

KOAK

Metro Oakland Intl

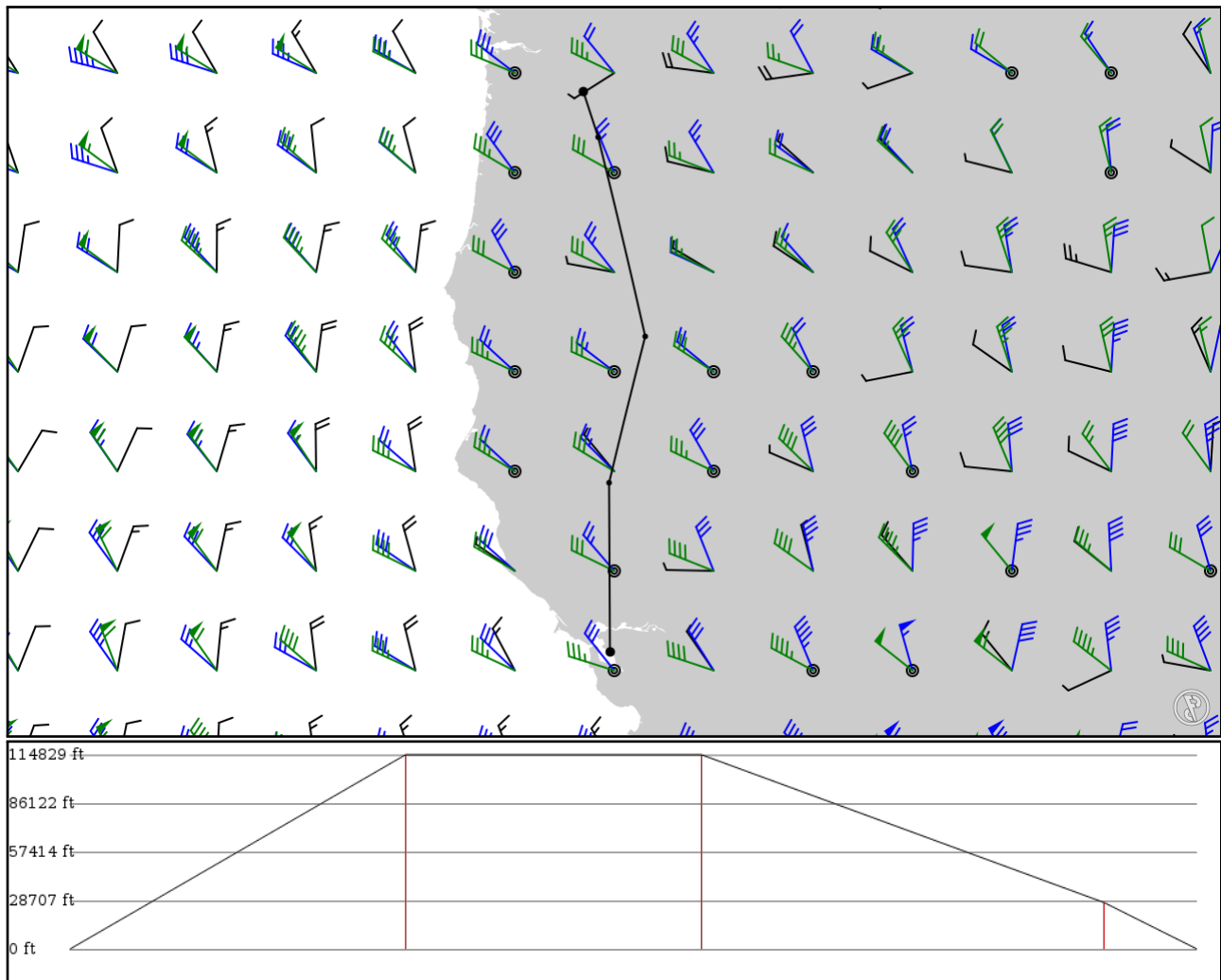
KPDX

Portland Intl

2024/05/03 0449Z

KOAK OAK J1 RBL J65 LMT J189 HRMNS KPDX

477.99 nm / 885.23 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
KOAK APT	-	37.72500 -122.22000	0 ft 0 m	-	Metro Oakland Intl
OAK VOR	-	37.72590 -122.22400	0 ft 0 m	0	OAKLAND
RBL VOR	J1 AWY-HI	40.09890 -122.23600	35,000 ft 10,668 m	142	RED BLUFF
LMT VOR	J65 AWY-HI	42.15310 -121.72800	35,000 ft 10,668 m	125	KLAMATH FALLS
HRMNS FIX	J189 AWY-HI	44.94940 -122.39000	8,400 ft 2,560 m	170	-
KPDX APT	-	45.58870 -122.59800	0 ft 0 m	39	Portland Intl

KOAK

Region: UNITED STATES
Timezone: AMERICA/LOS_ANGELES
Runways: 4

Elevation: 8 ft / 2 m
Location: 37.725000 -122.220000
Magnetic Var: 12.843 E

METAR

KOAK 030353Z 27007KT 10SM FEW008 FEW200 14/12 A2996 RMK A02 SLP146 T01440122

TAF

KOAK 022323Z 0300/0406 28015G22KT P6SM SKC FM030600 31008KT P6SM FEW015 FM032100 27014G24KT P6SM SKC FM040400 270

Frequencies

REC - 133.77 MHz - OAKLAND ATIS	COM - 122.95 MHz - OAKLAND UNICOM
CLD - 121.10 MHz - OAKLAND CLEARANCE DELIVERY	GND - 121.90 MHz - OAKLAND GROUND NORTH
GND - 121.75 MHz - OAKLAND GROUND SOUTH	TWR - 118.30 MHz - OAKLAND TOWER NORTH
TWR - 127.20 MHz - OAKLAND TOWER SOUTH	TWR - 124.90 MHz - OAKLAND TOWER SOUTH
APP - 125.35 MHz - NORCAL APPROACH	APP - 128.32 MHz - NORCAL APPROACH EAST
