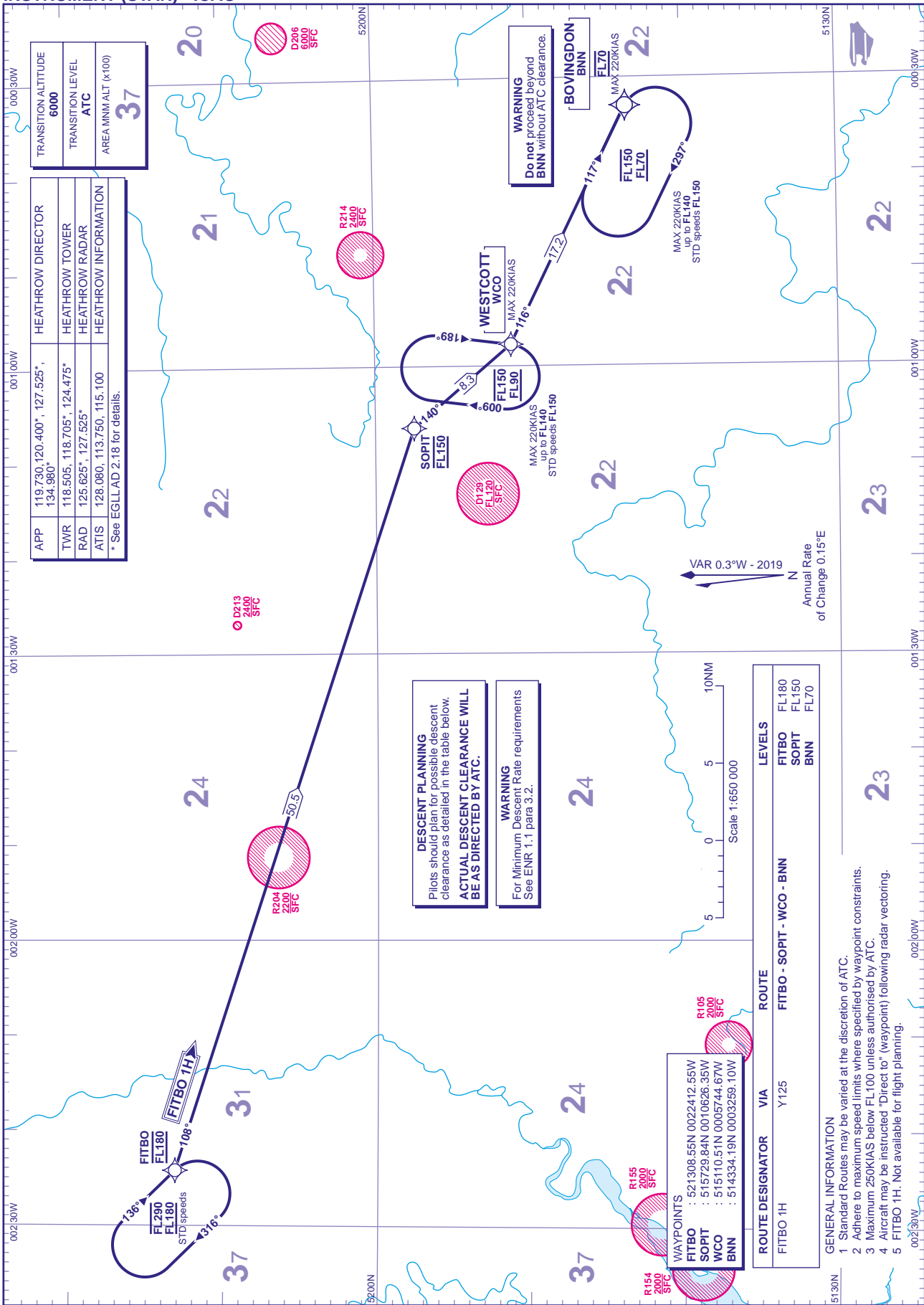


RNAV1 (DME/DME or GNSS)
STANDARD ARRIVAL CHART -
INSTRUMENT (STAR) - ICAO

DISTANCES IN NAUTICAL MILES
TRACKS ARE MAGNETIC
ALTITUDES AND ELEVATIONS ARE IN FEET

LONDON HEATHROW
FITBO 1H



TRANSITION ALTITUDE	6000
TRANSITION LEVEL	ATC
AREA MINM ALT (x100)	37

HEATHROW DIRECTOR	HEATHROW TOWER
HEATHROW RADAR	HEATHROW INFORMATION
* See EGLLAD 2.18 for details.	

APP	119.730, 120.400*, 127.525*, 134.980*
TWR	118.505, 118.705*, 124.475*
RAD	125.625*, 127.525*
ATIS	128.080, 113.750, 115.100

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

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

WAYPOINTS	VIA	ROUTE	LEVELS
FITBO : 521308.55N 0022412.55W	Y125	FITBO - SOPIT - WCO - BNN	FITBO FL180
SOPIT : 515729.84N 0010626.35W			SOPIT FL150
WCO : 515110.51N 0005744.67W			BNN FL70
BNN : 514334.19N 0003259.10W			

- GENERAL INFORMATION**
- Standard Routes may be varied at the discretion of ATC.
 - Adhere to maximum speed limits where specified by waypoint constraints.
 - Maximum 250KIAS below FL100 unless authorised by ATC.
 - Aircraft may be instructed "Direct to" (waypoint) following radar vectoring.
 - FITBO 1H: Not available for flight planning.