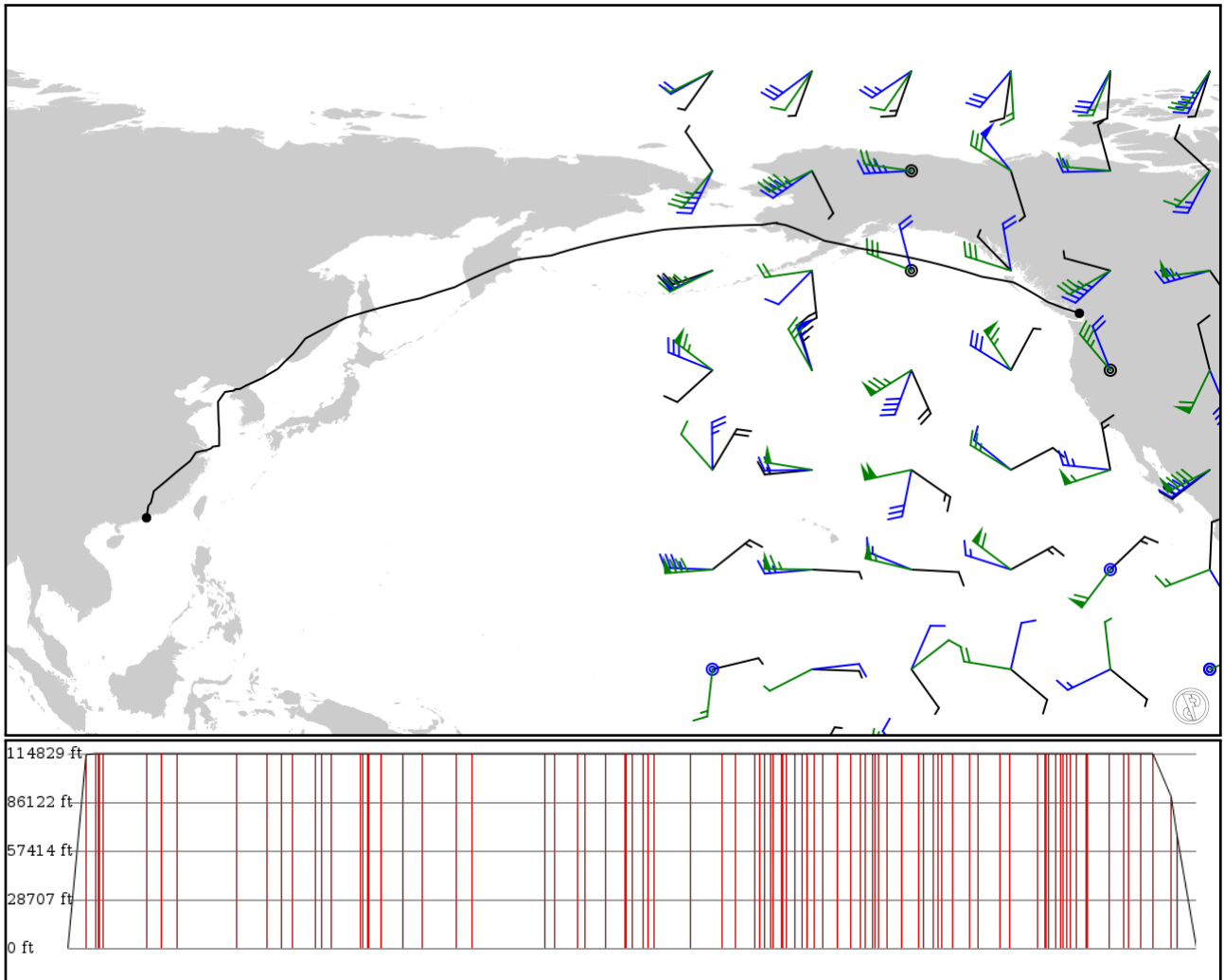


2024/06/06 0739Z

CYVR COHOE **V317** YZT **J523** YZP **TR18** KATCH **B757** CJAYY **J123** BET **V319** ARSEN NOSHO **R220** NEONN **G349**  
MARCC **G583** BALUB **B804** UK **B241** NAMUL **R968** DITOR **B962** TD **B355** KICHA **R452** GK **W1** PONIL DONVO **A326**  
SURAK **G455** MATNU **W115** PINOT **W11** PUD **A599** JTN JTN **A599** PLT **W19** BILAT VHHH