APP - 135.10 MHz - NORCAL APPROACH EAST	APP - 133.95 MHz - NORCAL APPROACH WEST
APP - 134.50 MHz - NORCAL APPROACH WEST	DEP - 120.90 MHz - NORCAL DEPARTURE NORTH WEST
DEP - 135.10 MHz - NORCAL DEPARTURE WEST	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
12	150 ft	10,530 ft	130.11	ASPHALT	0 ft	397 ft
	46 m	3,210 m	117.27		0 m	121 m
30	150 ft	10,530 ft	310.13	ASPHALT	128 ft	397 ft
	46 m	3,210 m	297.28		39 m	121 m
10R	150 ft	6,219 ft	112.25	ASPHALT	0 ft	774 ft
	46 m	1,896 m	99.41		0 m	236 m
28L	150 ft	6,219 ft	292.27	ASPHALT	0 ft	390 ft
	46 m	1,896 m	279.42		0 m	119 m
10L	150 ft	5,463 ft	112.24	ASPHALT	0 ft	390 ft
	46 m	1,665 m	99.40		0 m	119 m
28R	150 ft	5,463 ft	292.25	ASPHALT	0 ft	259 ft
	46 m	1,665 m	279.41		0 m	79 m
15	75 ft	3,379 ft	164.48	ASPHALT	0 ft	0 ft
	23 m	1,030 m	151.64		0 m	0 m
33	75 ft	3,379 ft	344.48	ASPHALT	0 ft	0 ft
	23 m	1,030 m	331.64		0 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
12	LOC-ILS	IAAZ	111.90 MHz	18 nm	130.11	-	8 ft
				33 km	117.27		8 m
28R	LOC-ILS	IOAK	109.90 MHz	18 nm	292.25	-	8 ft
				33 km	279.41		8 m
30	LOC-ILS	IINB	108.70 MHz	18 nm	310.11	-	8 ft
				33 km	297.27		8 m
12	GS	IAAZ	111.90 MHz	10 nm	130.11	2.75	8 ft
				19 km	117.27		8 m
28R	GS	IOAK	109.90 MHz	10 nm	292.25	3.00	8 ft
				19 km	279.41		8 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
30	GS	IINB	108.70 MHz	10 nm	310.11	3.00	8 ft
				19 km	297.27		8 m

