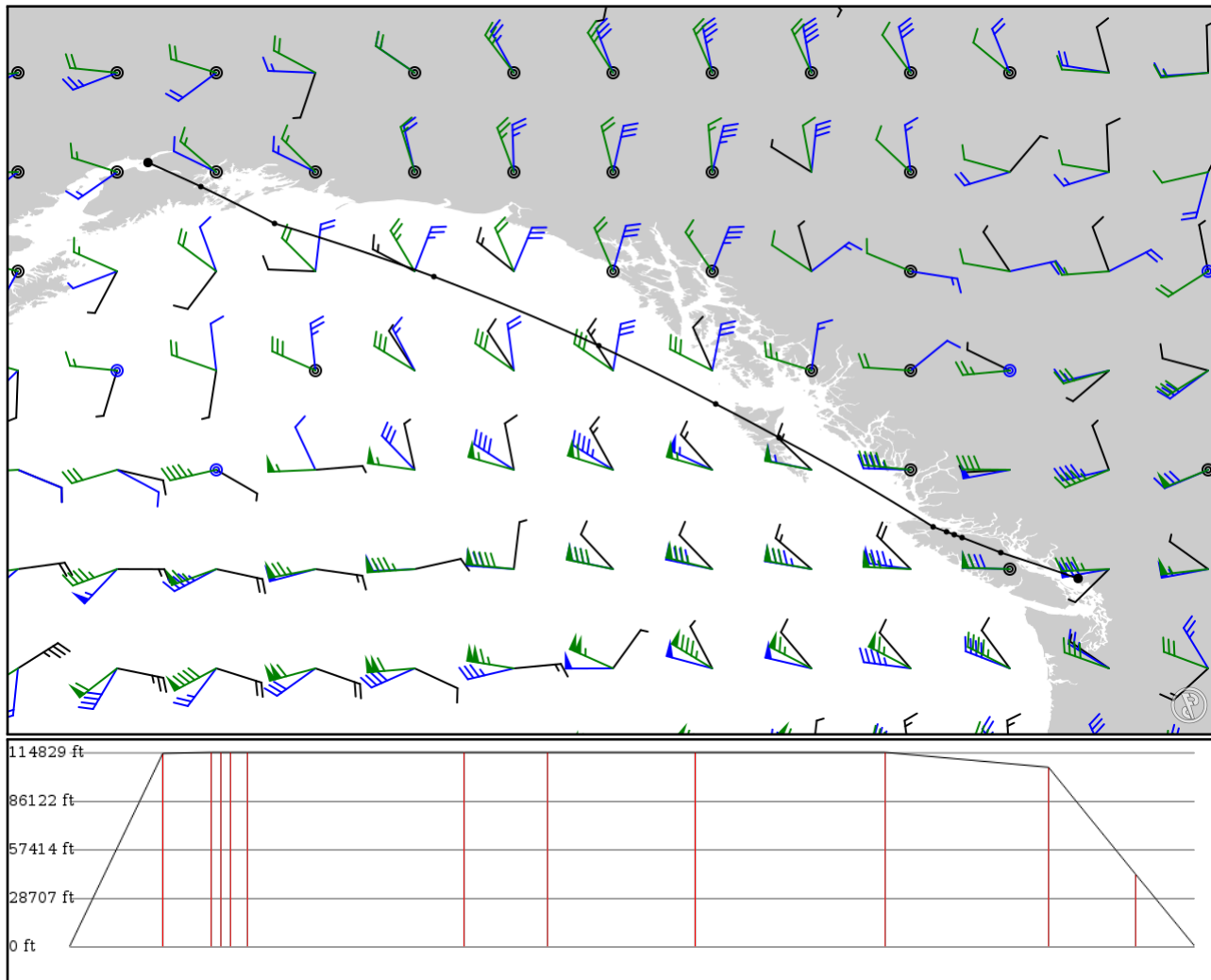


2024/06/05 0504Z

CYVR COHOE **V317** YZT **J523** YZP **TR19** FRIED **J804R** NOWEL PANC

1168.84 nm / 2164.70 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
CYVR	-	49.19400	0 ft	-	Vancouver
APT	-	-123.18500	0 m		
COHOE	-	49.94060	34,800 ft	97	-
FIX	-	-125.41400	10,607 m		
ATUNA	V317	50.37320	35,000 ft	50	-
FIX	AWY-LO	-126.53100	10,668 m		
FENEL	V317	50.45780	35,000 ft	9	-
FIX	AWY-LO	-126.75600	10,668 m		
CORMO	V317	50.54250	35,000 ft	9	-
FIX	AWY-LO	-126.98000	10,668 m		
YZT	V317	50.68410	35,000 ft	16	PORT HARDY
VOR	AWY-LO	-127.36500	10,668 m		
YZP	J523	53.25220	35,000 ft	225	SANDSPIT
VOR	AWY-HI	-131.80700	10,668 m		
FRIED	TR19	54.22190	35,000 ft	87	-
FIX	AWY-HI	-133.63200	10,668 m		
EEDEN	J804R	55.89960	35,000 ft	153	-
FIX	AWY-HI	-137.00200	10,668 m		
SNOUT	J804R	57.89070	35,000 ft	196	-
FIX	AWY-HI	-141.75500	10,668 m		
MDO	J804R	59.42180	32,300 ft	170	MIDDLETON ISLAND
VOR	AWY-HI	-146.35000	9,845 m		
NOWEL	J804R	60.48390	13,000 ft	90	-
FIX	AWY-HI	-148.47500	3,962 m		
PANC	-	61.17430	0 ft	60	Ted Stevens Anchorage Intl
APT	-	-149.99800	0 m		

## CYVR

Region: CANADA  
Timezone: AMERICA/VANCOUVER  
Runways: 3

Elevation: 13 ft / 4 m  
Location: 49.194000 -123.185000  
Magnetic Var: 15.257 E

## METAR

CYVR 050400Z 21008KT 20SM FEW045 FEW085 12/08 A3000 RMK SC1AC1 AC TR TCU EMBED SLP160

## TAF

TAF CYVR 050240Z 0503/0606 23010KT P6SM SCT050 TEMPO 0507/0512 BKN050 BECMG 0510/0512 10008KT FM051200 10008KT P6