5803.46 nm / 10748.00 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		
KALTS	TR18	53.62170	35,000 ft	74	-
FIX	AWY-HI	-133.80500	10,668 m		
KATCH	TR18	54.00000	35,000 ft	81	-
FIX	AWY-HI	-136.00000	10,668 m		
HMPTN	B757	56.19440	35,000 ft	304	-
FIX	AWY-HI	-144.00200	10,668 m		
GRIZZ	B757	57.11490	35,000 ft	158	-
FIX	AWY-HI	-148.50200	10,668 m		
CJAYY	B757	57.46410	35,000 ft	69	-
FIX	AWY-HI	-150.53100	10,668 m		
ODK	J123	57.77500	35,000 ft	61	KODIAK
VOR	AWY-HI	-152.34000	10,668 m		
KOKOZ	J123	58.51830	35,000 ft	115	-
FIX	AWY-HI	-155.70900	10,668 m		
AKN	J123	58.72470	35,000 ft	34	KING SALMON
VOR	AWY-HI	-156.75200	10,668 m		
KOWOK	J123	59.20870	35,000 ft	44	-
FIX	AWY-HI	-157.84800	10,668 m		
BET	J123	60.78480	35,000 ft	152	BETHEL
VOR	AWY-HI	-161.82400	10,668 m		
ROLLR	V319	60.85640	35,000 ft	11	-
FIX	AWY-LO	-162.20600	10,668 m		
ARSEN	V319	61.01900	35,000 ft	27	-
FIX	AWY-LO	-163.10200	10,668 m		
NOSHO	-	61.11670	35,000 ft	6	-
FIX	-	-163.00000	10,668 m		
NEONN	R220	60.82200	35,000 ft	61	-
FIX	AWY-HI	-165.01000	10,668 m		
PALIN	G349	60.73850	35,000 ft	109	-
FIX	AWY-HI	-168.73800	10,668 m		
KIVAK	G349	60.58330	35,000 ft	98	-
FIX	AWY-HI	-172.08300	10,668 m		
MARCC	G349	60.19330	35,000 ft	173	-
FIX	AWY-HI	-177.89300	10,668 m		
BESAT	G583	59.75000	35,000 ft	85	-
FIX	AWY-HI	179.41800	10,668 m		
NILAR	G583	57.19250	35,000 ft	375	-
FIX	AWY-HI	168.50000	10,668 m		
BALUB	G583	56.79750	35,000 ft	47	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	AWY-HI	167.24300	10,668 m		
MURTA	B804	56.36920	35,000 ft	119	-
FIX	AWY-HI	163.72000	10,668 m		
UK	B804	56.22390	35,000 ft	35	UST-KAMCHATSK
NDB	AWY-HI	162.68800	10,668 m		
GITRU	B241	55.21640	35,000 ft	106	-
FIX	AWY-HI	160.11000	10,668 m		
GEBTA	B241	54.22860	35,000 ft	99	-
FIX	AWY-HI	157.82100	10,668 m		
ODIPA	B241	54.10780	35,000 ft	11	-
FIX	AWY-HI	157.55600	10,668 m		
LE TSA	B241	53.84610	35,000 ft	25	-
FIX	AWY-HI	156.98700	10,668 m		
INRUK	B241	53.23500	35,000 ft	58	-
FIX	AWY-HI	155.71200	10,668 m		
MAPEG	B241	52.93670	35,000 ft	28	-
FIX	AWY-HI	155.11300	10,668 m		
NAMUL	B241	52.63830	35,000 ft	27	-
FIX	AWY-HI	154.52800	10,668 m		
ROMUK	R968	51.17190	35,000 ft	189	-
FIX	AWY-HI	150.00200	10,668 m		
BARUL	R968	50.26640	35,000 ft	159	-
FIX	AWY-HI	146.04500	10,668 m		
ARDOK	R968	49.83860	35,000 ft	68	-
FIX	AWY-HI	144.39900	10,668 m		
DITOR	R968	49.18360	35,000 ft	98	-
FIX	AWY-HI	142.08500	10,668 m		
NALAM	B962	49.00860	35,000 ft	25	-
FIX	AWY-HI	141.50100	10,668 m		
ROP MI	B962	48.83690	35,000 ft	24	-
FIX	AWY-HI	140.94100	10,668 m		
AKOLA	B962	48.60030	35,000 ft	33	-
FIX	AWY-HI	140.18500	10,668 m		
SUMOG	B962	48.45360	35,000 ft	15	-
FIX	AWY-HI	139.87100	10,668 m		
