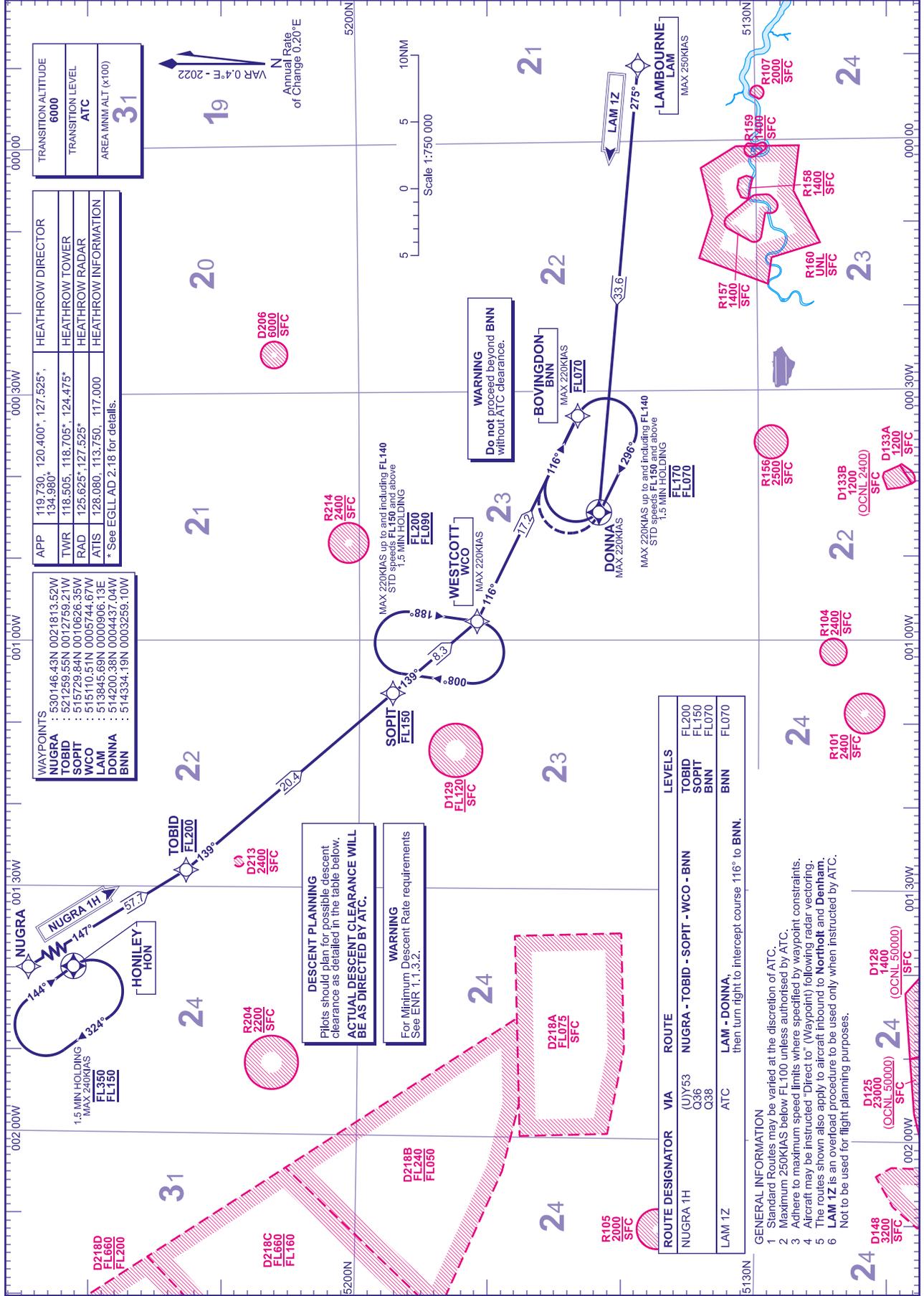


**RNAV5 (DME/DME or GNSS)
STANDARD ARRIVAL CHART -
INSTRUMENT (STAR) - ICAO**

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

**LONDON HEATHROW
NUGRA 1H LAM 1Z**



WAYPOINTS : 530146.43N 0021813.52W
NUGRA : 521259.55N 0012759.21W
TOBID : 515729.84N 0010626.35W
SOPIT : 515110.51N 0005744.67W
WCO : 513845.69N 0000906.13E
LAM : 514200.38N 0004437.04W
DONNA : 514334.19N 0003259.10W
BNN : 514334.19N 0003259.10W

APP	119.730, 120.400*, 127.525*, 134.980*	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.

TRANSITION ALTITUDE	6000
TRANSITION LEVEL	ATC
AREA MNL ALT (x100)	31

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.

WARNING
Do not proceed beyond BNN without ATC clearance.

ROUTE DESIGNATOR	VIA	ROUTE	LEVELS
NUGRA 1H	(UY53 Q36 Q38)	NUGRA - TOBID - SOPIT - BNN	FL200 FL150 FL070
LAM 1Z	ATC	LAM - DONNA then turn right to intercept course 116° to BNN.	BNN FL070

- GENERAL INFORMATION**
- Standard Routes may be varied at the discretion of ATC.
 - Maximum 250KIAS below FL100 unless authorised by ATC.
 - Adhere to maximum speed limits where specified by waypoint constraints.
 - Aircraft may be instructed 'Direct to' (Waypoint) following radar vectoring.
 - The routes shown also apply to aircraft inbound to Northolt and Denham.
 - LAM 1Z is an overread procedure to be used only when instructed by ATC. Not to be used for flight planning purposes.