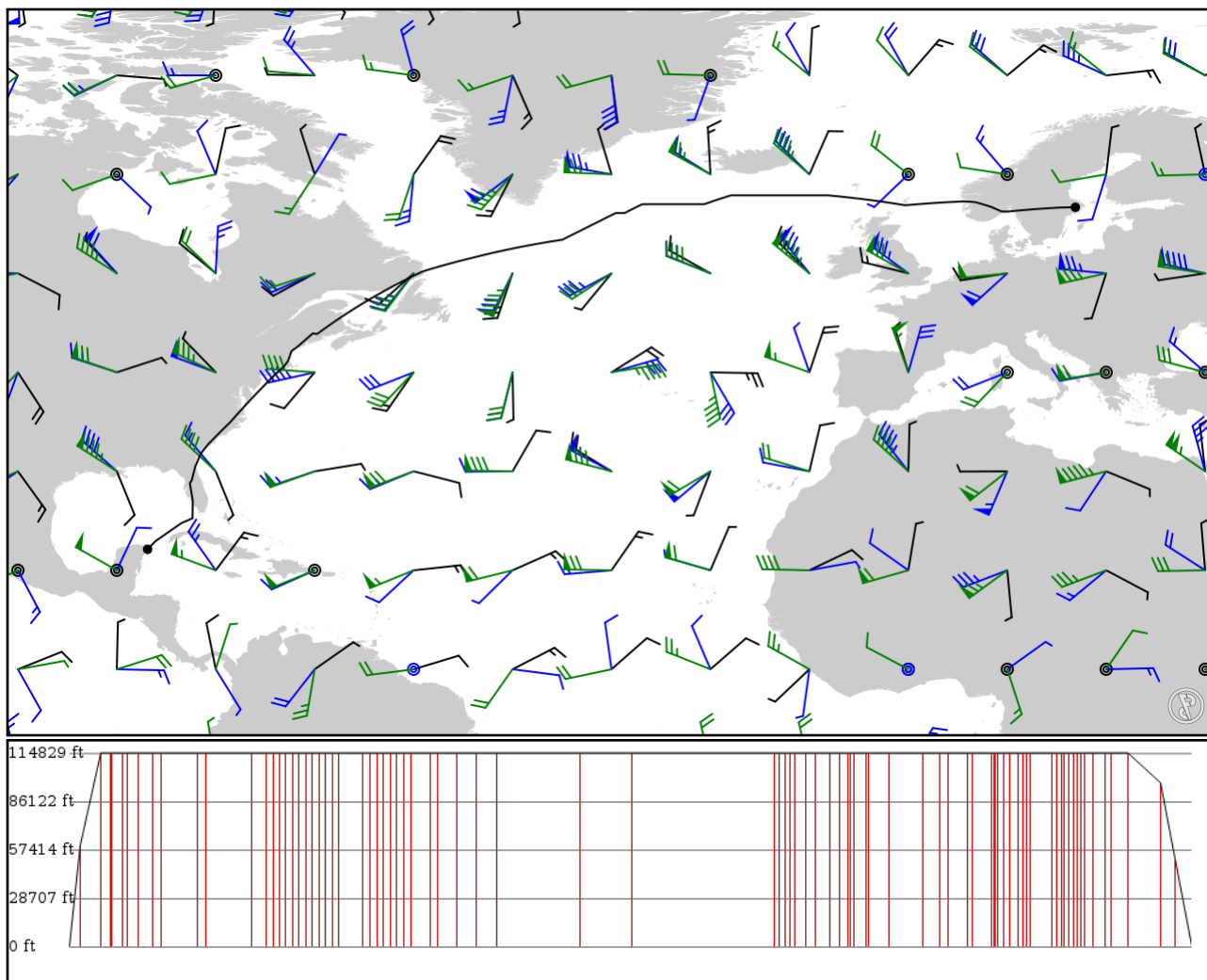


2024/05/15 2024Z

ESSA BEDLA **P609** TOR **Z132** ULMUG **L617** IPMOD **Z129** PESUR FLS **P612** PEPIN SUM **UP612** RATSU 6100N01100W
6100N01200W 6100N01300W 6100N01400W 6100N01500W 6100N01600W 6100N01700W 6100N01800W 6100N01900W
6100N02000W 6100N02100W 6000N02400W 6000N02500W 6000N02600W 6000N02700W 6000N02800W 6000N02900W
6000N03000W 6000N03100W 5900N03300W 5900N03400W 5800N03600W 5700N03800W 56/40 **A NEEKO N478A**
TOPPS LAUDS **V3** BGR **T295** ENE **J55** HTO **VS1** ORF **J121** CHS **V1** CRG **J55** LOULO WEBBS **V157** LAL **V7** RSW **J41**
EYW FIS **B646** CANOA **UB879** NOSAT MMUN