TENLA	B962	48.06220	35,000 ft	40	-
FIX	AWY-HI	139.04700	10,668 m		
PAREN	B962	47.98030	35,000 ft	8	-
FIX	AWY-HI	138.87800	10,668 m		
MAVUN	B962	47.77530	35,000 ft	20	-
FIX	AWY-HI	138.46100	10,668 m		
DEPOR	B962	47.36890	35,000 ft	40	-
FIX	AWY-HI	137.65200	10,668 m		
BAPRI	B962	47.00860	35,000 ft	35	-
FIX	AWY-HI	136.95600	10,668 m		
NEBKA	B962	46.71860	35,000 ft	28	-
FIX	AWY-HI	136.40800	10,668 m		
LUTEL	B962	46.35690	35,000 ft	35	-
FIX	AWY-HI	135.73800	10,668 m		
TD	B962	45.90080	35,000 ft	45	BOGUSLAVETS
NDB	AWY-HI	134.86600	10,668 m		
BALET	B355	44.83360	35,000 ft	73	-
FIX	AWY-HI	134.01800	10,668 m		
BG	B355	43.88420	35,000 ft	65	MURAVEYKA
NDB	AWY-HI	133.25300	10,668 m		
IDBUR	B355	43.15560	35,000 ft	55	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	AWY-HI	132.45900	10,668 m		
VATIS	B355	42.86190	35,000 ft	22	-
FIX	AWY-HI	132.14800	10,668 m		
TERNI	B355	42.37030	35,000 ft	36	-
FIX	AWY-HI	131.66700	10,668 m		
LUPAS	B355	42.23110	35,000 ft	10	-
FIX	AWY-HI	131.53300	10,668 m		
BUMEP	B355	41.89720	35,000 ft	24	-
FIX	AWY-HI	131.21500	10,668 m		
KAKPU	B355	41.46140	35,000 ft	42	-
FIX	AWY-HI	130.47300	10,668 m		
KICHA	B355	40.68420	35,000 ft	74	-
FIX	AWY-HI	129.19200	10,668 m		
HAMUN	R452	39.92170	35,000 ft	89	-
FIX	AWY-HI	127.51800	10,668 m		
WASAN	R452	39.72830	35,000 ft	23	-
FIX	AWY-HI	127.08400	10,668 m		
SOCHA	R452	39.25000	35,000 ft	49	-
FIX	AWY-HI	126.21700	10,668 m		
GK	R452	39.21850	35,000 ft	25	PYONGYANG
VOR	AWY-HI	125.67600	10,668 m		
SASRI	W1	39.02610	35,000 ft	17	-
FIX	AWY-HI	125.39500	10,668 m		
PONIL	W1	38.85000	35,000 ft	54	-
FIX	AWY-HI	124.24700	10,668 m		
DONVO	-	37.56670	35,000 ft	88	-
FIX	-	123.33300	10,668 m		
MUDAL	A326	36.83170	35,000 ft	44	-
FIX	AWY-HI	123.35500	10,668 m		
DOPNO	A326	35.00000	35,000 ft	110	-
FIX	AWY-HI	123.40500	10,668 m		
IKADI	A326	34.09170	35,000 ft	54	-
FIX	AWY-HI	123.48300	10,668 m		
SURAK	A326	31.77330	35,000 ft	139	-
FIX	AWY-HI	123.49200	10,668 m		
EMSAN	G455	31.67830	35,000 ft	37	-
FIX	AWY-HI	122.77500	10,668 m		
MATNU	G455	31.66000	35,000 ft	7	-
FIX	AWY-HI	122.63300	10,668 m		
PINOT	W115	31.45000	35,000 ft	15	-
FIX	AWY-HI	122.45000	10,668 m		
PUD	W11	31.17170	35,000 ft	38	PUDONG
VOR	AWY-HI	121.78300	10,668 m		
JTN	A599	31.12330	35,000 ft	22	JIUTING
VOR	AWY-HI	121.34200	10,668 m		
JTN	-	31.12500	35,000 ft	0	JIUTING VOR-DME
DME	-	121.34000	10,668 m		
OLGAP	A599	31.07330	35,000 ft	10	-
FIX	AWY-HI	121.15000	10,668 m		
LURMA	A599	30.97500	35,000 ft	21	-
FIX	AWY-HI	120.74800	10,668 m		
NXD	A599	30.89670	35,000 ft	17	NANXUN
VOR	AWY-HI	120.43000	10,668 m		
KAKIS	A599	30.48330	35,000 ft	28	-
FIX	AWY-HI	120.14700	10,668 m		
TOL	A599	29.76330	35,000 ft	50	TONGLU

