

SOUTHERN ENGLAND & WALES
Reference Card - AIRAC 07/2025 (

AERODROME					AERODROME				
Indicator	RAD/APP	TWR	AFIS	AG	Indicator	RAD/APP	TWR	AFIS	AG
Altitude		123.355		131.700	Little Strington				120.780
Atmoursbury Hill	EGSL			130.555	Little Strington	EGP	119.855	126.355	116.130
Badminton				123.180	Liverpool	EGDP			116.930
Barkston Heath	EGVE	124.455(M)	120.430		London City	EGLC	132.700	118.080	
Becles	EGBM		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 Heathrow	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	129.405	134.805		Lydd	EGMD		119.380	
Birmingham	EGBB	123.980	118.305		Manchester	EGCB	118.580	118.630	
Blackbushe	EGLK		122.305	120.330	Manchester/Barton				120.255
Boscombe Down	EGDM	126.705(M)	130.755		Mansford Hill	EGVM	124.155(M)	118.330	119.930
Bournemouth	EGHH	119.480	126.605	125.605	Marham	EGDI		122.100	
Brimpton	EGLP			135.130	Merryfield	EGPH		118.605	
Brize Norton	EGVN	119.005(M)	123.300		Middle Wallop	EGVP	123.300	112.805	
Carmarvon	EGCK			122.255	Miltenhall	EGUN		122.550	
Camberidge	EGSC	120.965	125.905		Monar	EGOQ		119.180	118.955
Cardiff	EGCF	119.155	133.105		Nantclwyd				130.380
Cardiff Tremorfa	EGFC			120.655	Netherpton	EGDN			128.305
Chalgrove	EGJ	125.410		125.410	Netherthorpe	EGNF			123.280
Challock	EGKE		118.685		Newquay	EGHQ	133.405	134.380	
Chichester/Goodwood	EGSQ		122.455		North Weald	EGSX			123.530
Clacton			118.155		Northampton/Swell	EGBK			122.705
Clent Common	EGHA			119.305	Northolt	EGWU	126.450	120.675	
Compton Abbas	EGXC	119.205(M)	124.680	122.710	Nottingham	EGSH	119.355	124.255	134.880
Conglasy	EGWC	135.880	128.655		Nottingham	EGBN			132.230
Costof	EGBE			123.880	Oaksey Park	EGTW			
Coventry	EGTC	122.855	134.930		Odham	EGVO	131.305(M)	119.230	
Cranfield	EGTO				Old Buckenham	EGSV			124.405
Crawell	EGSO	124.455(M)	126.055		Old Sarum	EGLS			123.905
Crowfield	EGSD	134.055(M)	122.100		Old Warden	EGTH			130.705
Culdrose				122.775	Oxford	EGTK	126.090	133.430	124.965
Damrys Hall	EGML			119.555	Parham	EGRP			124.400
Deanland	EGKL			129.730	Perranporth	EGPT			119.735
Denham	EGLD			130.730	Peterborough/Conglton	EGSP			129.730
Derby	EGBD			118.355	Peterborough/Sibson	EGBP	120.330		120.330
Doncaster Sheffield	EGCN	126.225	128.775		Popham	EGHP			128.805
Dunkeswell	EGTU		123.480		Portland Heliport	EGPO			122.130
Dunstable	EGTD		119.105		Predmack	EGPD	134.055	122.100	
Dunstable Downs	EGSU			119.905	Redhill	EGKR		119.605	130.480
Duxford	EGHU	122.080		123.010	Retford Gamston	EGNE			122.255
Eaglescott	EGSR			122.430	Rochester	EGTY			
Earls Colne	EGNX	134.180	124.005		St Athan**	EGSY	122.865		124.880
East Midlands	EGTN		122.405	129.880	Scilly Isles/St Marys	EGHE	124.880	124.880	118.435
Elstree	EGTN				Seething	EGSJ			128.380
Enstone	EGTN				Shawbury	EGSA	133.155(M)	122.100	
Fairford*	EGTE	128.980	119.805		Shropdam	EGOS			132.255
Fairford	EGTV		124.800		Shroddon	EGBS		118.155	128.155
Fairtocks	EGLF	133.440	122.780	123.430	Shrotham	EGBA	123.155	125.405	128.155
Farmborough	EGFL				Silverstone Heliport	EGBY		123.330	130.280
Fenland	EGCV			122.930	Skegness				131.430
Fleetham	EGVF		135.705		Skyports Heliport (London)	EGCV			131.965
Fowlmere	EGMA	128.555	122.905	135.705	Sleep				122.455
Gloucestershire	EGBJ				Southernham***	EGCH	122.730	118.205	
Grandsen Lodge				131.280	Southend	EGMC	130.780	127.730	
Great Oakley				123.205	Stow Maries	EGSG			122.805
Grove Farm				130.430					118.980
Guernsey	EGJB	128.655	119.955		Sturgate	EGCS			130.305
Hallon	EGWN			130.430	Swansea	EGH			119.705
Harverfordwest	EGFE			123.605	Systron	EGY			128.530
Hawarden	EGNR	120.055	124.955		Tatenhill	EGBM			124.080
Henstridge	EGHS	130.255			Terr Hill	EGOE		122.100	
Honington	EGXH			124.105	Thruxton	EGHO			118.280
Husbands Bosworth				127.580	Tilstock	EGCT	118.105		118.205
Ile of Wight/Sandown	EGHN			119.280	Treco	EGCT			118.205
Jersey	EGUJ	120.305	119.455		Tunewson	EGBT			122.180
Kemble	EGBP			118.430	Upton****	EGDT			124.105
Kemley	EGKN			119.760	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		Watlington	EGUW	125.805	118.210	125.805
Lasham	EGHL			131.030	Wellbourne Mountford	EGBW			124.030
Lashenden/Headcom	EGKH			122.210	Wellsipool	EGCW			126.005
Lee-on-Solent	EGHF		118.930		West Wakes/Aberporth	EGCA		122.155	122.155
Leicester	EGBG			130.855					
Little Gransden	EGMJ								
*Fairford - Initial contact frequency refer to Brize Norton									
**St Athan - Initial contact frequency refer to Cardiff									
***Southampton/Solent - Initial contact frequency is 120.230									
****Upton - Salisbury Information 122.755									
(M) = MATZ Crossing Frequency									

