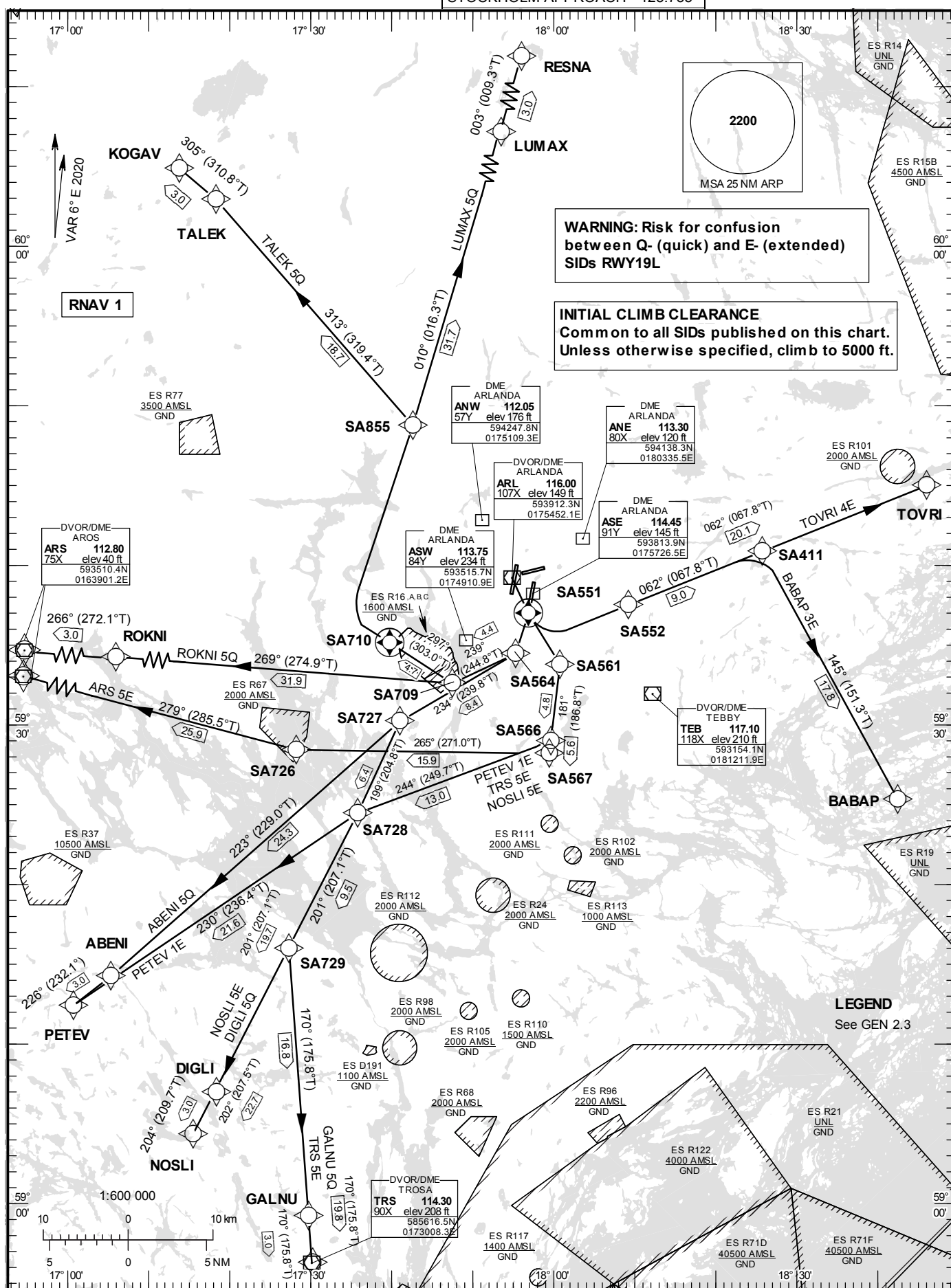


RNAV (DME/DME or GNSS)  
SID RWY 19L

HGT and ALT in ft  
BRG are MAG (True)  
**TA 5000 ft AMSL**

ARLANDA TOWER	125.130
ARLANDA ATIS DEP	121.630
STOCKHOLM APPROACH	123.755



LFV

STOCKHOLM/Arlanda

Prescribed Coding of RNAV SID for RWY 19L

REMARK

INITIAL CLIMB CLEARANCE: Climb to 5000 ft unless otherwise specified. Common to all SIDs published on charts..

