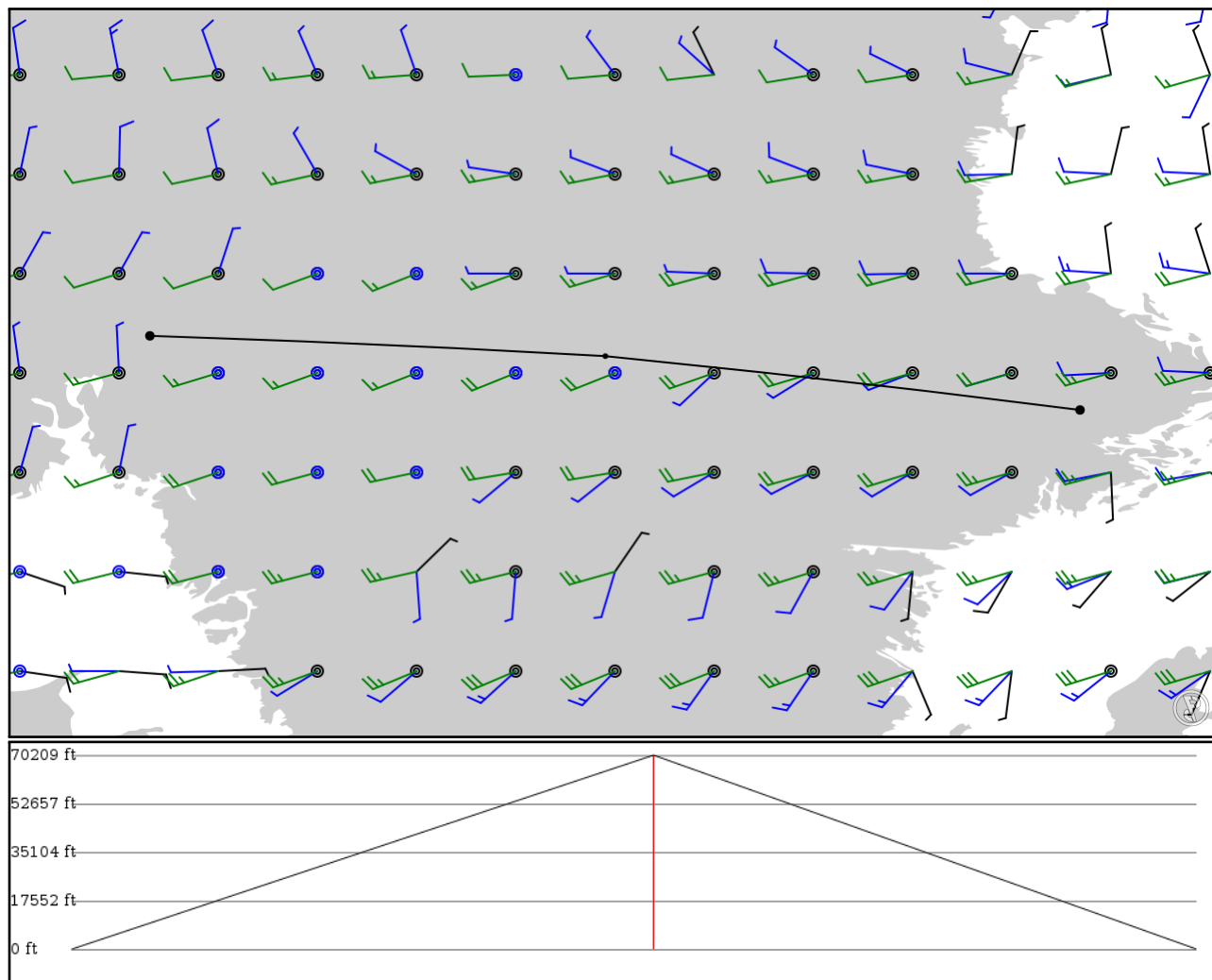


2024/05/07 0114Z

ESSA LEGPO ENGM

207.91 nm / 385.04 km



Notes

Basic altitude profile:

