

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS

Name Lateral Limits	Upper - lower Limit System/means of activation announcement/information for Civil Flights	Remarks and time of activity
1	2	3
Air combat and exercises		
MTA EAST ANGLIAN (EAMTA) - AREA A 525836N 0003322W - 524210N 0015344E - 523947N 0015344E - 522528N 0011245E - 522624N 0000434W - 525836N 0003322W	Upper limit: FL550 Lower limit: FL245	<p>Because of the nature of the military activity within the East Anglian and North Wales MTAs, no Air Traffic Services can normally be provided within this airspace during their periods of activation. For exemptions, see ENR 1.1, paragraph 1.6.3.5.</p> <p>Hours: Mon-Thu 0830-2300, Fri 0830-1800 UTC Winter (Summer 1hr earlier).</p> <p>Note: Area A may also be booked 0800-0830 UTC Winter (Summer 1hr earlier) by NOTAM. Aircrew wishing to use this area between these times are to book via the Military Airspace Booking Co-ordination Cell (Tel: 01489-612495).</p> <p>Remarks: Penetrating routes: P5, P144 and UM185. Adjacent routes: M16, N866, P155, UL603, UL613 and UP6.</p>
MTA NORTH WALES (NWMTA - NORTH HIGH) 531810N 0050753W - 531505N 0034316W - 530603N 0032604W - 520911N 0033007W - 531234N 0052117W - 531810N 0050753W	Upper limit: FL660 Lower limit: FL285	<p>Hours: Activation by NOTAM, to be issued by D-1 (1100 Winter; 1000 Summer). Exceptionally, activate by NOTAM at 2 hours notice for weekdays and 36 hours for weekend/PH activity.</p> <p>Remarks: Adjacent Routes: UL15, UL975 and UN864. Traversing Route: Those sections of UP16 UNBIG to BERUL to MONTY and UY124 and UT7 within the bounds of NWMTA (North High) may only be used outside the NWMTA notified hours of activity.</p>
MTA NORTH WALES (NWMTA - NORTH LOW) 531810N 0050753W - 531505N 0034316W - 530603N 0032604W - 520911N 0033007W - 531234N 0052117W - 531810N 0050753W	Upper limit: FL285 Lower limit: FL195	<p>Hours: Mon-Thu 0800-1800, Fri 0800-1700 Winter; Mon-Fri 0700-1700 Summer. Winter/Summer, Sat and Sun occasional use subject to NOTAM action.</p> <p>Note: Activation beyond the published hours is permitted on weekdays, weekends and PH. Notice is required of changes to Swanwick (Mil) West Supervisor, 2 hours for weekdays and 36 hours for weekend/PH activity.</p> <p>Remarks: Adjacent Routes: (U)L15, (U)L975 and (U)N864. Traversing Route: Those sections of UP16 UNBIG to BERUL to MONTY and (U)Y124 within the bounds of NWMTA (North Low) may only be used outside the NWMTA notified hours of activity.</p> <p>NOTAM action for weekend/PH activation to be taken by SATCO Valley.</p>
MTA NORTH WALES (NWMTA - SOUTH HIGH) 531234N 0052117W - 520911N 0033007W - 520149N 0033037W - 520911N 0043030W - 523827N 0051555W - 524529N 0052146W - 531224N 0052141W - 531234N 0052117W	Upper limit: FL660 Lower limit: FL285	<p>Hours: Activation by NOTAM, to be issued by D-1 (1100 Winter; 1000 Summer). Exceptionally, activate by NOTAM at 2 hours notice for weekdays and 36 hours for weekend/PH activity.</p> <p>Remarks: Adjacent routes: UM17, UN14 and UN864. Traversing routes: UL18, UP16 and UT7. The section of UL18 between MEDOG and LIPGO and UP16 between UNBIG to BERUL and UT7 between NITON and ASRAX that traverse the NWMTA (South) may only be used outside the hours of the NWMTA (South) activity, or at short notice as directed by ATC, when operations in EG D201, D201B, D201C, and D201D terminate earlier than published, and no military operations are taking place within the NWMTA (South). The authority for the tactical use of UL18 in these circumstances is vested in the Military Airspace Manager at Swanwick (Mil). Additionally, L18 between LANON and LIPGO may be used at short notice under the same conditions.</p>
MTA NORTH WALES (NWMTA - SOUTH LOW) 531234N 0052117W - 520911N 0033007W - 520149N 0033037W - 520911N 0043030W - 523827N 0051555W - 524529N 0052146W - 531224N 0052141W - 531234N 0052117W	Upper limit: FL285 Lower limit: FL195	<p>Hours: Mon-Thu 0900-1800, Fri 0900-1700 Winter, Mon-Fri 0800-1700 Summer. Winter/Summer, Sat and Sun occasional use subject to NOTAM action.</p> <p>Note: Activation beyond the published hours is permitted on weekdays, weekends and PH. Notice is required of changes to Swanwick (Mil) West Supervisor, 2 hours for weekdays and 36 hours for weekend/PH activity.</p> <p>Remarks: Adjacent routes: UM17, UN14 and UN864. Traversing routes: (U)L18 and UP16. The section of (U)L18 between MEDOG and LIPGO and UP16 between UNBIG to BERUL that traverse the NWMTA (South) may only be used outside the hours of the NWMTA (South) activity, or at short notice as directed by ATC, when operations in EG D201, D201B, D201C, and D201D terminate earlier than published, and no military operations are taking place within the NWMTA (South). The authority for the tactical use of (U)L18 in these circumstances is vested in the Military Airspace Manager at Swanwick (Mil). Additionally, L18 between LANON and LIPGO may be used at short notice under the same conditions.</p> <p>Note: When not required by Military users, the NWMTA (South) may be deactivated during normal hours. Subsequent re-activation may be</p>



ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of activation announcement/information for Civil Flights	Remarks and time of activity
1	2	3
		<i>requested by providing 30 minutes notice to the Swanwick (Mil) West Supervisor.</i> NOTAM action for weekend/PH activation to be taken by SATCO Valley.