SOUTHERN ENGLAND & WALES

Frequency Reference Card - AIRAC 07/2025 (10 Jul 2025)

AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G
White Waltham	EGLM				122.605
Wickensby	EGNW				122.485
Wittering	EGXT	119.680(M)	127.980		
Wolverhampton/					
Halfpenny Green	EGBO		123.005		
Wycombe Air Park/Booker	EGTB				126.555
Wytton	EGUY				126.855
Yeovil/Westland	EGHG	130.805	125.405		
Yeovilton	EGDY	127.355(M)	120.805		

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SPECIAL USE AREA CROSSING SERVICE (SUACS)

D001.....	CULDRHOSE APP 134.055; Outside times SUAIS via LONDON INFO 124.750MHz
D003, D004, D006A-C, D007A-C, D008A-C, D009A & D009B	PLYMOUTH MIL 121.125; Outside times SWANWICK MIL via LONDON INFO 124.750MHz
D006A & 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 SWANWICK MIL via LONDON INFO 124.750MHz
D118.....	BOSCOMBE DOWN ZONE 126.705
D120, D122A-C.....	BOSCOMBE DOWN ZONE 126.705; Outside times
*D123, *D124, *D125 *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, *D201I, D201K, D202A, D202B, D202C & D202D	ABERPORTH RADAR 120.855MHz or WEST WALES RADAR 127.090
*D207.....	HOLBEACH RANGE 122.755
D218A.....	BRIZE RADAR 124.280
D218B.....	BRIZE RADAR 124.280 below FL160; SWANWICK MIL 128.700MHz at/below FL160
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 (SUAIS)

