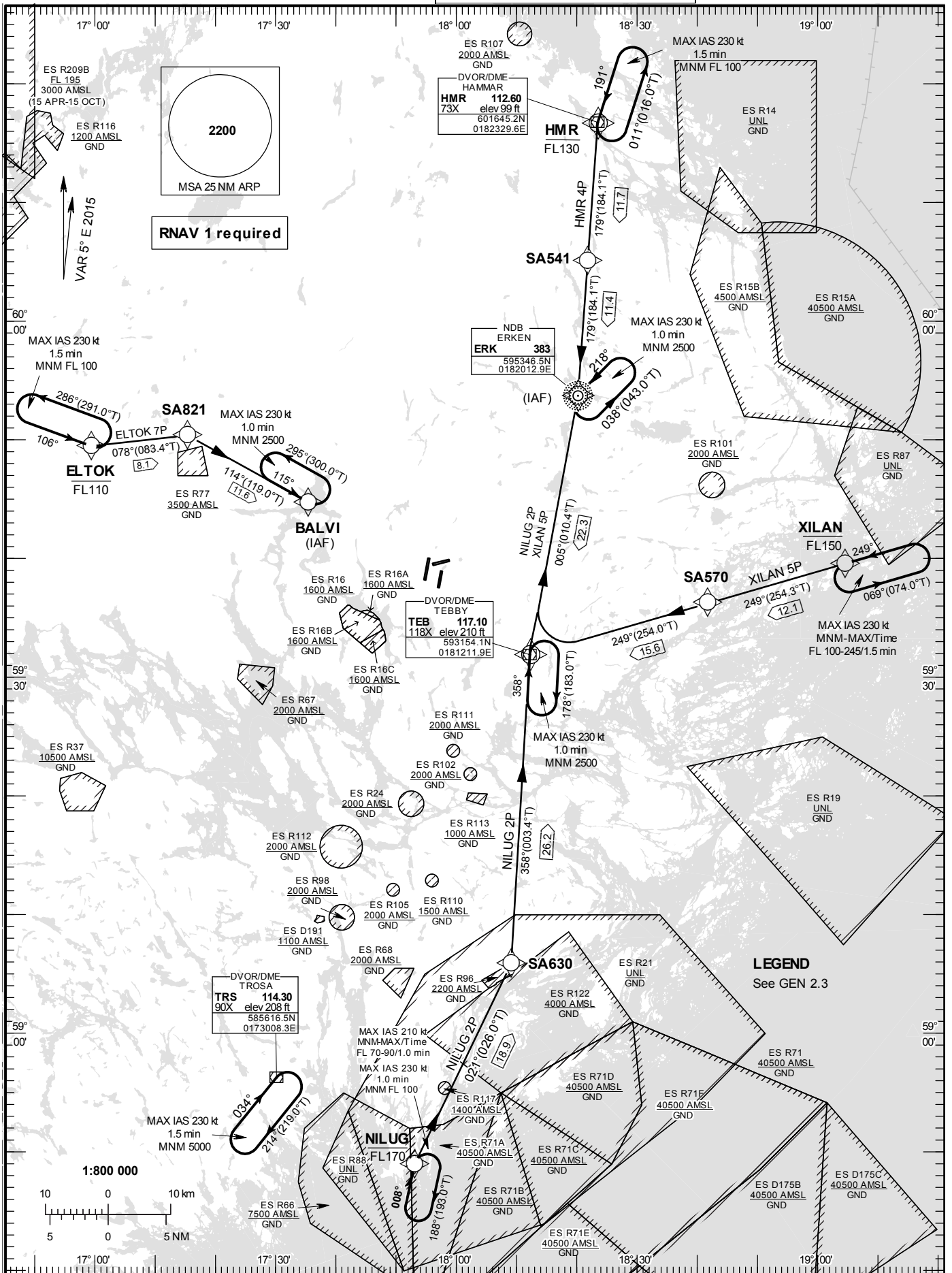


STANDARD INSTRUMENT
ARRIVAL CHART (STAR) -
ICAO

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

RNAV (DME/DME or GNSS)
STAR RWY 19R/19L



Prescribed Coding of RNAV STAR for RWY 19R/19L

REMARK

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

STARs to RWY 19L and RWY 19R are identical. Which RWY to be used will be assigned by ATC in the inbound clearance.

Clearance limit is normally the IAF.

From IAF aircraft will be radar vectored to final approach.

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

All RNAV STARs are based on GNSS or DME/DME for position update.

ELTOK 7P

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	-	-	-	-	-FL110	-	-	-	RNAV1
TF	SA821	-	078°(083.4°)	8.1	-	-	-	-	-	RNAV1
TF	BALVI	-	114°(119.0°)	11.6	-	-	-	-	-	RNAV1

STAR instruction: ELTOK (FL110 or below) – SA821 – BALVI

HMR 4P

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	-	-	-	-	-FL130	-	-	-	RNAV1
TF	SA541	-	179°(184.1°)	11.7	-	-	-	-	-	RNAV1
TF	ERK	-	179°(184.1°)	11.4	-	-	-	-	-	RNAV1

STAR instruction: HMR (FL130 or below) – SA541 – ERK

NILUG 2P

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	-	-	-	-	-FL170	-	-	-	RNAV1
TF	SA630	-	021°(026.0°)	18.9	-	-	-	-	-	RNAV1
TF	TEB	-	358°(003.4°)	26.2	-	-	-	-	-	RNAV1
TF	ERK	-	005°(010.4°)	22.3	-	-	-	-	-	RNAV1

STAR instruction: NILUG (FL170 or below) – SA630 – TEB – ERK

XILAN 5P

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	-	-	-	-	-FL150	-	-	-	RNAV1
TF	SA570	-	249°(254.3°)	12.1	-	-	-	-	-	RNAV1
TF	TEB	-	249°(254.0°)	15.6	-	-	-	-	-	RNAV1
TF	ERK	-	005°(010.4°)	22.3	-	-	-	-	-	RNAV1

STAR instruction: XILAN (FL150 or below) – SA570 – TEB – ERK