

CYOW

Ottawa Macdonald Cartier Intl

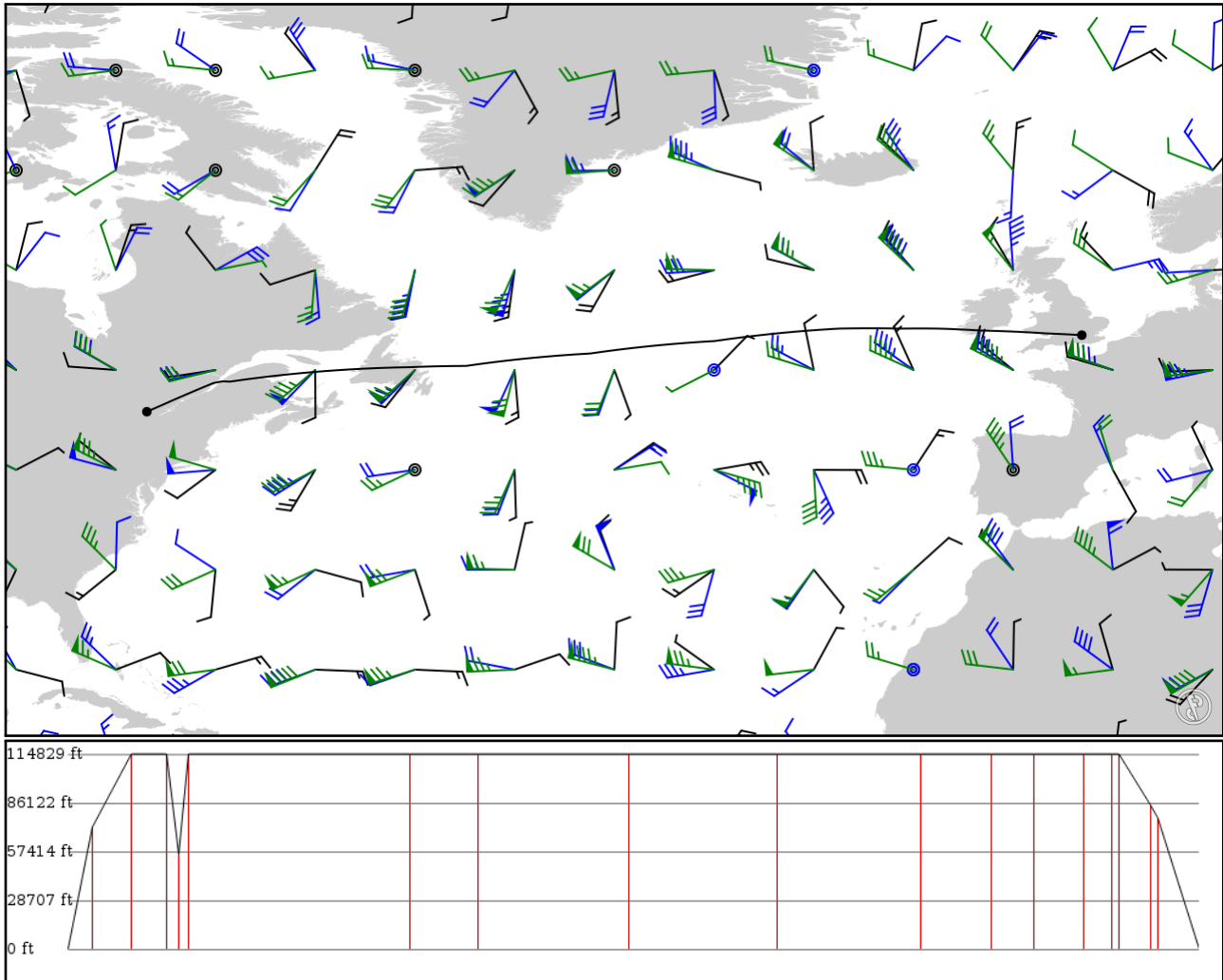
EGLL

London Heathrow

2024/05/09 0501Z

CYOW YMX **J553** ML **R22** RI CEFU **N85A** YQX +49.000_--50.000 V LIMRI **UN523** CRK **UL607** NUMPO EGLL

2960.45 nm / 5482.75 km



Notes

Using NAT tracks from 10/12/2015

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
CYOW APT	-	45.32282 -75.67144	0 ft 0 m	-	Ottawa Macdonald Cartier Intl
YMX VOR	-	45.88833 -74.37567	21,900 ft 6,675 m	64	-
DICEN FIX	J553 AWY-HI	46.80008 -72.28894	35,000 ft 10,668 m	102	-
ML NDB	J553 AWY-HI	47.62333 -70.32500	35,000 ft 10,668 m	94	CHARLEVOIX NDB
RI NDB	R22 AWY-LO	47.76364 -69.57811	17,000 ft 5,182 m	31	RIVIERE-DU-LOUP NDB
CEFOU FIX	-	47.73722 -69.00000	35,000 ft 10,668 m	23	-
YQX VOR	N85A AWY-HI	48.89958 -54.53500	35,000 ft 10,668 m	581	GANDER VOR-DME
+49.000_--50.000 LATLON	-	49.00000 -50.00000	35,000 ft 10,668 m	178	-
+50.000_--40.000 LATLON	V NAT	50.00000 -40.00000	35,000 ft 10,668 m	394	-
+51.000_--30.000 LATLON	V NAT	51.00000 -30.00000	35,000 ft 10,668 m	386	-
+52.000_--20.000 LATLON	V NAT	52.00000 -20.00000	35,000 ft 10,668 m	378	-
LIMRI FIX	V NAT	52.00000 -15.00000	35,000 ft 10,668 m	184	-
DOLIP FIX	UN523 AWY-HI	52.00000 -12.00000	35,000 ft 10,668 m	110	-
CRK VOR	UN523 AWY-HI	51.84061 -8.49427	35,000 ft 10,668 m	130	CORK VOR-DME
EVRI FIX	UL607 AWY-HI	51.78222 -6.56333	35,000 ft 10,668 m	71	-
STU30 FIX	UL607 AWY-HI	51.76083 -6.03611	35,000 ft 10,668 m	19	-
