

SOUTHERN ENGLAND & WALES

Frequency Reference Card - AIRAC 06/2026 (11 Jun 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	EKGB	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	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	125.655	133.855			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	EKGE				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	
Cranfield	EGTC	122.855	134.930			Old Sarum	EGLS			129.905	
Cranwell	EGYD	124.455(M)	125.055			Old Warden	EGTH			130.705	130.705
Crowfield	EGSO				122.775	Oxford	EGTK	125.090	133.430		
Culdrose	EGDR	134.055(M)	122.100			Parham				124.965	
Damyns Hall	EGML				119.555	Pembrey	EGFP			124.400	
Deanland	EKGL				129.730	Perranporth	EGTP			119.755	
Denham	EGLD				130.730	Peterborough/Conington	EGSF			129.730	
Derby	EGBD				118.355	Peterborough/Sibson	EGSP			120.330	
Dunkeswell	EGTU				123.480	Popham	EGHP			129.805	
Dunsfold	EGTD				119.105	Portland Heliport	EGDP			122.130	
Dunstable Downs					119.905	Predannack	EGDO	134.055	122.100		
Duxford	EGSU		122.080	122.080		Redhill	EKGR		119.605		
Eaglescott	EGHU		123.010	123.010		Retford Gamston	EGNE			130.480	
Earls Colne	EGSR				122.430	Rochester	EGTO			122.255	
East Midlands	EGNX	134.180	124.005			St Athan**	EGSY		122.865		
Elstree	EGTR		122.405	122.405		Scilly Isles/St Marys	EGHE	124.880	124.880		124.880
Enstone	EGTN				129.880	Seething	EGSJ			118.435	
Exeter	EGTE	128.980	119.805			Shacklewell Lodge				128.380	
Fairford*	EGVA		124.800			Shawbury	EGOS	133.155(M)	122.100		
Fairoaks	EGTF				123.430	Shiphtham	EGSA			132.255	
Farnborough	EGLF	133.440	122.780			Shobdon	EGBS			118.155	118.155
Fenland	EGLC				122.930	Shoreham	EKGA	123.155	125.405	123.155	
Fleetlands	EGVF			135.705		Silverstone Heliport	EGBV			130.280	
Fowlmere	EGMA				135.705	Skegness				132.430	
Gloucestershire	EGBJ	128.555	122.905			Skyports Heliport (London)				131.965	
Gransden Lodge					131.280	Sleep	EGCV			122.455	
Great Oakley					123.205	Southampton	EGHI	120.230	118.205		
Grove Farm					130.430	Southend	EGMC	130.780	127.730		
Guernsey	EGJB	128.655	119.955			Stapleford	EGSG			122.805	
Halton	EGWN				130.430	Stow Maries				118.980	
Haverfordwest	EGFE				123.605	Sturgate	EGCS			130.305	
Hawarden	EGNR	120.055	124.955			Swansea	EGFH			119.705	
Henstridge	EGHS				130.255	Syerston	EGXY			128.530	
Honington	EGXH				124.105	Tatenhill	EGBM			124.080	
Husbands Bosworth					127.580	Tern Hill	EGOE		122.100		
Isle of Wight/Sandown	EGHN				119.280	Thrupton	EGHO			118.280	
Jersey	EGJJ	120.305	119.455			Tilstock	EGCT			118.105	
Keovil	EGDK				130.290	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	EKGC				122.210	Welshpool	EGCW			128.005	
Lee-on-Solent	EGHF			118.930		West Wales/Aberporth	EGFA			122.155	122.155
Leicester	EGBG				122.130	*Mona - Initial contact frequency refer to Valley					
Little Gransden	EGMJ				130.855	**St Athan - Initial contact frequency refer to Cardiff					
*Fairford - Initial contact frequency refer to Brize Norton						***Upavon - Salisbury Information 122.755					
(M) = MATZ Crossing Frequency											

SOUTHERN ENGLAND & WALES

Frequency Reference Card - AIRAC 06/2026 (11 Jun 2026)

AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G	SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUAAS) continued
White Waltham	EGLM				122.605	*D207.....HOLBEACH RANGE 122.755**
Wickenby	EGNW				122.455	*D208.....LAKENHEATH ZONE 128.900MHz
Wittering	EGXT	119.680(M)	127.980			D213.....COVENTRY INFORMATION 123.830MHz**
Wolverhampton/						D217A-K.....LLANBEDR INFORMATION 118.930
Halfpenny Green	EGBO			123.005		D218A-C.....LONDON INFORMATION 124.750MHz
Wycombe Air Park/Booker	EGTB				126.555	*D304 & D314.....MANCHESTER APP 118.580
Yeovil/Westland	EGHG	130.805	125.405			*D307.....DONNA NOOK RANGE 122.755**
Yeovilton	EGDY	127.355(M)	120.805			D324A & D324B.....LONDON INFORMATION 124.600MHz
					(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 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.....	[CULDROSE 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	[PLYMOUTH MIL 124.155; Outside times 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 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 (SUAAS)						
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 ATSU					
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	124.155			
Culdrose	134.055(M)	Shawbury	133.155(M)			
East Midlands	134.180	Southend	130.780			
Exeter	128.980	Valley	125.230(M)			
Farnborough East	125.250	Waddington	119.505(M)			
Farnborough West	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	A/G	130.290		
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				