SOUTHERN ENGLAND & WALES
Frequency Reference Card - AIRAC 11/2026 (29 Oct 2026)

AERODROME	INDICATOR	RAD/APP	TWR	AFIS	A/G
Alderney	EGJA		125.355		
Almondsbury Heli					131.560
Andrewsfield	EGSL				130.555
Badminton					123.180
Barkston Heath	EGYE	124.455(M)	120.430		
Beccles	EGSM				120.380
Bedford	EGBF				119.030
Bembridge	EGHJ				123.255
Benson	EGUB	120.905(M)	127.155		
Bicester					118.390
Biggin Hill	EGKB	134.805	134.805		
Birmingham	EGBB	123.980	118.305		
Blackbushe	EGLK			122.305	122.305
Bodmin	EGLA				120.330
Boscombe Down	EGDM	126.705(M)	130.755		
Bournemouth	EGHH	119.480	125.605		125.605
Brimpton	EGLP				135.130
Bristol	EGGD	125.655	133.855		
Brize Norton	EGVN	119.005(M)	123.730		
Caernarfon	EGCK				122.255
Cambridge	EGSC	120.965	125.905		
Cardiff	EGFF	119.155	133.105		
Cardiff Tremorfa	EGFC				120.655
Chalgrove	EGLJ				125.410
Challock	EGKE				118.685
Chichester/Goodwood	EGHR			122.455	122.455
Clacton	EGSQ				118.155
Clench Common					119.305
Compton Abbas	EGHA				122.710
Coningsby	EGXC	119.205(M)	124.680		
Cosford	EGWC	135.880	128.655		
Cranfield	EGTC	122.855	134.930		
Cranwell	EGYD	124.455(M)	125.055		
Crowfield	EGSO				122.775
Culdrose	EGDR	134.055(M)	122.100		
Damyns Hall	EGML				119.555
Deanland	EGKL				129.730
Denham	EGLD				130.730
Derby	EGBD				118.355
Dunkeswell	EGTU				123.480
Dunsfold	EGTD				119.105
Dunstable Downs					119.905
Duxford	EGSU			122.080	122.080
Eaglescott	EGHU				123.010
Earls Colne	EGSR				122.430
East Midlands	EGNX	134.180	124.005		
Elstree	EGTR			122.405	122.405
Enstone	EGTN				129.880
Exeter	EGTE	128.980	119.805		
Fairford*	EGVA		124.800		
Fairoaks	EGTF				123.430
Farnborough	EGLF	133.440	122.780		
Fenland	EGCL				122.930
Fleetlands	EGVF			135.705	
Fowlmere	EGMA				135.705
Gloucestershire	EGBJ	128.555	122.905		
Gransden Lodge					131.280
Great Oakley					123.205
Grove Farm					130.430
Guernsey	EGJB	128.655	119.955		
Halton	EGWN				130.430
Haverfordwest	EGFE				123.605
Hawarden	EGNR	120.055	124.955		
Henstridge	EGHS				130.255
Honington	EGXH				124.105
Husbands Bosworth					127.580
Isle of Wight/Sandown	EGHN				119.280
Jersey	EGJJ	120.305	119.455		
Keevil	EGDK				130.290
Kemble	EGBP			118.430	
Kenley	EGKN				119.760
Kittyhawk	EGKF				118.265
Lakenheath	EGUL	128.900(M)	122.100		
Land's End	EGHC		120.255		
Lasham	EGHL				131.030
Lashenden/Headcorn	EGKH				122.210
Lee-on-Solent	EGHF			118.930	
Leicester	EGBG				122.130
Little Gransden	EGMJ				130.855
Little Rissington	EGVL				120.780
Little Snoring					118.130
Liverpool	EGGP	119.855	126.355		
Llanbedr	EGFD				118.930
London City	EGLC	132.700	118.080		
London Gatwick	EGKK	126.825	124.230		
London Heathrow	EGLL	119.730	118.505		
London Heliport	EGLW		134.280		
London Luton	EGGW	129.550	132.555		
London Stansted	EGSS	120.625	123.805		
Lydd	EGMD	120.705	119.380		
Manchester	EGCC	118.580	118.630		
Manchester/Barton	EGCB			120.255	
Manston Heli					119.930
Marham	EGYM	124.155(M)	118.330		
Merryfield	EGDI		122.100		
Middle Wallop	EGVP	123.300	118.605		
Mildenhall	EGUN		122.550		
Mona*	EGOQ		119.180	118.955	
Nantclwyd					130.380
Netheravon	EGDN			128.305	128.305
Netherthorpe	EGNF				123.280
Newquay	EGHQ	133.405	134.380		
North Weald	EGSX				123.530
Northampton/Sywell	EGBK				122.705
Northolt	EGWU	126.450	120.680		
Norwich	EGSH	119.355	124.255		
Nottingham	EGBN				134.880
Oaksey Park	EGTW				132.230
Odiham	EGVO	131.305(M)	119.230		
Old Buckenham	EGSV				124.405
Old Sarum	EGLS				129.905
Old Warden	EGTH			130.705	130.705
Oxford	EGTK	125.090	133.430		
Parham					124.965
Pembrey	EGFP				124.400
Perranporth	EGTP				119.755
Peterborough/Conington	EGSF				129.730
Peterborough/Sibson	EGSP				120.330
Popham	EGHP				129.805
Portland Heliport	EGDP				122.130
Predannack	EGDO	134.055	122.100		
Redhill	EGKR		119.605		
Retford Gamston	EGNE				130.480
Rochester	EGTO			122.255	
St Athan**	EGSY		122.865		
Scilly Isles/St Marys	EGHE	124.880	124.880		124.880
Seething	EGSJ				118.435
Shacklewell Lodge					128.380
Shawbury	EGOS	133.155M)	122.100		
Shipdham	EGSA				132.255
Shobdon	EGBS			118.155	118.155
Shoreham	EGKA	123.155	125.405		123.155
Silverstone Heliport	EGBV		123.330		130.280
Skegness					132.430
Skyports Heliport (London)					131.965
Sleap	EGCV				122.455
Southampton	EGHI	120.230	118.205		
Southend	EGMC	130.780	127.730		
Stapleford	EGSG				122.805
Stow Maries					118.980
Sturgate	EGCS				130.305
Swansea	EGFH				119.705
Syerston	EGXY				128.530
Tatenhill	EGBM				124.080
Tern Hill	EGOE		122.100		
Thruxton	EGHO				118.280
Tilstock	EGCT				118.105
Tresco	EGHT				118.205
Turweston	EGBT				122.180
Upavon***	EGDJ				124.105
Valley	EGOV	125.230(M)	122.100		
Waddington	EGXW	119.505(M)	121.305		
Wattisham	EGUW	125.805	118.210		125.805
Wellesbourne Mountford	EGBW			124.030	
Welshpool	EGCW				128.005
West Wales/Aberporth	EGFA			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		