- Ascent Rate: 2500ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 35000ft
- Cruise Speed: 420kts
- Descent Rate: 1500ft/min
- Descent Speed: 250kts

Options:

- Use NATs: yes
- Use PACOTS: yes
- Use low airways: yes
- Use high airways: yes

Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
ESSA	-	59.65190	0 ft	-	Stockholm Arlanda
APT	-	17.91860	0 m		
LEGPO	-	60.04610	21,400 ft	107	-
FIX	-	14.43830	6,523 m		
ENGM	-	60.19450	0 ft	100	Oslo Gardermoen
APT	-	11.09890	0 m		

ESSA

Region: SWEDEN
Timezone: EUROPE/STOCKHOLM
Runways: 3

Elevation: 138 ft / 42 m
Location: 59.651900 17.918600
Magnetic Var: 7.120 E

METAR

ESSA 070050Z 33008KT CAVOK M01/M03 Q1018 NOSIG

TAF

TAF ESSA 062330Z 0700/0724 35009KT CAVOK

Frequencies

REC - 119.00 MHz - ATIS	REC - 121.62 MHz - ATIS
APP - 123.75 MHz - STOCKHOLM CONTROL APPROACH	APP - 120.15 MHz - STOCKHOLM CONTROL APPROACH
APP - 126.65 MHz - STOCKHOLM CONTROL APPROACH	DEP - 123.75 MHz - STOCKHOLM CONTROL DEPARTURE
DEP - 120.15 MHz - STOCKHOLM CONTROL DEPARTURE	DEP - 126.65 MHz - STOCKHOLM CONTROL DEPARTURE
TWR - 118.50 MHz - ARLANDA TOWER	TWR - 125.12 MHz - ARLANDA TOWER
TWR - 128.72 MHz - ARLANDA TOWER	TWR - 123.10 MHz - ARLANDA TOWER
GND - 121.70 MHz - ARLANDA GROUND	GND - 121.97 MHz - ARLANDA GROUND
GND - 121.92 MHz - ARLANDA GROUND	CLD - 121.82 MHz - CLEARANCE DELIVERY

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
01L	148 ft	10,817 ft	10.38	ASPHALT	0 ft	154 ft
	45 m	3,297 m	3.26		0 m	47 m
19R	148 ft	10,817 ft	190.38	ASPHALT	0 ft	164 ft
	45 m	3,297 m	183.26		0 m	50 m
01R	148 ft	8,151 ft	10.38	ASPHALT	0 ft	223 ft
	45 m	2,484 m	3.26		0 m	68 m
19L	148 ft	8,151 ft	190.38	ASPHALT	0 ft	0 ft
	45 m	2,484 m	183.26		0 m	0 m
08	148 ft	8,180 ft	75.84	ASPHALT	0 ft	161 ft
	45 m	2,493 m	68.72		0 m	49 m
26	148 ft	8,180 ft	255.88	ASPHALT	0 ft	161 ft
	45 m	2,493 m	248.76		0 m	49 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
01L	LOC-ILS	SSA	109.90 MHz	18 nm	10.38	-	138 ft
				33 km	3.26		138 m
01R	LOC-ILS	TSA	109.35 MHz	18 nm	10.38	-	138 ft
				33 km	3.26		138 m
19L	LOC-ILS	USA	111.35 MHz	18 nm	190.38	-	138 ft
				33 km	183.26		138 m
19R	LOC-ILS	NSA	110.70 MHz	18 nm	190.38	-	138 ft
				33 km	183.26		138 m
26	LOC-ILS	ESA	110.10 MHz	18 nm	255.86	-	138 ft
				33 km	248.74		138 m
08	LOC-LOC	WSA	109.55 MHz	18 nm	75.86	-	138 ft
				33 km	68.74		138 m
01L	GS	SSA	109.90 MHz	10 nm	10.38	3.00	138 ft
				19 km	3.26		138 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
01R	GS	TSA	109.35 MHz	10 nm	10.38	3.00	138 ft
				19 km	3.26		138 m
19L	GS	USA	111.35 MHz	10 nm	190.38	3.00	138 ft
				19 km	183.26		138 m
19R	GS	NSA	110.70 MHz	10 nm	190.38	3.00	138 ft
				19 km	183.26		138 m
26	GS	ESA	110.10 MHz	10 nm	255.86	3.00	138 ft
				19 km	248.74		138 m