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
VOR	AWY-HI	119.66000	10,668 m		
ELNEX	A599	29.63170	35,000 ft	11	-
FIX	AWY-HI	119.49000	10,668 m		
SHR	A599	28.41670	35,000 ft	108	SHANGRAO
VOR	AWY-HI	117.97000	10,668 m		
XUVGI	A599	27.52000	35,000 ft	77	-
FIX	AWY-HI	116.92200	10,668 m		
NF	A599	27.20830	35,000 ft	26	NANFENG
NDB	AWY-HI	116.55800	10,668 m		
SAGON	A599	26.50170	35,000 ft	62	-
FIX	AWY-HI	115.70800	10,668 m		
PLT	A599	25.80830	35,000 ft	61	PANLONG
VOR	AWY-HI	114.87500	10,668 m		
MABAG	W19	24.31330	27,300 ft	91	-
FIX	AWY-HI	114.50700	8,321 m		
BILAT	W19	23.86830	20,200 ft	33	-
FIX	AWY-HI	114.14700	6,157 m		
VHHH	-	22.30890	0 ft	94	Hong Kong Intl
APT	-	113.91500	0 m		

## CYVR

Region: CANADA

Timezone: AMERICA/VANCOUVER

Runways: 3

Elevation: 13 ft / 4 m

Location: 49.194000 -123.185000

Magnetic Var: 15.256 E

## METAR

CYVR 060700Z 00000KT 20SM SKC 12/06 A3017 RMK SLP220

## TAF

TAF TAF CYVR 060540Z 0606/0712 VRB03KT P6SM FEW240 BECMG 0614/0616 30008KT FM061700 28010KT P6SM FEW120 FEW220 BE

## 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	84.62		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

## VHHH

Region: HONG KONG  
Timezone: UNKNOWN  
Runways: 2

Elevation: 27 ft / 8 m  
Location: 22.308900 113.915000  
Magnetic Var: 3.242 W

## METAR

VHHH 060700Z 31005KT 9999 FEW008 SCT018 28/24 Q1008 NOSIG

## TAF

TAF VHHH 060500Z 0606/0712 27010KT 9999 FEW010 SCT025 TX28/0606Z TX29/0706Z TN26/0622Z BECMG 0608/0610 12010KT TEMPO

## Frequencies

REC - 128.20 MHz - D-ATIS	REC - 127.05 MHz - D-ATIS
GND - 121.60 MHz - HONG KONG GROUND	GND - 122.55 MHz - HONG KONG GROUND
GND - 121.87 MHz - HONG KONG GROUND	TWR - 118.20 MHz - HONG KONG TOWER
TWR - 118.40 MHz - HONG KONG TOWER	TWR - 118.70 MHz - HONG KONG TOWER
CLD - 124.65 MHz - HONG KONG CLEARANCE DELIVERY	CLD - 129.90 MHz - HONG KONG CLEARANCE DELIVERY
DEP - 122.00 MHz - HONG KONG DEPARTURE	DEP - 123.80 MHz - HONG KONG DEPARTURE
DEP - 124.05 MHz - HONG KONG DEPARTURE	APP - 119.10 MHz - HONG KONG APPROACH
APP - 119.35 MHz - HONG KONG APPROACH	APP - 119.55 MHz - HONG KONG DIRECT

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
07L	197 ft	12,462 ft	70.77	ASPHALT	554 ft	974 ft
	60 m	3,799 m	74.02		169 m	297 m
25R	197 ft	12,462 ft	250.79	ASPHALT	571 ft	978 ft
	60 m	3,799 m	254.03		174 m	298 m
07R	197 ft	12,463 ft	70.79	ASPHALT	518 ft	886 ft
	60 m	3,799 m	74.03		158 m	270 m
25L	197 ft	12,463 ft	250.80	ASPHALT	0 ft	981 ft
	60 m	3,799 m	254.04		0 m	299 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
07L	DME	IZSL	111.10 MHz	18 nm	-	-	18 ft
				33 km	-		18 m
07R	DME	ISR	109.30 MHz	18 nm	-	-	19 ft
				33 km	-		19 m
25L	DME	IFL	108.90 MHz	18 nm	-	-	19 ft
				33 km	-		19 m
25R	DME	ITFR	110.90 MHz	18 nm	-	-	19 ft
				33 km	-		19 m
07L	LOC-ILS	IZSL	111.10 MHz	18 nm	70.78	-	27 ft
				33 km	74.02		27 m
07R	LOC-ILS	ISR	109.30 MHz	18 nm	70.79	-	27 ft
				33 km	74.03		27 m
25L	LOC-ILS	IFL	108.90 MHz	18 nm	250.79	-	27 ft
				33 km	254.03		27 m
25R	LOC-ILS	ITFR	110.90 MHz	18 nm	250.78	-	27 ft
				33 km	254.02		27 m
07L	GS	IZSL	111.10 MHz	10 nm	70.78	3.00	27 ft
				19 km	74.02		27 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
07R	GS	ISR	109.30 MHz	10 nm	70.79	3.00	27 ft
				19 km	74.03		27 m
25L	GS	IFL	108.90 MHz	10 nm	250.79	3.00	27 ft
				19 km	254.03		27 m
25R	GS	ITFR	110.90 MHz	10 nm	250.78	3.00	27 ft
				19 km	254.02		27 m