

SOUTHERN ENGLAND & WALES
Reference Card - AIRAC 07/2026 (

AERODROME					AERODROME				
INDICATOR	RAD/APP	TWR	AFIS	AG	INDICATOR	RAD/APP	TWR	AFIS	AG
Altomorsury Hill	EGJA	123.355		131.560	Little Risington	EGYL			120.780
Andersfield	EGSL			130.555	Little Sharning	EGYP	119.855	126.355	116.130
Badminton	EGVE	124.455(M)	120.430	123.180	Liverpool	EGDP			
Barkston Heath	EGVM				Llanbedr	EGDG			118.930
Becles	EGBF				London City	EGLC	132.700	118.080	
Bedford	EGBN				London Gatwick	EGKK	126.825	124.230	
Bembridge	EGHJ				London Heathrow	EGLL	119.730	118.505	
Benson	EGUB	120.905(M)	127.155	123.255	London Heliport	EGLW		134.280	
Bicester					London Luton	EGGW	125.550	132.555	
Biggin Hill	EGKB	134.805	134.805	118.390	London Stansted	EGSS	120.625	123.805	
Birmingham	EGBB	123.980	118.305		Lydd	EGMD	120.625	119.380	
Blackbushe	EGLK				Manchester	EGCC	118.580	118.630	
Bodm	EGLA				Manchester/Barton	EGCB			120.255
Boscombe Down	EGDM	126.705(M)	130.755	120.330	Mansford Hill	EGWM	124.155(M)	118.330	119.930
Bournemouth	EGHH	119.480	126.605	125.605	Marham	EGDI		122.100	
Brimpton	EGLP			135.130	Merryfield	EGPJ		118.605	
Brize Norton	EGVN	125.655	133.855		Middle Wallop	EGVP	123.300		
Carmarvon	EGCK	119.005(M)	123.730	122.255	Milkenhall	EGJN		122.550	
Cambridge	EGSC	120.965	125.905		Monar	EGQO		119.180	118.955
Cardiff	EGFC	119.155	133.105		Nantclwyd	EGDN			130.380
Cardiff Tremorfa	EGFJ			120.655	Netherpton	EGNF		128.305	128.305
Chalgrove	EGLJ	125.410	125.410	125.610	Netherthorpe	EGHQ	133.405	134.380	123.280
Challock	EKEE			118.685	Newquay	EGGX			
Chichester/Goodwood	EGHR			122.455	North Weald	EGSX			123.530
Clacon	EGSQ			118.155	Northampton/Swell	EGBK			122.705
Clerch Common	EGHA				Northolt	EGWU	126.450	120.675	
Compton Abbas	EGXC			119.305	Nottingham	EGSH	119.355	124.255	
Coningsby	EGXG	119.205(M)	124.680	122.710	Oaksey Park	EGBN			134.880
Costford	EGWC	135.880	128.655		Odhiam	EGVO			132.230
Cranfield	EGTC	122.855	134.930		Old Buckenham	EGSV	131.305(M)	119.230	
Cranwell	EGYD	124.455(M)	125.055		Old Sarum	EGLS			124.405
Crowfield	EGSO			122.775	Old Warden	EGTH			123.905
Culdrose	EGDR	134.055(M)	122.100		Oxford	EGTK	125.090	133.430	130.705
Damrys Hall	EGML			119.555	Parham	EGRP			124.955
Danland	EGKL			129.730	Pembrey	EGTP			124.400
Danham	EGLD			130.730	Perranporth	EGTP			119.735