Aircraft proceeding on RNAV SID shall use 400 ft per NM (6.6%) as a minimum gradient of climb up to 5000 ft AMSL. Aircraft unable to conform with this procedure shall inform ATS accordingly.

Aircraft from STOCKHOLM/Arlanda shall not be operated at an airspeed of more than 250 kt IAS below FL 100 unless otherwise instructed.

Contact Frequency: Contact STOCKHOLM DEPARTURE, when so instructed by TWR, on channel indicated below.

ABENI 5Q

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+530	-	-	ARL	RNAV 1
DF	SA564	-	-	-	-	+1500	- 220	-	-	RNAV 1
TF	SA727	-	234°(239.8°)	8.4	R	-	-	-	-	RNAV 1
TF	ABENI	-	223°(229.0°)	24.3	-	-	-	-	-	RNAV 1
TF	PETEV	-	226°(232.1°)	3.0	-	-	-	-	-	RNAV 1

SID instruction:

Climb on track 183° to SA551 – SA564(max IAS 220 kt until SA564) – SA727 – ABENI – PETEV

124.105 MHz

ACFT unable to follow RNAV SID:

Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 3.5 (max IAS 220 kt until DME 3.5). Turn right to track 239°. Expect radar vectors to PETEV.

ARS 5E

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+600	-	-	ARL	RNAV 1
DF	SA561	-	-	-	L	+1500	- 205	-	-	RNAV 1
TF	SA567	-	181°(186.8°)	5.6	R	+1500	- 220	-	-	RNAV 1
TF	SA726	-	265°(271.0°)	15.9	R	-	-	-	-	RNAV 1
TF	ARS	-	279°(285.5°)	25.9	-	-	-	-	-	RNAV 1

SID instruction:

Climb on track 183° to SA551 (MNM 600 ft before turn) –SA561 (max IAS 205 kt until SA561) – SA567 (max IAS 220 kt until SA567) – SA726 - ARS

124.105 MHz

ACFT unable to follow RNAV SID:

Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 1.3 (MNM 600 ft before turn).Turn left to track 135°. At ASE DME 4.5 turn right to track 181° (max IAS 205 kt until ASE DME 4.5). Expect radar vectors to ARS.

**STOCKHOLM/Arlanda****BABAP 3E**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+600	-	-	ARL	RNAV 1
DF	SA552	-	-	-	L	+1500	-205	-	-	RNAV 1
TF	SA411	-	062°(067.8°)	9.0	-	-	-	-	-	RNAV 1
TF	BABAP	-	145°(151.3°)	17.8	R	-	-	-	-	RNAV 1

SID instruction: Climb on track 183° to SA551 (MNM 600 ft before turn) –SA552 (max IAS 205 kt until SA552) – SA411 - BABAP **130.330 MHz**

ACFT unable to follow RNAV SID: Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 1.3 (MNM 600 ft before turn). Turn left to track 059° (max IAS 205 kt until established on track 059°). Expect radar vectors to BABAP.

**DIGLI 5Q**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+530	-	-	ARL	RNAV 1
DF	SA564	-	-	-	-	+1500	- 220	-	-	RNAV 1
TF	SA727	-	234°(239.8°)	8.4	R	-	-	-	-	RNAV 1
TF	SA728	-	199°(204.8°)	6.4	L	-	-	-	-	RNAV 1
TF	DIGLI	-	201°(207.1°)	19.7	-	-	-	-	-	RNAV 1
TF	NOSLI	-	204°(209.7°)	3.0	-	-	-	-	-	RNAV 1

SID instruction: Climb on track 183° to SA551 – SA564 (max IAS 220 kt until SA564)– SA727 – SA728 - **124.105 MHz**  
DIGLI - NOSLI

ACFT unable to follow RNAV SID: Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 3.5 (max IAS 220 kt until DME 3.5). Turn right to track 239°. Expect radar vectors to NOSLI.