ENGM

Region: NORWAY
Timezone: EUROPE/OSLO
Runways: 2

Elevation: 681 ft / 208 m
Location: 60.194500 11.098900
Magnetic Var: 4.479 E

METAR

ENGM 070050Z 06002KT 9999 -RA FEW013 OVC040 06/02 Q1019

TAF

TAF ENGM 062300Z 0700/0724 07005KT 9999 BKN040 BECMG 0707/0709 18010KT PROB40 TEMPO 0714/0719 BKN030 FEW040CB

Frequencies

REC - 126.12 MHz - GARDERMOEN ARRIVAL INFORMATION
CLD - 121.67 MHz - GARDERMOEN DELIVERY WEST
GND - 121.75 MHz - GARDERMOEN GROUND
GND - 121.90 MHz - GARDERMOEN GROUND EAST
TWR - 120.10 MHz - GARDERMOEN TOWER
APP - 120.45 MHz - OSLO APPROACH

REC - 127.15 MHz - GARDERMOEN DEPARTURE INFORMATION
CLD - 121.92 MHz - GARDERMOEN DELIVERY EAST
GND - 121.60 MHz - GARDERMOEN GROUND WEST
TWR - 118.30 MHz - GARDERMOEN TOWER
APP - 118.47 MHz - OSLO APPROACH

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
01R	148 ft	9,664 ft	16.01	ASPHALT	0 ft	486 ft
	45 m	2,946 m	11.53		0 m	148 m
19L	148 ft	9,664 ft	196.02	ASPHALT	0 ft	489 ft
	45 m	2,946 m	191.54		0 m	149 m
01L	148 ft	11,797 ft	15.99	ASPHALT	0 ft	423 ft
	45 m	3,596 m	11.51		0 m	129 m
19R	148 ft	11,797 ft	196.01	ASPHALT	0 ft	486 ft
	45 m	3,596 m	191.53		0 m	148 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
01L	DME	OBW	110.30 MHz	18 nm	-	-	709 ft
				33 km	-		709 m
01R	DME	ONE	111.95 MHz	18 nm	-	-	723 ft
				33 km	-		723 m
19L	DME	GME	110.55 MHz	18 nm	-	-	729 ft
				33 km	-		729 m
19R	DME	GSW	111.30 MHz	18 nm	-	-	727 ft
				33 km	-		727 m
01L	LOC-ILS	OBW	110.30 MHz	18 nm	16.00	-	681 ft
				33 km	11.52		681 m
01R	LOC-ILS	ONE	111.95 MHz	18 nm	16.04	-	681 ft
				33 km	11.56		681 m
19L	LOC-ILS	GME	110.55 MHz	18 nm	196.04	-	681 ft
				33 km	191.56		681 m
19R	LOC-ILS	GSW	111.30 MHz	18 nm	196.00	-	681 ft
				33 km	191.52		681 m
01L	GS	OBW	110.30 MHz	10 nm	16.00	3.00	681 ft
				19 km	11.52		681 m
01R	GS	ONE	111.95 MHz	10 nm	16.04	3.00	681 ft
				19 km	11.56		681 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
19L	GS	GME	110.55 MHz	10 nm	196.04	3.00	681 ft
				19 km	191.56		681 m
19R	GS	GSW	111.30 MHz	10 nm	196.00	3.00	681 ft
				19 km	191.52		681 m