Derby	EGBD			118.355	Peterborough/Conington	EGSF			129.730
Dunakeswell	EGTU			123.480	Peterborough/Sibson	EGSP			120.330
Dunstable	EGTD			119.105	Popham	EGHP			128.805
Duxford	EGSU			122.080	Portland Heliport	EGPO			122.130
Eaglecott	EGSH			122.080	Predmack	EGPD	134.055	122.100	
Earns Cote	EGSR			123.010	Redhill	EGKR		119.605	
East Midlands	EGNX	134.180	124.005	122.430	Retford Gamston	EGNE			130.480
Enstone	EGTR			122.405	Rochester	EGTO			122.255
Exeter	EGTE	128.980	119.805	129.880	St Athan**	EGHY		122.865	
Fairford*	EGVA			124.800	Scilly Isles/St Marys	EGHE	124.880	124.880	124.880
Farnborough	EGTF			123.430	Seething	EGSJ			118.435
Fenland	EGLF	133.440	122.780		Shackwell Lodge	EGSL			128.380
Fleetlands	EGCL			122.930	Shawbury	EGSA	133.155(M)	122.100	
Fowlme	EGVF			135.705	Shobdon	EGSA			132.255
Gloucestershire	EGMA			135.705	Shoreham	EGKS	123.155	125.405	118.155
Gransden Lodge	EGBJ	128.555	122.905		Silverstone Heliport	EGBA		123.330	130.280
Great Oakley					Skegness	EGBY			131.965
Grove Farm					Skyports Heliport (London)	EGCV			122.455
Guernsey	EGJB	128.655	119.955		Sleep	EGCY			
Heaton	EGWN			130.430	Southampton	EGCH	120.230	118.205	
Heaverfordwest	EGFE			123.605	Southend	EGMC	130.780	127.730	
Henstridge	EGNR	120.055	124.955		Stow Maries	EGSG			122.805
Honington	EGXH			130.255	Swansea	EGCS			118.980
Husbands Bosworth	EGHS	124.105	130.255		Sydney	EGHS			130.305
Isle of Wight/Sandown	EGHN			127.580	Tatenhill	EGYV	119.705	118.705	
Jersey	EGJL	120.305	119.455	119.280	Terr Hill	EGBM	128.530	128.530	
Kenil	EGDK			130.280	Thorn Hill	EGOE		122.100	
Kemble	EGBP			118.430	Throxton	EGHO			118.280
Kentley	EGKN			119.760	Tilstock	EGCT			118.205
Kittyhawk	EGKF			118.285	Trecco	EGBT			122.180
Lakenheath	EGUL	128.900(M)	122.100		Tuneston	EGDT			124.105
Land's End	EGHC	120.255			Upavon***	EGOV	125.230(M)	122.100	
Lasham	EGHL			131.030	Waddington	EGXW	119.505(M)	121.305	
Lashenden/Headcorn	EGKH			122.210	Watlington	EGUW	125.805	118.210	125.805
Lee-on-Solent	EGHF			118.930	Wellbourne Mountford	EGBW			
Leicester	EGBJ			122.130	Wellspool	EGCW			124.030
Little Gransden	EGMG			130.855	West Wakes/Aberporth	EGFA			122.155
RAF Ford - Initial contact frequency refer to Brize Norton					**St Athan - Initial contact frequency refer to Cardiff				122.155
(M) = MATZ Crossing Frequency					***Upavon - Salisbury Information 122.755				