**GALNU 5Q**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+530	-	-	ARL	RNAV 1
DF	SA564	-	-	-	-	+1500	- 220	-	-	RNAV 1
TF	SA727	-	234°(239.8°)	8.4	R	-	-	-	-	RNAV 1
TF	SA728	-	199°(204.8°)	6.4	L	-	-	-	-	RNAV 1
TF	SA729	-	201°(207.1°)	9.5	-	-	-	-	-	RNAV 1
TF	GALNU	-	170°(175.8°)	16.8	L	-	-	-	-	RNAV 1
TF	TRS	-	170°(175.8°)	3.0	-	-	-	-	-	RNAV 1

SID instruction: Climb on track 183° to SA551 – SA564 (max IAS 220 kt until SA564) –SA727 – SA728 – **124.105 MHz**  
SA729 - GALNU - TRS

ACFT unable to follow RNAV SID: Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 3.5 (max IAS 220 kt until DME 3.5). Turn right to track 239°. Expect radar vectors to TRS.

**STOCKHOLM/Arlanda****LUMAX 5Q**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+530	-	-	ARL	RNAV 1
DF	SA564	-	-	-	-	+1500	- 220	-	-	RNAV 1
TF	SA709	-	239°(244.8°)	4.4	R	-	-	-	-	RNAV 1
TF	SA710	Y	297°(303.0°)	4.7	R	-	-	-	-	RNAV 1
DF	SA855	-	-	-	R	-	-	-	-	RNAV 1
TF	LUMAX	-	010°(016.3°)	31.7	-	-	-	-	-	RNAV 1
TF	RESNA	-	003°(009.3°)	3.0	-	-	-	-	-	RNAV 1

SID instruction: Climb on track 183° to SA551 – SA564(max IAS 220 kt until SA564) –SA709 – SA710 – **124.105 MHz**  
SA855 - LUMAX - RESNA

ACFT unable to follow RNAV SID: Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 3.5 (max IAS 220 kt until DME 3.5). Turn right to track 239°. Expect radar vectors to RESNA.

**NOSLI 5E**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+600	-	-	ARL	RNAV 1
DF	SA561	-	-	-	L	+1500	- 205	-	-	RNAV 1
TF	SA566	-	181°(186.8°)	4.8	R	+1500	- 220	-	-	RNAV 1
TF	SA728	-	244°(249.7°)	13.0	R	-	-	-	-	RNAV 1
TF	NOSLI	-	202°(207.5°)	22.7	-	-	-	-	-	RNAV 1

SID instruction: Climb on track 183° to SA551 (MNM 600 ft before turn) –SA561 (max IAS 205 kt until SA561) – SA566 (max IAS 220 kt until SA566) – SA728 - NOSLI **124.105 MHz**

ACFT unable to follow RNAV SID: Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 1.3 (MNM 600 ft before turn). Turn left to track 135°. At ASE DME 4.5 turn right to track 181° (max IAS 205 kt until ASE DME 4.5). Expect radar vectors to NOSLI.

**PETEV 1E**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+600	-	-	ARL	RNAV 1
DF	SA561	-	-	-	L	+1500	- 205	-	-	RNAV 1
TF	SA566	-	181°(186.8°)	4.8	R	+1500	- 220	-	-	RNAV 1
TF	SA728	-	244°(249.7°)	13.0	R	-	-	-	-	RNAV 1
TF	PETEV	-	230°(236.4°)	21.6	-	-	-	-	-	RNAV 1

SID instruction: Climb on track 183° to SA551 (MNM 600 ft before turn) –SA561 (max IAS 205 kt until SA561) – SA566 (max IAS 220 kt until SA566) – SA728 – PETEV **124.105 MHz**

ACFT unable to follow RNAV SID: Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 1.3 (MNM 600 ft before turn). Turn left to track 135°. At ASE DME 4.5 turn right to track 181° (max IAS 205 kt until ASE DME 4.5). Expect radar vectors to PETEV.