D001, D003, D004, D006A-C, D007A-C, D008A-C, D009A & B, *D011-C, D012, D013, D014, *D015, D017, D021, D023 & D031	LONDON INFORMATION 124.750MHz
D006A & D005B.....	SWANWICK MIL via LONDON INFO 124.750MHz
*D026.....	PLYMOUTH MIL 124.150MHz
D037, D038, D039 & D040	LONDON INFO 124.750MHz/124.600MHz or SOUTHAMPTON or JERSEY ATISus
*D061.....	LONDON INFO 124.750MHz/124.600MHz
D064B-C, D110, *D113A-B, *D115A-B & *D117	EXETER APP 128.980MHz*
D118.....	LONDON INFORMATION 124.750MHz
D119.....	PEMBREY RANGE 122.755*
D120, D122A-C.....	YEovilTON APP 127.335*
*D123, *D124, *D125.....	BOSCOMBE DOWN ZONE 126.705
*D126 & *D128	SALESBURY INFORMATION 122.755*
D127.....	BOSCOMBE DOWN ZONE 126.705
*D129.....	BRIZE ZONE 119.005
*D130, *D132, D133-B, *D136, *D138A, D138B.....	FARNBOROUGH RAD 133.440MHz**
*D138C & *D138D	SOUTHEAD APP 130.780**
*D139.....	LONDON INFORMATION 124.600MHz
*D141.....	LYDD APP 120.705**
D147, D148, *D2023, D211 & D216.....	LONDON INFORMATION 124.750MHz
D201A, D201B, *D201C, *D201D, D201F, D201G, *D201H, *D201I, D201K, D202A-D, D215, D220A, D220B & D305.....	WEST WALES INFORMATION 122.155
	LONDON INFORMATION 124.600MHz

OUTSIDE TIMES [* LONDON INFORMATION 124.750MHz
** LONDON INFORMATION 124.600MHz

SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUAIS) continued

*D207.....	HOLBEACH RANGE 122.755**
*D208.....	LAKEHEATH ZONE 128.900MHz
D213.....	COVENTRY INFORMATION 121.830MHz**
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
Corningsby	119.205(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	126.230(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.
Becles	Norwich ATC	A/G 119.355**
Boscombe Down	Boscombe Down ATC	A/G 120.380
Chalgrove	Benson ATC	A/G 126.705
Chatteris	London Control	TWR 130.755
Dunkeswell	Exeter ATC	A/G 120.905*
Hinton-in-the-Hedges	Brize Norton ATC	A/G 125.410
Keelvil	Brize Norton ATC	A/G 129.905 or 123.480
Langer	East Midlands ATC	A/G 124.280
Lashenden/Headcorn	Headcorn Radio	A/G 119.455 or 129.905
Llanbedr	Valley Radar	A/G 122.210
Netheravon	Netheravon DZ	A/G 125.230*
Old Sarum	Netheravon DZ	A/G 118.930
Perranporth	London Control	A/G 128.305
Peterborough/Silsdon	Newquay ATC	A/G 129.905
South Caney	Marham ATC	A/G 119.755
Swansea	Brize Norton ATC	A/G 124.155**
Tisbury	Cardiff ATC	A/G 129.905 or 120.330
Weston on the Green	Sharnbury ATC	A/G 124.280
	Brize Norton ATC	A/G 133.155
		A/G 118.100
		A/G 133.650

If unable to establish [* London Information 124.750
contact outside times [** London Information 124.600

LISTENING SQUARES (For SSR Operating Procedures see UK AIR 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	126.650	London Luton	0013	129.550
Brize Norton	3727	124.280	London Stansted	7013	120.625
Cardiff	3636	119.155	Manchester	7366	118.580
Doncaster/Sheffield	6170	126.225	Norwich	7350	119.355
East Midlands	4572	134.180	Oxford	4517	125.090
Farnborough LARS West	4872	125.250	Southampton/Solent	7011	120.230
Hawarden	4607	120.055	Southend	5050	130.780
Liverpool	5060	119.855			

VALIDITY OF AERONAUTICAL INFORMATION

Aeronautical information on this card includes relevant changes notified by UK AIP AMENDMENTS published up to AIRAC 07/2025 (10 Jul 2025).
Updates to 1:500,000 Southern England & Wales are currently available at www.nats.aero/aia/s/r/s_eng.
Users are requested to refer corrections to this document to vtcharts@nats.co.uk.