4956.60 nm / 9179.62 km



Notes

Using NAT tracks from 15/2/2024

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
ESSA	-	59.65190	0 ft	-	Stockholm Arlanda
APT	-	17.91860	0 m		
BEDLA	-	59.62890	18,300 ft	51	-
FIX	-	16.22500	5,578 m		
KSD	P609	59.44240	35,000 ft	88	KARLSTAD
VOR	AWY-HI	13.33160	10,668 m		
OKSAT	P609	59.32940	35,000 ft	42	-
FIX	AWY-HI	11.95720	10,668 m		
VATEX	P609	59.31760	35,000 ft	4	-
FIX	AWY-HI	11.82060	10,668 m		
TOR	P609	59.16910	35,000 ft	48	TORP
VOR	AWY-HI	10.25930	10,668 m		
ULMUG	Z132	59.18800	35,000 ft	21	-
FIX	AWY-HI	9.57029	10,668 m		
IPMOD	L617	59.73940	35,000 ft	51	-
FIX	AWY-HI	8.29639	10,668 m		
PESUR	Z129	60.24330	35,000 ft	59	-
FIX	AWY-HI	6.58536	10,668 m		
FLS	-	60.31120	35,000 ft	41	FLESLAND
VOR	-	5.21214	10,668 m		
PEPIN	P612	59.99200	35,000 ft	156	-
FIX	AWY-HI	0.01500	10,668 m		
SUM	-	59.87880	35,000 ft	39	SUMBURGH
VOR	-	-1.28653	10,668 m		
BESGA	UP612	60.78970	35,000 ft	204	-
FIX	AWY-HI	-7.91278	10,668 m		
RATSU	UP612	61.00000	35,000 ft	62	-
FIX	AWY-HI	-10.00000	10,668 m		
6100N01100W	-	61.00000	35,000 ft	29	-
LATLON	-	-11.00000	10,668 m		
6100N01200W	-	61.00000	35,000 ft	29	-
LATLON	-	-12.00000	10,668 m		
6100N01300W	-	61.00000	35,000 ft	29	-
LATLON	-	-13.00000	10,668 m		
6100N01400W	-	61.00000	35,000 ft	29	-
LATLON	-	-14.00000	10,668 m		
6100N01500W	-	61.00000	35,000 ft	29	-
LATLON	-	-15.00000	10,668 m		
6100N01600W	-	61.00000	35,000 ft	29	-
LATLON	-	-16.00000	10,668 m		
6100N01700W	-	61.00000	35,000 ft	29	-
LATLON	-	-17.00000	10,668 m		
6100N01800W	-	61.00000	35,000 ft	29	-
LATLON	-	-18.00000	10,668 m		
6100N01900W	-	61.00000	35,000 ft	29	-
LATLON	-	-19.00000	10,668 m		
6100N02000W	-	61.00000	35,000 ft	29	-
LATLON	-	-20.00000	10,668 m		
6100N02100W	-	61.00000	35,000 ft	29	-
LATLON	-	-21.00000	10,668 m		
6000N02400W	-	60.00000	35,000 ft	107	-
LATLON	-	-24.00000	10,668 m		
6000N02500W	-	60.00000	35,000 ft	30	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
LATLON	-	-25.00000	10,668 m		
6000N02600W	-	60.00000	35,000 ft	30	-
LATLON	-	-26.00000	10,668 m		
6000N02700W	-	60.00000	35,000 ft	30	-
LATLON	-	-27.00000	10,668 m		
6000N02800W	-	60.00000	35,000 ft	30	-
LATLON	-	-28.00000	10,668 m		
6000N02900W	-	60.00000	35,000 ft	30	-
LATLON	-	-29.00000	10,668 m		
6000N03000W	-	60.00000	35,000 ft	30	-
LATLON	-	-30.00000	10,668 m		
6000N03100W	-	60.00000	35,000 ft	30	-
LATLON	-	-31.00000	10,668 m		
5900N03300W	-	59.00000	35,000 ft	85	-
LATLON	-	-33.00000	10,668 m		
5900N03400W	-	59.00000	35,000 ft	30	-
LATLON	-	-34.00000	10,668 m		
5800N03600W	-	58.00000	35,000 ft	86	-
LATLON	-	-36.00000	10,668 m		
5700N03800W	-	57.00000	35,000 ft	88	-
LATLON	-	-38.00000	10,668 m		
56/40	-	56.00000	35,000 ft	89	-
LATLON	-	-40.00000	10,668 m		
54/50	A	54.00000	35,000 ft	364	-
LATLON	NAT	-50.00000	10,668 m		
NEEKO	A	52.40000	35,000 ft	230	-
FIX	NAT	-55.83330	10,668 m		
TOPPS	N478A	45.34020	35,000 ft	631	-
