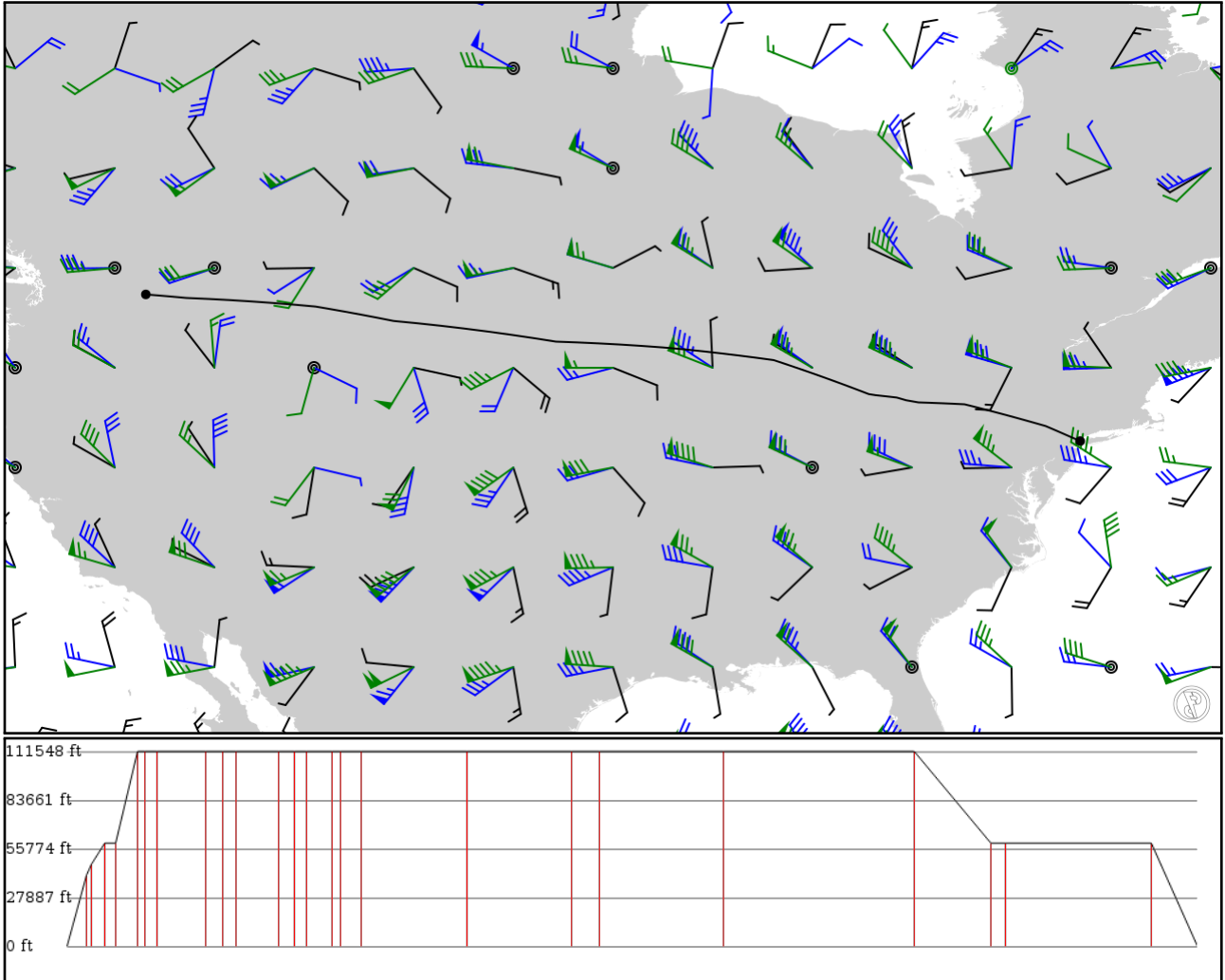


2024/05/12 1751Z

KLGA SAX **V116** TALLI **V126** LHY **J36** FNT **J106** GEP **J70** ABR **J90** MLS **V120** LWT **J70** MLP KGEG

1917.04 nm / 3550.35 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
KLGA	-	40.77724	0 ft	-	La Guardia
APT	-	-73.87261	0 m		
SAX	-	41.06756	12,400 ft	34	SPARTA VORTAC
VOR	-	-74.53831	3,780 m		
COATE	V116	41.13623	14,300 ft	8	-
FIX	AWY-LO	-74.69517	4,359 m		
TALLI	V116	41.31711	18,000 ft	21	-
FIX	AWY-LO	-75.11199	5,486 m		
LHY	V126	41.47578	18,000 ft	19	LAKE HENRY VORTAC
DME	AWY-LO	-75.48263	5,486 m		
DGRAF	J36	41.68626	34,000 ft	35	-
FIX	AWY-HI	-76.22254	10,363 m		
MINEO	J36	41.76977	34,000 ft	14	-
FIX	AWY-HI	-76.52237	10,363 m		
REBBL	J36	41.88268	34,000 ft	19	-
FIX	AWY-HI	-76.93279	10,363 m		
WAAKE	J36	42.34213	34,000 ft	82	-
FIX	AWY-HI	-78.68090	10,363 m		
DKK	J36	42.49056	34,000 ft	27	DUNKIRK VORTAC
VOR	AWY-HI	-79.27408	10,363 m		
DKK23	J36	42.51616	34,000 ft	22	-
FIX	AWY-HI	-79.79153	10,363 m		
JLGON	J36	42.57951	34,000 ft	72	-
FIX	AWY-HI	-81.43107	10,363 m		
GOOSS	J36	42.68042	34,000 ft	26	-
FIX	AWY-HI	-82.00388	10,363 m		
FNT2	J36	42.80732	34,000 ft	20	-
APT	AWY-HI	-82.44311	10,363 m		
ATTIX	J36	42.91696	34,000 ft	43	-
FIX	AWY-HI	-83.43060	10,363 m		
FNT	J36	42.96678	34,000 ft	14	FLINT VORTAC
VOR	AWY-HI	-83.74697	10,363 m		
MONEE	J106	43.24050	34,000 ft	35	-
FIX	AWY-HI	-84.46415	10,363 m		
GRB	J106	44.55516	34,000 ft	179	GREEN BAY VORTAC
DME	AWY-HI	-88.19486	10,363 m		
TWINZ	J106	45.04880	34,000 ft	176	-
FIX	AWY-HI	-92.28934	10,363 m		
