



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 OCK without ATC clearance.

HEATHROW DIRECTOR	APP 119.730, 120.400*, 127.525*, 134.980*
HEATHROW TOWER	TWR 118.505, 118.705*, 124.475*
HEATHROW RADAR	RAD 125.625*, 127.525*
HEATHROW INFORMATION	ATIS 128.080, 113.750, 117.000
* See EGLL AD 2.18 for details.	

Scale 1:750 000

10NM

WAYPOINTS
SIRIC : 512036.17N 0018358.89W
NIGIT : 511846.96N 0011014.71W
LLW03 : 511832.83N 0004556.94W
OCK : 511818.17N 0002649.86W

TRANSITION ALTITUDE	6000
TRANSITION LEVEL	ATC
AREA MIM ALT (x100)	37

ROUTE DESIGNATOR	VIA	ROUTE	LEVELS
SIRIC 1H	P2	SIRIC - NIGIT - LLW03 - OCK	SIRIC FL140 OCK FL70

- GENERAL INFORMATION**
- Standard Routes may be varied at the discretion of ATC.
 - Adhere to maximum speed limits where specified by waypoint constraints.
 - Maximum 250KIAS below FL100 unless authorised by ATC.
 - Aircraft may be instructed "Direct to" (waypoint) following radar vectoring.
 - The routes shown also apply to aircraft inbound to Northolt and Denham.
 - During periods of congestion in the London TMA, traffic may be routed to BIG hold via OCK 1Z RNAV5 STAR as directed by ATC. Not to be used for flight planning purposes.