

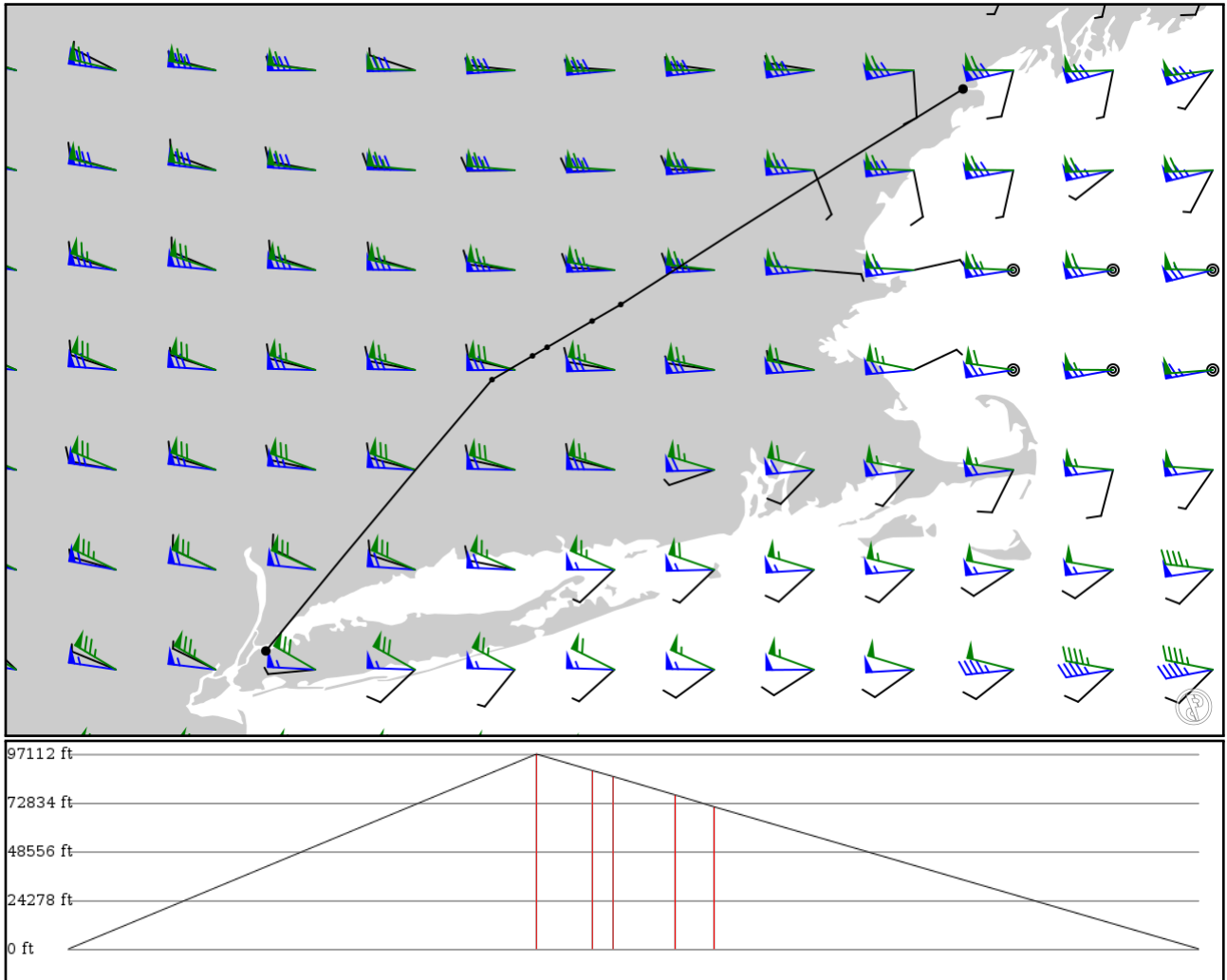
KLGA
La Guardia

KPWM
Portland International Jetport

2024/05/08 0419Z

KLGA BAF **V106** GDM KPWM

236.56 nm / 438.11 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
KLGA APT	-	40.77720 -73.87260	0 ft 0 m	-	La Guardia
BAF VOR	-	42.16200 -72.71620	29,600 ft 9,022 m	98	BARNES (WESTFIELD/SPRINGFIELD)
FAIDS FIX	V106 AWY-LO	42.28350 -72.50940	27,100 ft 8,260 m	11	-
PUDGY FIX	V106 AWY-LO	42.32740 -72.43450	26,200 ft 7,986 m	4	-
LAPEL FIX	V106 AWY-LO	42.46140 -72.20440	23,400 ft 7,132 m	12	-
GDM VOR	V106 AWY-LO	42.54590 -72.05820	21,600 ft 6,584 m	8	GARDNER
KPWM APT	-	43.64570 -70.30830	0 ft 0 m	101	Portland International Jetport

