

# LFMN

Nice-Cote d'Azur

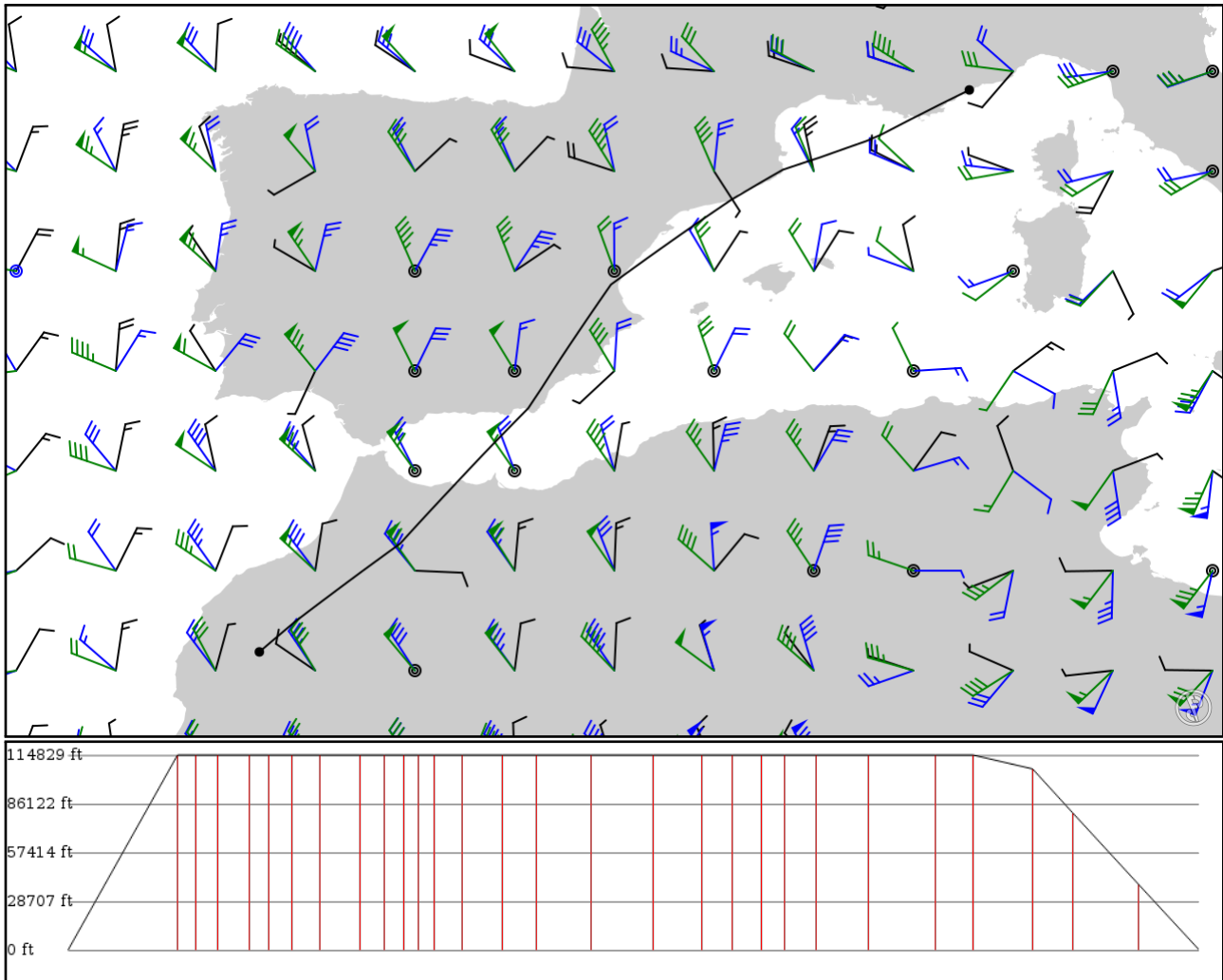
# GMMX

MENARA

2024/06/05 0555Z

LFMN TINOT **N86** MAMES **UM984** BISBA **UN975** BCN **UM985** TORDU **B28** SOPET **UM985** VLC **G850** NARGO **UN860** BERUM  
**UG850** TIXAL GMMX