Military operations		
TRA 001 515440N 0050309W - 513946N 0032432W - 502257N 0033739W - 494809N 0030940W - 485000N 0080000W - 510000N 0080000W - 511106N 0074003W - 505627N 0071802W - 510318N 0070630W - 511741N 0072805W - 512528N 0071351W - 512400N 0065305W - 514034N 0060027W - 515234N 0060431W - 515440N 0050309W	Upper limit: FL245 Lower limit: FL195	Access requirements for civil aircraft are specified in ENR 1.1, paragraph 5.1.5. Hours: Mon-Fri 0830 to 1700 UTC Winter; Mon-Fri 0730 to 1700 UTC Summer; Excluding English Public Holidays. TRA may be activated at other times by NOTAM.
TRA 002 512608N 0031050W - 511935N 0014320W - 511617N 0012057W - 510123N 0012711W - 504123N 0031845W - 512608N 0031050W	Upper limit: FL245 Lower limit: FL195	Access requirements for civil aircraft are specified in ENR 1.1, paragraph 5.1.5. Hours: Mon-Fri 0830 to 1700 UTC Winter; Mon-Fri 0730 to 1700 UTC Summer; Excluding English Public Holidays. TRA may be activated at other times by NOTAM. Remarks: TRA 002 does not include controlled airspace within AWYs N862 and N90 during the hours: 1600 Fri to 0800 Mon UTC Winter (Summer 1hr earlier) and English PHs.
TRA 003 531755N 0010606W - 530618N 0000428W - 531232N 0000108W - 525820N 0020321E - 525206N 0023000E - 524010N 0023000E - 523704N 0025356E - 522819N 0024644E - 522842N 0023414E - 523412N 0015410E - 522510N 0012816E - 522630N 0002732W - 530016N 0010043W - 531755N 0010606W	Upper limit: FL245 Lower limit: FL195	Access requirements for civil aircraft are specified in ENR 1.1, paragraph 5.1.5. Hours: Mon-Fri 0830 to 1700 UTC Winter; Mon-Fri 0730 to 1700 UTC Summer; Excluding English Public Holidays. TRA may be activated at other times by NOTAM.
TRA 004 550806N 0043002W - 550603N 0041419W - 543019N 0032659W - 534103N 0031910W - 534150N 0033653W - 535436N 0040740W - 540248N 0035759W - 541618N 0043113W - 543138N 0050836W - 545121N 0050119W - 550250N 0045120W - 550806N 0043002W	Upper limit: FL245 Lower limit: FL195	Access requirements for civil aircraft are specified in ENR 1.1, paragraph 5.1.5. Hours: Mon-Fri 0830 to 1700 UTC Winter; Mon-Fri 0730 to 1700 UTC Summer; Excluding English Public Holidays. TRA may be activated at other times by NOTAM.
TRA 005 551735N 0025427W - 551724N 0024532W - 550049N 0015445W - 542156N 0020653W - 542156N 0021546W - 544628N 0023625W - 551735N 0025427W	Upper limit: FL245 Lower limit: FL195	Access requirements for civil aircraft are specified in ENR 1.1, paragraph 5.1.5. Hours: Mon-Fri 0900 to 1700 UTC Winter; Mon-Fri 0800 to 1600 UTC Summer; Excluding English Public Holidays. TRA may be activated at other times by NOTAM.
TRA 006 554053N 0021314E - 541108N 0032313E - 534412N 0030000E - 531608N 0030000E - 532000N 0023000E - 531139N 0023000E - 530815N 0020534E - 532204N 0000431E - 534114N 0010214W - 534312N 0011636W - 541152N 0014544W - 550000N 0013017W - 550000N 0004703W - 551710N 0001428E - 554053N 0021314E	Upper limit: FL245 Lower limit: FL195	Access requirements for civil aircraft are specified in ENR 1.1, paragraph 5.1.5. Hours: Mon-Fri 0830 to 1700 UTC Winter; Mon-Fri 0730 to 1700 UTC Summer; Excluding English Public Holidays. TRA may be activated at other times by NOTAM.
TRA 007A 571946N 0014810W - 571437N 0020959W - 562341N 0031445W - 561400N 0033259W - 560700N 0032938W - 560700N 0025608W - 560008N 0024849W - 553805N 0025111W - 552606N 0023655W - 550637N 0013731W - 550218N 0014154W - 550101N 0012957W - 550000N 0013017W - 550000N 0005916W - 555000N 0011800W - 561750N 0012507W - 571946N 0014810W	Upper limit: FL245 Lower limit: FL195	Access requirements for civil aircraft are specified in ENR 1.1, paragraph 5.1.5. Hours: Mon-Fri 0830 to 1700 UTC Winter; Mon-Fri 0730 to 1700 UTC Summer; Excluding English Public Holidays. TRA may be activated at other times by NOTAM. Remarks: (1) TRA 007A does not include controlled airspace within AWY P18 during the published hours of P18 (see ENR 3.1). (2) TRA 007A does not include airspace within AWY N864 during weekend promulgated hours 0001 Sat to 2359 Sun. During this period, between PIPAR and ASNUD, the western extremity of TRA 007A reverts to the eastern boundary of N864.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of acti- vation announcement/in- formation for Civil Flights	Remarks and time of activity
1	2	3
TRA 007B 574850N 0002223E - 571946N 0014810W - 561750N 0012507W - 555000N 0011800W - 550000N 0005916W - 550000N 0004703W - 551710N 0001428E - 554053N 0021314E - 574850N 0002223E	Upper limit: FL245 Lower limit: FL195	Access requirements for civil aircraft are specified in ENR 1.1, paragraph 5.1.5. Hours: Mon-Fri 0830 to 1700 UTC Winter; Mon-Fri 0730 to 1700 UTC Summer; Excluding English Public Holidays. TRA may be activated at other times by NOTAM.
