

## SOUTHERN ENGLAND & WALES Frequency Reference Card - AIRAC 05/2026 (14 May 2026)

AERODROME	INDICATOR	RA/D/APP	TWR	AFIS	A/G	AERODROME	INDICATOR	RA/D/APP	TWR	AFIS	A/G
Alderney	EJJA		125.355		131.560	Little Gransden	EGMJ				130.855
Andoversbury Hill	EGSL				130.555	Little Risington	EGVL				120.780
Arundelsfield					123.180	Little Snoring					118.130
Badminton						Llanberd	EGFP		119.855	126.355	
Barkston Heath	EGYE	124.455(M)	120.430			London City	EGLC	132.700	118.080		118.930
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	134.605	134.805			Lydd	EGMD	120.705	119.380		
Birmingham	EGBB	123.980	118.305			Manchester	EGCC	118.580	118.630		
Blackbushe	EGLK				122.305	Manchester/Barton	EGCB			120.255	
Bournemouth	EGLA				120.330	Manston Hill					119.930
Boscombe Down	EGDM	126.705(M)	130.755			Marram	EGYM	124.155(M)	118.330		
Bournemouth	EGHH	119.480	125.605		125.605	Merryfield	EGDI		122.100		
Brimpton	EGLP				135.130	Middle Wallop	EGVP	123.300	118.605		
Bristol	EGGD	125.655	133.855			Mildenhall	EGUN		122.550		
Brize Norton	EGVN	119.005(M)	123.730			Morpeth*	EGOQ		119.180	118.955	
Caergron	EGGC				122.255	Nantwyd	EGDN			130.380	
Cardiff	EGSF	120.965	125.905			Netherthorpe	EGNF		129.305	128.305	
Cardiff Tremorfa	EGFC	119.155	133.105		120.655	Newquay	EGHQ	133.405	134.380		
Chalfont	EGLE				125.410	North Weald	EGSX			123.530	
Challcock	EGKE				118.685	Northampton/Swell	EGBK			122.705	
Chichester/Goodwood	EGHR				122.455	Northolt	EGWU	126.450	120.675		
Clacton	EGSO				118.155	Norwich	EGSH	119.355	124.255		
Cleeth Common					119.305	Nottingham	EGBN			134.880	
Compton Abbas	EGHA				122.710	Oaksey Park	EGTW			132.230	
Coningsby	EGAC	119.205(M)	124.680			Odiham	EGVO	131.305(M)	119.230		
Costord	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	125.090	133.430		
Cranwell	EGVD	124.455(M)	125.055			Oxford	EGTK			124.965	
Crowthorne	EGSO				122.775	Parham				124.400	
Culdrose	EGDR	134.055(M)	122.100			Parbhrey	EGFP			119.755	
Dairyns Hall	EGML				119.555	Peterborough	EGTP			129.730	
Deanland	EGKL				129.730	Peterborough/Conington	EGSF			120.330	
Derham	EGLD				130.730	Peterborough/Sibson	EGSP			129.805	
Derby	EGBD				118.355	Popham	EGHP			122.190	
Dorkeswell	EGTU				123.480	Portland Heliport	EGPP				
Dunstable	EGTD				119.105	Prednamack	EGDO	134.055	122.100		
Dunstable Downs					119.905	Redhill	EGRD		119.605		
Duxford	EGSU				122.080	Redford Garnston	EGNE			130.480	
Eggleston	EGUD				123.010	Rochester	EGTE			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	Seething	EGSJ			118.435	
Enstone	EGTN				129.880	Shackwell Lodge	EGSL			128.380	
Exeter	EGTE	128.980	119.805			Sharnbury	EGOS	133.155(M)	122.100		132.255
Fairford*	EGVA				124.800	Shiptonham	EGSA			118.155	118.155
Falbrooks	EGTF				123.430	Shobdon	EGSS			123.155	123.155
Farnborough	EGLF	133.440	122.780			Shoreham	EGKA	123.155	125.405		
Fleetlands	EGCL				122.930	Silverstone Heliport	EGBV			123.330	
Fowlmere	EGVF				135.705	Skegness				132.430	
Gloucestershire	EGMA				135.705	Skyports Heliport (London)				131.965	
Gransden Lodge	EGBJ	128.555	122.905			Sleep	EGCV			122.455	
Great Oakley					131.280	Southampton***	EGHI	122.730	118.205		
Grove Farm					123.205	Stapleford	EGIC	130.780	127.730		
Guernsey	EGJB	128.655	119.955			Stow Marles	EGSG			122.805	
Halton	EGWN				130.430	Sturgate	EGCS			118.980	
Haverfordwest	EGFE				123.605	Swansea	EGFH	130.305	119.705		
Hawarden	EGNS	120.055	124.955		130.255	Syerston	EGYV			128.530	
Hemstridge	EGHS				124.705	Takenhill	EGBM			124.080	
Honington	EGXH				127.580	Tarn Hill	EGOE			122.100	
Husbands Bosworth	EGHN				119.280	Throxton	EGHO			118.280	
Isle of Wight/Sandown	EGJN	120.305	119.455			Tissot	EGGT			118.105	
Jersey	EGJJ				130.290	Treco	EGHT			122.180	
Keewil	EGDK				118.430	Turweston	EGBT			122.105	
Kemble	EGBP				119.760	Upton****	EGUJ			124.105	
Kithbank	EGKN				118.265	Valley	EGOV	125.230(M)	122.100		
Lakenheath	EGKF				121.100	Waddington	EGVW	119.505(M)	121.305		
Land's End	EGHC	128.900(M)	122.100			Watisham	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					
						***Southampton/Solent - Initial contact frequency is 120.230					
						****Upton - Salisbury Information 122.755					

