












ENR 3.3 Områdenavigasjonsruter (RNAV) ENR 3.3 Area Navigation Routes (RNAV)

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit
				Airspace classification			
1	2	3	4	5	6	7	
L24 (RNAV)							For continuation, see AIP Sweden
△ MASEV (FIR BDRY) 601040N 0123205E	R-088 GRM 43.8 NM 682 FT	69.0	219.8	FL 660 FL 95 Class C		RNAV 5	Norway ACC Oslo
△ GIMEX 601730N 0101420E	R-281 GRM 25.7 NM 682 FT	25.6				RNAV 5	
△ ADOPI 601925N 0092300E	R-277 GRM 51.2 NM 682 FT	67.9				RNAV 5	
△ ULVAN 602451N 0070645E	R-083 FLS 57.0 NM 213 FT	20.0		FL 660 FL 115 Class C		RNAV 5	Norway ACC Stavanger
△ GOKAB 602600N 0062625E	R-078 FLS 37.3 NM 213 FT	37.3		FL 660 FL 95 Class C	↑	RNAV 5	
△ Flesland DVOR/DME FLS 601841N 0051244E	213 FT						
L39 (RNAV)							For continuation, see AIP Denmark
△ LINVI (FIR BDRY) 570000N 0071338E	R-154 ZOL 123.7 NM 52 FT	162.3	162.3	FL 660 FL 95 Class C	↑	RNAV 5	Norway ACC Oslo
△ Torp DVOR/DME TOR 591009N 0101533E	269 FT						
L80 (RNAV)							
△ GIKAV (FIR BDRY) 640204N 0134738E	R-121 RVK 84.1 NM 72 FT	201.6	201.6	FL 660 FL 285 Class C	↑ ↓	RNAV 5	Norway ACC Bodø
△ TABEV (FIR BDRY) 660223N 0072628E	R-285 BNN 123.2 NM 70 FT						




Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
				Lower limits	Odd	Even		
1	2	3		4	5		6	7
L197 (RNAV) ▲ TUKMU 580949N 0074859E ▲ BADAB 590420N 0060122E ▲ IPTON (FIR BDRY) 620000N 0000000E	R-326 SVA 5.6 NM 410 FT	78.4	329.0	FL 660	 	RNAV 5	<not found>	
				FL 95 Class C				
	R-161 FLS 78.5 NM 213 FT	250.6	329.0	FL 660	 	RNAV 5	Norway ACC Stavanger	
				FL 285 Class C				
	R-306 FLS 182.4 NM 213 FT							
For continuation, see AIP Sweden								
L617 (RNAV) ▲ REPKU (FIR BDRY) 584821N 0103629E ▲ ULMUG 591117N 0093413E ▲ IPMOD 594422N 0081747E ▲ ISVIG (FIR BDRY) 630000N 0000000E	R-151 TOR 24.4 NM 269 FT	39.6	400.0	FL 660	 	RNAV 5	Norway ACC Oslo	
				FL 95 Class C				
	R-270 TOR 21.3 NM 269 FT	51.2	400.0	FL 660	 	RNAV 5		
				FL 285 Class C				
	R-055 ZOL 96.8 NM 52 FT	309.2	400.0	FL 660	 	RNAV 5	Norway ACC Stavanger	
	R-304 FLO 164.5 NM 63 FT							

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit				
				Lower limits				Odd	Even		
1	2	3	4	5	6	7					
L621 (RNAV) △ AMSEV (FIR BDRY) 574031N 0084808E △ TUKMU 580949N 0074859E △ PEVEB 582949N 0064828E △ Sola DVOR/DME ZOL 585230N 0053825E △ VALDI (FIR BDRY) 611252N 0000000E	R-128 SVA 37.8 NM 410 FT R-326 SVA 5.6 NM 410 FT R-120 ZOL 43.1 NM 52 FT 52 FT R-292 FLS 162.7 NM 213 FT	344.2	FL 660 FL 95 Class C FL 660 FL 285 Class C		RNAV 5 RNAV 5	For continuation, see AIP Denmark Norway ACC Oslo Norway ACC Stavanger					
							43.1				
							37.7				
							43.1				
							220.3				
L727 (RNAV) △ MOGLU (FIR BDRY) 590730N 0114609E △ SOBDU 604627N 0071626E △ PEMOV 613728N 0045345E △ ISVIG (FIR BDRY) 630000N 0000000E	R-159 GRM 67.6 NM 682 FT R-126 FLO 81.5 NM 63 FT R-306 FLO 4.4 NM 63 FT R-304 FLO 164.5 NM 63 FT	414.0	FL 660 FL 115 Class C FL 660 FL 285 Class C		RNAV 5 RNAV 5 RNAV 5	For continuation, see AIP Sweden Norway ACC Oslo Norway ACC Stavanger					
							168.0				
							85.9				
							160.1				

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
				Odd	Even		
1	2	3	4	5		6	7
L996 (RNAV) ▲ TUMGU (FIR BDRY) 595328N 0120112E ▲ INREX 610050N 0121300E ▲ ABUNO 620000N 0115625E ▲ EVNEN 630000N 0113827E ▲ NONVU 633133N 0105324E	R-119 GRM 33.7 NM 682 FT	67.8	226.0	FL 660	↑	RNAV 5	Norway ACC Oslo
				FL 95 Class C			
	R-031 GRM 59.9 NM 682 FT	59.9	226.0	FL 660 FL 115 Class C	↑	RNAV 5	
	R-130 TGA 40.7 NM 3377 FT	60.8	226.0	FL 660 FL 115 Class C	↑	RNAV 5	Norway ACC Bodø
	R-030 TGA 38.6 NM 3377 FT	37.6	226.0	FL 660 6500 FT AMSL Class C	↑	RNAV 5	
	R-357 TGA 64.1 NM 3377 FT						

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit		
				Odd	Even				
1	2	3	4	5		6	7		
L997 (RNAV)							For continuation, see AIP Sweden		
△ REGMA (FIR BDRY) 590632N 0112058E △ LUNIP 591100N 0111855E △ ELVOM 594040N 0110730E △ EVTOG 604900N 0095612E △ OSVIG 610428N 0092356E △ XISCO 614126N 0080307E △ OBITI 620020N 0071950E △ Vigra DVOR/DME VIG 623307N 0060204E △ UMBOR (FIR BDRY) 631412N 0041359E	R-170 GRM 65.7 NM 682 FT	329.2	FL 660 FL 95 Class C		RNAV 5	Norway ACC Oslo			
	4.6								
	R-170 GRM 61.1 NM 682 FT								
	30.3								
	R-174 GRM 31.0 NM 682 FT								
	77.2								
	R-316 GRM 50.5 NM 682 FT								
	22.1								
	R-315 GRM 72.6 NM 682 FT								
	53.7								
	R-131 VIG 76.9 NM 286 FT								
	27.9								
	R-131 VIG 49.0 NM 286 FT								
	49.0								
R-131 VIG 286 FT									
64.4									
R-310 VIG 64.4 NM 286 FT									
64.4									

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit						
				Odd	Even								
1	2	3	4	5		6	7						
M82 (RNAV) △ NIVUN (FIR BDRY) 573412N 0040813E △ UNBUD 580746N 0051029E △ PIGAV 585913N 0073000E △ ROVPA (FIR BDRY) 604402N 0122344E	R-211 ZOL	318.3	FL 660 FL 195 Class C	↓ ↑		RNAV 5	Norway ACC Stavanger						
	91.8 NM 52 FT							47.3					
	R-197 ZOL							89.4					
	47.2 NM 52 FT												
	R-082 ZOL												
	58.2 NM 52 FT							181.5					
	R-047 GRM												
	51.0 NM 682 FT												
								For continuation, see AIP Sweden					



Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit			
				Lower limits				Odd	Even	
1	2	3	4	5	6	7				
M125 (RNAV)							For continuation, see AIP Sweden			
△ EGAGO (FIR BDRY) 614033N 0121300E △ LILBA 604935N 0114445E △ LULIL 603048N 0113729E △ ELVOM 594040N 0110730E △ ULMUG 591117N 0093413E △ PIGAV 585913N 0073000E △ IDIPI 585737N 0065414E △ Sola DVOR/DME ZOL 585230N 0053825E △ ORVIK (FIR BDRY) 593818N 0004009E	R-017 GRM 95.3 NM 682 FT	463.8	FL 660 FL 95 Class C		RNAV 5	Norway ACC Oslo				
	52.9					RNAV 5				
	R-024 GRM 43.1 NM 682 FT				19.2		RNAV 5			
	R-037 GRM 25.4 NM 682 FT				52.5		RNAV 5			
	R-174 GRM 31.0 NM 682 FT				56.0		RNAV 5			
	R-270 TOR 21.3 NM 269 FT				65.2		RNAV 5			
	R-082 ZOL 58.2 NM 52 FT				18.6		RNAV 5	Norway ACC Stavanger		
	R-081 ZOL 39.6 NM 52 FT				39.6		RNAV 5			
	52 FT									
	159.8					FL 660 FL 285 Class C		RNAV 5		
	R-288 ZOL 159.8 NM 52 FT									For continuation, see AIP UK
	M185 (RNAV)									
△ ATNAK (FIR BDRY) 570000N 0050000E △ RUMOG 581237N 0053133E	R-190 ZOL 114.6 NM 52 FT	74.7	74.7	FL 660 FL 95 Class C		RNAV 5	Norway ACC Stavanger			
	R-184 ZOL 40.1 NM 52 FT									

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
			Lower limits	Odd	Even		
1	2	3	4	5		6	7
M604 (RNAV)							For continuation, see AIP Denmark
△ DANKO (FIR BDRY) 570000N 0064152E	R-210 SVA	76.1 NM 410 FT	33.8	FL 660 FL 95 Class C	↓	RNAV 5	Norway ACC Oslo
△ LANTI 572902N 0071339E	R-210 SVA	42.2 NM 410 FT	42.2	FL 660 FL 115 Class C	↓	RNAV 5	
△ Svensheia DVOR/DME SVA 580504N 0075430E	410 FT		53.5	FL 660 FL 115 Class C	↓	RNAV 5	
△ TIPSO 585655N 0081842E	R-255 TOR	61.8 NM 269 FT	132.0	FL 660 FL 135 Class C	↓	RNAV 5	
△ OSVIG 610428N 0092356E	R-315 GRM	72.6 NM 682 FT	57.8	FL 660 FL 195 Class C	↓	RNAV 5	
△ TOBIT 620000N 0095557E	R-221 TGA	38.4 NM 3377 FT	95.6	FL 660 FL 135 Class C	↓	RNAV 5	Norway ACC Bodø
△ NONVU 633133N 0105324E	R-357 TGA	64.1 NM 3377 FT	334.0	FL 660 FL 195 Class C	↓	RNAV 5	
△ OMEXA (FIR BDRY) 690111N 0124825E	R-294 SKG	55.4 NM 34 FT	488.6	FL 660 FL 195 Class A	↑	RNP 10	
△ ATSOT 770736N 0131055E	R-330 HMF	423.5 NM 1255 FT	56.6	FL 660 FL 195 Class A	↑	RNP 10	
△ INPAR 780341N 0133601E	R-334 HMF	471.1 NM 1255 FT					

