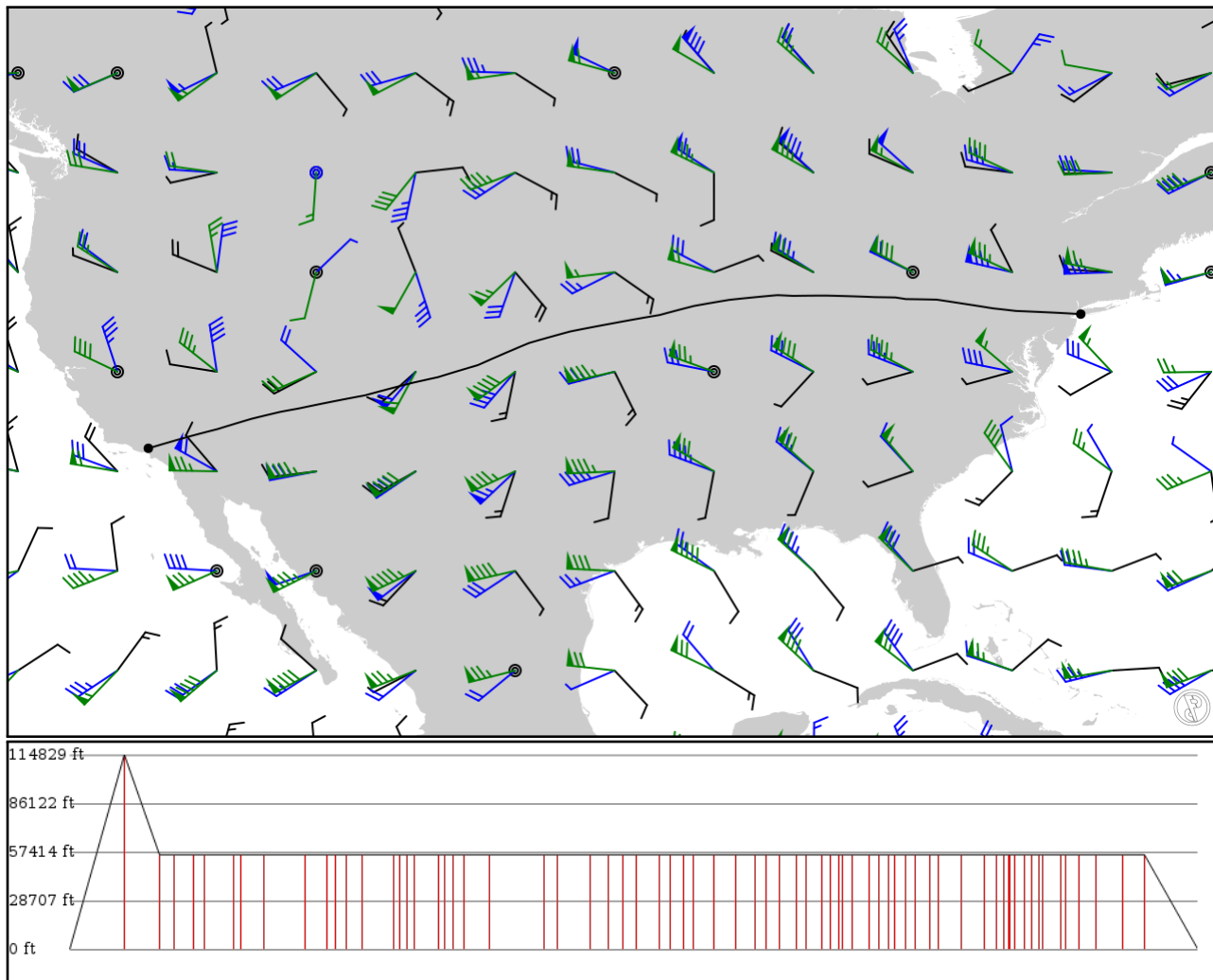


2024/05/10 2015Z

KVNY HEC **V210** PGS **V208** GCN **V210** LAA **V216** OTM **V434** MZV **V38** TRIDE **V8** HALIE **V126** DJB **V6** DROVE **V42**  
YNG **V526** CIP **V30** SEG **V6** SNOWY KJFK

