

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 Heli					131.700	Little Rissington	EGVL				120.780
Andrewsfield	EGSL				130.555	Little Snoring					118.130
Badminton					123.180	Liverpool	EGGP	119.855	126.355		
Barkston Heath	EGYE	124.455(M)	120.430			Llanbedr	EGFD				118.930
Beccles	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	118.305			Lydd	EGMD	120.705	119.380		
Blackbushe	EGLK				122.305	Manchester	EGCC	118.580	118.630		
Bodmin	EGLA				120.330	Manchester/Barton	EGCB			120.255	
Boscombe Down	EGDM	126.705(M)	130.755			Manston Heli					119.930
Bournemouth	EGHM	119.480	125.605		125.605	Marham	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	118.805		
Brize Norton	EGVN	119.005(M)	123.730			Mildenhall	EGUN				122.550
Caernarfon	EGCK				122.255	Mona*	EGOO		119.180	118.955	
Cambridge	EGSC	120.965	125.905			Nantclwyd					130.380
Cardiff	EGFF	119.155	133.105			Netheravon	EGDN			128.305	128.305
Cardiff Tremorfa	EGFC				120.655	Netherthorpe	EGNF				123.280
Chalgrove	EGLJ				125.410	Newquay	EGHQ	133.405	134.380		
Challock	EGKE				118.685	North Weald	EGSX				123.530
Chichester/Goodwood	EGHR				122.455	Northampton/Sywell	EGBK				122.705
Clacton	EGSQ				118.155	Northolt	EGWU	126.450	120.675		
Clench Common					119.305	Norwich	EGSH	119.355	124.255		
Compton Abbas	EGHA				122.710	Nottingham	EGBN				134.880
Coningsby	EGXC	119.205(M)	124.680			Oaksey Park	EGTW				132.230
Cosford	EGWC	135.880	128.655			Odiham	EGVO	131.305(M)	119.230		
Coventry	EGBE				123.830	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	EGKL				129.730	Perranporth	EGTP				119.755
Denham	EGLD				130.730	Peterborough/Conington	EGSF				129.730
Derby	EGBD				118.355	Peterborough/Sibson	EGSP				120.330
Doncaster Sheffield	EGCN	126.225	128.775			Popham	EGHP				129.805
Dunkeswell	EGTU				123.480	Portland Heliport	EGDP				122.130
Dunsfold	EGTD				119.105	Predannack	EGDO	134.055	122.100		
Dunstable Downs					119.905	Redhill	EGKR				119.605
Duxford	EGSU				122.080	Retford Gamston	EGNE				130.480
Eaglescott	EGHU				123.010	Rochester	EGTO				122.255
Earls 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	Shackleton Lodge					128.380
Exeter	EGTE	128.980	119.805			Shawbury	EGOS	133.155(M)	122.100		
Fairford*	EGVA				124.800	Shipdham	EGSA				132.255
Fairoaks	EGTF				123.430	Shobdon	EGBS				118.155
Farnborough	EGLF	133.440	122.780			Shoreham	EGKA	123.155	125.405		123.155
Fenland	EGLC				122.930	Silverstone Heliport	EGBV				130.280
Fleetlands	EGVF				135.705	Skegness					132.430
Fowlmere	EGMA				135.705	Skyports Heliport (London)					131.965
Gloucestershire	EGBJ	128.555	122.905			Sleaf	EGCV				122.455
Gransden Lodge					131.280	Southampton***	EGHI	122.730	118.205		
Great Oakley					123.205	Southend	EGMC	130.780	127.730		
Grove Farm					130.430	Stapleford	EGSG				122.805
Guernsey	EGJB	128.655	119.955			Stow Maries					118.980
Halton	EGWN				130.430	Sturgate	EGCS				130.305
Haverfordwest	EGFE				123.605	Swansea	EGFH				119.705
Hawarden	EGNR	120.055	124.955			Syerston	EGXY				128.530
Henstridge	EGHS				130.255	Tatenhill	EGBM				124.080
Honington	EGXH				124.105	Tern Hill	EGOE			122.100	
Husbands Bosworth					127.580	Thruxton	EGHO				118.280
Isle of Wight/Sandown	EGHN				119.280	Tilstock	EGCT				118.105
Jersey	EGJJ	120.305	119.455			Tresco	EGHT				118.205
Kemble	EGBP				118.430	Turweston	EGBT				122.180
Kenley	EGKN				119.760	Upavon****	EGDJ				124.105
Kittyhawk	EKGF				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	EGKH				122.210	Welshpool	EGCW				128.005
Lee-on-Solent	EGHF				118.930						
Leicester	EGBG				122.130						

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

*Mona - Initial contact frequency refer to Valley
**St Athan - Initial contact frequency refer to Cardiff
***Southampton/Solent - Initial contact frequency is 120.230
****Upavon - Salisbury Information 122.755

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AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G	AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G
West Wales/Aberporth	EGFA				122.155	122.155					
White Waltham	EGLM										122.605
Wickenby	EGNW										122.455
Wittering	EGXT	119.680(M)	127.980								
Wolverhampton/ Halfpenny Green	EGBO				123.005						
Wycombe Air Park/Booker	EGTB										126.555
Wyton	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	CULDROSE APP 134.055; Outside times SUAAIS 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 124.150MHz; Outside times SWANWICK MIL via LONDON INFO 124.750MHz
D037, D038, D039, D040	
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 FL160; SWANWICK MIL 128.700MHz at/above 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 (SUA AIS)

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 124.150MHz
D036	LONDON INFO 124.750MHz/124.600MHz or SOUTHAMPTON or JERSEY ATSUts
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	SALISBURY INFORMATION 122.755*
*D126 & *D128	BOSCOMBE DOWN ZONE 126.705*
*D127	BRIZE ZONE 119.005
D129	BRIZE ZONE 119.005
*D130, *D132, D133-B	FARNBOROUGH RAD 133.440MHz**
*D136, *D138A, D138B, *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, D201F, D201G, *D201H, *D201J, D201K, D202A-D	WEST WALES INFORMATION 122.155
D215, D220A, D220B & D305	LONDON INFORMATION 124.600MHz

OUTSIDE TIMES

*	LONDON INFORMATION 124.750MHz
**	LONDON INFORMATION 124.600MHz

SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUA AIS) continued

*D207	HOLBEACH RANGE 122.755**
*D208	LAKENHEATH 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 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	124.150
Culdrose	134.055(M)	Shawbury	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		

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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
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 A/G 129.905
Swansea	Cardiff ATC	119.155* A/G 129.905
Tilstock	Shawbury ATC	133.155 A/G 118.100
Weston on the Green	Brize Norton ATC	124.280 A/G 133.650

If unable to establish contact outside times

*	London Information	124.750
**	London Information	124.600

LISTENING SQUAWKS (For SSR Operating Procedures see UK AIP ENR 1.6)

Birmingham	Code Monitor	0010	123.980	London City/Thames
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