1036.34 nm / 1919.31 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
LFMN	-	43.65840	0 ft	-	Nice-Cote d'Azur
APT	-	7.21576	0 m		
TINOT	-	42.69770	35,000 ft	101	-
FIX	-	5.31511	10,668 m		
SOSUR	N86	42.56020	35,000 ft	16	-
FIX	AWY-LO	4.99739	10,668 m		
BALMO	N86	42.41670	35,000 ft	20	-
FIX	AWY-LO	4.58528	10,668 m		
MAMES	N86	42.20920	35,000 ft	28	-
FIX	AWY-LO	4.00028	10,668 m		
BISBA	UM984	42.08640	35,000 ft	18	-
FIX	AWY-HI	3.62581	10,668 m		
BGR	UN975	41.94770	35,000 ft	20	BAGUR
VOR	AWY-HI	3.20886	10,668 m		
NENDA	UN975	41.68430	35,000 ft	25	-
FIX	AWY-HI	2.75133	10,668 m		
BCN	UN975	41.30710	35,000 ft	36	BARCELONA
VOR	AWY-HI	2.10781	10,668 m		
RODRA	UM985	41.05150	35,000 ft	22	-
FIX	AWY-HI	1.73039	10,668 m		
PEXOT	UM985	40.86080	35,000 ft	17	-
FIX	AWY-HI	1.45194	10,668 m		
EBROX	UM985	40.70870	35,000 ft	13	-
FIX	AWY-HI	1.23178	10,668 m		
LOTOS	UM985	40.54970	35,000 ft	14	-
FIX	AWY-HI	1.00297	10,668 m		
TORDU	UM985	40.25790	35,000 ft	25	-
FIX	AWY-HI	0.58819	10,668 m		
SOPET	B28	39.83380	35,000 ft	37	-
FIX	AWY-LO	-0.00469	10,668 m		
VLC	UM985	39.48560	35,000 ft	30	VALENCIA
VOR	AWY-HI	-0.48306	10,668 m		
NARGO	G850	38.73830	35,000 ft	50	-
FIX	AWY-LO	-0.99867	10,668 m		
RESTU	UN860	37.90760	35,000 ft	56	-
FIX	AWY-HI	-1.55758	10,668 m		
DOSEK	UN860	37.24540	35,000 ft	44	-
FIX	AWY-HI	-1.98508	10,668 m		
AMR	UN860	36.83320	35,000 ft	28	ALMERIA
VOR	AWY-HI	-2.25942	10,668 m		
BOLKA	UN860	36.47920	35,000 ft	27	-
FIX	AWY-HI	-2.60883	10,668 m		
GONZA	UN860	36.20480	35,000 ft	20	-
FIX	AWY-HI	-2.87694	10,668 m		
BERUM	UN860	35.83330	35,000 ft	28	-
FIX	AWY-HI	-3.23583	10,668 m		
ALM	UG850	35.19110	35,000 ft	48	AL HOCEIMA
VOR	AWY-HI	-3.84172	10,668 m		
BOKPA	UG850	34.39240	35,000 ft	60	-
FIX	AWY-HI	-4.58777	10,668 m		
FES	UG850	33.92740	35,000 ft	35	FES
VOR	AWY-HI	-5.01358	10,668 m		
NEVEK	UG850	33.32970	32,500 ft	54	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	AWY-HI	-5.83704	9,906 m		
ERLAM	UG850	32.91920	24,600 ft	37	-
FIX	AWY-HI	-6.39000	7,498 m		
TIXAL	UG850	32.25900	11,800 ft	59	-
FIX	AWY-HI	-7.26560	3,597 m		
GMMX	-	31.60690	0 ft	55	MENARA
APT	-	-8.03627	0 m		

## LFMN

Region: FRANCE  
Timezone: UNKNOWN  
Runways: 2

Elevation: 12 ft / 4 m  
Location: 43.658400 7.215760  
Magnetic Var: 2.744 E

## METAR

LFMN 050530Z 09003KT 9999 SCT018 BKN033 20/17 Q1016 NOSIG

## TAF

TAF LFMN 050200Z 0503/0609 33006KT 9999 BKN025 PROB40 TEMPO 0503/0506 BKN014 BECMG 0511/0513 17010KT BECMG 0520/0

## Frequencies

REC - 129.60 MHz - NICE ATIS	GND - 121.70 MHz - NICE GROUND
TWR - 118.70 MHz - NICE TOWER	TWR - 123.15 MHz - NICE TOWER
APP - 134.47 MHz - NICE WEST APPROACH	APP - 120.65 MHz - NICE APPROACH
APP - 128.20 MHz - NICE APPROACH	

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
04R	148 ft	9,706 ft	44.86	ASPHALT	0 ft	417 ft
	45 m	2,958 m	42.12		0 m	127 m
22L	148 ft	9,706 ft	224.88	ASPHALT	0 ft	525 ft
	45 m	2,958 m	222.13		0 m	160 m
04L	148 ft	8,992 ft	44.86	ASPHALT	0 ft	161 ft
	45 m	2,741 m	42.11		0 m	49 m
22R	148 ft	8,992 ft	224.88	ASPHALT	564 ft	0 ft
	45 m	2,741 m	222.13		172 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
04L	DME	NI	109.95 MHz	27 nm	-	-	12 ft
				50 km	-		12 m
04R	DME	NA	110.70 MHz	27 nm	-	-	12 ft
				50 km	-		12 m
04L	LOC-ILS	NI	109.95 MHz	18 nm	44.87	-	12 ft
				33 km	42.13		12 m
04R	LOC-ILS	NA	110.70 MHz	18 nm	44.87	-	12 ft
				33 km	42.13		12 m
04L	GS	NI	109.95 MHz	10 nm	44.87	3.00	12 ft
				19 km	42.13		12 m
04R	GS	NA	110.70 MHz	10 nm	44.87	3.00	12 ft
				19 km	42.13		12 m

## GMMX

Region: MOROCCO  
Timezone: AFRICA/CASABLANCA  
Runways: 1

Elevation: 1,544 ft / 471 m  
Location: 31.606900 -8.036270  
Magnetic Var: 1.289 W

## METAR

GMMX 050530Z 24006KT 8000 FEW020 SCT090 18/14 Q1014 NOSIG

## TAF

TAF GMMX 042300Z 0500/0606 02006KT 8000 FEW020 SCT090 TEMPO 0515/0521 34016KT

## Frequencies

TWR - 118.70 MHz - MARRAKECH TWR  
REC - 121.95 MHz - MARRAKECH ATIS

APP - 119.70 MHz - MARRAKECH APP  
GND - 118.70 MHz - MARRAKECH GND

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
10	147 ft	10,123 ft	95.92	ASPHALT	0 ft	33 ft
	45 m	3,085 m	97.20		0 m	10 m
28	147 ft	10,123 ft	275.93	ASPHALT	0 ft	20 ft
	45 m	3,085 m	277.22		0 m	6 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
10	LOC-ILS	MAR	109.70 MHz	18 nm	96.03	-	1,545 ft
				33 km	97.31		1,545 m
10	GS	MAR	109.70 MHz	10 nm	95.92	3.00	1,545 ft
				19 km	97.21		1,545 m