

SOUTHERN ENGLAND & WALES

Frequency Reference Card - AIRAC 11/2025 (30 Oct 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	EGKK	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	EGKB	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	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	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											

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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 ** LONDON INFORMATION 124.600MHz	
(M) = MATZ Crossing Frequency											
SPECIAL USE AREA CROSSING SERVICE (SUACS)											
D001.....					CULDROSE APP 134.055; Outside times SUA AIS via LONDON INFO 124.750MHz					LOWER AIRSPACE RADAR SERVICE (LARS) (See UK AIP ENR 1.6)	
D003, D004, D006A-C, D007A-C, D008A-C, D009A & D009B					PLYMOUTH MIL 121.255; Outside times SWANWICK MIL via LONDON INFO 124.750MHz					Boscombe Down 126.705(M) Marham 124.155(M)	
D005A & D005B.....					CULDROSE APP 134.055; Outside times SWANWICK MIL via LONDON INFO 124.750MHz					Bournemouth 119.480 Newquay 133.405	
D012, D013, D014, D017, D021, D023, D031, D036.....					PLYMOUTH MIL 124.150MHz; Outside times SWANWICK MIL via LONDON INFO 124.750MHz					Brize Norton 124.280 Norwich 119.355	
D037, D038, D039, D040					PLYMOUTH MIL 124.150MHz; Outside times SWANWICK MIL via LONDON INFO 124.750MHz					Cardiff 119.155 Plymouth Mil West 121.255	
D118.....					PEMBREY RANGE 122.755; Outside times LONDON INFORMATION 124.750MHz					Coningsby 119.205(M) Plymouth Mil East 124.150	
D120, D122A-C.....					BOSCOMBE DOWN ZONE 126.705					Culdrose 134.055(M) Shawbury 133.155(M)	
*D123, *D124, *D125					BOSCOMBE DOWN ZONE 126.705; Outside times					East Midlands 134.180 Southend 130.780	
*D126, *D127 & *D128					LONDON INFORMATION 124.750MHz					Exeter 128.980 Valley 125.230(M)	
D129.....					OXFORD APP 125.090					Farnborough West 125.250 Waddington 119.505(M)	
D148.....					BOSCOMBE DOWN ZONE 126.705					Farnborough East 123.225 Yeovilton 127.355(M)	
D201A, D201B, *D201C, *D201D, D201F, D201G, *D201H, *D201J, D201K, D202A, D202B, D202C & D202D					ABERPORTH RADAR 120.835MHz or WEST WALES RADAR 127.090					(M) = MATZ Crossing Frequency	
*D207.....					HOLBEACH RANGE 122.755					UK FREE-FALL PARACHUTE DROP ZONE ACTIVITY	
D218A.....					BRIZE RADAR 124.280					DROP ZONE NATSU AD or Alt Freq.	
D218B.....					BRIZE RADAR 124.280 below FL160; SWANWICK MIL 128.700MHz at/above FL160					Beccles Norwich ATC 119.355** A/G 120.380	
D218C.....					SWANWICK MIL 128.700MHz					Boscombe Down Boscombe Down ATC 126.705 TWR 130.755	
D220A & D220B.....					MARHAM ATC 124.155					Chalgrove Benson ATC 120.905* A/G 125.410	
*D307.....					DONNA NOOK RANGE 122.755					Chatteris London Control 124.600 A/G 129.905	
D324A & D324B.....					WADDINGTON ATC 119.505					Dunkeswell Exeter ATC 128.980* A/G 129.905 or 123.480	
SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUA AIS)										Hinton-in-the-Hedges Brize Norton ATC 124.280 A/G 119.455 or 129.905	
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					Keovil Brize Norton ATC 124.280	
D005A & D005B.....					SWANWICK MIL via LONDON INFO 124.750MHz					Lanar East Midlands ATC 134.180** A/G 122.240	
*D026.....					PLYMOUTH MIL 124.150MHz					Lashenden/Headcorn Headcorn Radio 122.210	
D036.....					LONDON INFO 124.750MHz/124.600MHz or SOUTHAMPTON or JERSEY ATSU					Llanbedr Valley Radar 125.230* A/G 118.930	
D037, D038, D039 & D040.....					LONDON INFO 124.750MHz/124.600MHz					Netheravon Netheravon DZ 128.305	
*D044.....					LYDD APP 120.705**					Old Sarum London Control 124.750 A/G 129.905	
D061.....					EXETER APP 128.980MHz					Perranporth Newquay ATC 133.405 A/G 119.755	
D064B-C, D110, *D113A-B, *D115A-B & *D117					LONDON INFORMATION 124.750MHz					Peterborough/Sibson Marham ATC 124.155** A/G 129.905 or 120.330	
D118.....					PEMBREY RANGE 122.755*					South Cerney Brize Norton ATC 124.280 A/G 129.905	
D119.....					YEOVILTON APP 127.355*					Swansea Cardiff ATC 119.155* A/G 129.905	
D120, D122A-C.....					BOSCOMBE DOWN ZONE 126.705					Tilstock Shawbury ATC 133.155 A/G 118.100	
*D123, *D124, *D125, *D126 & *D128					SALISBURY INFORMATION 122.755*					Weston on the Green Brize Norton ATC 124.280 A/G 133.650	
D127.....					BOSCOMBE DOWN ZONE 126.705					If unable to establish contact outside times { * London Information 124.750 ** London Information 124.600	
D129.....					BRIZE ZONE 119.005					LISTENING SQUAWKS (For SSR Operating Procedures see UK AIP ENR 1.6)	
*D130, *D132, D133-B.....					FARNBOROUGH RAD 133.440MHz**					Code Monitor	
*D136, *D138A, D138B, *D138C & *D138D					SOUTHEND APP 130.780**					Birmingham 0010 123.980 London City/Thames 0012 132.700	
*D139.....					LONDON INFORMATION 124.600MHz					Bournemouth 0011 119.480 London Gatwick 7012 126.825	
*D141.....					LYDD APP 120.705**					Bristol 5077 125.650 London Luton 0013 129.550	
D147, D148 *D203, D211 & D216.....					LONDON INFORMATION 124.750MHz					Brize Norton 3727 124.280 London Stansted 7013 120.625	
D201A, D201B, *D201C, *D201D, D201F, D201G, *D201H, *D201J, D201K, D202A-D					WEST WALES INFORMATION 122.155					Cardiff 3636 119.155 Manchester 7366 118.580	
D220A, D220B & D305.....					LONDON INFORMATION 124.600MHz					East Midlands 4572 134.180 Norwich 7350 119.355	
OUTSIDE TIMES { * LONDON INFORMATION 124.750MHz ** LONDON INFORMATION 124.600MHz										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 11/2025 (30 Oct 2025).											
Updates to 1:500,000 Southern England & Wales are currently available at www.nats.aero/ais/vfr_s_eng .											
Users are requested to refer corrections to this document to vfrcharts@nats.co.uk .											
											
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