**STOCKHOLM/Arlanda****ROKNI 5Q**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+530	-	-	ARL	RNAV 1
DF	SA564	-	-	-	-	+1500	- 220	-	-	RNAV 1
TF	SA709	-	239°(244.8°)	4.4	R	-	-	-	-	RNAV 1
TF	ROKNI	-	269°(274.9°)	31.9	R	-	-	-	-	RNAV 1
TF	ARS	-	266°(272.1°)	3.0	-	-	-	-	-	RNAV 1

SID instruction: Climb on track 183° to SA551 – SA564(max IAS 220 kt until SA564) –SA709 – ROKNI - **124.105 MHz**  
ARS

ACFT unable to follow RNAV SID: Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 3.5 (max IAS 220 kt until DME 3.5). Turn right to track 239°. Expect radar vectors to ARS.

**TALEK 5Q**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+530	-	-	ARL	RNAV 1
DF	SA564	-	-	-	-	+1500	- 220	-	-	RNAV 1
TF	SA709	-	239°(244.8°)	4.4	-	-	-	-	-	RNAV 1
TF	SA710	Y	297°(303.0°)	4.7	R	-	-	-	-	RNAV 1
DF	SA855	-	-	-	R	-	-	-	-	RNAV 1
TF	TALEK	-	313°(319.4°)	18.7	L	-	-	-	-	RNAV 1
TF	KOGAV	-	305°(310.8°)	3.0	-	-	-	-	-	RNAV 1

SID instruction: Climb on track 183° to SA551 – SA564(max IAS 220 kt until SA564) –SA709 – SA710 – **124.105 MHz**  
SA855 – TALEK - KOGAV

ACFT unable to follow RNAV SID: Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 3.5 (max IAS 220 kt until DME 3.5). Turn right to track 239°. Expect radar vectors to KOGAV.

**TOVRI 4E**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+600	-	-	ARL	RNAV 1
DF	SA552	-	-	-	L	+1500	- 205	-	-	RNAV 1
TF	TOVRI	-	062°(067.8°)	20.1	-	-	-	-	-	RNAV 1

SID instruction: Climb on track 183° to SA551 (MNM 600 ft before turn) –SA552 (max IAS 205 kt until SA552) – TOVRI **130.330 MHz**

ACFT unable to follow RNAV SID: Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 1.3 (MNM 600 ft before turn). Turn left to track 059° (max IAS 205 kt until established on track 059°). Expect radar vectors to TOVRI.

STOCKHOLM/Arlanda

TRS 5E

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/RDH (°/ft)	Rec Navaid	Navigation Specification
CF	SA551	Y	183°(188.8°)	0.6	-	+600	-	-	ARL	RNAV 1
DF	SA561	-	-	-	L	+1500	- 205	-	-	RNAV 1
TF	SA566	-	181°(186.8°)	4.8	R	+1500	- 220	-	-	RNAV 1
TF	SA728	-	244°(249.7°)	13.0	R	-	-	-	-	RNAV 1
TF	SA729	-	201°(207.1°)	9.5	-	-	-	-	-	RNAV 1
TF	TRS	-	170°(175.8°)	19.8	-	-	-	-	-	RNAV 1

SID instruction:

Climb on track 183° to SA551 (MNM 600 ft before turn) –SA561 (max IAS 205 kt until SA561) – SA566 (max IAS 220 kt until SA566) – SA728 – SA729 - TRS

124.105 MHz

ACFT unable to follow RNAV SID:

Report "unable RNAV SID due RNAV type" to Clearance Delivery and "unable RNAV SID" to Stockholm Departure at first contact.  
Climb on track 183° to ASE DME 1.3 (MNM 600 ft before turn). Turn left to track 135°. At ASE DME 4.5 turn right to track 181° (max IAS 205 kt until ASE DME 4.5). Expect radar vectors to TRS.