TRA 008A 572337N 0041404W - 575000N 0081500W - 595000N 0060200W - 594812N 0044730W - 591638N 0043000W - 573246N 0041254W - 573147N 0041203W - 572337N 0041404W	Upper limit: FL245 Lower limit: FL195	Access requirements for civil aircraft are specified in ENR 1.1, paragraph 5.1.5. Hours: Mon-Fri 0830 to 1700 UTC Winter; Mon-Fri 0730 to 1700 UTC Summer; Excluding English Public Holidays. TRA may be activated at other times by NOTAM.
TRA 008B 575757N 0001440E - 573708N 0012004W - 572758N 0011242W - 571542N 0020528W - 571940N 0020701W - 571838N 0021602W - 572130N 0022334W - 562948N 0032900W - 562000N 0034746W - 561400N 0040926W - 561235N 0041258W - 570638N 0035943W - 570621N 0035605W - 572144N 0035211W - 572337N 0041404W - 573147N 0041203W - 573246N 0041254W - 591638N 0043000W - 594812N 0044730W - 594000N 0013000W - 575757N 0001440E	Upper limit: FL245 Lower limit: FL195	Access requirements for civil aircraft are specified in ENR 1.1, paragraph 5.1.5. Hours: Mon-Fri 0830 to 1700 UTC Winter; Mon-Fri 0730 to 1700 UTC Summer; Excluding English Public Holidays. TRA may be activated at other times by NOTAM.
TRA 008C 552543N 0050000W - 553039N 0053655W - 554803N 0074000W - 564200N 0081500W - 575000N 0081500W - 572337N 0041404W - 572144N 0035211W - 570621N 0035605W - 570638N 0035943W - 570758N 0041754W - 560432N 0043253W - 560127N 0044028W - 560727N 0050308W - 561807N 0054423W - 564819N 0062031W - 564248N 0063539W - 563408N 0064847W - 562501N 0065609W - 560939N 0055411W - 555825N 0051042W - 555356N 0045343W - 555000N 0050000W - 552543N 0050000W	Upper limit: FL245 Lower limit: FL195	Access requirements for civil aircraft are specified in ENR 1.1, paragraph 5.1.5. Hours: Mon-Fri 0830 to 1700 UTC Winter; Mon-Fri 0730 to 1700 UTC Summer; Excluding English Public Holidays. TRA may be activated at other times by NOTAM.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of activation announcement/information for Civil Flights	Remarks and time of activity
1	2	3
NSGA AREA 1 - North of 55N bounded within the UK FIR.	Upper limit: FL195 Lower limit: FL100	Hours: Daylight hours.
NSGA AREA 2 - GREATER YORKSHIRE 550000N 0030555W - 550000N 0020010W - 545604N 0015027W - 534637N 0003203W - 534145N 0011604W - 535309N 0023714W - 540726N 0031558W - 543049N 0033812W - 550000N 0030555W	Upper limit: FL195 Lower limit: FL100	Hours: Daylight hours.
NSGA AREA 3 - DERBYSHIRE 532541N 0014441W - 533440N 0011244W - 531854N 0011656W - 531456N 0005121W - 524539N 0005258W - 530604N 0011927W - 530818N 0013320W - 532541N 0014441W	Upper limit: FL195 Lower limit: FL100	Hours: Daylight hours.
NSGA AREA 4 - WALES 531655N 0043000W - 532117N 0041155W - 531854N 0031644W - 525749N 0024744W - 524143N 0021912W - 521226N 0015238W - 514441N 0021125W - 513815N 0022708W - 513709N 0030425W - 515105N 0041855W - 524356N 0043000W - 531655N 0043000W	Upper limit: FL195 Lower limit: FL100	Hours: Daylight hours.
NSGA AREA 5 - DARTMOOR 504907N 0040425W - 503741N 0035343W - 502314N 0035343W - 502700N 0042714W - 503747N 0042102W - 504907N 0040425W	Upper limit: FL195 Lower limit: FL100	Hours: Daylight hours.