KPDX

Region: UNITED STATES
Timezone: AMERICA/LOS_ANGELES
Runways: 3

Elevation: 31 ft / 9 m
Location: 45.588700 -122.598000
Magnetic Var: 14.456 E

METAR

KPDX 030353Z 09007KT 10SM FEW045 FEW100 FEW160 12/08 A3007 RMK A02 SLP181 CB DSNT NW T01220078 \$

TAF

KPDX 030249Z 0303/0324 12005KT P6SM BKN080 FM031300 14007KT P6SM SCT025 OVC070

Frequencies

REC - 128.35 MHz - D-ATIS	COM - 122.95 MHz - PORTLAND UNICOM
GND - 121.90 MHz - PORTLAND GROUND	GND - 132.27 MHz - PORTLAND GROUND
TWR - 118.70 MHz - PORTLAND TOWER	TWR - 123.77 MHz - PORTLAND TOWER
CLD - 120.12 MHz - PORTLAND CLEARANCE DELIVERY	DEP - 118.10 MHz - PORTLAND DEPARTURE
DEP - 124.35 MHz - PORTLAND DEPARTURE	DEP - 127.85 MHz - PORTLAND DEPARTURE
APP - 118.10 MHz - PORTLAND APPROACH	APP - 124.35 MHz - PORTLAND APPROACH
APP - 126.90 MHz - PORTLAND APPROACH	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
10L	150 ft	9,810 ft	119.09	ASPHALT	1,296 ft	397 ft
	46 m	2,990 m	104.64		395 m	121 m
28R	150 ft	9,810 ft	299.12	ASPHALT	538 ft	400 ft
	46 m	2,990 m	284.66		164 m	122 m
10R	150 ft	10,981 ft	119.08	CONCRETE	0 ft	397 ft
	46 m	3,347 m	104.62		0 m	121 m
28L	150 ft	10,981 ft	299.10	CONCRETE	0 ft	400 ft
	46 m	3,347 m	284.65		0 m	122 m
03	150 ft	5,994 ft	44.92	ASPHALT	0 ft	0 ft
	46 m	1,827 m	30.47		0 m	0 m
21	150 ft	5,994 ft	224.94	ASPHALT	0 ft	0 ft
	46 m	1,827 m	210.48		0 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
10L	DME	IVDG	111.30 MHz	18 nm	-	-	45 ft
				33 km	-		45 m
10R	DME	IPDX	110.50 MHz	18 nm	-	-	36 ft
				33 km	-		36 m
21	DME	IGPO	108.90 MHz	18 nm	-	-	33 ft
				33 km	-		33 m
28L	DME	IJMJ	110.50 MHz	18 nm	-	-	36 ft
				33 km	-		36 m
28R	DME	IIAP	111.30 MHz	18 nm	-	-	45 ft
				33 km	-		45 m
10L	LOC-ILS	IVDG	111.30 MHz	18 nm	119.12	-	30 ft
				33 km	104.67		30 m
10R	LOC-ILS	IPDX	110.50 MHz	18 nm	119.09	-	30 ft
				33 km	104.63		30 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
28L	LOC-ILS	IJMJ	110.50 MHz	18 nm	299.09	-	30 ft
				33 km	284.63		30 m
28R	LOC-ILS	IIAP	111.30 MHz	18 nm	299.11	-	30 ft
				33 km	284.65		30 m
21	LOC-LOC	IGPO	108.90 MHz	18 nm	224.93	-	30 ft
				33 km	210.47		30 m
10L	GS	IVDG	111.30 MHz	10 nm	119.11	3.00	30 ft
				19 km	104.65		30 m
10R	GS	IPDX	110.50 MHz	10 nm	119.09	3.00	30 ft
				19 km	104.63		30 m
28L	GS	IJMJ	110.50 MHz	10 nm	299.09	3.00	30 ft
				19 km	284.63		30 m
28R	GS	IIAP	111.30 MHz	10 nm	299.11	3.00	30 ft
				19 km	284.65		30 m