

SOUTHERN ENGLAND & WALES

Frequency Reference Card - AIRAC 09/2025 (04 Sep 2025)

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					131.700	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	EKKK	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	129.405	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	125.650	133.850			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	EGKE				118.685	Northampton/Sywell	EGBK				122.705
Chichester/Goodwood	EGHR			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
Coventry	EGBE			123.830		Old Sarum	EGLS				129.905
Cranfield	EGTC	122.855	134.930			Old Warden	EGTH			130.705	130.705
Cranwell	EGYD	124.455(M)	125.055			Oxford	EGTK	125.090	133.430		
Crowfield	EGSO				122.775	Parham					124.965
Culdrose	EGDR	134.055(M)	122.100			Pembrey	EGFP				124.400
Damyns Hall	EGML				119.555	Perranporth	EGTP				119.755
Deanland	EGKL				129.730	Peterborough/Conington	EGSF				129.730
Denham	EGLD				130.730	Peterborough/Sibson	EGSP				120.330
Derby	EGBD				118.355	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	EGRK			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	122.405	Seething	EGSJ				118.435
Enstone	EGTN				129.880	Shacklwell 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	118.155
Farnborough	EGLF	133.440	122.780			Shoreham	EGKA	123.155	125.405		123.155
Fenland	EGCL				122.930	Silverstone Heliport	EGBV			123.330	130.280
Fleetlands	EGVF			135.705		Skegness					132.430
Fowlmere	EGMA				135.705	Skyports Heliport (London)					131.965
Gloucestershire	EGBJ	128.555	122.905			Sleep	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	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	EGKH				122.210	Welshpool	EGCW				128.005
Lee-on-Solent	EGHF			118.930		*Mona - Initial contact frequency refer to Valley					
Leicester	EGBG				122.130	**St Athan - Initial contact frequency refer to Cardiff					
Little Gransden	EGMJ				130.855	***Southampton/Solent - Initial contact frequency is 120.230					
*Fairford - Initial contact frequency refer to Brize Norton						****Upavon - Salisbury Information 122.755					
(M) = MATZ Crossing Frequency											

SOUTHERN ENGLAND & WALES

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AERODROME					INDICATOR RAD/APP		TWR	AFIS	A/G	SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUA AIS) continued	
West Wales/Aberporth					EGFA			122.155	122.155	*D207.....	HOLBEACH RANGE 122.755**
White Waltham					EGLM				122.605	*D208.....	LAKENHEATH ZONE 128.900MHz
Wickenby					EGNW				122.455	D213.....	COVENTRY INFORMATION 123.830MHz**
Wittering					EGXT	119.680(M)	127.980			D217A-K.....	LLANBEDR INFORMATION 118.930
Wolverhampton/ Halfpenny Green					EGBO			123.005		D218A-C.....	LONDON INFORMATION 124.750MHz
Wycombe Air Park/Booker					EGTB				126.555	*D304 & D314.....	MANCHESTER APP 118.580
Wytton					EGUY				126.855	*D307.....	DONNA NOOK RANGE 122.755**
Yeovil/Westland					EGHG	130.805	125.405			D324A & D324B.....	LONDON INFORMATION 124.600MHz
Yeovilton					EGDY	127.355(M)	120.805			OUTSIDE TIMES { * LONDON INFORMATION 124.750MHz	
(M) = MATZ Crossing Frequency					** LONDON INFORMATION 124.600MHz						
SPECIAL USE AREA CROSSING SERVICE (SUACS)											
D001.....					CULDROSE APP 134.055; Outside times SUA AIS 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					PEMBREY RANGE 122.755; Outside times LONDON INFORMATION 124.750MHz						
D118.....					BOSCOMBE DOWN ZONE 126.705						
D120, D122A-C.....					BOSCOMBE DOWN ZONE 126.705; Outside times						
*D123, *D124, *D125					LONDON INFORMATION 124.750MHz						
*D126, *D127 & *D128					OXFORD APP 125.090						
D129.....					BOSCOMBE DOWN ZONE 126.705						
D148.....					ABERPORTH RADAR 120.835MHz or WEST WALES RADAR 127.090						
D201A, D201B, *D201C, *D201D, D201F, D201G, *D201H, *D201J, D201K, D202A, D202B, D202C & D202D					HOLBEACH RANGE 122.755						
*D207.....					BRIZE RADAR 124.280						
D218A.....					BRIZE RADAR 124.280 below FL160; SWANWICK MIL 128.700MHz at/above FL160						
D218B.....					SWANWICK MIL 128.700MHz						
D218C.....					MARHAM ATC 124.155						
D220A & D220B.....					DONNA NOOK RANGE 122.755						
*D307.....					WADDINGTON ATC 119.505						
D324A & D324B.....											
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 ATSUOs LONDON INFO 124.750MHz/124.600MHz						
D037, D038, D039 & D040.....					LYDD APP 120.705**						
D044.....					EXETER APP 128.980MHz						
*D061.....					LONDON INFORMATION 124.750MHz						
D064B-C, D110, *D113A-B, *D115A-B & *D117					PEMBREY RANGE 122.755*						
D118.....					YEOVILTON APP 127.355*						
D119.....					BOSCOMBE DOWN ZONE 126.705						
D120, D122A-C.....					SALISBURY INFORMATION 122.755*						
*D123, *D124, *D125, *D126 & *D128					BOSCOMBE DOWN ZONE 126.705*						
*D127.....					BRIZE ZONE 119.005						
D129.....					FARNBOROUGH RAD 133.440MHz**						
*D130, *D132, D133-B, *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						
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						
(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							
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)											
		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				
Hawarden		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 09/2025 (04 Sep 2025).											
Updates to 1:500,000 Southern England & Wales are currently available at www.nats.aero/aifs/vfr_s_eng .											
Users are requested to refer corrections to this document to vfrcharts@nats.co.uk .											
											