NSGA AREA 6 - NORTHERN IRELAND 550000N 0071046W - 550000N 0064000W - 545000N 0064000W - 545000N 0071600W - 545617N 0071600W - 550000N 0071046W	Upper limit: FL195 Lower limit: FL100	Hours: Daylight hours.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of activation announcement/information for Civil Flights	Remarks and time of activity
1	2	3
TRAG SCOTTISH UPPER AREA (NORTH) 574000N 0034148W - 574000N 0025518W - 572852N 0022517W - 571151N 0024717W - 571801N 0034732W - 574000N 0034148W	Upper limit: FL270 Lower limit: FL240	Access requirements for gliders are specified in ENR 1.1, paragraph 1.11. Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG SCOTTISH UPPER AREA (SOUTH) 571801N 0034732W - 571151N 0024717W - 565119N 0031318W - 570514N 0035049W - 571801N 0034732W	Upper limit: UNL Lower limit: FL240	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG SCOTTISH LOWER AREA (NORTH) 574000N 0034148W - 574000N 0025518W - 572852N 0022517W - 565119N 0031318W - 570514N 0035049W - 574000N 0034148W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG SCOTTISH LOWER AREA (SOUTH) 570514N 0035049W - 565119N 0031318W - 563302N 0033557W - 562408N 0035258W - 562144N 0040142W - 570514N 0035049W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG PORTMOAK AREA 562926N 0034253W - 562223N 0032624W - 561200N 0032855W - 561200N 0040404W - 562144N 0040142W - 562408N 0035258W - 562926N 0034253W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG ABOYNE AREA 571700N 0025300W - 571216N 0023532W - 565301N 0030005W - 565730N 0031500W - 571700N 0025300W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG NORTHUMBRIA NORTH AREA 560600N 0023914W - 555500N 0020216W - 554600N 0015854W - 554600N 0024128W - 560600N 0023914W	Upper limit: FL240 Lower limit: FL195	Access requirements for gliders are specified in ENR 1.1, paragraph 1.11. Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG NORTHUMBRIA SOUTH AREA 554600N 0024128W - 554600N 0015854W - 552644N 0015147W - 551803N 0015434W - 552951N 0023046W - 553928N 0024211W - 554600N 0024128W	Upper limit: FL240 Lower limit: FL195	Access requirements for gliders are specified in ENR 1.1, paragraph 1.11. Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG SPADEADAM UPPER AREA 550642N 0023639W - 545902N 0020925W - 544416N 0021359W - 550642N 0023639W	Upper limit: UNL Lower limit: FL240	Access requirements for gliders are specified in ENR 1.1, paragraph 1.11. Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG SPADEADAM LOWER AREA 550251N 0021822W - 545815N 0020423W - 543952N 0021005W - 550251N 0021822W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of activation announcement/information for Civil Flights	Remarks and time of activity
1	2	3
TRAG YORKSHIRE UPPER AREA NORTH 543223N 0012622W - 541026N 0010000W - 540000N 0010000W - 540000N 0012332W - 541207N 0013559W - 543223N 0012622W	Upper limit: UNL Lower limit: FL240	Access requirements for gliders are specified in ENR 1.1, paragraph 1.11. Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG YORKSHIRE LOWER AREA NORTH 543223N 0012622W - 541026N 0010000W - 540000N 0010000W - 540000N 0012332W - 541207N 0013559W - 543223N 0012622W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG YORKSHIRE LOWER AREA SOUTH 541026N 0010000W - 534637N 0003203W - 535158N 0011521W - 540000N 0012332W - 540000N 0010000W - 541026N 0010000W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG NORTHERN IRELAND AREA 551010N 0065625W - 551010N 0064000W - 545000N 0064000W - 545000N 0071600W - 545617N 0071600W - 551010N 0065625W	Upper limit: FL240 Lower limit: FL195	Access requirements for gliders are specified in ENR 1.1, paragraph 1.11. Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH UPPER AREA A 531546N 0040000W - 530000N 0040000W - 530000N 0043000W - 531655N 0043000W - 531546N 0040000W	Upper limit: UNL Lower limit: FL240	Access requirements for gliders are specified in ENR 1.1, paragraph 1.11. Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH LOWER AREA A 531655N 0043000W - 531546N 0040000W - 530000N 0040000W - 530000N 0043000W - 531655N 0043000W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH UPPER AREA B 531546N 0040000W - 531505N 0034316W - 530603N 0032604W - 530000N 0032630W - 530000N 0040000W - 531546N 0040000W	Upper limit: UNL Lower limit: FL240	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH LOWER AREA B 531546N 0040000W - 531505N 0034316W - 530603N 0032604W - 530000N 0032630W - 530000N 0040000W - 531546N 0040000W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH UPPER AREA C 531505N 0034316W - 531429N 0032929W - 531227N 0032536W - 530603N 0032604W - 531505N 0034316W	Upper limit: UNL Lower limit: FL240	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH LOWER AREA C 531505N 0034316W - 531429N 0032929W - 531227N 0032536W - 530603N 0032604W - 531505N 0034316W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH UPPER AREA D 530000N 0043000W - 530000N 0040000W - 522642N 0040000W - 524356N 0043000W - 530000N 0043000W	Upper limit: UNL Lower limit: FL240	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of activation announcement/information for Civil Flights	Remarks and time of activity
1	2	3
TRAG WELSH LOWER AREA D 530000N 0043000W - 530000N 0040000W - 522642N 0040000W - 524356N 0043000W - 530000N 0043000W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH UPPER AREA E 530000N 0040000W - 530000N 0032630W - 525007N 0032713W - 524220N 0033916W - 523000N 0034007W - 523000N 0040000W - 530000N 0040000W	Upper limit: UNL Lower limit: FL240	Access requirements for gliders are specified in ENR 1.1, paragraph 1.11. Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH LOWER AREA E 530000N 0040000W - 530000N 0032630W - 525007N 0032713W - 524220N 0033916W - 523000N 0034007W - 523000N 0040000W - 530000N 0040000W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH UPPER AREA F 525007N 0032713W - 523000N 0032839W - 523000N 0034007W - 524220N 0033916W - 525007N 0032713W	Upper limit: FL270 Lower limit: FL240	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH LOWER AREA F 525007N 0032713W - 523000N 0032839W - 523000N 0034007W - 524220N 0033916W - 525007N 0032713W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH UPPER AREA G 523000N 0040000W - 523000N 0032839W - 520911N 0033007W - 522642N 0040000W - 523000N 0040000W	Upper limit: FL270 Lower limit: FL240	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH LOWER AREA G 523000N 0040000W - 523000N 0032839W - 520911N 0033007W - 522642N 0040000W - 523000N 0040000W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.
