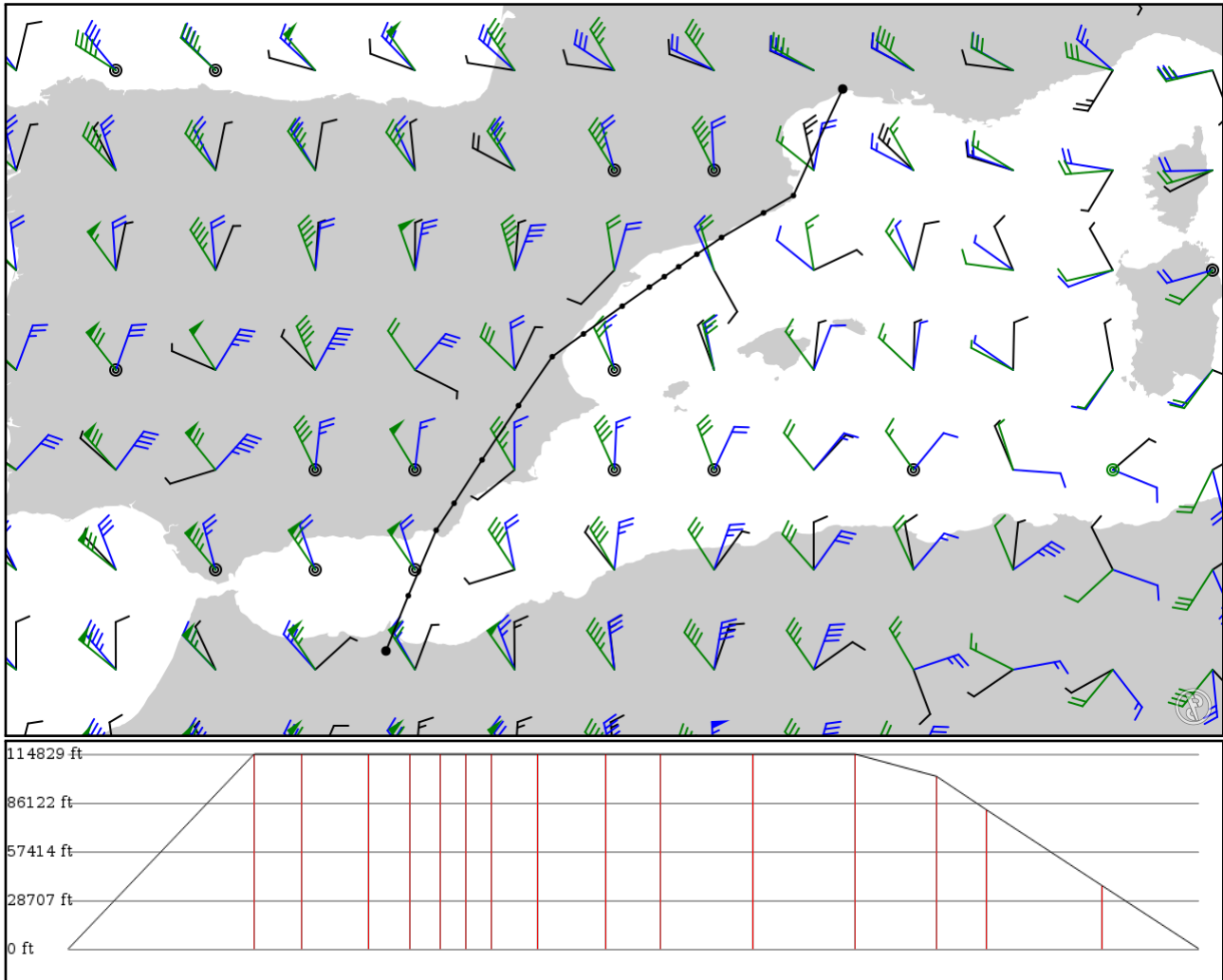


2024/06/03 0728Z

LFMT BGR **UN975** BCN **UM985** TORDU **B28** SOPET **UM985** VLC **G850** NARGO **UN860** AMR **UM372** ESAMI GMMW

624.14 nm / 1155.90 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
LFMT	-	43.57620	0 ft	-	Montpellier/Mediterranee
APT	-	3.96325	0 m		
BGR	-	41.94770	35,000 ft	103	BAGUR
VOR	-	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	31,000 ft	44	-
FIX	AWY-HI	-1.98508	9,449 m		
AMR	UN860	36.83320	25,000 ft	28	ALMERIA
VOR	AWY-HI	-2.25942	7,620 m		
ESAMI	UM372	35.83330	11,400 ft	63	-
FIX	AWY-HI	-2.68639	3,475 m		
GMMW	-	34.98880	0 ft	53	EL AROUI
APT	-	-3.02820	0 m		

LFMT

Region: FRANCE
Timezone: EUROPE/PARIS
Runways: 2

Elevation: 17 ft / 5 m
Location: 43.576200 3.963250
Magnetic Var: 1.996 E

METAR

LFMT 030700Z AUTO 28004KT 260V320 CAVOK 21/13 Q1016 NOSIG

TAF

TAF LFMT 030200Z 0303/0403 29005KT CAVOK BECMG 0310/0312 22010KT BECMG 0319/0321 VRB03KT

Frequencies

REC - 124.12 MHz - MONTPELLIER ATIS	GND - 121.95 MHz - MONTPELLIER GND
TWR - 118.20 MHz - MONTPELLIER TWR	TWR - 118.77 MHz - MONTPELLIER TWR
APP - 120.37 MHz - MONTPELLIER APP	APP - 130.85 MHz - MONTPELLIER APP
APP - 133.77 MHz - MONTPELLIER APP	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
12L	164 ft	8,539 ft	124.83	ASPHALT	0 ft	0 ft
	50 m	2,603 m	122.84		0 m	0 m
30R	164 ft	8,539 ft	304.85	ASPHALT	0 ft	0 ft
	50 m	2,603 m	302.85		0 m	0 m
12R	98 ft	3,612 ft	124.80	ASPHALT	328 ft	0 ft
	30 m	1,101 m	122.80		100 m	0 m
30L	98 ft	3,612 ft	304.81	ASPHALT	0 ft	0 ft
	30 m	1,101 m	302.81		0 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
30R	LOC-ILS	FG	108.55 MHz	18 nm	304.75	-	16 ft
				33 km	302.75		16 m
30R	GS	FG	108.55 MHz	10 nm	305.50	3.00	16 ft
				19 km	303.50		16 m