2157.78 nm / 3996.20 km



## Notes

Basic altitude profile:

- Ascent Rate: 6000ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 42000ft
- Cruise Speed: 500kts
- Descent Rate: 2000ft/min
- Descent Speed: 250kts

Options:

- Use NATs: yes
- Use PACOTS: yes
- Use low airways: yes

- Use high airways: no

## Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
KVNY	-	34.21072	0 ft	-	Van Nuys
APT	-	-118.48984	0 m		
HEC	-	34.79703	35,000 ft	106	HECTOR VORTAC
VOR	-	-116.46292	10,668 m		
GFS	V210	35.13114	17,000 ft	66	GOFFS VORTAC
VOR	AWY-LO	-115.17644	5,182 m		
UNPAS	V210	35.29633	17,000 ft	28	-
FIX	AWY-LO	-114.64056	5,182 m		
PRFUM	V210	35.50681	17,000 ft	36	-
FIX	AWY-LO	-113.94303	5,182 m		
PGS	V210	35.62471	17,000 ft	20	PEACH SPRINGS VORTAC
DME	AWY-LO	-113.54447	5,182 m		
GUCRU	V208	35.89393	17,000 ft	56	-
FIX	AWY-LO	-112.42924	5,182 m		
GCN	V208	35.96034	17,000 ft	14	GRAND CANYON VOR-DME
DME	AWY-LO	-112.14605	5,182 m		
TBC	V210	36.12131	17,000 ft	43	TUBA CITY VORTAC
DME	AWY-LO	-111.26959	5,182 m		
ROUGH	V210	36.44650	17,000 ft	79	-
FIX	AWY-LO	-109.68503	5,182 m		
ZENFO	V210	36.60336	17,000 ft	40	-
FIX	AWY-LO	-108.87611	5,182 m		
FULLY	V210	36.66614	17,000 ft	16	-
FIX	AWY-LO	-108.54336	5,182 m		
RSK	V210	36.74839	17,000 ft	21	RATTLESNAKE VORTAC
VOR	AWY-LO	-108.09889	5,182 m		
RESER	V210	36.91367	17,000 ft	30	-
FIX	AWY-LO	-107.49056	5,182 m		
GEMKY	V210	37.22333	17,000 ft	59	-
FIX	AWY-LO	-106.31103	5,182 m		
MRKKO	V210	37.28098	17,000 ft	11	-
FIX	AWY-LO	-106.08517	5,182 m		
ALS	V210	37.34917	17,000 ft	13	ALAMOSA VORTAC
VOR	AWY-LO	-105.81553	5,182 m		
BLOKE	V210	37.41703	17,000 ft	14	-
FIX	AWY-LO	-105.51707	5,182 m		
GOSIP	V210	37.62074	17,000 ft	45	-
FIX	AWY-LO	-104.59732	5,182 m		
RADIO	V210	37.68951	17,000 ft	11	-
FIX	AWY-LO	-104.37622	5,182 m		
BLOOM	V210	37.79692	17,000 ft	17	-
FIX	AWY-LO	-104.02763	5,182 m		
KINGO	V210	37.92406	17,000 ft	21	-
FIX	AWY-LO	-103.60901	5,182 m		
LAA	V210	38.19708	17,000 ft	46	LAMAR VOR-DME
VOR	AWY-LO	-102.68753	5,182 m		
ORION	V216	39.04819	17,000 ft	105	-
FIX	AWY-LO	-100.72975	5,182 m		
HLC	V216	39.25875	17,000 ft	26	HILL CITY VORTAC
DME	AWY-LO	-100.22585	5,182 m		
RISHO	V216	39.61260	17,000 ft	61	-
FIX	AWY-LO	-98.97304	5,182 m		
TKO	V216	39.80642	17,000 ft	34	MANKATO VORTAC