ABDUK FIX	UL607 AWY-HI	51.64278 -3.80028	25,800 ft 7,864 m	83	-
NUMPO FIX	UL607 AWY-HI	51.61000 -3.28361	23,500 ft 7,163 m	19	-
EGLL APT	-	51.47122 -0.46098	0 ft 0 m	105	London Heathrow

CYOW

Region: CANADA
Timezone: AMERICA/TORONTO
Runways: 3

Elevation: 374 ft / 114 m
Location: 45.322700 -75.671800
Magnetic Var: 12.921 W

METAR

CYOW 090400Z 34007KT 15SM BKN074 10/08 A2975 RMK AC6 SLP079

TAF

TAF CYOW 090240Z 0903/0924 35010KT P6SM BKN050 FM090400 35005KT 6SM BR SCT020 TEMPO 0904/0908 BKN020 FM090800 VRB

Frequencies

REC - 121.15 MHz - ATIS
GND - 121.90 MHz -
APP - 135.15 MHz - TRML

CLD - 119.40 MHz - CLNC DEL
TWR - 120.10 MHz -

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
14	200 ft	9,973 ft	126.40	ASPHALT	0 ft	171 ft
	61 m	3,040 m	139.32		0 m	52 m
32	200 ft	9,973 ft	306.42	ASPHALT	0 ft	151 ft
	61 m	3,040 m	319.34		0 m	46 m
07	200 ft	7,981 ft	57.38	ASPHALT	0 ft	161 ft
	61 m	2,433 m	70.30		0 m	49 m
25	200 ft	7,981 ft	237.40	ASPHALT	0 ft	161 ft
	61 m	2,433 m	250.32		0 m	49 m
04	75 ft	3,300 ft	25.31	ASPHALT	253 ft	0 ft
	23 m	1,006 m	38.23		77 m	0 m
22	75 ft	3,300 ft	205.31	ASPHALT	0 ft	0 ft
	23 m	1,006 m	218.24		0 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
07	LOC-ILS	IOW	109.50 MHz	18 nm	57.39	-	374 ft
				33 km	70.31		374 m
32	LOC-ILS	IRP	110.30 MHz	18 nm	306.41	-	374 ft
				33 km	319.33		374 m
07	GS	IOW	109.50 MHz	10 nm	57.39	3.00	374 ft
				19 km	70.31		374 m
32	GS	IRP	110.30 MHz	10 nm	306.41	3.00	374 ft
				19 km	319.33		374 m

