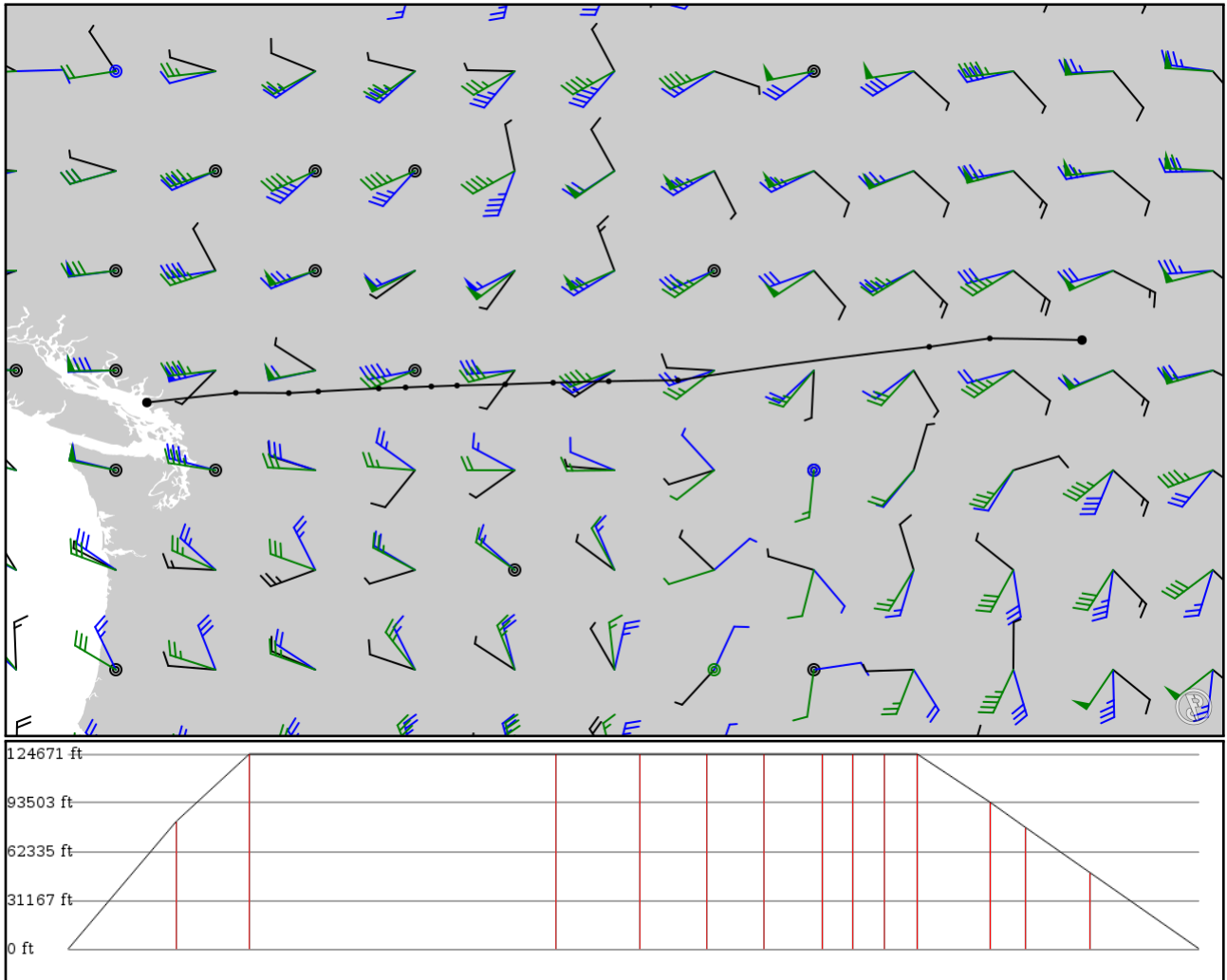


2024/05/06 0754Z

CYQR MEGEX **V300** YYN **T628** YQL **V300** YXC **J500** HE CYVR

724.99 nm / 1342.68 km



Notes

Basic altitude profile:

- Ascent Rate: 2500ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 38000ft
- 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
CYQR	-	50.43070	0 ft	-	Regina
APT	-	-104.66500	0 m		
MEGEX	-	50.46410	24,900 ft	69	-
FIX	-	-106.49100	7,590 m		
YYN	V300	50.29700	38,000 ft	47	SWIFT CURRENT
VOR	AWY-LO	-107.69100	11,582 m		
YQL	T628	49.63440	38,000 ft	196	LETHBRIDGE
VOR	AWY-LO	-112.66800	11,582 m		
COWLE	V300	49.61470	38,000 ft	53	-
FIX	AWY-LO	-114.03800	11,582 m		
FIRNI	V300	49.58670	38,000 ft	42	-
FIX	AWY-LO	-115.13900	11,582 m		
YXC	V300	49.55430	38,000 ft	37	CRANBROOK
VOR	AWY-LO	-116.08800	11,582 m		
ERVYN	J500	49.53000	38,000 ft	37	-
FIX	AWY-HI	-117.04200	11,582 m		
LOCAN	J500	49.51240	38,000 ft	19	-
FIX	AWY-HI	-117.55200	11,582 m		
DASBI	J500	49.49330	38,000 ft	19	-
FIX	AWY-HI	-118.06200	11,582 m		
SENSA	J500	49.47320	38,000 ft	20	-
FIX	AWY-HI	-118.59200	11,582 m		
EMETO	J500	49.41330	28,600 ft	46	-
FIX	AWY-HI	-119.79100	8,717 m		
YDC	J500	49.38150	23,700 ft	22	PRINCETON
VOR	AWY-HI	-120.37400	7,224 m		
HE	J500	49.38640	14,900 ft	41	HOPE
NDB	AWY-HI	-121.42400	4,542 m		
CYVR	-	49.19400	0 ft	69	Vancouver
APT	-	-123.18500	0 m		

CYQR

Region: CANADA
Timezone: AMERICA/REGINA
Runways: 2

Elevation: 1,895 ft / 578 m
Location: 50.430700 -104.665000
Magnetic Var: 8.129 E

METAR

CYQR 060700Z 12022G29KT 15SM FEW058 OVC140 14/05 A2959 RMK SC1AC7 SLP029 DENSITY ALT 2600FT

TAF

TAF CYQR 060540Z 0606/0706 12015G25KT P6SM FEW080 BKN200 FM060800 12015G25KT P6SM SCT060 BKN140 FM061200 12020G30

Frequencies

REC - 127.00 MHz - ATIS
TWR - 118.60 MHz - REGINA TOWER
APP - 123.80 MHz - WINNIPEG CENTRE
APP - 126.70 MHz - WINNIPEG CENTRE
GND - 121.90 MHz - REGINA GROUND
APP - 120.10 MHz - WINNIPEG CENTRE
APP - 123.55 MHz - WINNIPEG CENTRE

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
13	150 ft	7,903 ft	138.05	ASPHALT	0 ft	95 ft
	46 m	2,409 m	129.92		0 m	29 m
31	150 ft	7,903 ft	318.07	ASPHALT	0 ft	92 ft
	46 m	2,409 m	309.94		0 m	28 m
08	150 ft	6,192 ft	89.97	ASPHALT	0 ft	13 ft
	46 m	1,887 m	81.84		0 m	4 m
26	150 ft	6,192 ft	269.99	ASPHALT	0 ft	92 ft
	46 m	1,887 m	261.86		0 m	28 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
13	LOC-ILS	IQR	109.50 MHz	18 nm	138.08	-	1,894 ft
				33 km	129.95		1,894 m
13	GS	IQR	109.50 MHz	10 nm	138.08	3.00	1,894 ft
				19 km	129.95		1,894 m

