS) continued
West Wales/Aberporth	EGFA			122.155	122.155	*D207.....HOLBEACH RANGE 122.755**
White Waltham	EGLM				122.605	*D208.....LAKENHEATH ZONE 128.900MHz
Wickenby	EGNW				122.455	D213.....COVENTRY INFORMATION 123.830MHz**
Wittering	EGXT	119.680(M)	127.980			D217A-K.....LLANBEDR INFORMATION 118.930
Wolverhampton/Halfpenny Green	EGBO			123.005		D218A-C.....LONDON INFORMATION 124.750MHz
Wycombe Air Park/Booker	EGTB				126.555	*D304 & D314.....MANCHESTER APP 118.580
Wyton	EGUY				126.855	*D307.....DONNA NOOK RANGE 122.755**
Yeovil/Westland	EGHG	130.805	125.405			D324A & D324B.....LONDON INFORMATION 124.600MHz
Yeovilton	EGDY	127.355(M)	120.805			
(M) = MATZ Crossing Frequency						OUTSIDE TIMES { * LONDON INFORMATION 124.750MHz ** LONDON INFORMATION 124.600MHz
SPECIAL USE AREA CROSSING SERVICE (SUACS)						
D001.....	CULDROSE APP 134.055; Outside times SUAAIS 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						
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 FL180; SWANWICK MIL 128.700MHz at/above FL180					
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 ATSUts					
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.....	YEIVILTON 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, *D136, *D138A, D138B, *D138C & *D138D	FARNBOROUGH RAD 133.440MHz** 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						
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						