FIX	AWY-HI	-67.73860	10,668 m		
LAUDS	-	45.41950	35,000 ft	20	-
FIX	-	-68.20750	10,668 m		
NIELD	V3	45.10260	35,000 ft	24	-
FIX	AWY-LO	-68.57530	10,668 m		
BGR	V3	44.84180	35,000 ft	20	BANGOR
VOR	AWY-LO	-68.87400	10,668 m		
ACYOG	T295	44.54690	35,000 ft	22	-
FIX	AWY-LO	-69.21520	10,668 m		
BRNNS	T295	43.90240	35,000 ft	49	-
FIX	AWY-LO	-69.94520	10,668 m		
ENE	T295	43.42570	35,000 ft	40	KENNEBUNK
VOR	AWY-LO	-70.61350	10,668 m		
BOS	J55	42.35740	35,000 ft	66	BOSTON
VOR	AWY-HI	-70.98950	10,668 m		
PVD	J55	41.72430	35,000 ft	42	PROVIDENCE
VOR	AWY-HI	-71.42960	10,668 m		
TRAIT	J55	41.28470	35,000 ft	34	-
FIX	AWY-HI	-71.91760	10,668 m		
PARCH	J55	41.09920	35,000 ft	14	-
FIX	AWY-HI	-72.12070	10,668 m		
HTO	J55	40.91900	35,000 ft	14	HAMPTON (EAST HAMPTON)
VOR	AWY-HI	-72.31670	10,668 m		
FATON	VS1	40.20760	35,000 ft	53	-
FIX	AWY-HI	-73.03930	10,668 m		
TAAPS	VS1	40.09920	35,000 ft	8	-
FIX	AWY-HI	-73.14770	10,668 m		
DASHA	VS1	38.87200	35,000 ft	92	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	AWY-HI	-74.34450	10,668 m		
ORF	VS1	36.89190	35,000 ft	147	NORFOLK
VOR	AWY-HI	-76.20030	10,668 m		
WEAVR	J121	35.85390	35,000 ft	76	-
FIX	AWY-HI	-77.13430	10,668 m		
ISO	J121	35.37090	35,000 ft	35	KINSTON
VOR	AWY-HI	-77.55830	10,668 m		
BARTL	J121	34.30320	35,000 ft	83	-
FIX	AWY-HI	-78.65150	10,668 m		
JMACK	J121	33.98850	35,000 ft	24	-
FIX	AWY-HI	-78.96660	10,668 m		
CHS	J121	32.89430	35,000 ft	84	CHARLESTON
VOR	AWY-HI	-80.03780	10,668 m		
COTAK	V1	32.75580	35,000 ft	10	-
FIX	AWY-LO	-80.14830	10,668 m		
ROOFS	V1	32.70460	35,000 ft	3	-
FIX	AWY-LO	-80.18910	10,668 m		
HONAP	V1	32.66020	35,000 ft	3	-
FIX	AWY-LO	-80.22440	10,668 m		
BASSO	V1	32.54890	35,000 ft	8	-
FIX	AWY-LO	-80.31270	10,668 m		
RUBYS	V1	32.14530	35,000 ft	29	-
FIX	AWY-LO	-80.63050	10,668 m		
TYBEE	V1	31.83810	35,000 ft	22	-
FIX	AWY-LO	-80.87020	10,668 m		
STARY	V1	31.20130	35,000 ft	40	-
FIX	AWY-LO	-81.14460	10,668 m		
OCNOP	V1	30.86220	35,000 ft	21	-
FIX	AWY-LO	-81.28910	10,668 m		
LLIPS	V1	30.66690	35,000 ft	12	-
FIX	AWY-LO	-81.37170	10,668 m		
CRG	V1	30.33890	35,000 ft	20	CRAIG (JACKSONVILLE)
VOR	AWY-LO	-81.50990	10,668 m		
LOULO	J55	28.78370	35,000 ft	95	-
FIX	AWY-HI	-81.90080	10,668 m		
WEBBS	-	28.51390	35,000 ft	19	-
FIX	-	-82.10740	10,668 m		
URIVE	V157	28.13480	35,000 ft	23	-
FIX	AWY-LO	-82.04010	10,668 m		
LAL	V157	27.98620	35,000 ft	9	LAKELAND
VOR	AWY-LO	-82.01390	10,668 m		
CROWD	V7	27.66710	35,000 ft	19	-
FIX	AWY-LO	-81.96120	10,668 m		
ROGAN	V7	27.25080	35,000 ft	25	-
FIX	AWY-LO	-81.89290	10,668 m		
JOCKS	V7	27.00960	35,000 ft	14	-
FIX	AWY-LO	-81.85350	10,668 m		
SERFS	V7	26.80070	35,000 ft	12	-
FIX	AWY-LO	-81.81960	10,668 m		
RSW	V7	26.52990	35,000 ft	16	LEE COUNTY (FORT MYERS)
VOR	AWY-LO	-81.77580	10,668 m		
MARCI	J41	25.89110	35,000 ft	38	-
FIX	AWY-HI	-81.78400	10,668 m		
GIGIH	J41	25.02160	35,000 ft	52	-
FIX	AWY-HI	-81.79500	10,668 m		
EYW	J41	24.58590	35,000 ft	26	KEY WEST