TRAG WELSH AREA H 522642N 0040000W - 520911N 0033007W - 520149N 0033037W - 520530N 0040000W - 522642N 0040000W	Upper limit: FL240 Lower limit: FL195	Hours: When notified. Note: A minimum notice of 2 hours is required to activate TRA (G), therefore NOTAM notification will normally take place on the day of activation. See ENR 1.1, paragraph 1.11.3 and 1.11.4.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of activation announcement/information for Civil Flights	Remarks and time of activity
1	2	3
AIAA SPADEADAM 551500N 0023951W - 551615N 0022552W - 551054N 0021311W - 550253N 0020705W - 550108N 0021621W - 545100N 0021453W - 544630N 0023635W - 545725N 0023805W - 550000N 0024235W - 550000N 0022752W - 550206N 0021640W - 550417N 0021717W - 550453N 0021743W - 551500N 0023951W	Upper limit: 5500 ft ALT Lower limit: SFC	Hours: Peak activity takes place 0900 to 1700 Mon to Thu and 0900 to 1600 Fri and as notified Winter (Summer 1hr earlier). Remarks: Air activity, associated with the electronic warfare training range EG D510 by military aircraft involving high energy manoeuvres, high speed runs and rapid rate turns. Advisory Measures: Pilots are strongly recommended to avoid the area, if this is not possible, they should utilise the DACS from Spadeadam on 128.725 MHz, the DAAIS from Newcastle on 124.375 MHz or from Carlisle on 123.600 MHz.
AIAA VALE OF YORK 541625N 0014418W - 542417N 0012449W - 543328N 0010734W - 543550N 0010048W - then along the coastline to 535600N 0001024W - 534354N 0004000W - 534134N 0010443W - 534312N 0011636W - 541152N 0014544W - 541625N 0014418W	Upper limit: FL190 Lower limit: SFC	Hours: Peak activity takes place 0900 to 1700 Mon to Fri Winter (Summer 1hr earlier). Remarks: Considerable military fixed-wing and rotary flying training, including, in addition to airfield letdown procedures, exercises in practice forced landings, stalling, spinning, steep turns and formation flying. Advisory Measures: Pilots transiting the area are advised to maintain constant vigilance and a LARS is available from Leeming ATC on 127.750 MHz and Linton ATC on 118.550 MHz.
AIAA LINCOLNSHIRE 530526N 0000000E - 530219N 0000000E - 525648N 0000949W - 525206N 0000610W - 524900N 0000106E - 524900N 0005730W - 525014N 0005722W - 525121N 0005725W - 525421N 0010006W - 525901N 0010918W - 525943N 0011000W - 531838N 0011000W - 530526N 0000000E	Upper limit: FL130 Lower limit: SFC	Hours: Peak activity takes place 0900 to 1700 Mon to Fri Winter (Summer 1hr earlier). Remarks: Considerable military flying training, including in addition to airfield letdown procedures, exercises in practice forced landings, stalling, spinning, aerobatics, steep turns and formation flying. Advisory Measures: Pilots transiting the area are advised to maintain constant vigilance and a LARS is available from: Waddington ATC on 119.500 MHz; Cottesmore ATC on 130.200 MHz; and Coningsby ATC on 120.800 MHz.
AIAA THE WASH AREA 530900N 0001200E - 530900N 0003300E - 530400N 0004800E - 525835N 0004800E - then along the coastline to 524700N 0002232E - 524000N 0002200E - 525206N 0000610W - 525648N 0000949W - 530900N 0001200E	Upper limit: 3500 ft ALT Lower limit: SFC	Hours: Peak activity takes place 0900 to 1700 Mon to Thu and 0900 to 1500 Fri Winter (Summer 1hr earlier). Remarks: Because of the holding patterns associated with Danger Area EG D207 special caution is advised in the Wash Area. Advisory Measures: Pilots are strongly recommended to avoid the area. If this is not possible, a LARS should be requested from: Marham ATC on 124.150 MHz; Coningsby ATC on 120.800 MHz; or Waddington ATC on 119.500 MHz.
AIAA SHAWBURY 523130N 0030612W - 523702N 0031803W - 525515N 0031726W - 530239N 0030347W - 530445N 0021031W - 525314N 0020227W - 523710N 0021524W - 523212N 0022430W - 523209N 0023708W - 522828N 0024502W - 522828N 0025230W - 523130N 0030612W but excluding Controlled Airspace.	Upper limit: FL70 Lower limit: SFC	Hours: Permanently active from 0700 to 0130 Mon to Thu and from 0700 to 1700 Fri Winter (Summer 1hr earlier). Remarks: Intense instrument flying and general handling training by large numbers of helicopters (including initial helicopter pilot training), together with IFR fixed wing airfield approaches and departures by student pilots. Night operations may be conducted using reduced navigation and/or anti-collision lights. Advisory Measures: Pilots are strongly recommended to avoid this area; if this is not possible a LARS is available from Shawbury ATC on 133.150 MHz.
AIAA OXFORD 515600N 0014900W - 520130N 0011745W - 515745N 0011126W - 514328N 0010000W - 513433N 0010000W - 513423N 0011138W - 513938N 0015510W - 515600N 0014900W	Upper limit: 5000 ft ALT Lower limit: SFC	Hours: Permanently active. Remarks: There is intense air activity associated with closely woven civil and military climb out and approach procedures for the many airfields in the vicinity. Pilots flying in this area are advised to keep a constant vigilance particularly during weekdays when military activity is at its peak, and especially in the area 8.5 nm/308°(T) and 6 nm/145°(T) from Oxford/Kidlington aerodrome where aircraft may be holding awaiting clearance to join airways. Advisory Measures: Radar services are available within this area from Brize Norton ATC on 124.275 MHz. The attention of pilots is also drawn to the Brize Norton Control Zone. (See ENR 2.1).