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
VOR	AWY-LO	-98.26003	5,182 m		
FAZED	V216	39.92408	17,000 ft	28	-
FIX	AWY-LO	-97.66831	5,182 m		
STEEL	V216	40.02555	17,000 ft	24	-
FIX	AWY-LO	-97.14398	5,182 m		
PWE	V216	40.20035	17,000 ft	44	PAWNEE CITY VORTAC
DME	AWY-LO	-96.20628	5,182 m		
COVUT	V216	40.28427	17,000 ft	21	-
FIX	AWY-LO	-95.75418	5,182 m		
TRAIG	V216	40.38345	17,000 ft	25	-
FIX	AWY-LO	-95.20584	5,182 m		
KARMA	V216	40.45408	17,000 ft	18	-
FIX	AWY-LO	-94.80523	5,182 m		
LMN	V216	40.59675	17,000 ft	39	LAMONI VORTAC
VOR	AWY-LO	-93.96758	5,182 m		
OHGEE	V216	40.81834	17,000 ft	39	-
FIX	AWY-LO	-93.14003	5,182 m		
OTM	V216	41.02911	17,000 ft	39	OTTUMWA VOR-DME
VOR	AWY-LO	-92.32589	5,182 m		
ACKLY	V434	41.10941	17,000 ft	20	-
FIX	AWY-LO	-91.87717	5,182 m		
WAPEL	V434	41.20331	17,000 ft	25	-
FIX	AWY-LO	-91.33811	5,182 m		
MZV	V434	41.32092	17,000 ft	32	MOLINE VORTAC
VOR	AWY-LO	-90.63822	5,182 m		
GENSO	V38	41.36232	17,000 ft	17	-
FIX	AWY-LO	-90.24811	5,182 m		
WYNET	V38	41.43116	17,000 ft	30	-
FIX	AWY-LO	-89.56661	5,182 m		
TRIDE	V38	41.46650	17,000 ft	16	-
FIX	AWY-LO	-89.19936	5,182 m		
AHMED	V8	41.49769	17,000 ft	15	-
FIX	AWY-LO	-88.86453	5,182 m		
BENKY	V8	41.51183	17,000 ft	7	-
FIX	AWY-LO	-88.70902	5,182 m		
JOT	V8	41.54642	17,000 ft	17	JOLIET VORTAC
VOR	AWY-LO	-88.31842	5,182 m		
CGT	V8	41.51001	17,000 ft	33	CHICAGO HEIGHTS VORTAC
DME	AWY-LO	-87.57155	5,182 m		
HALIE	V8	41.51607	17,000 ft	18	-
FIX	AWY-LO	-87.15887	5,182 m		
INKEN	V126	41.52043	17,000 ft	17	-
FIX	AWY-LO	-86.77244	5,182 m		
NOMES	V126	41.52273	17,000 ft	12	-
FIX	AWY-LO	-86.50127	5,182 m		
GSH	V126	41.52519	17,000 ft	21	-
VOR	AWY-LO	-86.02797	5,182 m		
BAGEL	V126	41.51597	17,000 ft	18	-
FIX	AWY-LO	-85.61369	5,182 m		
ILTON	V126	41.49920	17,000 ft	28	-
FIX	AWY-LO	-84.98686	5,182 m		
EDGE	V126	41.48896	17,000 ft	14	-
FIX	AWY-LO	-84.65626	5,182 m		
VWV	V126	41.45147	17,000 ft	45	WATERVILLE VOR-DME
VOR	AWY-LO	-83.63869	5,182 m		
SKY	V126	41.43447	17,000 ft	44	SANDUSKY VOR-DME