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3	4	5	6	7		
M609 (RNAV)								For continuation, see AIP Denmark
△ RASVI (FIR BDRY) 571723N 0080258E	R-173 SVA	48.0 NM	48.0			↓	RNAV 5	Norway ACC Oslo
		410 FT						
△ Svensheia DVOR/DME SVA 580504N 0075430E	410 FT		42.7			↓	RNAV 5	
△ VAVET 583846N 0084414E	R-035 SVA	42.7 NM	15.4			↓	RNAV 5	
		410 FT						
△ PIPEX 585050N 0090232E	R-035 SVA	58.1 NM	26.2			↓	RNAV 5	
		410 FT						
△ ULMUG 591117N 0093413E	R-270 TOR	21.3 NM	10.1			↓	RNAV 5	
		269 FT						
△ RIPAM 591940N 0094500E	R-215 GRM	65.7 NM	59.8	1059.1		↓	RNAV 5	
		682 FT						
△ GIMEX 601730N 0101420E	R-281 GRM	25.7 NM	56.4			↓	RNAV 5	
		682 FT						
△ BELGU 611245N 0103550E	R-344 GRM	63.0 NM	47.4			↓	RNAV 5	
		682 FT						
△ TUTBI 620000N 0103851E	R-190 TGA	28.5 NM	50.1			↓	RNAV 5	Norway ACC Bodø
		3377 FT						
△ UTUNA 624958N 0104213E	R-345 TGA	22.9 NM	42.0			↑	RNAV 5	
		3377 FT						
△ NONVU 633133N 0105324E	R-357 TGA	64.1 NM	41.4			↑	RNAV 5	(continue next page)
		3377 FT						






Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
				Lower limits	Odd	Even		
1	2	3		4	5		6	7
△ NAMOX 641110N 0111916E	R-003 TGA 104.5 NM 3377 FT	1059.1	26.5	FL 660 7500 FT AMSL Class C	↓	RNAV 5	Norway ACC Bodø	
	△ ELSID 643630N 0113629E		R-193 BNN 53.4 NM 70 FT					24.6
△ BINTU 650000N 0115258E	R-193 BNN 28.8 NM 70 FT		28.8	7500 FT AMSL Class D		RNAV 5		
△ Brønnøy DVOR/DME BNN 652725N 0121252E	70 FT		31.0					FL 660 FL 195 Class C FL 195
△ Stokka DVOR/DME STO 655738N 0122810E	137 FT		65.2	7500 FT AMSL Class D		RNAV 5		
△ PISUX 665404N 0134838E	R-206 BDO 25.6 NM 101 FT		25.6					FL 660 FL 195 Class C FL 195
△ Bodø DVOR/DME BDO 671600N 0142153E	101 FT		22.7	7500 FT AMSL Class D		RNAV 5		
△ MISBA 673426N 0145603E	R-030 BDO 22.7 NM 101 FT		16.4					FL 660 7500 FT AMSL Class C
△ GEPTU 674739N 0152116E	R-030 BDO 39.1 NM 101 FT		49.8	FL 660 7500 FT AMSL Class C		RNAV 5		
								(continue next page)

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3		4	5		6	7
△ Evenes DVOR/DME EVD 682726N 0164054E	155 FT			FL 660 FL 105 Class C FL 105 7500 FT AMSL Class D	↓		RNAV 5	Norway ACC Bodø
		31.3						
△ ANDOR 685426N 0172348E	R-024 EVD 31.3 NM 155 FT						RNAV 5	
		17.8						
△ Senja NDB SJA 690941N 0174857E							RNAV 5	
		15.8						
△ ROSKO 692213N 0181544E	R-209 TRO 25.3 NM 546 FT						RNAV 5	
		25.3						
△ Tromsø DVOR/DME TRO 694210N 0185948E	546 FT	1059.1		FL 660 7500 FT AMSL Class C			RNAV 5	
		22.0						
△ IDLIN 694905N 0200000E	R-062 TRO 22.0 NM 546 FT						RNAV 5	
		21.8						
△ ADAPU 695535N 0210011E	R-062 TRO 43.9 NM 546 FT						RNAV 5	
		20.7						
△ RATUL 695707N 0220011E	R-257 ATA 28.3 NM 34 FT						RNAV 5	
		28.3						
△ Alta DVOR/DME ATA 695839N 0232219E	34 FT				↑		RNAV 5	
		33.6						
								(continue next page)

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit
				Lower limits			
1	2	3		4	5	6	7
△ RADNO 700428N 0245846E △ ABANU 700800N 0260000E △ Seida VOR/DME SDA 701403N 0280413E △ ARMEG 700447N 0283753E △ Kirkenes VOR/DME KIK 694326N 0295209E	R-162 BNA 6.2 NM 103 FT R-249 SDA 42.7 NM 941 FT 941 FT R-115 SDA 14.8 NM 941 FT 302 FT	21.2	1059.1	FL 660		RNAV 5	Norway ACC Bodø
				7500 FT AMSL Class C			
				FL 660			
				FL 105 Class C			
				FL 660			
				7500 FT AMSL Class C			
				FL 660			
				7500 FT AMSL Class C			
				FL 660			
				7500 FT AMSL Class C			
M613 (RNAV) ▲ ENEXI (FIR BDRY) 691951N 0254510E △ Alta DVOR/DME ATA 695839N 0232219E △ BETMA (FIR BDRY) 703720N 0190038E	R-116 ATA 63.3 NM 34 FT 34 FT R-351 TRO 55.4 NM 546 FT	63.3	160.0	FL 660		RNAV 5	For continuation, see AIP Finland
FL 115 Class C							
FL 660							
FL 285 Class C							
FL 660							

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit						
				Odd	Even								
1	2	3	4	5		6	7						
M745 (RNAV) ▲ SIVNU 693428N 0291416E △ Kirkenes VOR/DME KIK 694326N 0295209E △ IPLIL (FIR BDRY) 700409N 0311429E △ ATKUP (FIR BDRY) 701613N 0320500E	R-222 KIK 16.0 NM 302 FT 302 FT R-152 VRD 17.8 NM 58 FT R-089 VRD 21.7 NM 58 FT	72.3	FL 660 7500 FT AMSL Class C FL 660 FL 285 Class C FL 660 FL 285 Class A	↓ ↑	RNAV 5	RNAV 5	For continuation, see AIP Finland						
							16.0	Norway ACC Bodø					
							35.2	Unallocated international airspace. ATS provided by Norway ACC Bodø.					
							21.1	For continuation, see AIP Russia					
							For continuation, see AIP Finland						
							Norway ACC Bodø						
							Unallocated international airspace. ATS provided by Norway ACC Bodø.						
M857 (RNAV) △ ROVAN 694750N 0283151E △ BATSI (FIR BDRY) 710010N 0295903E △ RUBUS (FIR BDRY) 710054N 0300000E △ LATEN (FIR BDRY) 723000N 0320500E	R-146 SDA 28.0 NM 941 FT R-025 SDA 60.1 NM 941 FT R-025 SDA 60.8 NM 941 FT R-353 VRD 130.6 NM 58 FT	176.9	FL 660 FL 285 Class C FL 660 FL 285 Class A	↓ ↑	RNAV 5	RNAV 5	For continuation, see AIP Finland						
							78.3	Norway ACC Bodø					
							0.8	Unallocated international airspace. ATS provided by Norway ACC Bodø.					
							97.7	For continuation, see AIP Russia					
							For continuation, see AIP Finland						
							Norway ACC Bodø						
							Unallocated international airspace. ATS provided by Norway ACC Bodø.						

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit			
				Lower limits	Odd	Even					
1	2	3		4	5		6	7			
M996 (RNAV) △ SUVAR (FIR BDRY) 610905N 0124310E △ KEMIV 615358N 0082555E △ IPNIK 621758N 0055106E △ ISVIG (FIR BDRY) 630000N 0000000E	R-036 GRM 75.4 NM 682 FT	375.1	375.1	FL 660 FL 285 Class C	↓ ↑	RNAV 5	Norway ACC Oslo	For continuation, see AIP Sweden			
	131.1										
	R-118 VIG 77.9 NM 286 FT								76.6	RNAV 5	Norway ACC Bodø
	R-198 VIG 16.0 NM 286 FT								167.4	RNAV 5	Norway ACC Stavanger
	R-304 FLO 164.5 NM 63 FT										
N3 (RNAV) △ NEBUR (FIR BDRY) 653328N 0143030E △ GISOX (FIR BDRY) 670220N 0090334E	R-111 STO 56.0 NM 137 FT	159.2	159.2	FL 660 FL 285 Class C	↑ ↓	RNAV 5	Norway ACC Bodø	For continuation, see AIP Sweden			
	159.2										
	R-261 BDO 124.9 NM 101 FT										









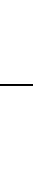
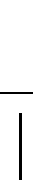

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit	
					Odd	Even			
1	2	3		4	5		6	7	
N150 (RNAV) ▲ Svensheia DVOR/DME SVA 580504N 0075430E ▲ EGAGO (FIR BDRY) 614033N 0121300E ▲ OGLAV 684959N 0211022E ▲ GAPRO 691021N 0214746E ▲ Alta DVOR/DME ATA 695839N 0232219E ▲ ANETI (FIR BDRY) 712000N 0273551E ▲ LARIL (FIR BDRY) 715921N 0300000E ▲ LATEN (FIR BDRY) 723000N 0320500E	410 FT	252.2		FL 660 FL 285 Class C	 	RNAV 5	Norway ACC Oslo		
								252.2	252.2
	R-017 GRM 95.3 NM 682 FT						RNAV 5	Stockholm ATCC	
	R-204 ATA 58.7 NM 34 FT						RNAV 5	Helsinki ACC	
	34 FT	58.7	285.6	FL 660 FL 115 Class C		RNAV 5	Norway ACC Bodø		
								117.4	117.4
	R-033 ATA 117.4 NM 34 FT	60.3					RNAV 5	Bodø OAC	
	R-033 ATA 177.7 NM 34 FT	49.1		FL 660 FL 285 Class A		RNAV 5	Unallocated international airspace. ATS provided by Norway ACC Bodø.		
	R-353 VRD 130.6 NM 58 FT								
	N603 (RNAV) ▲ RAMUD (FIR BDRY) 570326N 0073626E ▲ BEREPA (FIR BDRY) 590209N 0014420E	R-187 SVA 62.5 NM 410 FT	221.6		FL 660 FL 285 Class C		RNAV 5	For continuation, see AIP Denmark	
								221.6	221.6
		R-275 ZOL 121.6 NM 52 FT							For continuation, see AIP UK

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit	
				Odd	Even			
1	2	3	4	5		6	7	
N623 (RNAV) △ ESEBA (FIR BDRY) 600046N 0122332E △ ATLAP 600846N 0094803E △ AGEKU 601205N 0081743E △ PESUR 601436N 0063507E △ Flesland DVOR/DME FLS 601841N 0051244E △ OTRAX 602819N 0042301E △ VALDI (FIR BDRY) 611252N 0000000E	R-102 GRM 41.0 NM 682 FT	378.7	FL 660 FL 95 Class C	↓	RNAV 5	Norway ACC Oslo	For continuation, see AIP Sweden	
	78.3							
	R-263 GRM 38.3 NM 682 FT							45.2
	R-284 SIG 41.6 NM 2410 FT							51.2
	R-095 FLS 41.2 NM 213 FT							41.2
	213 FT							
	26.5			FL 660 FL 85 Class C	↑ ↓	RNAV 5	Norway ACC Stavanger	
	R-292 FLS 26.5 NM 213 FT							136.2
	R-292 FLS 162.7 NM 213 FT							