CYVR

Region: CANADA

Timezone: AMERICA/VANCOUVER

Runways: 3

Elevation: 13 ft / 4 m

Location: 49.194000 -123.185000

Magnetic Var: 15.270 E

METAR

CYVR 060700Z 10006KT 20SM BKN064 OVC093 10/07 A2977 RMK SC6AC2 SLP083

TAF

TAF CYVR 060540Z 0606/0712 20012KT P6SM SCT050 BKN100 TEMPO 0606/0609 P6SM -SHRA BKN050 OVC100 FM060900 20012KT P

Frequencies

REC - 124.60 MHz - ATIS

GND - 121.70 MHz - VANCOUVER GROUND

TWR - 118.70 MHz - VANCOUVER TOWER

APP - 128.60 MHz - VANCOUVER APPROACH

DEP - 126.12 MHz - VANCOUVER DEPARTURE

CLD - 121.40 MHz - CLEARANCE DELIVERY

GND - 127.50 MHz - VANCOUVER GROUND

TWR - 119.55 MHz - VANCOUVER TOWER

APP - 133.10 MHz - VANCOUVER APPROACH

DEP - 132.30 MHz - VANCOUVER DEPARTURE

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
08R	200 ft	10,777 ft	99.88	ASPHALT	0 ft	0 ft
	61 m	3,285 m	84.61		0 m	0 m
26L	200 ft	10,777 ft	279.91	ASPHALT	0 ft	0 ft
	61 m	3,285 m	264.64		0 m	0 m
13	200 ft	7,294 ft	141.92	ASPHALT	0 ft	0 ft
	61 m	2,223 m	126.65		0 m	0 m
31	200 ft	7,294 ft	321.93	ASPHALT	0 ft	0 ft
	61 m	2,223 m	306.66		0 m	0 m
08L	200 ft	9,916 ft	99.89	CONCRETE	0 ft	0 ft
	61 m	3,022 m	84.62		0 m	0 m
26R	200 ft	9,916 ft	279.92	CONCRETE	0 ft	0 ft
	61 m	3,022 m	264.65		0 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
08L	DME	ITL	110.55 MHz	18 nm	-	-	1 ft
				33 km	-		1 m
08R	DME	IVR	109.50 MHz	18 nm	-	-	4 ft
				33 km	-		4 m
26L	DME	IFZ	111.95 MHz	20 nm	-	-	10 ft
				37 km	-		10 m
26R	DME	IRD	110.70 MHz	20 nm	-	-	10 ft
				37 km	-		10 m
08L	LOC-ILS	ITL	110.55 MHz	18 nm	99.90	-	13 ft
				33 km	84.63		13 m
08R	LOC-ILS	IVR	109.50 MHz	18 nm	99.89	-	13 ft
				33 km	84.62		13 m
13	LOC-ILS	IMK	111.10 MHz	18 nm	141.93	-	13 ft
				33 km	126.66		13 m
26L	LOC-ILS	IFZ	110.70 MHz	18 nm	279.89	-	13 ft
				33 km	264.62		13 m
26R	LOC-ILS	IRD	111.95 MHz	18 nm	279.90	-	13 ft

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
				33 km	264.63		13 m
08L	GS	ITL	110.55 MHz	10 nm	99.90	3.00	13 ft
				19 km	84.63		13 m
08R	GS	IVR	109.50 MHz	10 nm	99.89	3.00	13 ft
				19 km	84.62		13 m
13	GS	IMK	111.10 MHz	10 nm	141.93	3.00	13 ft
				19 km	126.66		13 m
26L	GS	IFZ	110.70 MHz	10 nm	279.89	3.00	13 ft
				19 km	264.62		13 m
26R	GS	IRD	111.95 MHz	10 nm	279.90	3.00	13 ft
				19 km	264.63		13 m