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of acti- vation announcement/in- formation for Civil Flights	Remarks and time of activity
1	2	3
AIAA YEOVILTON 510900N 0030300W - 511200N 0025100W - 511200N 0021400W - 504400N 0021400W - 504400N 0030300W - 510900N 0030300W	Upper limit: 6000 ft ALT Lower limit: SFC	Hours: Peak activity is from 0830 to 1700 Mon to Thu and 0830 to 1600 Fri Winter (Summer 1hr earlier). Remarks: Intensive helicopter instrument flying training. Night operations may be conducted by aircraft using reduced navigation and/or anti-collision lights. Advisory Measures: A LARS is available from Yeovilton ATC on 127.350 MHz. Note: For aircraft in transit south of a line east to west through Dorchester, a LARS is available from Plymouth Military Radar on 124.150 MHz but to avoid interference pilots should contact Plymouth Military south of 511000N
AIAA CULDROSE 502400N 0051000W - 501200N 0054700W - 500300N 0054600W - 495400N 0053300W - 495400N 0050930W - 500500N 0045948W - 500924N 0045430W - 501244N 0044659W - 502400N 0051000W	Upper limit: 6000 ft ALT Lower limit: SFC	Hours: Peak activity is from 0830 to 1700 Mon to Thu and 0830 to 1630 Fri Winter (Summer 1hr earlier). Remarks: Considerable helicopter and fixed-wing activity. Night operations may be conducted by aircraft using reduced navigation and/or anti-collision lights. Advisory Measures: A LARS is available from Culdrose ATC on 134.050 MHz.
AIAA VALLEY 532010N 0034500W - 532315N 0050000W - 531200N 0050000W - 530715N 0045319W - 524500N 0045319W - 524500N 0044018W - 523316N 0041200W - 523316N 0034500W - 532010N 0034500W	Upper limit: 6000 ft ALT Lower limit: 2000 ft ALT	Hours: Peak activity is from 0800 to 1800 Mon to Thu and 0800 to 1700 Fri Winter (Summer 1hr earlier). Remarks: Considerable flying training, including, in addition to airfield arrival and departure procedures, exercises in stalling, spinning, aerobatics, steep turns and formation flying. Advisory Measures: Pilots crossing the area are advised to maintain constant vigilance and to request a radar service from Valley ATC or London Radar, via London Flight Information if necessary.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of activation announcement/information for Civil Flights	Remarks and time of activity
1	2	3
ATA WASH NORTH 533110N 0003300E - 531939N 0014857E - 531115N 0014049E - 531901N 0003300E - 533110N 0003300E	Upper limit: FL245 Lower limit: FL50	Autonomous operations are only permitted within ATAs above FL 195 when the overlying TRA is active. Hours: Military flying is at its peak between 0700 to 2300 Mon to Thu and 0700 to 1700 Fri Winter (Summer 1hr earlier). Remarks: Intense military air activity. Advisory Measures: Pilots are strongly advised to avoid the area; if this is not possible, they should request a service from London Radar, via London Flight Information if necessary, at least 15 nm range from the edge of the area.
ATA WASH SOUTH 531901N 0003300E - 531115N 0014049E - 530000N 0013000E - 530000N 0010000E - 530500N 0003300E - 531901N 0003300E	Upper limit: FL175 Lower limit: FL50	Hours: Military flying is at its peak between 0700 to 2300 Mon to Thu and 0700 to 1700 Fri Winter (Summer 1hr earlier). Remarks: Intense military air activity. Advisory Measures: Pilots are strongly advised to avoid the area; if this is not possible, they should request a service from London Radar, via London Flight Information if necessary, at least 15 nm range from the edge of the area.
ATA LAKENHEATH NORTH 525500N 0015000E - 524010N 0023000E - 523704N 0025356E - 522819N 0024644E - 522842N 0023414E - 523412N 0015410E - 523245N 0015000E - 525500N 0015000E	Upper limit: FL245 Lower limit: FL60	Autonomous operations are only permitted within ATAs above FL 195 when the overlying TRA is active. Hours: Military flying is at its peak between 0700 to 2300 Mon to Thu and 0700 to 1700 Fri Winter (Summer 1hr earlier). Remarks: Intense military air activity. Advisory Measures: Pilots are strongly advised to avoid the area; if this is not possible, they should request a service from London Radar, via London Flight Information if necessary, at least 15 nm range from the edge of the area. Note: Live firing at flares in the sea regularly takes place below the vertical limits of the Aerial Tactics Area under 'Clear Range' procedures. The activity will NOT be subject to NOTAM action.
ATA LAKENHEATH SOUTH 523412N 0015410E - 522842N 0023414E - 522819N 0024644E - 521646N 0023717E - 521447N 0022653E - 521318N 0015241E - 521623N 0015000E - 523245N 0015000E - 523412N 0015410E	Upper limit: FL195 Lower limit: FL60	Hours: Military flying is at its peak between 0700 to 2300 Mon to Thu and 0700 to 1700 Fri Winter (Summer 1hr earlier). Remarks: Intense military air activity. Advisory Measures: Pilots are strongly advised to avoid the area; if this is not possible, they should request a service from London Radar, via London Flight Information if necessary, at least 15 nm range from the edge of the area.