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
VOR	AWY-LO	-82.65481	5,182 m		
DJB	V126	41.35806	17,000 ft	22	DRYER VOR-DME
VOR	AWY-LO	-82.16197	5,182 m		
DROVE	V6	41.35390	17,000 ft	14	-
FIX	AWY-LO	-81.84731	5,182 m		
STUKL	V42	41.35116	17,000 ft	8	-
FIX	AWY-LO	-81.66496	5,182 m		
IXORE	V42	41.35007	17,000 ft	3	-
FIX	AWY-LO	-81.59728	5,182 m		
WEXER	V42	41.34618	17,000 ft	9	-
FIX	AWY-LO	-81.37612	5,182 m		
HIRES	V42	41.33870	17,000 ft	16	-
FIX	AWY-LO	-81.00638	5,182 m		
YNG	V42	41.33103	17,000 ft	14	YOUNGSTOWN VORTAC
VOR	AWY-LO	-80.67467	5,182 m		
SHANT	V526	41.28867	17,000 ft	13	-
FIX	AWY-LO	-80.38759	5,182 m		
MERCY	V526	41.26605	17,000 ft	6	-
FIX	AWY-LO	-80.23615	5,182 m		
CIP	V526	41.14631	17,000 ft	35	CLARION VOR-DME
VOR	AWY-LO	-79.45797	5,182 m		
DBEAM	V30	41.12032	17,000 ft	7	-
FIX	AWY-LO	-79.28606	5,182 m		
LATEC	V30	41.03078	17,000 ft	26	-
FIX	AWY-LO	-78.70623	5,182 m		
PSB	V30	40.91625	17,000 ft	33	PHILIPSBURG VORTAC
VOR	AWY-LO	-77.99272	5,182 m		
SEG	V30	40.79083	17,000 ft	50	SELINSGROVE VORTAC
VOR	AWY-LO	-76.88403	5,182 m		
SNOWY	V6	40.75160	17,000 ft	41	-
FIX	AWY-LO	-75.96434	5,182 m		
KJFK	-	40.63990	0 ft	99	John F Kennedy Intl
APT	-	-73.77666	0 m		

## KVNY

Region: UNITED STATES  
Timezone: AMERICA/LOS\_ANGELES  
Runways: 2

Elevation: 802 ft / 244 m  
Location: 34.210700 -118.490000  
Magnetic Var: 11.506 E

## METAR

KVNY 101951Z VRB05KT 10SM CLR 24/13 A2993 RMK A02 SLP129 T02390128

## TAF

KVNY 101739Z 1018/1118 14008KT P6SM SKC FM110400 VRB03KT P6SM SKC FM110600 VRB03KT P6SM OVC012

## Frequencies

REC - 127.55 MHz - ATIS	COM - 119.30 MHz - CTAF
COM - 122.95 MHz - UNICOM	CLD - 126.60 MHz - CLEARANCE DELIVERY
GND - 121.70 MHz - VAN NUYS GROUND	TWR - 120.20 MHz - VAN NUYS TOWER
TWR - 119.30 MHz - VAN NUYS TOWER	APP - 124.60 MHz - SOCAL APPROACH
APP - 134.20 MHz - SOCAL APPROACH	APP - 135.05 MHz - SOCAL APPROACH
DEP - 120.40 MHz - SOCAL APPROACH	

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
16R	151 ft	8,027 ft	175.52	ASPHALT	1,430 ft	151 ft
	46 m	2,447 m	164.02		436 m	46 m
34L	151 ft	8,027 ft	355.52	ASPHALT	0 ft	174 ft
	46 m	2,447 m	344.02		0 m	53 m
16L	75 ft	4,026 ft	175.53	ASPHALT	1,437 ft	0 ft
	23 m	1,227 m	164.03		438 m	0 m
34R	75 ft	4,026 ft	355.53	ASPHALT	0 ft	0 ft
	23 m	1,227 m	344.03		0 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
16R	LOC-ILS	IVNY	111.30 MHz	18 nm	175.52	-	802 ft
				33 km	164.01		802 m
16R	GS	IVNY	111.30 MHz	10 nm	175.52	3.50	802 ft
				19 km	164.01		802 m

