

SOUTHERN ENGLAND & WALES
Frequency Reference Card - AIRAC 08/2025 (07 Aug 2025)

AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G	AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G
Alderney	EGJA		125.355			Little Gransden	EGMJ				130.855
Almondsbury Hill					131.700	Little Risingington	EGVL				120.780
Andrewsfield	EGSL				130.555	Little Snoring					118.130
Badminton					123.180	Liverpool	EGFP	119.855	126.355		
Barkton Heath	EGYE	124.455(M)	120.430			Llanbedr	EGFD				118.930
Beeches	EGSM				120.380	London City	EGLC	132.700	118.080		
Bedford	EGBF				119.030	London Gatwick	EGKK	126.825	124.230		
Bembridge	EGHJ				123.255	London Heathrow	EGLL	119.730	118.505		
Benson	EGUB	120.905(M)	127.155			London Heliport	EGLW		134.280		
Bicester					118.390	London Luton	EGGW	129.550	132.555		
Biggin Hill	EGKB	129.405	134.805			London Stansted	EGSS	120.625	123.805		
Birmingham	EGBB	123.980	118.395			Lydd	EGMD	120.705	119.380		
Blackbushe	EGLK				122.305	Manchester	EGCC	118.580	118.630		
Boatinn	EGLA				120.330	Manchester/Barton	EGCB		120.255		
Boscombe Down	EGDM	126.705(M)	130.755			Manston Hill					119.930
Bournemouth	EGHH	119.480	125.605		125.605	Marram	EGYM	124.155(M)	118.330		
Brimpton	EGLP				135.130	Merryfield	EGDI		122.100		
Bristol	EGGD	125.650	133.850			Middle Wallop	EGVP	123.300	118.605		
Brize Norton	EGVN	119.005(M)	123.730			Mildenhall	EGUN		122.550		
Caernarfon	EGCK				122.255	More*	EGOQ		119.180	118.955	
Cardiff	EGSC	120.965	125.905			Nantwyd					130.380
Cardiff Tremorfa	EGFC	119.155	133.105			Netheravon	EGDN				128.305
Chalgrove	EGLC				120.655	Netherthorpe	EGNF				123.280
Challcock	EGKE				118.685	Newquay	EGHQ	133.405	134.380		
Chichester/Goodwood	EGHR			122.465		North Weald	EGSX				123.530
Clacon	EGSO				118.155	Northampton/Sywell	EGBK				122.705
Clench Common					119.305	Northolt	EGWU	126.450	120.675		
Compton Abbas	EGHA				122.710	Norwich	EGSH	119.355	124.255		
Coningsby	EGXC	119.205(M)	124.680			Nottingham	EGBN				134.880
Costord	EGWC	135.880	128.655			Oakeley Park	EGTW				132.230
Coventry	EGBE			123.830		Odham	EGVO	131.305(M)	119.230		
Cranfield	EGTC	122.855	134.930			Old Buckenham	EGSV				124.405
Cranwell	EGVD	124.455(M)	125.055			Old Sarum	EGLS				129.905
Crowfield	EGSO				122.775	Old Warden	EGTK		130.705	130.705	
Culdrose	EGDR	134.055(M)	122.100			Oxford		125.090	133.430		
Danbyrs Hall	EGML				119.555	Parham					124.965
Deanland	EGKL				129.730	Pembrey	EGFP				124.400
Derham	EGLD				130.730	Perranporth	EGTP				119.755
Derby	EGBD				118.355	Peterborough/Conington	EGSF				129.730
Doncaster Sheffield	EGCN	126.225	128.775			Peterborough/Sibson	EGSP				120.330
Dunkeswell	EGTU				123.480	Popham	EGHP				129.805
Dunsfold	EGTD				119.105	Portland Heliport	EGPP				122.130
Dunstable Downs	EGSU				119.905	Predannack	EGDP		134.055	122.100	
Dunroed	EGHU		122.080		122.080	Redhill	EGR				119.605
Eaglescott	EGSR				123.010	Reford 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	EGSE				118.435
Exeter	EGTE	128.980	119.805			Shackwell Lodge	EGOS				128.380
Fairold*	EGVA		124.800			Shanbury	EGSA	133.155(M)	122.100		132.255
Fairoaks	EGTF				123.430	Shiphatham	EGSA				118.155
Farnborough	EGLF	133.440	122.780			Shroton	EGBS				123.155
Fleetlands	EGCL				122.930	Shoreham	EGKA	123.155	125.405		123.155
Fleetlands	EGVF			135.705		Silverstone Heliport	EGBV		123.330		130.280
Fowlmere	EGMA				135.705	Skegness					132.430
Gloucestershire	EGBJ	128.555	122.905			Skyports Heliport (London)	EGCV				131.965
Gransden Lodge					131.280	Slap	EGHI	122.730	118.205		122.455
Great Oakley					123.205	Southampton***	EGHC	130.780	127.730		
Guernsey	EGJB	128.655	119.955			Stapleford	EGSG				122.805
Halton	EGVN				130.430	Stow Maries					118.980
Haverfordwest	EGFE				123.605	Sturgate	EGCS				130.305
Hawarden	EGNR	120.055	124.955			Swansea	EGPH				119.705
Henstridge	EGHS				130.255	Syerston	EGXY				128.530
Hornington	EGXH				124.105	Tatenhill	EGBM				124.080
Husbands Bosworth	EGHN				127.580	Ten Hill	EGOE		122.100		
Ile of Wight/Sandown	EGJJ	120.305	119.455		119.280	Throxton	EGHO				118.280
Jersey	EGJJ					Tilstock	EGCT				118.105
Kemble	EGBP			118.430		Turweston	EGBT				122.180
Kithyhawk	EGKF				118.265	Upavon****	EGPJ				124.105
Lakenheath	EGUL	128.900(M)	122.100			Valley	EGOV	125.230(M)	122.100		
Land's End	EGHC		120.255			Waddington	EGWV	119.505(M)	121.305		
Lasham	EGHL				131.030	Watisham	EGUW	125.805	118.210		125.805
Lashenden/Headcorn	EGKH				122.210	Wellisbourne Mountford	EGBW			124.030	
Lee-on-Solent	EGBF			118.930		Wellespool	EGCW				128.005
Leicester	EGBG				122.130						
*Fairford - Initial contact frequency refer to Brize Norton						**Mona - Initial contact frequency refer to Valley					
(M) = MATZ Crossing Frequency						**St Athan - Initial contact frequency refer to Cardiff					
						***Southampton/Solent - Initial contact frequency is 120.230					
						****Upavon - Salisbury Information 122.755					