*Fairford - Initial contact frequency refer to Brize Norton
*Mona - Initial contact frequency refer to Valley
**St Athan - Initial contact frequency refer to Cardiff
***Upavon - Salisbury Information 122.755

(M) = MATZ Crossing Frequency

SOUTHERN ENGLAND & WALES
Frequency Reference Card - AIRAC 11/2026 (29 Oct 2026)

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, D037, D038, D039, D040	PLYMOUTH MIL 124.155; Outside times 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, ✻D126, ✻D127 & ✻D128	BOSCOMBE DOWN ZONE 126.705; Outside times 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 FL180; SWANWICK MIL 128.700MHz at/above 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 (SUAAIS)

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 124.155*
D036	LONDON INFO 124.750MHz/124.600MHz or SOUTHAMPTON or JERSEY ATSUs
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*
D120, D122A-C	BOSCOMBE DOWN ZONE 126.705
✻D123, ✻D124, ✻D125, ✻D126 & ✻D128	SALISBURY INFORMATION 122.755*
✻D127	BOSCOMBE DOWN ZONE 126.705*
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
D220A, D220B & D305	LONDON INFORMATION 124.600MHz

OUTSIDE TIMES
* LONDON INFORMATION 124.750MHz
** LONDON INFORMATION 124.600MHz

SPECIAL USE AREA ACTIVITY INFORMATION SERVICE (SUAAIS) continued

✻D207	HOLBEACH RANGE 122.755**
✻D208	LAKENHEATH ZONE 128.900MHz
D213	LONDON INFORMATION 124.600MHz
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	124.155
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
Keevil	Brize Norton ATC	124.280	A/G	130.290
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	120.090

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	125.655	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 11/2026 (29 Oct 2026).

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*.

NATS

Civil Aviation Authority

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