## Frequencies

REC - 124.60 MHz - ATIS	CLD - 121.40 MHz - CLEARANCE DELIVERY
GND - 121.70 MHz - VANCOUVER GROUND	GND - 127.50 MHz - VANCOUVER GROUND
TWR - 118.70 MHz - VANCOUVER TOWER	TWR - 119.55 MHz - VANCOUVER TOWER
APP - 128.60 MHz - VANCOUVER APPROACH	APP - 133.10 MHz - VANCOUVER APPROACH
DEP - 126.12 MHz - VANCOUVER DEPARTURE	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	84.62		0 m	0 m
26L	200 ft	10,777 ft	279.91	ASPHALT	0 ft	0 ft
	61 m	3,285 m	264.65		0 m	0 m
13	200 ft	7,294 ft	141.92	ASPHALT	0 ft	0 ft
	61 m	2,223 m	126.66		0 m	0 m
31	200 ft	7,294 ft	321.93	ASPHALT	0 ft	0 ft
	61 m	2,223 m	306.68		0 m	0 m
08L	200 ft	9,916 ft	99.89	CONCRETE	0 ft	0 ft
	61 m	3,022 m	84.63		0 m	0 m
26R	200 ft	9,916 ft	279.92	CONCRETE	0 ft	0 ft
	61 m	3,022 m	264.66		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	84.64		13 m
08R	LOC-ILS	IVR	109.50 MHz	18 nm	99.89	-	13 ft
				33 km	84.63		13 m
13	LOC-ILS	IMK	111.10 MHz	18 nm	141.93	-	13 ft
				33 km	126.67		13 m
26L	LOC-ILS	IFZ	110.70 MHz	18 nm	279.89	-	13 ft
				33 km	264.63		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	264.64		13 m
08L	GS	ITL	110.55 MHz	10 nm	99.90	3.00	13 ft
				19 km	84.64		13 m
08R	GS	IVR	109.50 MHz	10 nm	99.89	3.00	13 ft
				19 km	84.63		13 m
13	GS	IMK	111.10 MHz	10 nm	141.93	3.00	13 ft
				19 km	126.67		13 m
26L	GS	IFZ	110.70 MHz	10 nm	279.89	3.00	13 ft
				19 km	264.63		13 m
26R	GS	IRD	111.95 MHz	10 nm	279.90	3.00	13 ft
				19 km	264.64		13 m