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
VOR	AWY-HI	-81.80050	10,668 m		
FIS	-	24.54830	35,000 ft	2	FISH HOOK (KEY WEST)
NDB	-	-81.78640	10,668 m		
CANOA	B646	24.00040	35,000 ft	76	-
FIX	AWY-HI	-83.04980	10,668 m		
MUPKI	UB879	22.60690	29,600 ft	138	-
FIX	AWY-HI	-85.06190	9,022 m		
NOSAT	UB879	21.96360	15,900 ft	64	-
FIX	AWY-HI	-85.98110	4,846 m		
MMUN	-	21.04210	0 ft	74	Cancun Intl
APT	-	-86.87350	0 m		

ESSA

Region: SWEDEN
Timezone: EUROPE/STOCKHOLM
Runways: 3

Elevation: 138 ft / 42 m
Location: 59.651900 17.918600
Magnetic Var: 7.124 E

METAR

ESSA 151950Z 18010KT CAVOK 15/06 Q1021 NOSIG

TAF

TAF ESSA 151730Z 1518/1618 18012KT CAVOK

Frequencies

REC - 119.00 MHz - ATIS	REC - 121.62 MHz - ATIS
APP - 123.75 MHz - STOCKHOLM CONTROL APPROACH	APP - 120.15 MHz - STOCKHOLM CONTROL APPROACH
APP - 126.65 MHz - STOCKHOLM CONTROL APPROACH	DEP - 123.75 MHz - STOCKHOLM CONTROL DEPARTURE
DEP - 120.15 MHz - STOCKHOLM CONTROL DEPARTURE	DEP - 126.65 MHz - STOCKHOLM CONTROL DEPARTURE
TWR - 118.50 MHz - ARLANDA TOWER	TWR - 125.12 MHz - ARLANDA TOWER
TWR - 128.72 MHz - ARLANDA TOWER	TWR - 123.10 MHz - ARLANDA TOWER
GND - 121.70 MHz - ARLANDA GROUND	GND - 121.97 MHz - ARLANDA GROUND
GND - 121.92 MHz - ARLANDA GROUND	CLD - 121.82 MHz - CLEARANCE DELIVERY