EGLL

Region: UNITED KINGDOM
Timezone: EUROPE/LONDON
Runways: 2

Elevation: 83 ft / 25 m
Location: 51.471200 -0.460881
Magnetic Var: 0.377 E

METAR

EGLL 090420Z AUTO 25004KT 9999 NCD 10/09 Q1028

TAF

TAF EGLL 082257Z 0900/1006 20006KT 9999 FEW045 PROB30 0903/0907 9000 PROB30 1003/1006 6000

Frequencies

REC - 128.07 MHz - HEATHROW INFORMATION	REC - 121.92 MHz - HEATHROW INFORMATION
CLD - 121.97 MHz - HEATHROW DELIVERY	GND - 121.70 MHz - HEATHROW GROUND
GND - 121.85 MHz - HEATHROW GROUND	GND - 121.90 MHz - HEATHROW GROUND
TWR - 118.50 MHz - HEATHROW TOWER	TWR - 118.70 MHz - HEATHROW TOWER
TWR - 124.47 MHz - HEATHROW TOWER	APP - 119.72 MHz - HEATHROW DIRECTOR
APP - 120.40 MHz - HEATHROW DIRECTOR	APP - 134.97 MHz - HEATHROW DIRECTOR
APP - 125.62 MHz - HEATHROW RADAR	APP - 127.52 MHz - HEATHROW RADAR
DEP - 120.52 MHz - HEATHROW DEPARTURE	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
09L	164 ft	12,770 ft	89.66	ASPHALT	1,007 ft	0 ft
	50 m	3,892 m	89.28		307 m	0 m
27R	164 ft	12,770 ft	269.70	ASPHALT	0 ft	177 ft
	50 m	3,892 m	269.33		0 m	54 m
09R	164 ft	11,975 ft	89.68	ASPHALT	1,004 ft	0 ft
	50 m	3,650 m	89.30		306 m	0 m
27L	164 ft	11,975 ft	269.72	ASPHALT	0 ft	95 ft
	50 m	3,650 m	269.35		0 m	29 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
09L	DME	IAA	110.30 MHz	18 nm	-	-	89 ft
				33 km	-		89 m
09R	DME	IBB	109.50 MHz	18 nm	-	-	84 ft
				33 km	-		84 m
27L	DME	ILL	109.50 MHz	18 nm	-	-	84 ft
				33 km	-		84 m
27R	DME	IRR	110.30 MHz	18 nm	-	-	89 ft
				33 km	-		89 m
09L	LOC-ILS	IAA	110.30 MHz	18 nm	89.68	-	83 ft
				33 km	89.30		83 m
09R	LOC-ILS	IBB	109.50 MHz	18 nm	89.70	-	83 ft
				33 km	89.32		83 m
27L	LOC-ILS	ILL	109.50 MHz	18 nm	269.70	-	83 ft
				33 km	269.32		83 m
27R	LOC-ILS	IRR	110.30 MHz	18 nm	269.68	-	83 ft
				33 km	269.30		83 m
09L	GS	IAA	110.30 MHz	10 nm	89.68	3.00	83 ft
				19 km	89.30		83 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
09R	GS	IBB	109.50 MHz	10 nm	89.70	3.00	83 ft
				19 km	89.32		83 m
27L	GS	ILL	109.50 MHz	10 nm	269.70	3.00	83 ft
				19 km	269.32		83 m
27R	GS	IRR	110.30 MHz	10 nm	269.68	3.00	83 ft
				19 km	269.30		83 m