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit	
				Lower limits	Odd	Even			
1	2	3		4	5		6	7	
P5 (RNAV) △ NIVUN (FIR BDRY) 573412N 0040813E △ Sola DVOR/DME ZOL 585230N 0053825E △ OTSOS 602144N 0070705E △ TOTKO 620000N 0085601E △ OSMUM 625024N 0100423E △ NONVU 633133N 0105324E △ Bodø DVOR/DME BDO 671600N 0142153E	R-211 ZOL 91.8 NM 52 FT 52 FT R-086 FLS 56.9 NM 213 FT R-110 VIG 87.8 NM 286 FT R-313 TGA 31.9 NM 3377 FT R-357 TGA 64.1 NM 3377 FT 101 FT	651.8		FL 660	↓		RNAV 5	Norway ACC Stavanger	
				FL 285		91.8			Class C
				FL 660				RNAV 5	
				FL 95		100.2	Class C		
				FL 660				RNAV 5	Norway ACC Oslo
				FL 135		111.8	Class C		
				FL 660				RNAV 5	Norway ACC Bodø
				FL 285		59.7	Class C		
				FL 660				RNAV 5	
				FL 285		46.9	Class C		
FL 660			RNAV 5						
FL 285	241.4	Class C							
P35 (RNAV) △ RIXEM (FIR BDRY) 684728N 0201929E △ ORTEN (FIR BDRY) 700000N 0150000E	R-143 TRO 61.8 NM 546 FT R-325 AND 49.1 NM 57 FT	134.3		FL 660	↑ ↓		RNAV 5	Norway ACC Bodø	
				FL 285		134.3			Class C

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit
				Lower limits			
1	2	3	4	5	6	7	
P65 (RNAV) △ VANOS (FIR BDRY) 692519N 0300140E △ IPTIP 700214N 0283351E △ Seida VOR/DME SDA 701403N 0280413E △ BARUX (FIR BDRY) 711750N 0243820E	R-125 SDA	157.1	48.0	FL 660	↓	RNAV 5	Norway ACC Bodø
	63.6 NM 941 FT			7500 FT AMSL Class C			
	R-125 SDA			FL 660			
	15.6 NM 941 FT			FL 105 Class C			
	941 FT			FL 660			
	R-301 SDA			FL 285 Class C			
	93.5 NM 941 FT						
P80 (RNAV) △ AMIMO 675230N 0162629E △ ABASU 683444N 0180100E △ PIPUL (FIR BDRY) 712000N 0265149E △ ARVOM (FIR BDRY) 720414N 0300000E △ LATEN (FIR BDRY) 723000N 0320500E	R-047 BDO	421.8	55.1	FL 660	↓	RNAV 5	Norway ACC Bodø
	60.2 NM 101 FT			FL 285 Class C			
	R-069 EVD						
	30.4 NM 155 FT						
	246.4						
	R-046 HMF						
	72.8 NM 1255 FT						
	74.1						
	R-334 VRD			FL 660			
	105.2 NM 58 FT			FL 285 Class A			
46.2							
R-353 VRD						Unallocated international airspace. ATS provided by Norway ACC Bodø.	
130.6 NM 58 FT							







Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3		4	5		6	7
P190 (RNAV) △ AKATI 700800N 0315900E △ VARID (FIR BDRY) 701532N 0313235E △ TOPLO (FIR BDRY) 712000N 0272107E	R-046 KIK 50.2 NM 302 FT			FL 660 FL 285 Class A	↑ ↓	RNAV 5	For continuation, see AIP Russia	
							11.8	117.1
		105.3						
					FL 660 FL 285 Class C	RNAV 5		
		R-334 SDA 67.7 NM 941 FT						

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit																															
				Odd	Even																																	
1	2	3	4	5		6	7																															
P600 (RNAV) △ KLONN (FIR BDRY) 582324N 0024944E △ LAPOT 583758N 0042627E △ Sola DVOR/DME ZOL 585230N 0053825E △ ROPNO 591947N 0065041E △ IPMOD 594422N 0081747E △ ATLAP 600846N 0094803E △ GIMEX 601730N 0101420E △ INREX 610050N 0121300E △ XELVI (FIR BDRY) 612959N 0124004E △ GILEN (FIR BDRY) 680139N 0170604E △ LURAP 690525N 0181602E	R-252 ZOL	362.1	FL 660 FL 95 Class C		RNAV 5	For continuation, see AIP UK																																
	92.9 NM 52 FT					52.8	Norway ACC Stavanger																															
	R-248 ZOL					362.1	FL 660 FL 85 Class C		RNAV 5																													
	40.2 NM 52 FT									40.2																												
	52 FT									362.1	FL 660 FL 95 Class C		RNAV 5																									
	46.2																																					
	R-052 ZOL													362.1	FL 660 FL 115 Class C		RNAV 5																					
	46.2 NM 52 FT																	50.7																				
	R-055 ZOL																	362.1	FL 660 FL 115 Class C		RNAV 5	Norway ACC Oslo																
	96.8 NM 52 FT																					51.6																
	R-263 GRM																					362.1	FL 660 FL 95 Class C		RNAV 5													
	38.3 NM 682 FT																									15.8												
	R-281 GRM																									362.1	FL 660 FL 95 Class C		RNAV 5									
	25.7 NM 682 FT																													72.8								
	R-031 GRM																													362.1	FL 660 FL 95 Class C		RNAV 5					
	59.9 NM 682 FT																																	32.0				
	R-027 GRM																																	362.1	FL 660 FL 95 Class C		RNAV 5	Stockholm ATCC
	91.5 NM 682 FT																																					
R-194 TRO	622.8	FL 660 FL 115 Class C		RNAV 5	Norway ACC Bodø																																	
109.0 NM 546 FT					69.0																																	
R-194 TRO					622.8	FL 660 FL 115 Class C		RNAV 5																														
40.0 NM 546 FT									40.0																													
													(continue next page)																									





Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3		4	5		6	7
△ Tromsø DVOR/DME TRO 694210N 0185948E	546 FT							Norway ACC Bodø
							22.9	RNAV 5
△ LOMVI 700500N 0190008E	R-351 TRO 22.9 NM 546 FT				FL 660 FL 195 Class C	↓		
							30.0	RNAV 5
△ KOMUX (FIR BDRY) 703325N 0183242E	R-341 TRO 52.3 NM 546 FT							
							91.9	RNP 10
△ VAVAD 720000N 0170000E	R-336 TRO 143.9 NM 546 FT		622.8					
							263.4	RNP 10
△ PITOL 762000N 0145303E	R-329 HMF 370.2 NM 1255 FT							
							50.9	RNP 10
△ LUNEV 771000N 0141826E	R-332 HMF 418.5 NM 1255 FT							
							54.7	RNP 10
△ INPAR 780341N 0133601E	R-334 HMF 471.1 NM 1255 FT							

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit								
				Lower limits				Odd	Even						
1	2	3	4	5	6	7									
P601 (RNAV) △ NIROD (FIR BDRY) 580443N 0093700E △ ELKOP 583500N 0095432E △ Torp DVOR/DME TOR 591009N 0101533E △ BAMIX 594645N 0104150E △ XUKDI 602137N 0105000E △ PIVAT 604900N 0110400E △ AMOXA 620000N 0105134E △ VEXOM 621238N 0104915E △ UTUNA 624958N 0104213E	R-194 TOR 68.6 NM 269 FT R-194 TOR 36.9 NM 269 FT 269 FT R-202 GRM 27.3 NM 682 FT R-322 GRM 12.4 NM 682 FT R-357 GRM 37.6 NM 682 FT R-178 TGA 27.8 NM 3377 FT R-183 TGA 15.2 NM 3377 FT R-345 TGA 22.9 NM 3377 FT	31.7 36.9 39.1 35.2 28.3 71.5 12.7 37.6	292.9	FL 660 FL 95 Class C FL 660 7500 FT AMSL Class C	↓ ↑	RNAV 5 RNAV 5 RNAV 5 RNAV 5 RNAV 5 RNAV 5 RNAV 5	For continuation, see AIP Denmark Norway ACC Oslo Norway ACC Bodø								
								P602 (RNAV) △ AMSEV (FIR BDRY) 574031N 0084808E △ PIPEX 585050N 0090232E	R-128 SVA 37.8 NM 410 FT R-035 SVA 58.1 NM 410 FT	70.9	70.9	FL 660 FL 95 Class C	↓ ↑	RNAV 5	For continuation, see AIP Denmark Norway ACC Oslo




Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit
				Lower limits			
1	2	3	4	5	6	7	
P603 (RNAV) △ KARLI (FIR BDRY) 570000N 0053027E △ RUMOG 581237N 0053133E △ Sola DVOR/DME ZOL 585230N 0053825E △ TUXIL 592410N 0052701E △ Flesland DVOR/DME FLS 601841N 0051244E	R-181 ZOL 112.8 NM 52 FT R-184 ZOL 40.1 NM 52 FT 52 FT R-172 FLS 55.1 NM 213 FT 213 FT	200.3	72.8 40.1 32.3 55.1	FL 660 FL 95 Class C	↓ ↑ ↑ ↓	RNAV 5	For continuation, see AIP Denmark
				RNAV 5			
				RNAV 5			
				RNAV 5			
				RNAV 5			
				RNAV 5			
				RNAV 5			
				RNAV 5			
				RNAV 5			
				RNAV 5			
P607 (RNAV) △ ROGED (FIR BDRY) 603046N 0123624E △ EVTOG 604900N 0095612E △ EMLER 611058N 0074243E △ PEMOV 613728N 0045345E △ BARUD (FIR BDRY) 623000N 0000000E	R-063 GRM 49.6 NM 682 FT R-316 GRM 50.5 NM 682 FT R-082 SOG 16.2 NM 1652 FT R-306 FLO 4.4 NM 63 FT R-294 FLO 152.2 NM 63 FT	382.9	80.9 68.6 85.5 147.9	FL 660 FL 95 Class C	↓ ↓ ↑	RNAV 5	For continuation, see AIP Sweden
				RNAV 5			
				RNAV 5			
				RNAV 5		Norway ACC Stavanger	
				RNAV 5			
				RNAV 5			
				RNAV 5			
				RNAV 5			
				RNAV 5			
				RNAV 5			




Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits		Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit		
			Airspace classification	Odd				Even	
1	2	3	4		5	6	7		
P609 (RNAV) △ NIVUN (FIR BDRY) 573412N 0040813E △ INDOP 583312N 0074850E △ PIPEX 585050N 0090232E △ Torp DVOR/DME TOR 591009N 0101533E △ VATEX (FIR BDRY) 591903N 0114914E	R-211 ZOL 91.8 NM 52 FT R-352 SVA 28.4 NM 410 FT R-035 SVA 58.1 NM 410 FT 269 FT R-153 GRM 57.3 NM 682 FT	264.9	FL 660 FL 195 Class C		 	RNAV 5	For continuation, see AIP UK		
			131.3				Norway ACC Stavanger		
			42.3				Norway ACC Oslo		
			42.4				Norway ACC Oslo		
			48.9				Norway ACC Oslo		
									Norway ACC Stavanger
									Norway ACC Stavanger
									Norway ACC Stavanger
									Norway ACC Stavanger
									Norway ACC Stavanger
P610 (RNAV) △ Sola DVOR/DME ZOL 585230N 0053825E △ GUNPA (FIR BDRY) 610000N 0000000E	52 FT	FL 660 FL 285 Class C		 	RNAV 5	For continuation, see AIP Sweden			
		212.8	212.8			Norway ACC Stavanger			
								Norway ACC Stavanger	
P612 (RNAV) △ PEPIN (FIR BDRY) 595931N 0000054E △ Flesland DVOR/DME FLS 601841N 0051244E	R-265 FLS 157.0 NM 213 FT 213 FT	157.0	FL 660 FL 285 Class C		 	RNAV 5	Norway ACC Stavanger		
			157.0				Norway ACC Stavanger		
									Norway ACC Stavanger
									Norway ACC Stavanger







Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3	4	5	6	7		
P613 (RNAV) △ KARLI (FIR BDRY) 570000N 0053027E △ VALDI (FIR BDRY) 611252N 0000000E	R-181 ZOL 112.8 NM 52 FT	305.2		FL 660 FL 285 Class C	↑ ↓	RNAV 5	For continuation, see AIP Denmark	
							Norway ACC Stavanger	
							R-292 FLS 162.7 NM 213 FT	
P614 (RNAV) △ RAMUD (FIR BDRY) 570326N 0073626E △ Sola DVOR/DME ZOL 585230N 0053825E △ IPTON (FIR BDRY) 620000N 0000000E	R-187 SVA 62.5 NM 410 FT 52 FT R-306 FLS 182.4 NM 213 FT	377.8		FL 660 FL 95 Class C FL 660 FL 285 Class C	↑ ↓	RNAV 5 RNAV 5	For continuation, see AIP Denmark	
							Norway ACC Stavanger	
							126.1	
							251.7	
							R-306 FLS 182.4 NM 213 FT	
P615 (RNAV) △ ARTOR (FIR BDRY) 582004N 0100856E △ Torp DVOR/DME TOR 591009N 0101533E △ EVTOG 604900N 0095612E △ PIGED 615720N 0083902E △ VEPUL 621203N 0082132E	R-181 TOR 50.3 NM 269 FT 269 FT R-316 GRM 50.5 NM 682 FT R-160 KVB 73.8 NM 685 FT	244.7		FL 660 FL 95 Class C FL 660 FL 135 Class C	↓ ↑ ↓ ↑	RNAV 5 RNAV 5 RNAV 5 RNAV 5	For continuation, see AIP Denmark	
							Norway ACC Oslo	
							50.3	
							99.6	
							77.9	
							16.9	
							R-160 KVB 73.8 NM 685 FT	
							Norway ACC Bodø	
							R-160 KVB 73.8 NM 685 FT	

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
				Lower limits	Odd	Even		
1	2	3	4	5	5		6	7
P619 (RNAV) ▲ MITSU (FIR BDRY) 570000N 0062721E ▲ GUNPA (FIR BDRY) 610000N 0000000E	R-214 SVA 80.4 NM 410 FT	312.8	312.8	FL 660	 	RNAV 5	Norway ACC Stavanger	
				FL 285 Class C				
	R-287 FLS	159.4 NM	213 FT					
	For continuation, see AIP Denmark							
P621 (RNAV) ▲ NERDO (FIR BDRY) 575317N 0091342E ▲ RIDBO 592152N 0073000E ▲ PESUR 601436N 0063507E ▲ PEMOV 613728N 0045345E ▲ TUPUV (FIR BDRY) 630000N 0030358E ▲ POKAX 630721N 0025335E	R-103 SVA 43.8 NM 410 FT	104.0	366.5	FL 660 FL 95 Class C		RNAV 5	Norway ACC Oslo	
								R-061 ZOL
	R-095 FLS	41.2 NM	213 FT	96.7				
	R-306 FLO	4.4 NM	63 FT	97.3	FL 660 FL 285 Class C		RNAV 5	
	R-328 FLO	101.4 NM	63 FT	8.8	FL 660 FL 285 Class A		RNAV 5	
	R-292 VIG	93.0 NM	286 FT					
	For continuation, see AIP Denmark							

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
				Odd	Even		
1	2	3	4	5		6	7
P622 (RNAV) △ RETKA (FIR BDRY) 575929N 0092619E △ IPMOD 594422N 0081747E △ XAROS 601653N 0080415E △ DOPUX 605545N 0073118E △ IBLAD 620034N 0063304E △ Vigra DVOR/DME VIG 623307N 0060204E	R-094 SVA 49.1 NM 410 FT R-055 ZOL 96.8 NM 52 FT R-288 SIG 49.4 NM 2410 FT R-117 FLO 82.4 NM 63 FT R-155 VIG 35.7 NM 286 FT 286 FT	111.0 33.3 42.2 70.7 35.7	293.0 FL 660 FL 115 Class C			RNAV 5 RNAV 5 RNAV 5 RNAV 5 RNAV 5	For continuation, see AIP Denmark
							Norway ACC Oslo
							Norway ACC Stavanger
							Norway ACC Oslo
							Norway ACC Stavanger
							Norway ACC Bodø

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit				
				Odd	Even						
1	2	3	4	5		6	7				
P850 (RNAV) ▲ DANKO (FIR BDRY) 570000N 0064152E ▲ OSVAL 582828N 0090309E ▲ LUTOT 584249N 0092738E ▲ Torp DVOR/DME TOR 591009N 0101533E ▲ ELVOM 594040N 0110730E ▲ ROGED (FIR BDRY) 603046N 0123624E	R-210 SVA	280.4	FL 660 FL 95 Class C		RNAV 5	For continuation, see AIP Denmark					
	76.1 NM 410 FT					116.6	Norway ACC Oslo				
	R-055 SVA					43.2 NM 410 FT	19.3	RNAV 5			
	R-220 TOR					37.0 NM 269 FT	37.0	RNAV 5			
	269 FT					40.5	FL 660 FL 285 Class C		RNAV 5		
	R-174 GRM					31.0 NM 682 FT	67.1	 		RNAV 5	
	R-063 GRM					49.6 NM 682 FT			For continuation, see AIP Sweden		





Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3	4	5	6	7		
P853 (RNAV)								For continuation, see AIP Sweden
△ RIXEM (FIR BDRY) 684728N 0201929E △ Tromsø DVOR/DME TRO 694210N 0185948E △ LOMVI 700500N 0190008E △ BETMA (FIR BDRY) 703720N 0190038E △ UVSAS 720500N 0194200E △ EDIKI 762645N 0182355E △ OTVIK 771600N 0180236E △ AMPIS 775729N 0174306E	R-143 TRO	61.8 NM 546 FT	561.6	FL 660 FL 285 Class C		RNAV 5	Norway ACC Bodø	
	61.8							
	546 FT							
	22.9							
	22.9 NM 546 FT							
	32.5							
	32.5 NM 546 FT							
	89.0							
	89.0 NM 546 FT							
	263.7							
	263.7 NM 1255 FT							
	49.7							
	49.7 NM 1255 FT							
41.9								
41.9 NM 1255 FT								
447.3 NM 1255 FT								
P854 (RNAV)								For continuation, see AIP Sweden
△ PENAX (FIR BDRY) 663810N 0154034E △ Bodø DVOR/DME BDO 671600N 0142153E △ NORVA (FIR BDRY) 680550N 0105741E	R-135 BDO	49.0 NM 101 FT	141.5	FL 660 FL 285 Class C	 	RNAV 5	Norway ACC Bodø	
	49.0							
	101 FT							
	92.6							
	92.6 NM 101 FT							

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
				Lower limits	Odd	Even		
1	2	3	4	5	6	7		
P855 (RNAV) ▲ SOLKA (FIR BDRY) 631951N 0120309E ▲ NONVU 633133N 0105324E ▲ GIPOD 642311N 0052537E	R-028 TGA 61.4 NM 3377 FT	187.0	33.5	FL 660	 	RNAV 5	Norway ACC Bodø	For continuation, see AIP Sweden
	R-357 TGA 64.1 NM 3377 FT			FL 115 Class C				
	R-320 KVB 99.3 NM 685 FT			FL 660		RNAV 5		
				FL 285 Class C				
P990 (RNAV) ▲ KOVIK (FIR BDRY) 573335N 0083427E ▲ ORVIK (FIR BDRY) 593818N 0004009E	R-144 SVA 38.1 NM 410 FT	277.6	277.6	FL 660	 	RNAV 5	Norway ACC Stavanger	For continuation, see AIP Denmark
	R-288 ZOL 159.8 NM 52 FT			FL 285 Class C				
P992 (RNAV) ▲ LINVI (FIR BDRY) 570000N 0071338E ▲ ELGIK 572935N 0065238E ▲ BIVKI 582048N 0061446E ▲ Sola DVOR/DME ZOL 585230N 0053825E ▲ ISVIG (FIR BDRY) 630000N 0000000E	R-154 ZOL 123.7 NM 52 FT	421.8	31.8	FL 660 FL 95 Class C	 	RNAV 5	Norway ACC Oslo	For continuation, see AIP Denmark
	R-153 ZOL 91.9 NM 52 FT							
	R-148 ZOL 37.0 NM 52 FT					RNAV 5		
	52 FT					RNAV 5		
				FL 660		RNAV 5		
				FL 285 Class C				
	R-304 FLO 164.5 NM 63 FT							

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit		
				Lower limits				Odd	Even
1	2	3		4	5	6	7		
P996 (RNAV) △ ROVPA (FIR BDRY) 604402N 0122344E △ OLOLU 612027N 0074430E △ PEMOV 613728N 0045345E △ IPTON (FIR BDRY) 620000N 0000000E	R-047 GRM 51.0 NM 682 FT R-055 SOG 20.4 NM 1652 FT R-306 FLO 4.4 NM 63 FT R-306 FLS 182.4 NM 213 FT	365.4		FL 660 FL 135 Class C		RNAV 5	Norway ACC Oslo		
								140.6	
							FL 660 FL 285 Class C	RNAV 5	
				83.6					
				141.2					
T63 (RNAV) △ USIKI (FIR BDRY) 661527N 0152342E △ Bodø DVOR/DME BDO 671600N 0142153E	R-153 BDO 65.5 NM 101 FT 101 FT	65.5		FL 660 FL 105 Class C		RNAV 5	Norway ACC Bodø		
								65.5	

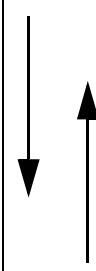
Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit	
				Odd	Even			
1	2	3	4	5		6	7	
T65 (RNAV) ▲ Svensheia DVOR/DME SVA 580504N 0075430E ▲ ABUNO 620000N 0115625E ▲ OSKOK (FIR BDRY) 621911N 0121544E ▲ GIKAV (FIR BDRY) 640204N 0134738E ▲ NOGBO (FIR BDRY) 642745N 0140650E ▲ USIKI (FIR BDRY) 661527N 0152342E ▲ LIDNA (FIR BDRY) 661952N 0152739E ▲ ABAXI (FIR BDRY) 664706N 0155233E ▲ TIPEL (FIR BDRY) 671543N 0161948E ▲ GILEN (FIR BDRY) 680139N 0170604E	410 FT							
	264.8					RNAV 5	Norway ACC Oslo	
		R-130 TGA		286.1				
		40.7 NM						
		3377 FT						
	21.3					RNAV 5	Norway ACC Bodø	
		R-099 TGA						
		39.6 NM						
		3377 FT				RNAV 5	Stockholm ATCC	
		R-121 RVK						
		84.1 NM						
		72 FT				RNAV 5	Norway ACC Bodø	
	27.1			27.1				
		R-031 TGA						
	148.6 NM							
	3377 FT				RNAV 5	Stockholm ATCC		
	R-153 BDO							
	65.5 NM							
	101 FT				RNAV 5	Norway ACC Bodø		
4.7			4.7					
	R-150 BDO							
	62.1 NM							
	101 FT				RNAV 5	Stockholm ATCC		
	R-194 TRO							
	189.0 NM							
	546 FT				RNAV 5	Norway ACC Bodø		
30.6			30.6					
	R-194 TRO							
	158.4 NM							
	546 FT				RNAV 5	Stockholm ATCC		
	R-194 TRO							
	109.0 NM							
	546 FT							



Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit								
				Lower limits	Odd	Even										
1	2	3	4	5	6		7									
T70 (RNAV) △ ODINU 594057N 0063633E △ BOBGA 600456N 0081743E △ ADOPI 601925N 0092300E △ XELVI (FIR BDRY) 612959N 0124004E	R-099 STD 38.9 NM 223 FT R-274 SIG 40.4 NM 2410 FT R-277 GRM 51.2 NM 682 FT R-027 GRM 91.5 NM 682 FT	211.5		FL 660 FL 95 Class C			RNAV 5	Norway ACC Stavanger								
									56.4	35.7	119.4	RNAV 5	Norway ACC Oslo			
																For continuation, see AIP Sweden
T311 (RNAV) △ NUVSA 610430N 0112855E △ EGAGO (FIR BDRY) 614033N 0121300E	R-010 GRM 54.5 NM 682 FT R-017 GRM 95.3 NM 682 FT	41.9		FL 660 FL 95 Class C			RNAV 5	Norway ACC Oslo								
									41.9							
							For continuation, see AIP Sweden									
T320 (RNAV) △ MIMKI (FIR BDRY) 665609N 0160526E △ Bodø DVOR/DME BDO 671600N 0142153E	R-110 BDO 45.1 NM 101 FT 101 FT	45.1		FL 660 FL 195 Class C FL 195 FL 95 Class D			RNAV 5	Norway ACC Bodø								
									45.1							

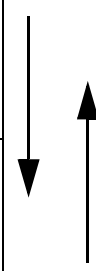
Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit													
				Odd	Even															
1	2	3	4	5		6	7													
T399 (RNAV) △ ABASU 683444N 0180100E △ KUNUB 692015N 0210029E △ UBUKI 700913N 0275552E △ Kirkenes VOR/DME KIK 694326N 0295209E	R-069 EVD 30.4 NM 155 FT R-108 TRO 47.8 NM 546 FT R-196 SDA 5.6 NM 941 FT 302 FT	79.2 152.5 47.7	279.5 FL 660 FL 115 Class C	 	RNAV 5 RNAV 5 RNAV 5	Norway ACC Bodø														
							T400 (RNAV) △ ALOTI (FIR BDRY) 575427N 0033630E △ Sola DVOR/DME ZOL 585230N 0053825E △ ROPNO 591947N 0065041E △ TIBNO 595440N 0081745E △ ADOPI 601925N 0092300E △ EGAGO (FIR BDRY) 614033N 0121300E	R-228 ZOL 86.6 NM 52 FT 52 FT R-052 ZOL 46.2 NM 52 FT R-260 SIG 40.7 NM 2410 FT R-277 GRM 51.2 NM 682 FT R-017 GRM 95.3 NM 682 FT	86.6 46.2 56.4 41.0 116.1	346.3 FL 660 FL 285 Class C FL 660 FL 95 Class C FL 660 FL 135 Class C FL 660 FL 285 Class C	 	RNAV 5 RNAV 5 RNAV 5 RNAV 5 RNAV 5	Norway ACC Stavanger Norway ACC Oslo							
																				For continuation, see AIP Sweden

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit							
					Odd	Even									
1	2	3		4	5		6	7							
T401 (RNAV) △ ROPNO 591947N 0065041E △ XAROS 601653N 0080415E △ LETPA 620000N 0100726E △ VEVOD 624951N 0111718E △ SOLKA (FIR BDRY) 631951N 0120309E	R-052 ZOL 46.2 NM 52 FT	283.9	68.2	FL 660 FL 115 Class C	↓		RNAV 5	Norway ACC Stavanger							
	R-288 SIG 49.4 NM 2410 FT			119.4					FL 660 FL 135 Class C	↑	RNAV 5	Norway ACC Oslo			
	R-215 TGA 34.9 NM 3377 FT			59.6									FL 660 FL 115 Class C	↑	RNAV 5
	R-024 TGA 24.9 NM 3377 FT			36.6					FL 660 FL 115 Class C	↑	RNAV 5				
	R-028 TGA 61.4 NM 3377 FT														
	T505 (RNAV) △ KARLI (FIR BDRY) 570000N 0053027E △ GUNPA (FIR BDRY) 610000N 0000000E			R-181 ZOL 112.8 NM 52 FT					294.9	294.9	FL 660 FL 285 Class C	↑ ↓		RNAV 5	Norway ACC Stavanger
				R-287 FLS 159.4 NM 213 FT											
T551 (RNAV) △ BINRO (FIR BDRY) 580938N 0094710E △ ELKOP 583500N 0095432E	R-083 SVA 59.9 NM 410 FT	25.7	25.7	FL 660 FL 95 Class C	↑		RNAV 5	Norway ACC Oslo							
	R-194 TOR 36.9 NM 269 FT														
								For continuation, see AIP Denmark							




Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits		Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit
			Airspace classification	Odd			
1	2	3	4		5	6	7
T600 (RNAV) △ NERDO (FIR BDRY) 575317N 0091342E △ PIPEX 585050N 0090232E	R-103 SVA 43.8 NM 410 FT						For continuation, see AIP Denmark
		58.0	58.0	FL 660 FL 95 Class C	↓ ↑	RNAV 5	Norway ACC Oslo
	R-035 SVA 58.1 NM 410 FT						
Z86 (RNAV) △ TOTKO 620000N 0085601E △ NELSU 630632N 0093751E	R-110 VIG 87.8 NM 286 FT						
		69.5	69.5	FL 660 FL 135 Class C	↓	RNAV 5	Norway ACC Bodø
	R-316 TGA 52.0 NM 3377 FT						

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit	
				Odd	Even			
1	2	3	4	5		6	7	
Z103 (RNAV) △ SOMUB 632057N 0114818E △ NIGEX 642328N 0115958E △ Brønnøy DVOR/DME BNN 652725N 0121252E	R-022 TGA 59.2 NM 3377 FT R-137 RVK 34.7 NM 72 FT 70 FT	127.3	FL 660 FL 115 Class C			RNAV 5 RNAV 5	Norway ACC Bodø	
								62.9
								64.4

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit		
				Odd	Even				
1	2	3	4	5		6	7		
Z105 (RNAV)							For continuation, see AIP UK		
△ RIGVU (FIR BDRY) 584736N 0020918E △ Flesland DVOR/DME FLS 601841N 0051244E △ OLDAS 610413N 0051017E △ TUTOP 620000N 0052712E △ ABDIG 621927N 0054730E △ Vigra DVOR/DME VIG 623307N 0060204E △ Kvernberget DVOR/DME KVB 630705N 0074838E △ Stokka DVOR/DME STO 655738N 0122810E	R-268 ZOL	108.8 NM 52 FT	538.6	FL 660 FL 285 Class C		RNAV 5	Norway ACC Stavanger		
	130.6								
	213 FT								
	45.7								
	R-359 FLS	45.7 NM 213 FT				FL 660 FL 95 Class C			
	56.5								
	R-205 VIG	37.0 NM 286 FT							
	21.7								
	R-205 VIG	15.3 NM 286 FT				FL 660 7500 FT AMSL Class C			Norway ACC Bodø
	15.3								
	286 FT								
	59.6								
	685 FT								
	209.3					FL 660 FL 195 Class C		RNAV 5	
137 FT									

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit	
				Odd	Even			
1	2	3	4	5		6	7	
Z107 (RNAV) △ BERE (FIR BDRY) 590209N 0014420E △ EPOTU 595235N 0040427E △ Flesland DVOR/DME FLS 601841N 0051244E	R-275 ZOL 121.6 NM 52 FT R-212 STO 431.8 NM 137 FT 213 FT	130.6	FL 660 FL 195 Class C FL 660 FL 85 Class C			For continuation, see AIP UK		
						87.6	RNAV 5	Norway ACC Stavanger
						43.0	RNAV 5	

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
				Odd	Even		
1	2	3	4	5		6	7
Z108 (RNAV)							For continuation, see AIP UK
△ KLONN (FIR BDRY) 582324N 0024944E	R-252 ZOL	89.8	501.4	FL 660 FL 195 Class C	↓	RNAV 5	Norway ACC Stavanger
	92.9 NM 52 FT						
△ ALUVA 592327N 0045810E	R-326 ZOL	55.8	FL 660 6500 FT AMSL Class C	↓	RNAV 5		
	37.3 NM 52 FT						
△ Flesland DVOR/DME FLS 601841N 0051244E	213 FT	43.9	FL 660 FL 95 Class C	↓	RNAV 5		
△ INTUM 605815N 0055058E	R-025 FLS	46.2	FL 660 FL 115 Class C	↓	RNAV 5		
	43.9 NM 213 FT						
△ EVNAN 613411N 0065100E	R-340 SOG	16.4	FL 660 FL 135 Class C	↓	RNAV 5		
	26.8 NM 1652 FT						
△ KOSOB 614704N 0071219E	R-143 VIG	104.5	FL 660 FL 115 Class C	↓	RNAV 5	Norway ACC Bodø	
	56.7 NM 286 FT						
△ NELSU 630632N 0093751E	R-316 TGA	42.3	FL 660 FL 115 Class C	↓	RNAV 5		
	52.0 NM 3377 FT						
△ NONVU 633133N 0105324E	R-357 TGA	46.8	FL 660 FL 115 Class C	↓	RNAV 5		
	64.1 NM 3377 FT						
△ TUXOT 635839N 0121917E	R-020 TGA	23.0	FL 660 FL 115 Class C	↓	RNAV 5		
	99.3 NM 3377 FT						
△ NAMIG 641226N 0130102E	R-160 BNN	32.5	FL 660 FL 115 Class C	↑	RNAV 5		
	78.0 NM 70 FT						
△ NOGBO (FIR BDRY) 642745N 0140650E	R-031 TGA	148.6 NM 3377 FT			RNAV 5	For continuation, see AIP Sweden	

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
				Lower limits	Odd	Even		
1	2	3	4	5	6	7		
Z125 (RNAV) ▲ NUVSA 610430N 0112855E ▲ GIGNI 620000N 0112907E ▲ SOMUB 632057N 0114818E	R-010 GRM 54.5 NM 682 FT	55.7	137.3	FL 660 FL 115 Class C		RNAV 5	Norway ACC Oslo	
	R-145 TGA 32.6 NM 3377 FT	81.7					RNAV 5	Norway ACC Bodø
R-022 TGA 59.2 NM 3377 FT								
Z128 (RNAV) ▲ ARTOR (FIR BDRY) 582004N 0100856E ▲ ESOSI 583500N 0101625E	R-181 TOR 50.3 NM 269 FT	15.5	15.5	FL 660 FL 95 Class C		RNAV 5	Norway ACC Oslo	
	R-176 TOR 35.2 NM 269 FT							
Z129 (RNAV) ▲ BAKIV 593102N 0091848E ▲ IPMOD 594422N 0081747E ▲ PESUR 601436N 0063507E	R-303 TOR 35.8 NM 269 FT	33.7	93.6	FL 660 FL 115 Class C		RNAV 5	Norway ACC Oslo	
	R-055 ZOL 96.8 NM 52 FT	59.8					RNAV 5	Norway ACC Stavanger
R-095 FLS 41.2 NM 213 FT								



Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit				
					Odd	Even						
1	2	3	4	5	6	7						
Z132 (RNAV) △ BOMGU (FIR BDRY) 585424N 0104307E △ Torp DVOR/DME TOR 591009N 0101533E △ ULMUG 591117N 0093413E △ OSKOM 590925N 0073000E △ UPLEV 590606N 0065158E △ Sola DVOR/DME ZOL 585230N 0053825E	R-135 TOR 21.3 NM 269 FT 269 FT R-270 TOR 21.3 NM 269 FT R-072 ZOL 60.1 NM 52 FT R-069 ZOL 40.4 NM 52 FT 52 FT			FL 660 FL 95 Class C	↑ ↓	RNAV 5		For continuation, see AIP Sweden				
		21.3	166.8						FL 660 FL 95 Class C	↑ ↓	RNAV 5	Norway ACC Oslo
		21.3			166.8	FL 660 FL 95 Class C	↑ ↓	RNAV 5				
		64.0	166.8						FL 660 FL 95 Class C	↑ ↓	RNAV 5	
		19.9			166.8	FL 660 FL 95 Class C	↑ ↓	RNAV 5				
		40.4	166.8						FL 660 FL 95 Class C	↑ ↓	RNAV 5	
		52 FT			166.8	FL 660 FL 95 Class C	↑ ↓	RNAV 5				
Z133 (RNAV) △ TITUX 590230N 0090000E △ PIGAV 585913N 0073000E	R-256 TOR 39.7 NM 269 FT R-082 ZOL 58.2 NM 52 FT			FL 660 FL 95 Class C	↓	RNAV 5		Norway ACC Oslo				
		46.6	46.6						FL 660 FL 95 Class C	↓	RNAV 5	
Z134 (RNAV) △ ABUNO 620000N 0115625E △ SOMUB 632057N 0114818E	R-130 TGA 40.7 NM 3377 FT R-022 TGA 59.2 NM 3377 FT			FL 660 FL 115 Class C	↑	RNAV 5		Norway ACC Bodø				
		81.3	81.3						FL 660 FL 115 Class C	↑	RNAV 5	

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit		
				Odd	Even				
1	2	3	4	5		6	7		
Z135 (RNAV) △ ADOPI 601925N 0092300E △ DOPUX 605545N 0073118E △ EVNAN 613411N 0065100E △ TUMIM 614332N 0055532E	R-277 GRM 51.2 NM 682 FT	66.0	137.2	FL 660 FL 115 Class C	↑	RNAV 5	Norway ACC Oslo		
								R-117 FLO 82.4 NM 63 FT	43.2
	R-340 SOG 26.8 NM 1652 FT	28.1			↓	RNAV 5			
							R-183 VIG 49.8 NM 286 FT		
Z137 (RNAV) △ RETKA (FIR BDRY) 575929N 0092619E △ PIPEX 585050N 0090232E	R-094 SVA 49.1 NM 410 FT	53.0	53.0	FL 660 FL 95 Class C	↓	RNAV 5	Norway ACC Oslo		
								R-035 SVA 58.1 NM 410 FT	
Z155 (RNAV) △ OLGUV (FIR BDRY) 622603N 0121053E △ EDAPA 625513N 0042234E △ ISVIG (FIR BDRY) 630000N 0000000E	R-089 TGA 36.4 NM 3377 FT	217.8	337.7	FL 660 FL 285 Class C	↑	RNAV 5	Norway ACC Bodø		
								R-296 VIG 50.9 NM 286 FT	120.0
	R-304 FLO 164.5 NM 63 FT								

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit		
				Lower limits				Odd	Even
1	2	3		4	5	6	7		
Z156 (RNAV) △ GUBAV 654624N 0135641E △ AMIMO 675230N 0162629E △ Senja NDB SJA 690941N 0174857E	R-103 STO 38.1 NM 137 FT R-047 BDO 60.2 NM 101 FT	222.9		FL 660 FL 105 Class C		RNAV 5	Norway ACC Bodø		
								139.7	
								83.2	
Z183 (RNAV) △ MASEV (FIR BDRY) 601040N 0123205E △ EVTOG 604900N 0095612E	R-088 GRM 43.8 NM 682 FT R-316 GRM 50.5 NM 682 FT	86.1		FL 660 FL 95 Class C		RNAV 5	Norway ACC Oslo		
								86.1	

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3		4	5		6	7
△ ARDUX 673640N 0143201E	R-006 BDO	18.8	558.4	FL 660 FL 105 Class C FL 105	↓		RNAV 5	Norway ACC Bodø
	21.1 NM 101 FT							
△ IBVIS 675506N 0144117E	R-006 BDO	40.5					RNAV 5	
	39.9 NM 101 FT							
△ Skagen VOR/DME SKG 683442N 0150206E	34 FT	26.7		7500 FT AMSL Class D			RNAV 5	
△ ATKID 684822N 0160444E	R-053 SKG	25.7					RNAV 5	
	26.7 NM 34 FT							
△ BARVI 690109N 0170613E	R-257 BDF	17.6		FL 660 7500 FT AMSL Class C	↑		RNAV 5	
	29.5 NM 598 FT							
△ Senja NDB SJA 690941N 0174857E								

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3		4	5		6	7
△ ALOPA 693554N 020000E	R-037 BDF 45.8 NM 598 FT	28.8	306.5	FL 660 7500 FT AMSL Class C	↓	↑	RNAV 5	Norway ACC Bodø
△ ADAPU 695535N 021001E	R-062 TRO 43.9 NM 546 FT							
Z202 (RNAV)								
△ GEPLO 642249N 010245E	R-351 TGA 116.1 NM 3377 FT	64.0		FL 660 6500 FT AMSL Class C	↑		RNAV 5	Norway ACC Bodø
△ BULIN 651910N 011350E	R-206 STO 44.4 NM 137 FT	44.4		FL 660 FL 145 Class C FL 145 6500 FT AMSL Class D	↓		RNAV 5	
△ Stokka DVOR/DME STO 655738N 012281E	137 FT							
△ Støtt NDB STT 665537N 013261E		62.7	339.8	FL 660 FL 145 Class C FL 145 7500 FT AMSL Class D			RNAV 5	
△ LEBDO 673835N 014105E	R-345 BDO 23.1 NM 101 FT	50.1		FL 660 FL 195 Class C FL 195 7500 FT AMSL Class D			RNAV 5	
△ PIKOX 681924N 015273E	R-142 SKG 18.0 NM 34 FT	10.8		FL 660 FL 105 Class C FL 105 7500 FT AMSL Class D	↑		RNAV 5	
								(continue next page)

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3		4	5		6	7
△ ASTOX 682704N 0154809E △ Senja NDB SJA 690941N 0174857E	R-263 EVD 19.5 NM 155 FT		339.8	FL 660	 	RNAV 5	Norway ACC Bodø	
		61.3		FL 105 Class C				
				FL 105				
				7500 FT AMSL Class D				

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit	
				Lower limits	Odd	Even			
1	2	3		4	5		6	7	
△ Seida VOR/DME SDA 701403N 0280413E	941 FT			FL 660 FL 105 Class C	↓	↑		Norway ACC Bodø	
Z205 (RNAV) △ Bardufoss DVOR/DME BDF 690354N 0182758E △ PIGAX 691925N 0194438E △ BADIX 694702N 0221342E △ Alta DVOR/DME ATA 695839N 0232219E △ OSBEB (FIR BDRY) 704019N 0305429E △ EVMUV (FIR BDRY) 704455N 0320500E	598 FT			FL 660 8500 FT AMSL Class C	↓		RNAV 5	Norway ACC Bodø	
		31.5							
	R-052 BDF 31.5 NM 598 FT			FL 660 FL 105 Class C			RNAV 5		
		59.2							
	R-233 ATA 26.4 NM 34 FT			FL 660 8500 FT AMSL Class C			RNAV 5		
		26.4	299.4						
	34 FT			FL 660 FL 285 Class C			RNAV 5		
		158.5							
	R-337 VRD 19.1 NM 58 FT			FL 660 FL 285 Class A			RNAV 5	Unallocated international airspace. ATS provided by Norway ACC Bodø.	
		23.9							
R-026 VRD 31.4 NM 58 FT							For continuation, see AIP Russia		

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit
				Airspace classification			
1	2	3		4	5	6	7
Z253 (RNAV) △ Tromsø DVOR/DME TRO 694210N 0185948E △ LENSA 694359N 0200000E △ TINOS 694730N 0261340E △ VADLA 694506N 0284743E △ Kirkenes VOR/DME KIK 694326N 0295209E	546 FT R-076 TRO 21.0 NM 546 FT	150.9	FL 660 FL 115 Class C	↓ ↑	RNAV 5	Norway ACC Bodø	
							21.0
							129.9
	R-031 TGA 575.5 NM 3377 FT					RNAV 5	Helsinki ACC
	R-261 KIK 22.5 NM 302 FT	22.5	FL 660 FL 115 Class C	↓ ↑	RNAV 5	Norway ACC Bodø	
							302 FT
	Z255 (RNAV) △ OSKOK (FIR BDRY) 621911N 0121544E △ VEVOD 624951N 0111718E	R-099 TGA 39.6 NM 3377 FT	40.9	FL 660 FL 115 Class C	↓	RNAV 5	Norway ACC Bodø
R-024 TGA 24.9 NM 3377 FT							
Z256 (RNAV) △ OLGUV (FIR BDRY) 622603N 0121053E △ LEPTI (FIR BDRY) 633319N 0043311E	R-089 TGA 36.4 NM 3377 FT	219.2	FL 660 FL 285 Class C	↑ ↓	RNAV 5	Norway ACC Bodø	
							219.2
	R-326 VIG 72.7 NM 286 FT						

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit	
				Odd	Even			
1	2	3	4	5		6	7	
Z258 (RNAV) △ ESEBA (FIR BDRY) 600046N 0122332E △ ADOPI 601925N 0092300E △ VATEB 604056N 0070741E △ IPTOK 610115N 0031446E △ VALDI (FIR BDRY) 611252N 0000000E	R-102 GRM 41.0 NM 682 FT	373.3	FL 660 FL 95 Class C	↓	RNAV 5	Norway ACC Oslo	92.1	
							70.3	
	R-277 GRM 51.2 NM 682 FT	373.3	FL 660 FL 115 Class C	↓	RNAV 5	Norway ACC Stavanger	115.7	
							95.2	
	R-068 FLS 61.1 NM 213 FT	373.3	FL 660 FL 285 Class C	↑	RNAV 5	Norway ACC Stavanger	115.7	
	R-238 FLO 61.4 NM 63 FT						95.2	
	R-292 FLS 162.7 NM 213 FT						For continuation, see AIP UK	
	Z259 (RNAV) △ RIDBO 592152N 0073000E △ ESEBA (FIR BDRY) 600046N 0122332E	R-061 ZOL 64.6 NM 52 FT	153.8	FL 660 FL 285 Class C	↑	RNAV 5	Norway ACC Oslo	153.8
								153.8
		R-102 GRM 41.0 NM 682 FT						
Z260 (RNAV) △ GUNPA (FIR BDRY) 610000N 0000000E △ VATEB 604056N 0070741E △ MASEV (FIR BDRY) 601040N 0123205E	R-287 FLS 159.4 NM 213 FT	373.6	FL 660 FL 285 Class C	↓ ↑	RNAV 5	Norway ACC Stavanger	210.1	
							163.6	
	R-068 FLS 61.1 NM 213 FT	373.6	FL 660 FL 285 Class C	↓	RNAV 5	Norway ACC Oslo	163.6	
	R-088 GRM 43.8 NM 682 FT							