GEP	J106	45.14569	34,000 ft	46	GOPHER VORTAC
VOR	AWY-HI	-93.37319	10,363 m		
ABR	J70	45.41736	34,000 ft	211	ABERDEEN VOR-DME
VOR	AWY-HI	-98.36872	10,363 m		
MLS	J90	46.38223	34,000 ft	322	MILES CITY VOR-DME
DME	AWY-HI	-105.95354	10,363 m		
ESTRO	V120	46.95262	18,000 ft	130	-
FIX	AWY-LO	-109.01046	5,486 m		
LWT	V120	47.05297	18,000 ft	25	LEWISTOWN VOR-DME
VOR	AWY-LO	-109.60617	5,486 m		
MLP	J70	47.45690	18,000 ft	247	MULLAN PASS VOR-DME
DME	AWY-HI	-115.64604	5,486 m		
KGEG	-	47.61972	0 ft	77	Spokane Intl
APT	-	-117.53396	0 m		

KLGA

Region: UNITED STATES
Timezone: AMERICA/NEW_YORK
Runways: 2

Elevation: 21 ft / 6 m
Location: 40.777200 -73.872600
Magnetic Var: 12.802 W

METAR

KLGA 121703Z 17009KT 10SM -RA BKN014 BKN022 OVC035 11/07 A2992 RMK AO2 P0000 T01060072

TAF

KLGA 121430Z 1215/1318 19006KT P6SM VCSH SCT015 BKN025 TEMPO 1215/1217 6SM -RA BR FM121900 15006KT P6SM SCT025 OVC035

Frequencies

REC - 125.95 MHz - ATIS ARRIVAL	REC - 127.05 MHz - ATIS DEPARTURE
TWR - 118.70 MHz - LAGUARDIA TOWER	GND - 121.70 MHz - LAGUARDIA GROUND
GND - 121.85 MHz - LAGUARDIA GROUND	GND - 127.67 MHz - LAGUARDIA GROUND
CLD - 121.87 MHz - LAGUARDIA CLEARANCE	CLD - 135.20 MHz - LAGUARDIA CLEARANCE
COM - 122.95 MHz - LAGUARDIA UNICOM	APP - 132.70 MHz - NEW YORK APPROACH
APP - 120.05 MHz - NEW YORK APPROACH	APP - 120.80 MHz - NEW YORK APPROACH
APP - 124.95 MHz - NEW YORK APPROACH	APP - 127.30 MHz - NEW YORK APPROACH
APP - 128.80 MHz - NEW YORK APPROACH	DEP - 120.40 MHz - NEW YORK DEPARTURE
DEP - 124.45 MHz - NEW YORK DEPARTURE	DEP - 127.05 MHz - NEW YORK DEPARTURE