ATA VALLEY 531234N 0052117W - 524529N 0052146W - 523827N 0051555W - 520911N 0043030W - 521600N 0041200W - 521047N 0033002W - 530603N 0032604W - 531505N 0034316W - 531810N 0050753W - 531234N 0052117W	Upper limit: FL195 Lower limit: 6000 ft ALT	Autonomous operations requiring access to NWMTA airspace above FL195 are to ensure that the NWMTA is active before entry. Hours: Military flying is at its peak between 0800 to 1800 Mon to Thu and 0800 to 1700 Fri Winter (Summer 1hr earlier). Remarks: All CAS is to be avoided. Users are to note that when the NWMTA North Low is not active, airway Y124 may be activated. Intense military air activity, including air combat training manoeuvres and live air-to-air firing at towed targets over the sea. Advisory Measures: Pilots are strongly recommended to avoid the area; if this is not possible they should request a service from RAF Valley ATC or Swanwick Mil, via London Flight Information if necessary, at least 15 nm range from the edge of the area. Note: Live air-to-air firing at towed targets regularly takes place over the sea within the northern stub of EG D201. Live firing under 'Clear Range' procedures but at least 20 nm out from the coastline, may take place both within and below portions of the Aerial Tactics Area. The activity will not be subject to NOTAM action but times can be obtained from RAF Valley Operations - Tel: 01407-762241 Ext 7540.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of activation announcement/information for Civil Flights	Remarks and time of activity
1	2	3
ARA BOSCOMBE DOWN 513135N 0030951W - 511617N 0012057W - 510417N 0012559W - 510045N 0013054W - 504124N 0031844W - 513135N 0030951W BUT excludes Controlled Airspace.	Upper limit: FL195 Lower limit: FL50	Hours: Mon to Fri 0930 to 1730 Winter (Summer 1hr earlier). Remarks: Considerable test flight activity. Test flight activity often requires the pilots to fly profiles which limit their ability to manoeuvre their aircraft in compliance with the Rules of the Air. Such flights will receive a radar service from Boscombe Down or the Swanwick Military Special Tasks Cell. Advisory Measures: Pilots entering the area are advised to call Boscombe Down on 126.700 MHz to obtain information on test flight activity.
ARA WARTON 543000N 0033559W - 543000N 0031355W - 535747N 0023258W - 534127N 0023240W - 533223N 0025907W - 533213N 0031406W - 535127N 0040000W - 541902N 0040000W - 543000N 0033559W	Upper limit: FL190 Lower limit: FL95	Hours: Mon to Thu 0730 to 1900, Fri 0730 to 1700 Winter (Summer 1hr earlier). Controlling Authority: Warton Radar, Tel: 01772-852392. Remarks: Considerable test flight activity. Test flight activity often requires the pilots to fly profiles which limit their ability to manoeuvre their aircraft in compliance with the Rules of the Air. Such flights will receive a radar service from Warton. Traffic routing from/to Warton/Blackpool via WAL should expect to be advised to fly via Reporting Point ESTRY, defined as 533952N 0031542W (WAL VOR/DME fix 347°/17 nm). This route is designed so as to alleviate the risk of potential conflict with intensive flying training activity associated with RAF Woodvale. Advisory Measures: Pilots entering the area are advised to call Warton on 129.525 MHz to obtain route information and information on test flight activity.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of activation announcement/information for Civil Flights	Remarks and time of activity
1	2	3
AARA AREA 01 581200N 0043000W - 562100N 0043000W - 562100N 0050500W - 581200N 0050500W - 581200N 0043000W	Upper limit: FL280 Lower limit: FL120	Hours: Active when notified. Remarks: A/A TACAN: (R) 55 - (T) 118. See Note 1. Initial Point: 563200N 0043700W. Control Point: 580200N 0043700W. Controlling Unit: Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.
AARA AREA 02 591900N 0003100W - 592800N 0000400E - 581300N 0011500E - 580400N 0004100E - 591900N 0003100W	Upper limit: FL290 Lower limit: FL100	Hours: Permanently available. Vertical Limits: Occasional notification by NOTAM to FL 350. Remarks: A/A TACAN: (R) 56 - (T) 119. See Note 1. Initial Point: 582000N 0010000E. Control Point: 591700N 0000500E. Controlling Unit: Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Radar Coverage: Limited below FL140. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.
AARA AREA 03 575300N 0005000E - 580100N 0012400E - 562500N 0024600E - 561700N 0021300E - 575300N 0005000E	Upper limit: FL290 Lower limit: FL100	Hours: Permanently available. Vertical Limits: Occasional notification by NOTAM to FL 350. Remarks: A/A TACAN: (R) 57 - (T) 120. See Note 1. Initial Point: 563200N 0023200E. Control Point: 575000N 0012600E. Controlling Unit: Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Radar Coverage: Limited below FL145. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.
AARA AREA 04 581600N 0000100E - 575800N 0001500E - 573500N 0012900W - 575300N 0014300W - 581600N 0000100E	Upper limit: FL240 Lower limit: FL70	Hours: Permanently available. Vertical Limits: Occasional notification by NOTAM to FL 350. Remarks: A/A TACAN: (R) 61 - (T) 124. See Note 1. Initial Point: 574300N 0011200W. Control Point: 575800N 0000400W. Controlling Unit: Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of acti- vation announcement/in- formation for Civil Flights	Remarks and time of activity
1	2	3
AARA AREA 05 560300N 0001500W - 560200N 0014000E - 554200N 0013900E - 554300N 0001600W - 560300N 0001500W	Upper limit: FL240 Lower limit: FL70	Hours: Permanently available. Vertical Limits: Occasional notification by NOTAM to FL 350. Remarks: A/A TACAN: (R) 58 - (T) 121. See Note 1. Initial Point: 554700N 0000300E. Control Point: 554600N 0012100E. Controlling Unit: CRC Boulmer until 17:00 (Local Time). Swanwick (Mil) after 17:00 (Local Time). See Note 2. Comms: As allocated. See Note 3. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.
AARA AREA 06 551600N 0001100E - 544100N 0005300W - 542400N 0002500W - 550000N 0003700E - 551600N 0001100E	Upper limit: FL290 Lower limit: FL100	Hours: Permanently available. Vertical Limits: Occasional notification by NOTAM to FL 350. Remarks: A/A TACAN: (R) 58 - (T) 121. See Note 1. Initial Point: 543200N 0002500W. Control Point: 545800N 0002200E. Controlling Unit: CRC Boulmer or Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.
AARA AREA 07 552600N 0011600E - 550000N 0025900E - 544200N 0024500E - 550800N 0010200E - 552600N 0011600E	Upper limit: FL290 Lower limit: FL100	Hours: Permanently available. Remarks: A/A TACAN: (R) 60 - (T) 123. See Note 1. Initial Point: 550800N 0011900E. Control Point: 544900N 0023100E. Controlling Unit: CRC Boulmer or Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.