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit				
					Odd	Even						
1	2	3		4	5		6	7				
Z261 (RNAV) △ KARLI (FIR BDRY) 570000N 0053027E △ XAROS 601653N 0080415E △ NIMVO 620000N 0093901E △ LOGBU 622729N 0100029E △ NONVU 633133N 0105324E △ AMIMO 675230N 0162629E	R-181 ZOL 112.8 NM 52 FT	719.8		FL 660 FL 285 Class C	↓		RNAV 5	Norway ACC Stavanger				
	213.1											
	R-288 SIG 49.4 NM 2410 FT			113.1							RNAV 5	Norway ACC Oslo
	R-229 TGA 44.3 NM 3377 FT			29.3				FL 660 FL 135 Class C			RNAV 5	Norway ACC Bodø
	R-267 TGA 24.3 NM 3377 FT			68.6							RNAV 5	
	R-357 TGA 64.1 NM 3377 FT			295.6				FL 660 FL 285 Class C			RNAV 5	
	R-047 BDO 60.2 NM 101 FT											
Z262 (RNAV) △ SUVAR (FIR BDRY) 610905N 0124310E △ NIMVO 620000N 0093901E △ UMBOR (FIR BDRY) 631412N 0041359E	R-036 GRM 75.4 NM 682 FT	269.3		FL 660 FL 285 Class C	↑ ↓		RNAV 5	Norway ACC Oslo				
	101.8											
	R-229 TGA 44.3 NM 3377 FT			167.5							RNAV 5	Norway ACC Bodø
	R-310 VIG 64.4 NM 286 FT											

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits		Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit
			Airspace classification	Odd			
1	2	3	4		5	6	7
Z263 (RNAV) △ IPTON (FIR BDRY) 620000N 0000000E △ SOBDU 604627N 0071626E △ ADOPI 601925N 0092300E	R-306 FLS 182.4 NM 213 FT	290.5	222.4	FL 660 FL 285 Class C	↓ ↑	RNAV 5	Norway ACC Stavanger
	R-126 FLO 81.5 NM 63 FT			FL 660 FL 115 Class C			
	R-277 GRM 51.2 NM 682 FT						
Z264 (RNAV) △ KARLI (FIR BDRY) 570000N 0053027E △ ROGLO (FIR BDRY) 630000N 0020000E △ BURIX 631037N 0014907E	R-181 ZOL 112.8 NM 52 FT	387.7	376.0	FL 660 FL 285 Class C	↑ ↓	RNAV 5	Norway ACC Stavanger
	R-284 VIG 114.4 NM 286 FT			FL 660 FL 285 Class A			
	R-289 VIG 121.8 NM 286 FT						
Z265 (RNAV) △ TIGBA (FIR BDRY) 625614N 0120731E △ NOMGA (FIR BDRY) 634301N 0044308E	R-047 TGA 44.8 NM 3377 FT	205.7	205.7	FL 660 FL 285 Class C	↑ ↓	RNAV 5	Norway ACC Bodø
	R-294 KVB 90.8 NM 685 FT						





Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit		
				Odd	Even				
1	2	3	4	5		6	7		
Z266 (RNAV) △ KLONN (FIR BDRY) 582324N 0024944E △ RIDBO 592152N 0073000E △ MASEV (FIR BDRY) 601040N 0123205E	R-252 ZOL 92.9 NM 52 FT	317.1	FL 660 FL 285 Class C	↓	↑	RNAV 5	Norway ACC Stavanger		
	156.8								
	R-061 ZOL 64.6 NM 52 FT			160.3	↓	RNAV 5		Norway ACC Oslo	
	R-088 GRM 43.8 NM 682 FT								
Z267 (RNAV) △ ROVPA (FIR BDRY) 604402N 0122344E △ BATPA 613121N 0074635E △ BARUD (FIR BDRY) 623000N 0000000E	R-047 GRM 51.0 NM 682 FT	370.0	FL 660 FL 135 Class C	↑	↓	RNAV 5	Norway ACC Oslo		
	142.5								
	R-091 FLO 79.2 NM 63 FT		227.5	FL 660 FL 285 Class C	↑	↓	RNAV 5	Norway ACC Stavanger	
	R-294 FLO 152.2 NM 63 FT								
Z268 (RNAV) △ EVTOG 604900N 0095612E △ BATPA 613121N 0074635E △ ISVIG (FIR BDRY) 630000N 0000000E	R-316 GRM 50.5 NM 682 FT	311.1	FL 660 FL 135 Class C	↑	↓	RNAV 5	Norway ACC Oslo		
	75.8								
	R-091 FLO 79.2 NM 63 FT		235.4	FL 660 FL 285 Class C	↑	↓		RNAV 5	Norway ACC Stavanger
	R-304 FLO 164.5 NM 63 FT								

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit					
				Lower limits				Odd	Even			
1	2	3	4	5	6	7						
Z269 (RNAV) △ RAMUD (FIR BDRY) 570326N 0073626E △ PEMOV 613728N 0045345E △ EDURA (FIR BDRY) 630000N 0034302E △ DEXES 630446N 0033843E	R-187 SVA 62.5 NM 410 FT	381.3	381.3	FL 660 FL 285 Class C	↓ ↑	RNAV 5	Norway ACC Stavanger					
	287.0											
	R-306 FLO 4.4 NM 63 FT											
	89.1											
	R-346 FLS 167.3 NM 213 FT											
	5.2											
R-296 VIG 73.0 NM 286 FT												
Z272 (RNAV) △ NERDO (FIR BDRY) 575317N 0091342E △ BODMU 591801N 0073000E △ ROGLO (FIR BDRY) 630000N 0020000E △ BURIX 631037N 0014907E	R-103 SVA 43.8 NM 410 FT	386.4	386.4	FL 660 FL 285 Class C	↓ ↑	RNAV 5	Norway ACC Oslo					
	100.8											
	R-064 ZOL 63.0 NM 52 FT											
	273.9											
	R-284 VIG 114.4 NM 286 FT											
	11.7											
R-289 VIG 121.8 NM 286 FT												
Z275 (RNAV) △ Sola DVOR/DME ZOL 585230N 0053825E △ OKRUB (FIR BDRY) 630000N 0011640E △ APTEK 631244N 0010055E	52 FT	293.6	293.6	FL 660 FL 285 Class C	↑ ↓	RNAV 5	Norway ACC Stavanger					
	279.0											
	R-311 FLO 135.2 NM 63 FT											
	14.6											
	R-287 VIG 143.4 NM 286 FT											

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit	
				Lower limits				Odd
1	2	3	4	5	6	7		
Z276 (RNAV) △ Sola DVOR/DME ZOL 585230N 0053825E △ ROGLO (FIR BDRY) 630000N 0020000E △ BURIX 631037N 0014907E	52 FT R-284 VIG 114.4 NM 286 FT R-289 VIG 121.8 NM 286 FT				↑ ↓			
				FL 660				RNAV 5
		270.0	281.7	FL 285 Class C				
				FL 660				RNAV 5
		11.7		FL 285 Class A				
Z277 (RNAV) △ TIGBA (FIR BDRY) 625614N 0120731E △ ABADA (FIR BDRY) 641556N 0051753E	R-047 TGA 44.8 NM 3377 FT R-348 VIG 105.0 NM 286 FT				↑ ↓	RNAV 5	Norway ACC Bodø	
				FL 660				
		199.5	199.5	FL 285 Class C				
Z278 (RNAV) △ PENUN (FIR BDRY) 570636N 0045011E △ PIXEG 573000N 0045749E △ UNBUD 580746N 0051029E	R-193 ZOL 109.2 NM 52 FT R-194 ZOL 85.4 NM 52 FT R-197 ZOL 47.2 NM 52 FT				↓			
				FL 660				RNAV 5
		23.8	62.3	FL 195 Class C				
				FL 660				RNAV 5
		38.5		FL 95 Class C				
Z279 (RNAV) △ BEDIK 583929N 0071511E △ BADAB 590420N 0060122E	R-103 ZOL 52.1 NM 52 FT R-161 FLS 78.5 NM 213 FT				↓	RNAV 5	Norway ACC Stavanger	
				FL 660				
		45.7	45.7	FL 95 Class C				

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit	
				Lower limits				Odd
1	2	3	4	5	6	7		
Z280 (RNAV) △ IPMOD 594422N 0081747E △ ULVOS 593309N 0063927E	R-055 ZOL 96.8 NM 52 FT				↓	RNAV 5	Norway ACC Stavanger	
		51.2	51.2	FL 660 FL 95 Class C				
	R-074 KRM 46.3 NM 103 FT							
Z281 (RNAV) △ ODINU 594057N 0063633E △ OTSOS 602144N 0070705E	R-099 STD 38.9 NM 223 FT				↓	RNAV 5	Norway ACC Stavanger	
		43.7	43.7	FL 660 FL 95 Class C				
	R-086 FLS 56.9 NM 213 FT							
Z284 (RNAV) △ ATLAP 600846N 0094803E △ BOBGA 600456N 0081743E △ REVTA 595157N 0062137E	R-263 GRM 38.3 NM 682 FT				↓	RNAV 5	Norway ACC Oslo	
		45.4	105.1	FL 660 FL 115 Class C				
						RNAV 5	Norway ACC Stavanger	
		59.8		FL 660 FL 95 Class C				
	R-081 STD 31.1 NM 223 FT							
Z285 (RNAV) △ TINIG 600038N 0062102E △ AGEKU 601205N 0081743E △ ADOPI 601925N 0092300E	R-117 FLS 38.6 NM 213 FT				↓	RNAV 5	Norway ACC Stavanger	
		59.5	92.9	FL 660 FL 95 Class C				
						RNAV 5	Norway ACC Oslo	
		33.4						
	R-277 GRM 51.2 NM 682 FT							

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
				Lower limits	Odd	Even		
1	2	3		4	5		6	7
Z286 (RNAV) △ OSMUM 625024N 0100423E △ KEKOD 613917N 0073441E △ LUNUR 605024N 0060507E △ Flesland DVOR/DME FLS 601841N 0051244E	R-313 TGA 31.9 NM 3377 FT R-139 VIG 69.4 NM 286 FT R-039 FLS 41.0 NM 213 FT 213 FT	206.3		FL 660	↓ ↑		RNAV 5	Norway ACC Bodø
				FL 135				
				Class C				
				FL 660				
				FL 105				
				Class C				
FL 660								
FL 95								
Class C								
Z287 (RNAV) △ TUTOP 620000N 0052712E △ NIDGI 610340N 0044835E	R-205 VIG 37.0 NM 286 FT R-345 FLS 46.7 NM 213 FT	59.4		FL 660	↓		RNAV 5	Norway ACC Stavanger
				FL 95				
				Class C				
Z288 (RNAV) △ OLDAS 610413N 0051017E △ TUMIM 614332N 0055532E	R-359 FLS 45.7 NM 213 FT R-183 VIG 49.8 NM 286 FT	45.0		FL 660	↓		RNAV 5	Norway ACC Stavanger
				FL 95				
				Class C				

