

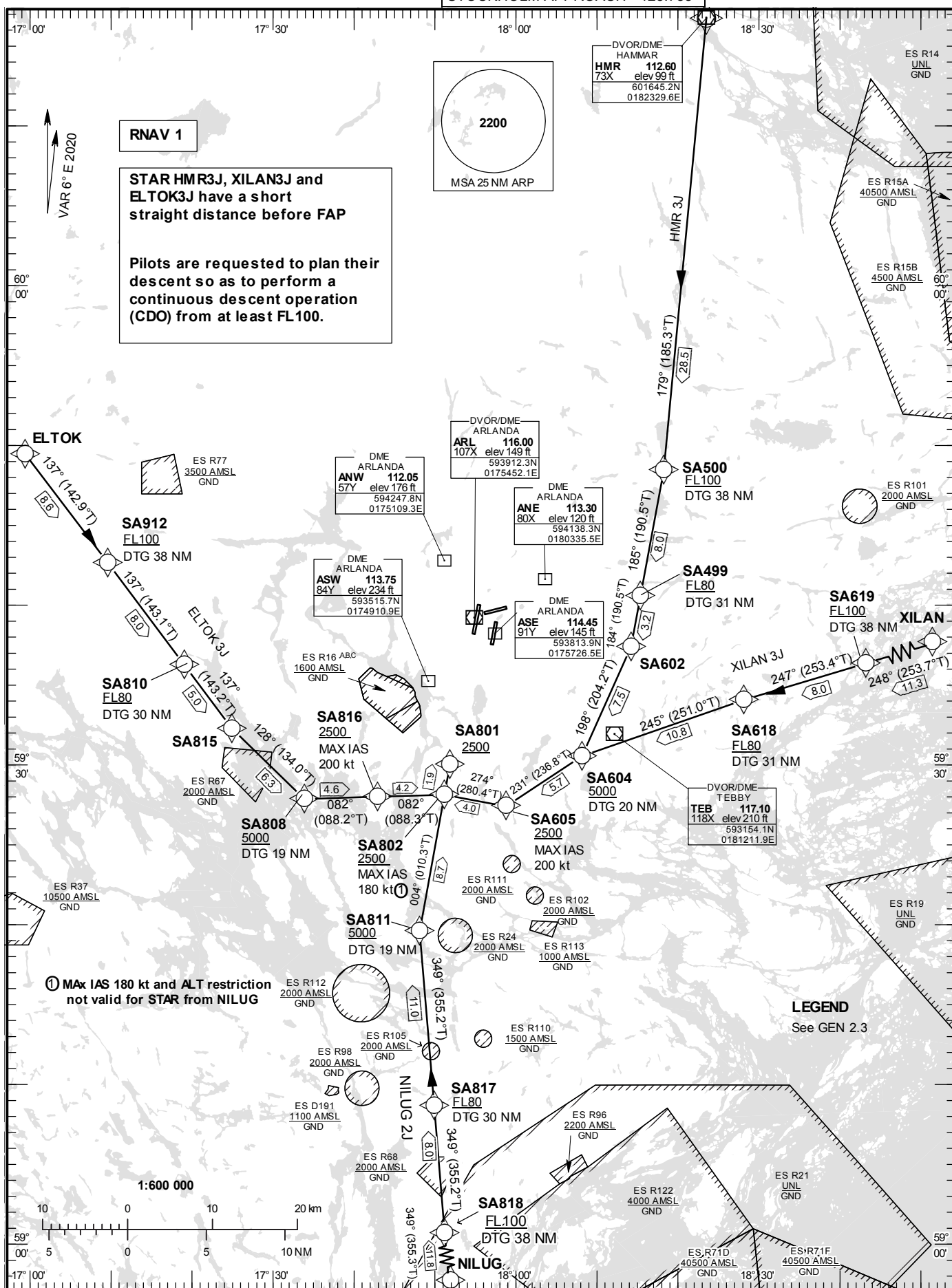
# STOCKHOLM/Arlanda

RNAV (DME/DME or GNSS)  
STAR RWY 01L

## STANDARD INSTRUMENT ARRIVAL CHART (STAR) - ICAO

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

|                    |         |
|--------------------|---------|
| ARLANDA TOWER      | 118.505 |
| ARLANDA ATIS ARR   | 119.005 |
| STOCKHOLM APPROACH | 123.755 |



**STOCKHOLM/Arlanda****Prescribed Coding of RNAV STARs for RWY 01L (Closed STAR)****REMARK**

Aircraft to STOCKHOLM/Arlanda shall not be operated at an airspeed of more than 250 kt IAS below FL100 unless otherwise instructed.

In case of radio communication failure, see AD 2.22 para 3.

Pilots are requested to plan their descent so as to perform a continuous descent operation (CDO) from at least FL100.

