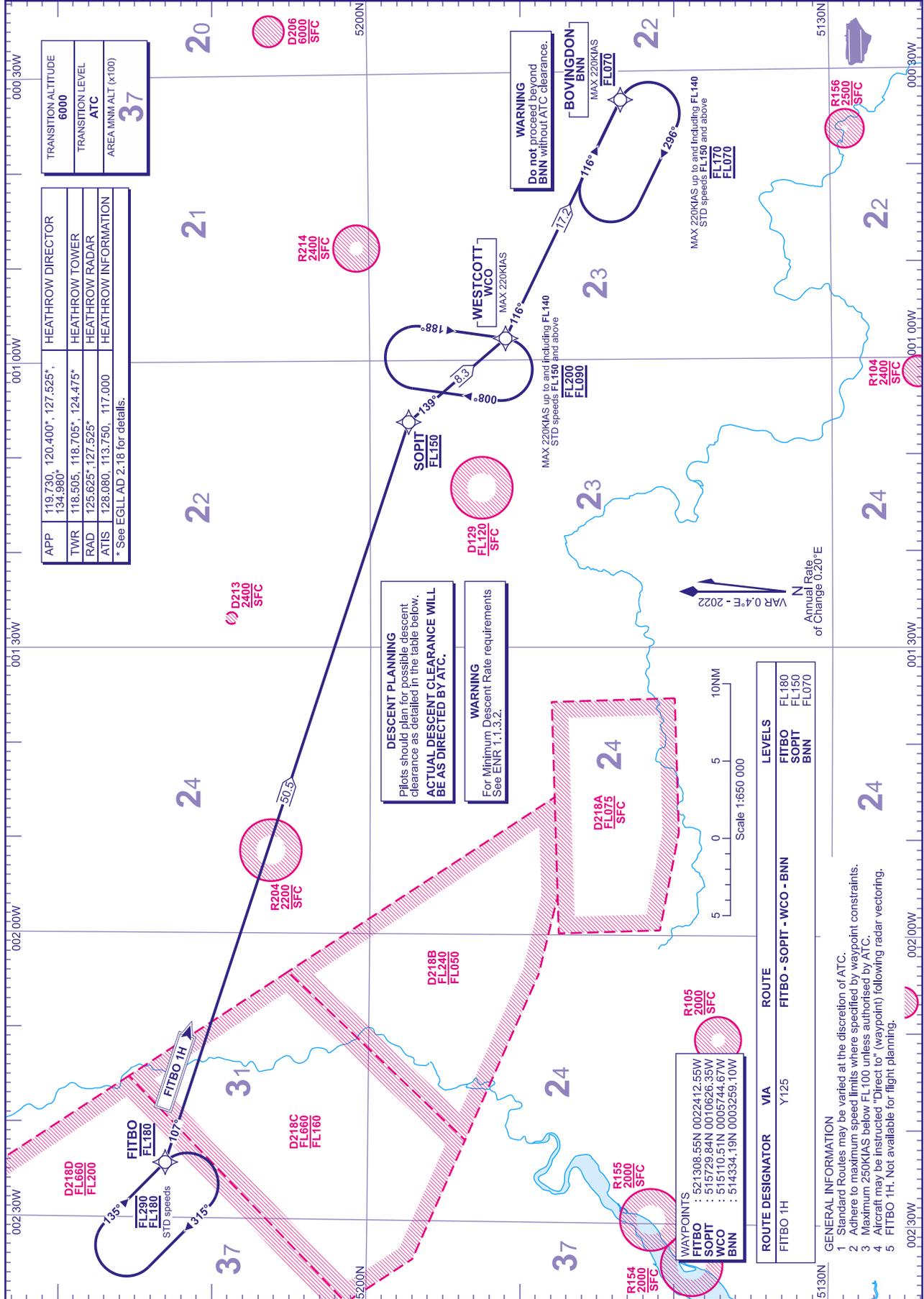


**RNAV1 (DME/DME or GNSS)  
STANDARD ARRIVAL CHART -  
INSTRUMENT (STAR) - ICAO**

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

**LONDON HEATHROW  
FITBO 1H**

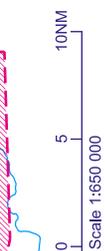


TRANSITION ALTITUDE	6000
TRANSITION LEVEL	ATC
AREA MNM ALT (x100)	37

APP	119.730, 120.400*, 127.525*	HEATHROW DIRECTOR
TWR	118.505, 118.705*, 124.475*	HEATHROW TOWER
RAD	125.625*, 127.525*	HEATHROW RADAR
ATIS	128.080, 113.750, 117.000	HEATHROW INFORMATION
* See EGLL AD 2.18 for details.		

**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 1.1.3.2.



**WAYPOINTS**

FITBO	: 521308.55N 0022412.55W
SOPIT	: 515729.84N 0010626.35W
WCO	: 515110.51N 0005744.67W
BNN	: 514334.19N 0003259.10W

ROUTE DESIGNATOR	VIA	ROUTE	LEVELS
FITBO 1H	Y125	FITBO - SOPIT - WCO - BNN	FITBO FL180 SOPIT FL150 BNN FL070

- 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.