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit			
				Lower limits				Odd	Even	
1	2	3	4	5	6	7				
Z289 (RNAV) △ GEDLU 594839N 0053531E △ INTUM 605815N 0055058E △ TUMIM 614332N 0055532E	R-159 FLS 32.2 NM 213 FT R-025 FLS 43.9 NM 213 FT R-183 VIG 49.8 NM 286 FT	70.2 115.7 45.5	FL 660 FL 95 Class C		RNAV 5 RNAV 5	Norway ACC Stavanger				
Z290 (RNAV) △ OSMUM 625024N 0100423E △ LOGBU 622729N 0100029E △ TOBIT 620000N 0095557E	R-313 TGA 31.9 NM 3377 FT R-267 TGA 24.3 NM 3377 FT R-221 TGA 38.4 NM 3377 FT	23.1 50.7 27.6	FL 660 FL 135 Class C		RNAV 5 RNAV 5	Norway ACC Bodø				
Z299 (RNAV) △ NONVU 633133N 0105324E △ GOGOX 632259N 0094331E △ DEKEB 631749N 0090512E △ Kvernberget DVOR/DME KVB 630705N 0074838E	R-357 TGA 64.1 NM 3377 FT R-328 TGA 63.8 NM 3377 FT R-071 KVB 36.3 NM 685 FT 685 FT	32.5 18.0 36.3	FL 660 5500 FT AMSL Class C	 	RNAV 5 RNAV 5 RNAV 5	Norway ACC Bodø				

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3		4	5		6	7
Z307 (RNAV) ▲ NUPGO 640753N 0114058E ▲ ELSID 643630N 0113629E	R-009 TGA 102.8 NM 3377 FT			FL 660	↑	RNAV 5	Norway ACC Bodø	
		28.8	28.8	7500 FT AMSL Class C				
	R-193 BNN 53.4 NM 70 FT							
Z309 (RNAV) ▲ BERE (FIR BDRY) 590209N 0014420E ▲ MODNI 600211N 0035851E	R-275 ZOL 121.6 NM 52 FT			FL 660	↓	RNAV 5	Norway ACC Stavanger	
		91.2	91.2	FL 195 Class C				
	R-246 FLS 40.4 NM 213 FT							
Z312 (RNAV) ▲ BELGU 611245N 0103550E ▲ OKEXA 620000N 0091901E ▲ BAMVA 623902N 0081131E	R-344 GRM 63.0 NM 682 FT			FL 660 FL 135 Class C	↑	RNAV 5	Norway ACC Oslo	
		59.9	110.2					
	R-235 TGA 51.9 NM 3377 FT				RNAV 5	Norway ACC Bodø		
	50.2							
R-158 KVB 30.0 NM 685 FT								
Z313 (RNAV) ▲ BELGU 611245N 0103550E ▲ KEMIV 615358N 0082555E ▲ GIGIR 621238N 0072243E	R-344 GRM 63.0 NM 682 FT			FL 660 FL 135 Class C	↑	RNAV 5	Norway ACC Oslo	
		74.6	109.8					
	R-118 VIG 77.9 NM 286 FT				RNAV 5	Norway ACC Bodø		
	35.2							
R-117 VIG 42.8 NM 286 FT								

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3		4		5	6	7
Z314 (RNAV) △ KLONN (FIR BDRY) 582324N 0024944E △ KUNEM 584728N 0042102E	R-252 ZOL 92.9 NM 52 FT			FL 660 FL 195 Class C	↓	RNAV 5	Norway ACC Stavanger	
		53.5	53.5					
	R-262 ZOL 40.5 NM 52 FT							
Z316 (RNAV) △ OSKOM 590925N 0073000E △ RIPAM 591940N 0094500E	R-072 ZOL 60.1 NM 52 FT			FL 660 FL 95 Class C	↓	RNAV 5	Norway ACC Oslo	
		70.1	70.1					
	R-215 GRM 65.7 NM 682 FT							
Z320 (RNAV) △ LUNIP 591100N 0111855E △ LILBA 604935N 0114445E △ GIGNI 620000N 0112907E △ VEVOD 624951N 0111718E	R-170 GRM 61.1 NM 682 FT			FL 660 FL 95 Class C	↓	RNAV 5	Norway ACC Oslo	
		99.7						
	R-024 GRM 43.1 NM 682 FT			FL 660 FL 115 Class C		RNAV 5		
		71.0	221.0					
	R-145 TGA 32.6 NM 3377 FT			FL 660 7500 FT AMSL Class C		RNAV 5	Norway ACC Bodø	
		50.3						
R-024 TGA 24.9 NM 3377 FT								

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM	Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit	
				Odd	Even			
1	2	3	4	5		6	7	
Z321 (RNAV) △ ALUVA 592327N 0045810E △ LAPOT 583758N 0042627E △ NIVUN (FIR BDRY) 573412N 0040813E	R-326 ZOL 37.3 NM 52 FT R-248 ZOL 40.2 NM 52 FT R-211 ZOL 91.8 NM 52 FT	113.1	FL 660 FL 85 Class C FL 660 FL 195 Class C	↑ ↓	RNAV 5 RNAV 5	Norway ACC Stavanger		
								48.5
								64.6
Z322 (RNAV) △ KARLI (FIR BDRY) 570000N 0053027E △ UNBUD 580746N 0051029E △ ALUVA 592327N 0045810E	R-181 ZOL 112.8 NM 52 FT R-197 ZOL 47.2 NM 52 FT R-326 ZOL 37.3 NM 52 FT	144.9	FL 660 FL 95 Class C	↓	RNAV 5 RNAV 5	Norway ACC Stavanger		
								68.8
								76.1
Z323 (RNAV) △ ELGIK 572935N 0065238E △ RIVEX 582453N 0063139E △ BADAB 590420N 0060122E	R-153 ZOL 91.9 NM 52 FT R-134 ZOL 39.2 NM 52 FT R-161 FLS 78.5 NM 213 FT	99.1	FL 660 FL 95 Class C	↓	RNAV 5 RNAV 5	Norway ACC Stavanger		
								56.6
								42.6

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
				Lower limits	Odd	Even		
1	2	3	4	5	6	7		
Z324 (RNAV) ▲ AMSEV (FIR BDRY) 574031N 0084808E ▲ RIVEX 582453N 0063139E	R-128 SVA 37.8 NM 410 FT R-134 ZOL 39.2 NM 52 FT			FL 660 FL 95 Class C	↓	RNAV 5	Norway ACC Oslo	
		85.1	85.1					
Z325 (RNAV) ▲ UVEPI 632413N 0091227E ▲ Kvernberget DVOR/DME KVB 630705N 0074838E	R-064 KVB 41.6 NM 685 FT 685 FT			FL 660 5500 FT AMSL Class C	↑ ↓	RNAV 5	Norway ACC Bodø	
		41.6	41.6					
Z326 (RNAV) ▲ TINIG 600038N 0062102E ▲ NULNO 593345N 0080944E ▲ ULMUG 591117N 0093413E	R-117 FLS 38.6 NM 213 FT R-237 SIG 52.2 NM 2410 FT R-270 TOR 21.3 NM 269 FT			FL 660 FL 95 Class C	↓	RNAV 5	Norway ACC Stavanger	
		61.2	109.9					
		48.7					RNAV 5	Norway ACC Oslo
Z327 (RNAV) ▲ NUVSA 610430N 0112855E ▲ TUTBI 620000N 0103851E ▲ NELSU 630632N 0093751E	R-010 GRM 54.5 NM 682 FT R-190 TGA 28.5 NM 3377 FT R-316 TGA 52.0 NM 3377 FT			FL 660 FL 135 Class C	↓	RNAV 5	Norway ACC Oslo	
		60.6	133.1					
		72.5					RNAV 5	Norway ACC Bodø

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit	
				Lower limits				Odd
1	2	3	4	5	6	7		
Z328 (RNAV) △ OSVIG 610428N 0092356E △ DIMUM 620000N 0102151E △ VEVOD 624951N 0111718E	R-315 GRM 72.6 NM 682 FT R-205 TGA 31.3 NM 3377 FT R-024 TGA 24.9 NM 3377 FT				↓			
		62.2	118.5	FL 660			RNAV 5	Norway ACC Oslo
				FL 135 Class C			RNAV 5	Norway ACC Bodø
	56.3							
Z329 (RNAV) △ NIMVO 620000N 0093901E △ NELSU 630632N 0093751E	R-229 TGA 44.3 NM 3377 FT R-316 TGA 52.0 NM 3377 FT				↓			
		66.7	66.7	FL 660			RNAV 5	Norway ACC Bodø
Z331 (RNAV) △ GIGIR 621238N 0072243E △ KEKOD 613917N 0073441E △ DOPUX 605545N 0073118E	R-117 VIG 42.8 NM 286 FT R-139 VIG 69.4 NM 286 FT R-117 FLO 82.4 NM 63 FT				↓			
		33.9	77.6	FL 660			RNAV 5	Norway ACC Bodø
				FL 135 Class C			RNAV 5	Norway ACC Stavanger
			43.7			FL 660		
			10500 FT AMSL Class C					
Z372 (RNAV) △ ELVOM 594040N 0110730E △ XIDMI (FIR BDRY) 594304N 0115612E	R-174 GRM 31.0 NM 682 FT R-134 GRM 38.6 NM 682 FT				↓ ↑			
		24.8	24.8	FL 660			RNAV 5	Norway ACC Oslo
				FL 285 Class C				
							For continuation, see AIP Sweden	

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits	Direction of cruising levels	Navigation accuracy requirement	RMK Controlling unit	
				Lower limits				Odd
1	2	3	4	5	6	7		
Z416 (RNAV) △ ETNOR 603725N 0035743E △ GEGRU 610103N 0011611E	R-297 FLS 41.6 NM 213 FT R-254 FLO 113.7 NM 63 FT			FL 660	↑	RNAV 5	Norway ACC Stavanger	
		82.6	82.6	FL 195				
				Class C				
Z417 (RNAV) △ REKLI 602729N 0035509E △ GEGRU 610103N 0011611E	R-284 FLS 39.5 NM 213 FT R-254 FLO 113.7 NM 63 FT			FL 660	↓	RNAV 5	Norway ACC Stavanger	
		85.0	85.0	FL 195				
				Class C				
Z418 (RNAV) △ ROVPA (FIR BDRY) 604402N 0122344E △ EVTOG 604900N 0095612E △ DOPUX 605545N 0073118E △ IPTOK 610115N 0031446E △ GUNPA (FIR BDRY) 610000N 0000000E	R-047 GRM 51.0 NM 682 FT R-316 GRM 50.5 NM 682 FT R-117 FLO 82.4 NM 63 FT R-238 FLO 61.4 NM 63 FT R-287 FLS 159.4 NM 213 FT			FL 660	↓	RNAV 5	Norway ACC Oslo	
		72.5	363.6	FL 115				
						Class C	RNAV 5	
		71.2						
							RNAV 5	Norway ACC Stavanger
		125.1				FL 660		
						FL 285		
		94.8				Class C	RNAV 5	

Route designator (RNP / RNAV) Name of Significant Points Coordinates	Waypoint IDENT, BRG and DIST FM VOR/DME ELEV DME antenna	Geodesic DIST NM		Upper limits Lower limits Airspace classification	Direction of cruising levels		Navigation accuracy requirement	RMK Controlling unit
					Odd	Even		
1	2	3		4	5		6	7
Z704 (RNAV) △ RASVI (FIR BDRY) 571723N 0080258E △ PIPEX 585050N 0090232E	R-173 SVA 48.0 NM 410 FT			FL 660 FL 285 Class C	↓	RNAV 5	Norway ACC Oslo	
		98.9	98.9					
	R-035 SVA 58.1 NM 410 FT							
Z705 (RNAV) △ RASVI (FIR BDRY) 571723N 0080258E △ Torp DVOR/DME TOR 591009N 0101533E	R-173 SVA 48.0 NM 410 FT			FL 660 FL 285 Class C	↑	RNAV 5	Norway ACC Oslo	
		133.0	133.0					
	269 FT							

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