**ELTOK 3J**

| 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 |
|-----------|---------------------|----------|---------------|-----------|----------|---------------------|-------------------|-----------------|------------|--------------------------|
| IF        | ELTOK               | -        | -             | -         | -        | -                   | -                 | -               | -          | RNAV 1                   |
| TF        | SA912               | -        | 137°(142.9°)  | 8.6       | -        | +FL100              | -                 | -               | -          | RNAV 1                   |
| TF        | SA810               | -        | 137°(143.1°)  | 8.0       | -        | +FL80               | -                 | -               | -          | RNAV 1                   |
| TF        | SA815               | -        | 137°(143.2°)  | 5.0       | -        | -                   | -                 | -               | -          | RNAV 1                   |
| TF        | SA808               | -        | 128°(134.0°)  | 6.3       | -        | +5000               | -                 | -               | -          | RNAV 1                   |
| TF        | SA816               | -        | 082°(088.2°)  | 4.6       | -        | +2500               | -200              | -               | -          | RNAV 1                   |
| TF        | SA802               | -        | 082°(088.3°)  | 4.2       | -        | +2500               | -180              | -               | -          | RNAV 1                   |
| TF        | SA801               | -        | 004°(010.3°)  | 1.9       | L        | +2500               | -                 | -               | -          | RNAV 1                   |

STAR instruction: ELTOK– SA912 (FL100 or above) – SA810 (FL80 or above) – SA815 - SA808 (5000 ft or above) – SA816 (max IAS 200 kt, 2500 ft or above) – SA802 (max IAS 180 kt, 2500 ft or above) – SA801 (2500 ft or above)

**HMR 3J**

| 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 |
|-----------|---------------------|----------|---------------|-----------|----------|---------------------|-------------------|-----------------|------------|--------------------------|
| IF        | HMR                 | -        | -             | -         | -        | -                   | -                 | -               | -          | RNAV 1                   |
| TF        | SA500               | -        | 179°(185.3°)  | 28.5      | -        | +FL100              | -                 | -               | -          | RNAV 1                   |
| TF        | SA499               | -        | 185°(190.5°)  | 8.0       | -        | +FL80               | -                 | -               | -          | RNAV 1                   |
| TF        | SA602               | -        | 184°(190.5°)  | 3.2       | -        | -                   | -                 | -               | -          | RNAV 1                   |
| TF        | SA604               | -        | 198°(204.2°)  | 7.5       | -        | +5000               | -                 | -               | -          | RNAV 1                   |
| TF        | SA605               | -        | 231°(236.8°)  | 5.7       | -        | +2500               | -200              | -               | -          | RNAV 1                   |
| TF        | SA802               | -        | 274°(280.4°)  | 4.0       | -        | +2500               | -180              | -               | -          | RNAV 1                   |
| TF        | SA801               | -        | 004°(010.3°)  | 1.9       | R        | +2500               | -                 | -               | -          | RNAV 1                   |

STAR instruction: HMR – SA500 (FL100 or above) – SA499 (FL80 or above) – SA602 – SA604 (5000 ft or above) – SA605 (max IAS 200 kt, 2500 ft or above) – SA802 (max IAS 180 kt, 2500 ft or above) – SA801 (2500 ft or above)

**NILUG 2J**

| 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 |
|-----------|---------------------|----------|---------------|-----------|----------|---------------------|-------------------|-----------------|------------|--------------------------|
| IF        | NILUG               | -        | -             | -         | -        | -                   | -                 | -               | -          | RNAV 1                   |
| TF        | SA818               | -        | 349°(355.3°)  | 11.8      | -        | +FL100              | -                 | -               | -          | RNAV 1                   |
| TF        | SA817               | -        | 349°(355.2°)  | 8.0       | -        | +FL80               | -                 | -               | -          | RNAV 1                   |
| TF        | SA811               | -        | 349°(355.2°)  | 11.0      | -        | +5000               | -                 | -               | -          | RNAV 1                   |
| TF        | SA802               | -        | 004°(010.3°)  | 8.7       | -        | -                   | -                 | -               | -          | RNAV 1                   |
| TF        | SA801               | -        | 004°(010.3°)  | 1.9       | -        | +2500               | -                 | -               | -          | RNAV 1                   |

STAR instruction: NILUG – SA818 (FL100 or above) – SA817 (FL80 or above) – SA811 (5000 ft or above) – SA802 – SA801 (2500 ft or above)

**XILAN 3J**

| 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 |
|-----------|---------------------|----------|---------------|-----------|----------|---------------------|-------------------|-----------------|------------|--------------------------|
| IF        | XILAN               | -        | -             | -         | -        | -                   | -                 | -               | -          | RNAV 1                   |
| TF        | SA619               | -        | 248°(253.7°)  | 11.3      | -        | +FL100              | -                 | -               | -          | RNAV 1                   |
| TF        | SA618               | -        | 247°(253.4°)  | 8.0       | -        | +FL80               | -                 | -               | -          | RNAV 1                   |
| TF        | SA604               | -        | 245°(251.0°)  | 10.8      | -        | +5000               | -                 | -               | -          | RNAV 1                   |
| TF        | SA605               | -        | 231°(236.8°)  | 5.7       | -        | +2500               | -200              | -               | -          | RNAV 1                   |
| TF        | SA802               | -        | 274°(280.4°)  | 4.0       | -        | +2500               | -180              | -               | -          | RNAV 1                   |
| TF        | SA801               | -        | 004°(010.3°)  | 1.9       | R        | +2500               | -                 | -               | -          | RNAV 1                   |

STAR instruction: XILAN – SA619 (FL100 or above) – SA618 (FL80 or above) – SA604 (5000 ft or above) – SA605 (max IAS 200 kt, 2500 ft or above) – SA802 (max IAS 180 kt, 2500 ft or above) – SA801 (2500 ft or above)