SOUTHERN ENGLAND & WALES

Frequency Reference Card - AIRAC 08/2025 (07 Aug 2025)

AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G
West Wales/Aberporth	EGFA			122.155	122.155
White Waltham	EGLM				122.605
Wick Cheney	EGNV				122.455
Withering	EGXT			119.680(M)	127.980
Wolverhampton/	EGBO				123.005
Halfpenny Green	EGTB				126.555
Wycombe Air Park/Booker	EGUY			130.805	125.405
Wyllon	EGHG				126.855
Yeovil/Westland	EGDY			127.355(M)	120.805
Yeovilton					

(M) = MATZ Crossing Frequency

SPECIAL USE AREA CROSSING SERVICE (SUACS)

D001.....	CULDROSE APP 134.055; Outside times SUAIS
	via LONDON INFO 124.750MHz
D003, D004, D006A-C, D007A-C,	PLYMOUTH MIL 121.255; Outside times
D008A-C, D009A & D009B	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,	PLYMOUTH MIL 124.150MHz; Outside times
D023, D031, D036.....	SWANWICK MIL via LONDON INFO 124.750MHz
D037, D038, D039, D040	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,	ABERPORTH RADAR 120.835MHz or
D201F, D201G, *D201H,	WEST WALES RADAR 127.090
*D201I, D201K, D202A, D202B,	D202C & D202D
*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,	LONDON INFORMATION 124.750MHz
D007A-C, D008A-C, D009A & B,	
*D011A-C, D012, D013, D014,	
*D015, D017, D021, D023 & D031	
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 ATISus
D037, D038, D039 & D040.....	LYDD APP 120.705**
D044.....	EXETER APP 128.980MHz
D064B-C, D110, *D113A-B,	LONDON INFORMATION 124.750MHz
*D115A-B & *D117.....	PEMBREY RANGE 122.755*
D118.....	YEovilTON APP 127.335*
D119.....	BOSCOMBE DOWN ZONE 126.705
D120, D122A-C.....	
*D123, *D124, *D125.....	SALISBURY INFORMATION 122.755*
*D126 & *D128.....	BOSCOMBE DOWN ZONE 126.705*
*D127.....	BRIZE ZONE 119.005
*D130, *D132, D133-B.....	FARNBOROUGH RAD 133.440MHz**
*D136, *D136A, D138B.....	SOUTHEND APP 130.780**
*D138C & *D138D.....	LONDON INFORMATION 124.600MHz
*D139.....	LYDD APP 120.705**
*D141.....	LONDON INFORMATION 124.750MHz
D147, D148, *D2023, D211 & D216.....	WEST WALES INFORMATION 122.155
D201A, D201B, *D201C, *D201D,	
D201F, D201G, *D201H, *D201I,	
D201K, D202A-D.....	
D215, D220A, D220B & D305.....	LONDON INFORMATION 124.600MHz
	LONDON INFORMATION 124.750MHz
	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 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
	LONDON INFORMATION 124.750MHz
	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	119.355** A/G 120.380
Boscombe Down	Boscombe Down ATC	126.705 TYWR 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
Keewil	Brize Norton ATC	124.280 A/G 122.240
Langer	East Midlands ATC	134.180** A/G 122.240
Lashenden/Headcorn	Headcorn Radio	122.210 A/G 118.930
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 129.905 or 120.330
Peterborough/Silsdon	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	Sharnbury ATC	133.155 A/G 118.100
Weston on the Green	Brize Norton ATC	124.280 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	4572	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 08/2025 (07 Aug 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.

