CHANGE (4/23): AREA MNM ALT FIGURE REVISED.
AERO INFO DATE 24 JAN 23

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

* See EGLL AD 2.18 for details.

TRANSITION ALTITUDE **6000**

TRANSITION LEVEL **ATC**

AREA MNM ALT (x100) **37**

FITBO
FL180

FITBO 1H

135°
FL290
FL180
STD speeds
315°

107°

50.5

R204
2200
SFC

D213
2400
SFC

D206
6000
SFC

R214
2400
SFC

SOPIT
FL150

139°

8.3

188°

008°

WESTCOTT
WCO
MAX 220KIAS

116°

17.2

MAX 220KIAS up to and including **FL140**
STD speeds **FL150** and above
FL200
FL90

D129
FL120
SFC

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 para 3.2.

WARNING
Do not proceed beyond **BNN** without ATC clearance.

BOVINGDON
BNN
FL70
MAX 220KIAS

116°

296°

MAX 220KIAS up to and including **FL140**
STD speeds **FL150** and above
FL170
FL70

R154
2000
SFC

R155
2000
SFC

R105
2000
SFC

WAYPOINTS

FITBO	: 521308.55N 0022412.55W
SOPIT	: 515729.84N 0010626.35W
WCO	: 515110.51N 0005744.67W
BNN	: 514334.19N 0003259.10W

5 0 5 10NM
Scale 1:650 000

VAR 0.4°E - 2022
N
Annual Rate of Change 0.20°E

ROUTE DESIGNATOR	VIA	ROUTE	LEVELS
FITBO 1H	Y125	**FITBO - SOPIT - WCO - BNN**	**FITBO** FL180 **SOPIT** FL150 **BNN** FL70

GENERAL INFORMATION
1 Standard Routes may be varied at the discretion of ATC.
2 Adhere to maximum speed limits where specified by waypoint constraints.
3 Maximum 250KIAS below FL100 unless authorised by ATC.
4 Aircraft may be instructed "Direct to" (waypoint) following radar vectoring.
5 FITBO 1H. Not available for flight planning.

R156
2500
SFC

002 30W 002 00W 001 30W 001 00W 000 30W
5200N
5130N

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