



TRANSITION ALTITUDE	6000	HEATHROW DIRECTOR	119 730, 120, 400*, 127, 525*, 134, 980*
TRANSITION LEVEL	ATC	HEATHROW TOWER	118, 505, 118, 705*, 124, 475*
AREA MNL ALT (x100)		HEATHROW RADAR	125, 625*, 127, 525*
		HEATHROW INFORMATION	128, 080, 113, 750, 115, 100

* See EGLL AD 2.18 for details.

WARNING
For Minimum Descent Rate requirements See ENR 1.1, para 3.2.

WARNING
Do not proceed beyond LAMBOURNE without ATC clearance.

DESCENT PLANNING
Pilots should plan for possible descent clearance as detailed in the table below. **ACTUAL DESCENT CLEARANCE WILL BE AS DIRECTED BY ATC.**

HOLDING SPEEDS
Maximum holding speed in the LTMA up to and including FL 140 is 220KIAS. At FL 150 and above standard ICAO holding speeds apply.

LOGAN 1H Arrival via L608, L980, P7 to LOGAN continue on LAM VOR R083 to LAM VOR.

FL250 by LOGAN (aircraft Flight Planned at FL300 and above and all aircraft via P7)
FL160 by SABER (Heathrow only)
FL160 by 5NM before SABER (Northolt only)
FL240 by LOGAN (aircraft Flight Planned at FL290 and below)
FL160 by SABER (Heathrow only)
FL160 by 5NM before SABER (Northolt only)

- GENERAL INFORMATION**
- Standard Routes may be varied at the discretion of ATC.
 - Cross SLPs or 3 min before holding facility at 250K(IAS) or less.
 - Due to proximity of Danger Area EG DI38D do not fly south of track Abeam CLN VOR until BRASO.
 - When LAM VOR is out of service inbound aircraft approaching from the East will proceed to TAWNY. Designator becomes LOGAN 1Z.
 - As lowest level in LAM/TAWNY holding stacks (7000) is above transition altitude, aircraft will be instructed by ATC to fly at the appropriate flight level.
 - The routes shown also apply to aircraft inbound to Northolt and Denham.
 - En route holding as directed by ATC at: SABER (FL170 and below), BRASO (FL180-FL240), LOGAN.

VAR 0.3°W - 2019
Annual Rate of Change 0.15°E
Scale 1:750 000