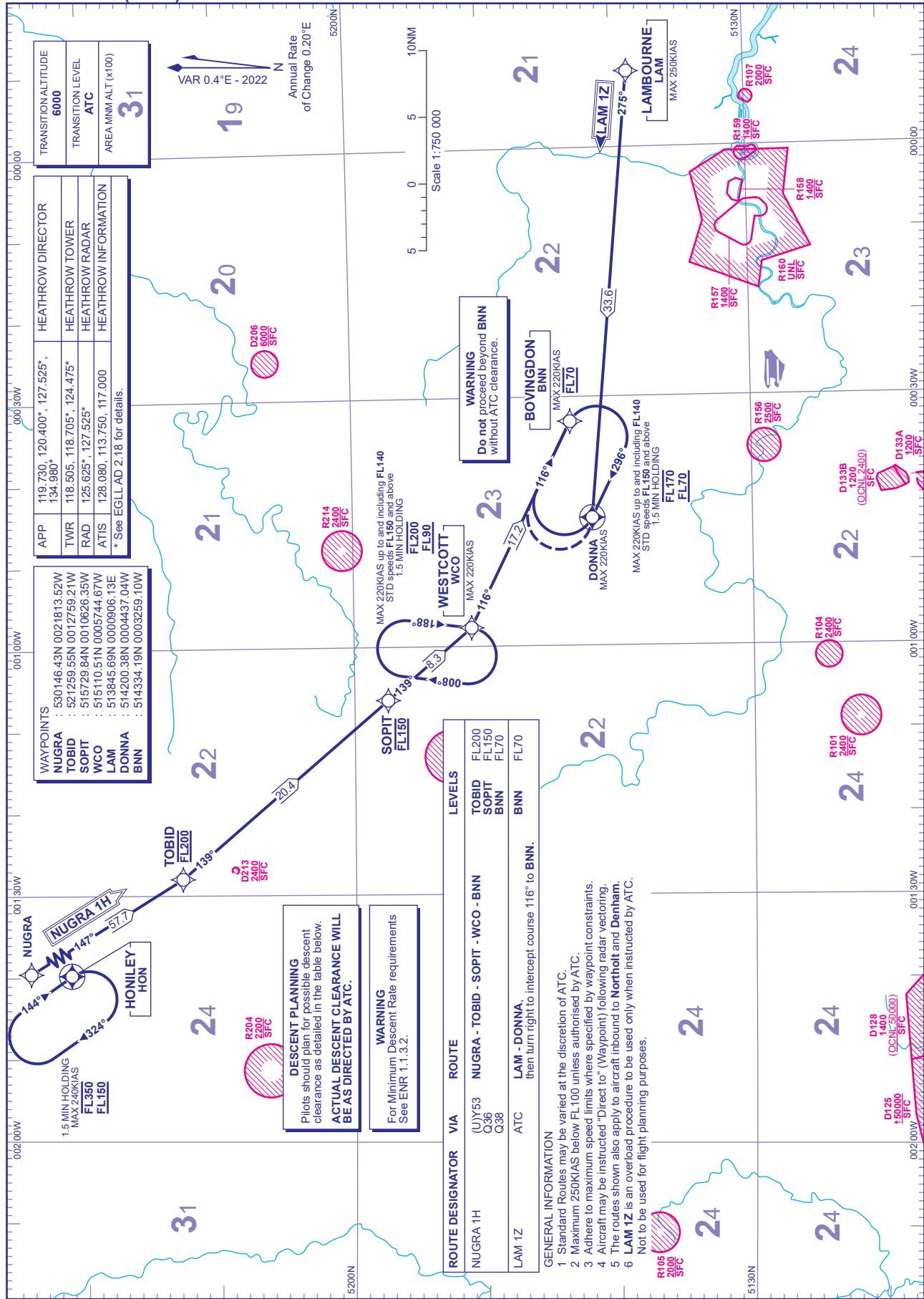


ENR5 (DME/DME or GNSS) STANDARD ARRIVAL CHART - INSTRUMENT (STAR) - ICAO

DISTANCES IN NAUTICAL MILES
TRACKS ARE MAGNETIC
ALTITUDES AND ELEVATIONS ARE IN FEET

**LONDON HEATHROW
NUGRA 1H LAM 1Z**



TRANSITION ALTITUDE	6000
TRANSITION LEVEL	ATC
AREA MNM ALT (x100)	31

HEATHROW DIRECTOR	HEATHROW TOWER	HEATHROW RADAR	HEATHROW INFORMATION
APP 119.730, 120.400*, 127.525*, 134.980*	TWR 118.505, 118.705*, 124.475*	RAD 125.625*, 127.525*	
	ATIS 128.080, 113.750, 117.000		

* See EGLL AD 2.18 for details.

WAYPOINTS	530146.43N 0021813.52W
NUGRA	521259.55N 0012759.21W
TOBID	515729.84N 0010626.35W
SOPIT	515110.51N 0005744.67W
WCO	513845.69N 0000906.13E
DONNA	514200.38N 0004437.04W
BNN	514334.19N 0003259.10W

DESCENT PLANNING
Pilots should plan for possible descent clearance as detailed in the table below.
ACTUAL DESCENT CLEARANCE WILL BE AS DIRECTED BY ATC.

WARNING
For Minimum Descent Rate requirements See ENR 1.1.3.2.

ROUTE DESIGNATOR	VIA	ROUTE	LEVELS
NUGRA 1H	(UJ)53 Q38 Q38	NUGRA - TOBID - SOPIT - WCO - BNN	FL200 FL150 FL70
LAM 1Z	ATC	LAM - DONNA, then turn right to intercept course 116° to BNN.	BNN FL70

- GENERAL INFORMATION**
- Standard Routes may be varied at the discretion of ATC.
 - Maximum 250KIAS below FL100 unless authorised by ATC.
 - Adhere to maximum speed limits where specified by waypoint constraints.
 - Aircraft may be instructed "Direct to" (Waypoint) following radar vectoring.
 - The routes shown also apply to aircraft inbound to **Northolt** and **Denham**.
 - LAM 1Z** is an overflight procedure to be used only when instructed by ATC. Not to be used for flight planning purposes.

CHANGE (4/23): AREA MNM ALT FIGURE REVISED.

AERO INFO DATE 24 JAN 23

AD 2-EGLL-74