SOUTHERN ENGLAND & WALES

Frequency Reference Card - AIRAC 07/2026 (09 Jul 2026)

AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G
White Waltham	EGLM				122.605
Wickensby	EGNW				122.455
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		

(M) = MATZ Crossing Frequency

SPECIAL USE AREA CROSSING SERVICE (SUACS)

D001.....	CULDROSE APP 134.055; Outside times SUAIS	[	CULDROSE APP 134.055; Outside times SUAIS	]
	via LONDON INFO 124.750MHz			
D003, D004, D006A-C, D007A-C, D008A-C, D009A & D009B	PLYMOUTH MIL 121.255; Outside times	[	SWANWICK MIL 121.255; Outside times	]
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, D040	SWANWICK MIL via LONDON INFO 124.750MHz			
D118.....	PEMBREY RANGE 122.755; Outside times	[	SWANWICK MIL via LONDON INFO 124.750MHz	]
D120, D122A-C.....	BOSCOMBE DOWN ZONE 126.705	[	BOSCOMBE DOWN ZONE 126.705	]
*D123, *D124, *D125.....	BOSCOMBE DOWN ZONE 126.705; Outside times	[	BOSCOMBE DOWN ZONE 126.705; Outside times	]
*D126, *D127 & *D128.....	LONDON INFORMATION 124.750MHz			
D129.....	OXFORD APP 125.090	[	BOSCOMBE DOWN ZONE 126.705	]
D148.....	BOSCOMBE DOWN ZONE 126.705	[	ABERPORTH RADAR 120.855MHz or	]
D201A, D201B, *D201C, *D201D, D201F, D201G, *D201H, *D201I, D201K, D202A, D202B, D202C & D202D	WEST WALES RADAR 127.090	[	WEST WALES RADAR 127.090	]
*D207.....	HOLBEACH RANGE 122.755	[	BRIZE RADAR 124.280	]
D218A.....	BRIZE RADAR 124.280	[	SWANWICK MIL 128.700MHz at/below FL180	]
D218B.....	SWANWICK MIL 124.280 below 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 (SUAIS)

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	[	LONDON INFORMATION 124.750MHz	]
D005A & D005B.....	SWANWICK MIL via LONDON INFO 124.750MHz			
D026.....	PLYMOUTH MIL 124.155			
D037, D038, D039 & D040.....	LONDON INFO 124.750MHz/124.600MHz	[	LONDON INFO 124.750MHz/124.600MHz	]
*D044.....	or SOUTHAMPTON or JERSEY ATISus			
D064B-C, D110, *D113A-B, *D115A-B & *D117	LYDD APP 120.705**	[	EXETER APP 128.980MHz*	]
	LYDD APP 120.705**			
D18.....	LONDON INFORMATION 124.750MHz	[	PEMBREY RANGE 122.755*	]
D19.....	YEovilTON APP 127.335*			
D120, D122A-C.....	BOSCOMBE DOWN ZONE 126.705	[	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, *D138C & *D138D	FARNBOROUGH RAD 133.440MHz**	[	SOUTHEAST APP 130.780**	]
*D139.....	LONDON INFORMATION 124.600MHz			
*D141.....	LYDD APP 120.705**			
D147, D148, *D203, D211 & D216.....	LONDON INFORMATION 124.750MHz	[	LONDON INFORMATION 124.750MHz	]
D201A, D201B, *D201C, *D201D, D201F, D201G, *D201H, *D201I, D201K, D202A-D, D202A, D220B & D305.....	WEST WALES INFORMATION 122.155	[	LONDON INFORMATION 124.600MHz	]
	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.....	LONDON INFORMATION 124.600MHz			
D217A-K.....	LLANBEDR INFORMATION 118.530			
D218A-C.....	LONDON INFORMATION 124.750MHz			
*D304 & D314.....	MANCHESTER APP 118.580			
*D307.....	DONNA NOOK RANGE 122.755**			
D324A & D324B.....	LONDON INFORMATION 124.600MHz			
	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
Canningsby	119.205(M)	Plymouth Mill East	121.155
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.
Becles	Norwich ATC	119.355** A/G 120.380
Boscombe Down	Boscombe Down ATC	126.705 TYWR 130.755
Chalgrove	Benson ATC	A/G 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
Keewill	Brize Norton ATC	124.280 A/G 130.290
Langer	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 A/G 129.905
Old Sarum	London Control	124.750 A/G 119.755
Perranporth	Newquay ATC	133.405 A/G 119.755
Peterborough/Silsdon	Marham ATC	124.155** A/G 129.905 or 120.330
South Caney	Brize Norton ATC	124.280 A/G 129.905
Swansea	Cardiff ATC	119.155* A/G 129.905
Tilstock	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 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	125.650	London Luton	0013	129.550
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
Harwarden	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 07/2026 (09 Jul 2026).
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 vrcharts@nats.co.uk.