KLGA

Region: UNITED STATES
Timezone: AMERICA/NEW_YORK
Runways: 2

Elevation: 21 ft / 6 m
Location: 40.777200 -73.872600
Magnetic Var: 12.802 W

METAR

KLGA 080351Z 19007KT 10SM FEW070 BKN200 BKN250 18/10 A2972 RMK A02 SLP063 T01830100 \$

TAF

KLGA 080230Z 0803/0906 17007KT P6SM FEW060 BKN250 FM080900 16006KT 5SM -SHRA BR BKN009 OVC015 TEMPO 0810/0814 3SM

Frequencies

REC - 125.95 MHz - ATIS ARRIVAL	REC - 127.05 MHz - ATIS DEPARTURE
TWR - 118.70 MHz - LAGUARDIA TOWER	GND - 121.70 MHz - LAGUARDIA GROUND
GND - 121.85 MHz - LAGUARDIA GROUND	GND - 127.67 MHz - LAGUARDIA GROUND
CLD - 121.87 MHz - LAGUARDIA CLEARANCE	CLD - 135.20 MHz - LAGUARDIA CLEARANCE
COM - 122.95 MHz - LAGUARDIA UNICOM	APP - 132.70 MHz - NEW YORK APPROACH
APP - 120.05 MHz - NEW YORK APPROACH	APP - 120.80 MHz - NEW YORK APPROACH
APP - 124.95 MHz - NEW YORK APPROACH	APP - 127.30 MHz - NEW YORK APPROACH
APP - 128.80 MHz - NEW YORK APPROACH	DEP - 120.40 MHz - NEW YORK DEPARTURE
DEP - 124.45 MHz - NEW YORK DEPARTURE	DEP - 127.05 MHz - NEW YORK DEPARTURE

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
04	150 ft	7,006 ft	32.03	ASPHALT	0 ft	322 ft
	46 m	2,135 m	44.83		0 m	98 m
22	150 ft	7,006 ft	212.04	ASPHALT	0 ft	98 ft
	46 m	2,135 m	224.84		0 m	30 m
13	150 ft	6,994 ft	122.24	ASPHALT	0 ft	95 ft
	46 m	2,132 m	135.04		0 m	29 m
31	150 ft	6,994 ft	302.25	ASPHALT	0 ft	374 ft
	46 m	2,132 m	315.06		0 m	114 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
13	DME	IGDI	108.50 MHz	18 nm	-	-	22 ft
				33 km	-		22 m
31	DME	IPZV	108.50 MHz	18 nm	-	-	22 ft
				33 km	-		22 m
04	LOC-ILS	ILGA	110.50 MHz	18 nm	32.04	-	21 ft
				33 km	44.84		21 m
13	LOC-ILS	IGDI	108.50 MHz	18 nm	122.25	-	21 ft
				33 km	135.05		21 m
22	LOC-ILS	IURD	110.50 MHz	18 nm	212.04	-	21 ft
				33 km	224.84		21 m
31	LOC-LOC	IPZV	108.50 MHz	18 nm	302.25	-	21 ft
				33 km	315.05		21 m
04	GS	ILGA	110.50 MHz	10 nm	32.04	3.10	21 ft
				19 km	44.84		21 m
13	GS	IGDI	108.50 MHz	10 nm	122.25	3.10	21 ft
				19 km	135.05		21 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
22	GS	IURD	110.50 MHz	10 nm	212.04	3.00	21 ft
				19 km	224.84		21 m

KPWM

Region: UNITED STATES
Timezone: AMERICA/NEW_YORK
Runways: 2

Elevation: 75 ft / 23 m
Location: 43.645700 -70.308300
Magnetic Var: 14.813 W

METAR

KPWM 080351Z 00000KT 10SM CLR 12/09 A2972 RMK A02 SLP064 T01170089 \$

TAF

KPWM 072339Z 0800/0824 VRB04KT P6SM BKN250 FM081400 07009KT 6SM -SHRA OVC025 FM081800 09009KT 3SM -SHRA BR OVC005

Frequencies

COM - 120.90 MHz - CTAF	COM - 122.95 MHz - UNICOM
REC - 119.05 MHz - ATIS	GND - 121.90 MHz - PORTLAND GROUND
TWR - 120.90 MHz - PORTLAND TOWER	APP - 119.75 MHz - PORTLAND APPROACH
APP - 125.50 MHz - PORTLAND APPROACH	APP - 132.40 MHz - BOSTON ARTCC APPROACH
DEP - 119.75 MHz - PORTLAND DEPARTURE	DEP - 125.50 MHz - PORTLAND DEPARTURE
DEP - 132.40 MHz - BOSTON ARTCC DEPARTURE	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
11	150 ft	7,207 ft	95.32	ASPHALT	0 ft	180 ft
	46 m	2,197 m	110.14		0 m	55 m
29	150 ft	7,207 ft	275.34	ASPHALT	0 ft	190 ft
	46 m	2,197 m	290.15		0 m	58 m
18	150 ft	6,106 ft	163.27	ASPHALT	449 ft	0 ft
	46 m	1,861 m	178.08		137 m	0 m
36	150 ft	6,106 ft	343.27	ASPHALT	499 ft	0 ft
	46 m	1,861 m	358.09		152 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
11	DME	IPWM	109.90 MHz	18 nm	-	-	78 ft
				33 km	-		78 m
29	DME	IGCS	109.90 MHz	18 nm	-	-	36 ft
				33 km	-		36 m
11	LOC-ILS	IPWM	109.90 MHz	18 nm	95.33	-	75 ft
				33 km	110.14		75 m
29	LOC-ILS	IGCS	109.90 MHz	18 nm	275.33	-	77 ft
				33 km	290.14		77 m
11	GS	IPWM	109.90 MHz	10 nm	95.33	3.00	75 ft
				19 km	110.14		75 m
29	GS	IGCS	109.90 MHz	10 nm	275.33	3.00	77 ft
				19 km	290.14		77 m