## KJFK

Region: UNITED STATES  
Timezone: AMERICA/NEW\_YORK  
Runways: 4

Elevation: 12 ft / 4 m  
Location: 40.640100 -73.776500  
Magnetic Var: 12.819 W

## METAR

KJFK 101951Z 07007KT 10SM -RA FEW019 OVC031 11/06 A2979 RMK AO2 RAB37 SLP087 P0000 T01110061

## TAF

KJFK 101942Z 1020/1124 05010KT P6SM OVC030 FM110300 02009KT P6SM BKN045 FM111500 07010KT P6SM SCT045 FM111700 150

## Frequencies

REC - 115.40 MHz - D-ATIS	REC - 117.70 MHz - D-ATIS
REC - 128.72 MHz - D-ATIS	COM - 122.95 MHz - UNICOM
CLD - 135.05 MHz - CLEARANCE DELIVERY	GND - 121.90 MHz - KENNEDY GROUND
GND - 121.65 MHz - KENNEDY GROUND	TWR - 119.10 MHz - KENNEDY TOWER
TWR - 123.90 MHz - KENNEDY TOWER	APP - 125.70 MHz - NEW YORK APPROACH
APP - 128.12 MHz - NEW YORK APPROACH	APP - 118.40 MHz - NEW YORK APPROACH
APP - 123.70 MHz - NEW YORK APPROACH	APP - 126.80 MHz - NEW YORK APPROACH
APP - 132.40 MHz - NEW YORK APPROACH	APP - 134.35 MHz - NEW YORK APPROACH
DEP - 135.90 MHz - NEW YORK DEPARTURE	DEP - 123.70 MHz - NEW YORK DEPARTURE
DEP - 124.75 MHz - NEW YORK DEPARTURE	DEP - 134.35 MHz - NEW YORK DEPARTURE

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
13R	200 ft	14,526 ft	120.83	CONCRETE	2,057 ft	390 ft
	61 m	4,428 m	133.65		627 m	119 m
31L	200 ft	14,526 ft	300.86	CONCRETE	3,271 ft	495 ft
	61 m	4,428 m	313.68		997 m	151 m
13L	151 ft	10,010 ft	120.85	CONCRETE	912 ft	387 ft
	46 m	3,051 m	133.67		278 m	118 m
31R	151 ft	10,010 ft	300.87	CONCRETE	1,037 ft	177 ft
	46 m	3,051 m	313.69		316 m	54 m
04R	200 ft	8,407 ft	30.67	ASPHALT	0 ft	440 ft
	61 m	2,562 m	43.49		0 m	134 m
22L	200 ft	8,407 ft	210.68	ASPHALT	0 ft	505 ft
	61 m	2,562 m	223.50		0 m	154 m
04L	200 ft	12,091 ft	30.67	CONCRETE	459 ft	200 ft
	61 m	3,685 m	43.49		140 m	61 m
22R	200 ft	12,091 ft	210.68	CONCRETE	3,425 ft	407 ft
	61 m	3,685 m	223.50		1,044 m	124 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
04L	DME	IHIQ	110.90 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
04R	DME	IJFK	109.50 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
13L	DME	ITLK	111.50 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
22L	DME	IIWY	110.90 MHz	18 nm	-	-	13 ft
				33 km	-		13 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
22R	DME	IJOC	109.50 MHz	18 nm 33 km	- -	-	13 ft 13 m
31R	DME	IRTH	111.50 MHz	18 nm 33 km	- -	-	13 ft 13 m
04L	LOC-ILS	IHIQ	110.90 MHz	18 nm 33 km	30.68 43.50	-	12 ft 12 m
04R	LOC-ILS	IJFK	109.50 MHz	18 nm 33 km	30.67 43.49	-	12 ft 12 m
13L	LOC-ILS	ITLK	111.50 MHz	18 nm 33 km	120.87 133.69	-	12 ft 12 m
22L	LOC-ILS	IIWY	110.90 MHz	18 nm 33 km	210.67 223.49	-	12 ft 12 m
22R	LOC-ILS	IJOC	109.50 MHz	18 nm 33 km	210.68 223.50	-	12 ft 12 m
31L	LOC-ILS	IMOH	111.35 MHz	18 nm 33 km	300.84 313.66	-	12 ft 12 m
31R	LOC-ILS	IRTH	111.50 MHz	18 nm 33 km	300.87 313.69	-	12 ft 12 m
04L	GS	IHIQ	110.90 MHz	10 nm 19 km	30.68 43.50	3.00	12 ft 12 m
04R	GS	IJFK	109.50 MHz	10 nm 19 km	30.67 43.49	3.00	12 ft 12 m
13L	GS	ITLK	111.50 MHz	10 nm 19 km	120.87 133.69	3.00	12 ft 12 m
22L	GS	IIWY	110.90 MHz	10 nm 19 km	210.67 223.49	3.00	12 ft 12 m
22R	GS	IJOC	109.50 MHz	10 nm 19 km	210.68 223.50	3.00	12 ft 12 m
31L	GS	IMOH	111.35 MHz	10 nm 19 km	300.84 313.66	3.00	12 ft 12 m
31R	GS	IRTH	111.50 MHz	10 nm 19 km	300.87 313.69	3.00	12 ft 12 m