AARA AREA 08 533600N 0004300E - 532700N 0023000E - 530700N 0022600E - 531600N 0003900E - 533600N 0004300E	Upper limit: FL170 Lower limit: FL70	Hours: Permanently available. Remarks: A/A TACAN: (R) 59 - (T) 122. See Note 1. Initial Point: 531800N 0005600E. Control Point: 531200N 0020800E. Controlling Unit: Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.
AARA AREA 09 524000N 0015000E - 522100N 0015000E - 522100N 0024000E - 524000N 0025600E - 524000N 0015000E	Upper limit: FL50 Lower limit: 2000 ft ALT	Hours: Permanently available. Remarks: Nil. Advisory Measures: Information on activity available from Swanwick (Mil). See Note 1.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of activation announcement/information for Civil Flights	Remarks and time of activity
1	2	3
AARA AREA 10 (EAST) 511700N 0022300W - 510000N 0020500W - 502758N 0035844W - 505158N 0035324W - 511700N 0022300W	Upper limit: FL260 Lower limit: FL80	Hours: Active when notified. See Note 4. Remarks: A/A TACAN: (R) 57 - (T) 120. See Note 1. Initial Point: 510900N 0023400W. Control Point: 505200N 0034000W. Controlling Unit: Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.
AARA AREA 10 (WEST) 505158N 0035324W - 502758N 0035844W - 493645N 0064343W - 495552N 0065723W - 505158N 0035324W	Upper limit: FL260 Lower limit: FL80	Hours: Active when notified. See Note 4. Remarks: A/A TACAN: (R) 57 - (T) 120. See Note 1. Initial Point: 503800N 0042500W. Control Point: 495700N 0064000W. Controlling Unit: Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.
AARA AREA 11 502232N 0054025W - 500304N 0053319W - 494159N 0074435W - 500117N 0075231W - 502232N 0054025W	Upper limit: FL260 Lower limit: FL80	Hours: Active when notified. See Note 4. Remarks: A/A TACAN: (R) 58 - (T) 121 See Note 1. Initial Point: 501700N 0055500W. Control Point: 500100N 0073600W. Controlling Unit: Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.
AARA AREA 12 502848N 0075500W - 505848N 0053454W - 510648N 0045500W - 504742N 0044542W - 504000N 0052518W - 501000N 0074436W - 502848N 0075500W	Upper limit: FL280 Lower limit: FL70	Hours: Active when notified. Remarks: A/A TACAN: (R) 55 - (T) 118. See Note 1. Initial Point: 510000N 0050900W. Control Point: 502800N 0073800W. Controlling Unit: Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.
AARA AREA 13 535900N 0034300W - 544200N 0040700W - 543800N 0042400W - 535600N 0035900W - 535900N 0034300W	Upper limit: FL240 Lower limit: FL150	Hours: Active when notified. See Note 5. Remarks: A/A TACAN: (R) 56 - (T) 119. See Note 1. Initial Point: 540400N 0034800W. Control Point: 543500N 0040500W. Controlling Unit: Swanwick (Mil). See Note 2. Comms: As allocated. See Note 3. Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.

ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS (continued)

Name Lateral Limits	Upper - lower Limit System/means of acti- vation announcement/in- formation for Civil Flights	Remarks and time of activity
1	2	3
AARA AREA 14 571900N 0062900W - 554600N 0071700W - 555200N 0075300W - 572500N 0070500W - 571900N 0062900W	Upper limit: FL240 Lower limit: FL180	<p>Hours: Active when notified.</p> <p>Remarks: A/A TACAN: (R) 60 - (T) 123. See Note 1.</p> <p>Initial Point: 555700N 0072000W.</p> <p>Control Point: 571100N 0064100W.</p> <p>Controlling Unit: Swanwick (Mil). See Note 2.</p> <p>Comms: As allocated. See Note 3.</p> <p>Advisory Measures: Information on activity available from Swanwick (Mil). See Notes 6, 7 and 8.</p> <p>Note 1: (R) Receiver. (T) Tanker. Secondary A/A TACAN channels are the reverse of the primary channels.</p> <p>Note 2: Swanwick (Mil); crews are strongly encouraged to file a Flight Plan; Swanwick (Mil) Flight Plan address EGZYOATT. Failure to file a Flight Plan may result in delays.</p> <p>Note 3: Discrete Frequencies for AAR towline use are Primary 264.125, Secondary 264.925 and Tertiary 362.100.</p> <p>Note 4: AARA 10 East and AARA 10 West. AARA 10 East is only available for Tanker-Trails routeing from UK to foreign destinations or vice versa. AARA 10 West is positioned clear of the main North/South Axis routes (U)N862/864 and UN22 and is available for routine AAR sorties in UK. As AARA 10 and AARA 11 overlap, Tanker Plans will ensure that reservations are deconflicted either by time or by use of different altitude reservations.</p> <p>Note 5: AARA 13. Flight trial profiles may dictate that the RV takes place outside AARA 13. It remains the responsibility of the Tanker Controller to co-ordinate with other airspace users as necessary.</p> <p>Note 6: In Areas designated as Permanently available for Air-to-Air Refuelling, the amount of warning concerning refuelling operations can be so minimal as to preclude notification by normal methods.</p> <p>Note 7: Where Air-to-Air Refuelling Areas conflict with Airways, Advisory Routes or Upper Air Routes, civil / military co-ordination procedures are applied to minimise disruption to the planned flight profiles or the aircraft concerned.</p> <p>Note 8: Where AARAs are required between FL 195 and FL 245 outside the normal hours of TRAs 001-008 (See ENR 5.2-2/3), the appropriate TRAs are booked via the MABCC before 1100 hours at D-1.</p>

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