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
04	150 ft	7,006 ft	32.03	ASPHALT	0 ft	322 ft
	46 m	2,135 m	44.83		0 m	98 m
22	150 ft	7,006 ft	212.04	ASPHALT	0 ft	98 ft
	46 m	2,135 m	224.84		0 m	30 m
13	150 ft	6,994 ft	122.24	ASPHALT	0 ft	95 ft
	46 m	2,132 m	135.04		0 m	29 m
31	150 ft	6,994 ft	302.25	ASPHALT	0 ft	374 ft
	46 m	2,132 m	315.05		0 m	114 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
13	DME	IGDI	108.50 MHz	18 nm	-	-	22 ft
				33 km	-		22 m
31	DME	IPZV	108.50 MHz	18 nm	-	-	22 ft
				33 km	-		22 m
04	LOC-ILS	ILGA	110.50 MHz	18 nm	32.04	-	21 ft
				33 km	44.84		21 m
13	LOC-ILS	IGDI	108.50 MHz	18 nm	122.25	-	21 ft
				33 km	135.05		21 m
22	LOC-ILS	IURD	110.50 MHz	18 nm	212.04	-	21 ft
				33 km	224.84		21 m
31	LOC-LOC	IPZV	108.50 MHz	18 nm	302.25	-	21 ft
				33 km	315.05		21 m
04	GS	ILGA	110.50 MHz	10 nm	32.04	3.10	21 ft
				19 km	44.84		21 m
13	GS	IGDI	108.50 MHz	10 nm	122.25	3.10	21 ft
				19 km	135.05		21 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
22	GS	IURD	110.50 MHz	10 nm	212.04	3.00	21 ft
				19 km	224.84		21 m

KGEG

Region: UNITED STATES
Timezone: AMERICA/LOS_ANGELES
Runways: 2

Elevation: 2,384 ft / 727 m
Location: 47.618800 -117.535000
Magnetic Var: 13.718 E

METAR

KGEG 121653Z 20007KT 10SM FEW200 22/06 A2990 RMK A02 SLP107 T02170056 \$

TAF

TAF KGEG 121120Z 1212/1312 17007KT P6SM FEW150 SCT250 FM121700 21010KT P6SM FEW250 FM121900 22012G19KT P6SM FEW07

Frequencies

REC - 124.32 MHz - SPOKANE ATIS	COM - 122.95 MHz - SPOKANE UNICOM
GND - 121.90 MHz - SPOKANE GROUND	TWR - 118.30 MHz - SPOKANE TOWER
CLD - 127.55 MHz - SPOKANE CLEARANCE DELIVERY	DEP - 123.75 MHz - SPOKANE DEPARTURE
DEP - 133.35 MHz - SPOKANE DEPARTURE	APP - 123.75 MHz - SPOKANE APPROACH
APP - 133.35 MHz - SPOKANE APPROACH	APP - 126.45 MHz - APP/DEP

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
08	150 ft	8,177 ft	90.49	ASPHALT	0 ft	0 ft
	46 m	2,492 m	76.78		0 m	0 m
26	150 ft	8,177 ft	270.52	ASPHALT	0 ft	98 ft
	46 m	2,492 m	256.80		0 m	30 m
03	150 ft	10,987 ft	45.41	ASPHALT	0 ft	397 ft
	46 m	3,349 m	31.69		0 m	121 m
21	150 ft	10,987 ft	225.44	ASPHALT	0 ft	400 ft
	46 m	3,349 m	211.72		0 m	122 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
03	DME	IOLJ	111.10 MHz	18 nm	-	-	2,322 ft
				33 km	-		2,322 m
03	LOC-ILS	IOLJ	111.10 MHz	18 nm	45.43	-	2,384 ft
				33 km	31.71		2,384 m
21	LOC-ILS	IGEG	111.10 MHz	18 nm	225.43	-	2,384 ft
				33 km	211.71		2,384 m
03	GS	IOLJ	111.10 MHz	10 nm	45.43	3.00	2,384 ft
				19 km	31.71		2,384 m
21	GS	IGEG	111.10 MHz	10 nm	225.43	3.00	2,384 ft
				19 km	211.71		2,384 m