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

# SOUTHERN ENGLAND & WALES Frequency Reference Card - AIRAC 05/2026 (14 May 2026)

AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G
West/Wales/Aberporth	EGFA			122.155	122.155
White Waltham	EGLM			122.605	122.605
Whitby	EGNV			122.455	
Writing	EGXT			119.680(M)	127.980
Wolverhampton/					
Halfpenny Green	EGBO			123.005	
Wycombe Air Park/Booker	EGTB			126.555	
Wyeon	EGUY			130.805	125.405
Yeovil/Westland	EGHG			127.355(M)	128.855
Yeovilton	EGDY			127.355(M)	128.805

(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, D006A-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 124.155; Outside times SWANWICK MIL via LONDON INFO 124.750MHz
D037, D038, D039, D040	PEMBREY RANGE 122.755; Outside times SWANWICK MIL via LONDON INFO 124.750MHz
D118	BOSCOMBE DOWN ZONE 126.705
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, D201E, D201G, *D201H, *D201I, 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 (SUAAIS)

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 124.155*
D036	LONDON INFO 124.750MHz/124.600MHz or SOUTHAMPTON or JERSEY ATISUs LYDD APP 120.705**
D037, D038, D039 & D040	EXETER APP 128.980MHz*
*D044	LYDD APP 120.705**
D064B-C, D110, *D113A-B, *D115A-B & *D117	LONDON INFORMATION 124.750MHz
D18	PEMBREY RANGE 122.755*
D19	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, *D136, *D136A, D138B	FARNBOROUGH RAD 133.440MHz**
*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, 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	119.205(M)	Plymouth Mill East	124.155
Culdrose	134.055(M)	Sharnbury	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.
Bacles	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 A/G 130.290
Langar	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
Hawarden	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 05/2026 (14 May 2026).  
Updates to 1:500,000 Southern England & Wales are currently available at [www.nats.aero/atls/vfr\\_s\\_eng](http://www.nats.aero/atls/vfr_s_eng).  
Users are requested to refer corrections to this document to [VCharts@nats.co.uk](mailto:VCharts@nats.co.uk).