## PANC

Region: USA (ALASKA)

Timezone: AMERICA/ANCHORAGE

Runways: 3

Elevation: 151 ft / 46 m

Location: 61.174300 -149.998000

Magnetic Var: 14.000 E

## METAR

PANC 050353Z 25008KT 10SM FEW050 BKN200 16/06 A2925

## TAF

PANC 042328Z 0500/0606 27008KT P6SM FEW040 SCT200 FM050600 18008KT P6SM SCT100 BKN200 FM051200 15008KT P6SM -RA S

## Frequencies

REC - 135.50 MHz - D-ATIS

GND - 121.90 MHz - ANCHORAGE GROUND

CLD - 119.40 MHz - CLEARANCE DELIVERY

APP - 118.60 MHz - ANCHORAGE APPROACH

APP - 123.80 MHz - ANCHORAGE APPROACH

DEP - 118.60 MHz - ANCHORAGE DEPARTURE

DEP - 123.80 MHz - ANCHORAGE DEPARTURE

COM - 122.95 MHz - UNICOM

TWR - 118.30 MHz - ANCHORAGE TOWER

CLD - 128.65 MHz - CLEARANCE DELIVERY

APP - 119.10 MHz - ANCHORAGE APPROACH

APP - 126.40 MHz - ANCHORAGE APPROACH

DEP - 119.10 MHz - ANCHORAGE DEPARTURE

DEP - 126.40 MHz - ANCHORAGE DEPARTURE

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
07R	200 ft	12,357 ft	89.84	ASPHALT	0 ft	0 ft
	61 m	3,767 m	75.84		0 m	0 m
25L	200 ft	12,357 ft	269.90	ASPHALT	0 ft	194 ft
	61 m	3,767 m	255.90		0 m	59 m
07L	150 ft	10,566 ft	89.88	ASPHALT	0 ft	387 ft
	46 m	3,221 m	75.88		0 m	118 m
25R	150 ft	10,566 ft	269.93	ASPHALT	0 ft	387 ft
	46 m	3,221 m	255.93		0 m	118 m
15	200 ft	10,847 ft	164.89	ASPHALT	0 ft	397 ft
	61 m	3,306 m	150.89		0 m	121 m
33	200 ft	10,847 ft	344.90	ASPHALT	463 ft	236 ft
	61 m	3,306 m	330.90		141 m	72 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
07L	DME	ITGN	109.90 MHz	18 nm	-	-	152 ft
				33 km	-		152 m
07R	DME	IANC	111.30 MHz	18 nm	-	-	152 ft
				33 km	-		152 m
15	DME	IBSC	111.75 MHz	18 nm	-	-	152 ft
				33 km	-		152 m
07L	LOC-ILS	ITGN	109.90 MHz	18 nm	89.90	-	151 ft
				33 km	75.90		151 m
07R	LOC-ILS	IANC	111.30 MHz	18 nm	89.87	-	151 ft
				33 km	75.87		151 m
15	LOC-ILS	IBSC	111.75 MHz	18 nm	164.90	-	151 ft
				33 km	150.90		151 m
07L	GS	ITGN	109.90 MHz	10 nm	89.90	3.00	151 ft
				19 km	75.90		151 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
07R	GS	IANC	111.30 MHz	10 nm	89.87	3.00	151 ft
				19 km	75.87		151 m
15	GS	IBSC	111.75 MHz	10 nm	164.90	3.00	151 ft
				19 km	150.90		151 m