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
01L	148 ft	10,817 ft	10.38	ASPHALT	0 ft	154 ft
	45 m	3,297 m	3.25		0 m	47 m
19R	148 ft	10,817 ft	190.38	ASPHALT	0 ft	164 ft
	45 m	3,297 m	183.26		0 m	50 m
01R	148 ft	8,151 ft	10.38	ASPHALT	0 ft	223 ft
	45 m	2,484 m	3.25		0 m	68 m
19L	148 ft	8,151 ft	190.38	ASPHALT	0 ft	0 ft
	45 m	2,484 m	183.26		0 m	0 m
08	148 ft	8,180 ft	75.84	ASPHALT	0 ft	161 ft
	45 m	2,493 m	68.72		0 m	49 m
26	148 ft	8,180 ft	255.88	ASPHALT	0 ft	161 ft
	45 m	2,493 m	248.75		0 m	49 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
01L	LOC-ILS	SSA	109.90 MHz	18 nm	10.38	-	138 ft
				33 km	3.26		138 m
01R	LOC-ILS	TSA	109.35 MHz	18 nm	10.38	-	138 ft
				33 km	3.26		138 m
19L	LOC-ILS	USA	111.35 MHz	18 nm	190.38	-	138 ft
				33 km	183.26		138 m
19R	LOC-ILS	NSA	110.70 MHz	18 nm	190.38	-	138 ft
				33 km	183.26		138 m
26	LOC-ILS	ESA	110.10 MHz	18 nm	255.86	-	138 ft
				33 km	248.74		138 m
08	LOC-LOC	WSA	109.55 MHz	18 nm	75.86	-	138 ft
				33 km	68.74		138 m
01L	GS	SSA	109.90 MHz	10 nm	10.38	3.00	138 ft
				19 km	3.26		138 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
01R	GS	TSA	109.35 MHz	10 nm	10.38	3.00	138 ft
				19 km	3.26		138 m
19L	GS	USA	111.35 MHz	10 nm	190.38	3.00	138 ft
				19 km	183.26		138 m
19R	GS	NSA	110.70 MHz	10 nm	190.38	3.00	138 ft
				19 km	183.26		138 m
26	GS	ESA	110.10 MHz	10 nm	255.86	3.00	138 ft
				19 km	248.74		138 m

MMUN

Region: MEXICO
Timezone: AMERICA/CANCUN
Runways: 2

Elevation: 22 ft / 7 m
Location: 21.042100 -86.873500
Magnetic Var: 2.722 W

METAR

UNKNOWN

TAF

TAF MMUN 151643Z 1518/1618 16015KT P6SM SCT015 BKN250 TX33/1519Z TN29/1612Z FM152100 17020KT P6SM SCT015 FM160100

Frequencies

REC - 127.70 MHz - ATIS	REC - 122.30 MHz - CANCUN INFO
GND - 121.00 MHz - CANCUN GROUND	GND - 121.70 MHz - CANCUN GROUND
TWR - 118.10 MHz - CANCUN TOWER	TWR - 118.60 MHz - CANCUN TOWER
CLD - 122.10 MHz - CLEARANCE DELIVERY	APP - 124.70 MHz - CANCUN APPROACH
APP - 123.20 MHz - CANCUN ARRIVAL	DEP - 124.20 MHz - CANCUN DEPARTURE
DEP - 123.50 MHz - CANCUN DEPARTURE	GND - 130.50 MHz - GENERAL AVIATION RAMP CONTROL
APP - 125.20 MHz - MERIDA CONTROL	APP - 125.80 MHz - MERIDA CONTROL
APP - 128.00 MHz - MERIDA CONTROL	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
12R	190 ft	11,550 ft	123.85	ASPHALT	0 ft	476 ft
	58 m	3,520 m	126.57		0 m	145 m
30L	190 ft	11,550 ft	303.86	ASPHALT	0 ft	443 ft
	58 m	3,520 m	306.58		0 m	135 m
12L	148 ft	9,189 ft	123.84	ASPHALT	0 ft	72 ft
	45 m	2,801 m	126.56		0 m	22 m
30R	148 ft	9,189 ft	303.84	ASPHALT	0 ft	98 ft
	45 m	2,801 m	306.57		0 m	30 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
12L	DME	INCP	110.70 MHz	18 nm	-	-	20 ft
				33 km	-		20 m
12R	DME	ICUN	111.10 MHz	18 nm	-	-	20 ft
				33 km	-		20 m
12L	LOC-ILS	INCP	110.70 MHz	18 nm	123.84	-	21 ft
				33 km	126.56		21 m
12R	LOC-ILS	ICUN	111.10 MHz	18 nm	123.85	-	21 ft
				33 km	126.57		21 m
12L	GS	INCP	110.70 MHz	10 nm	123.84	3.00	21 ft
				19 km	126.56		21 m
12R	GS	ICUN	111.10 MHz	10 nm	123.85	3.00	21 ft
				19 km	126.57		21 m