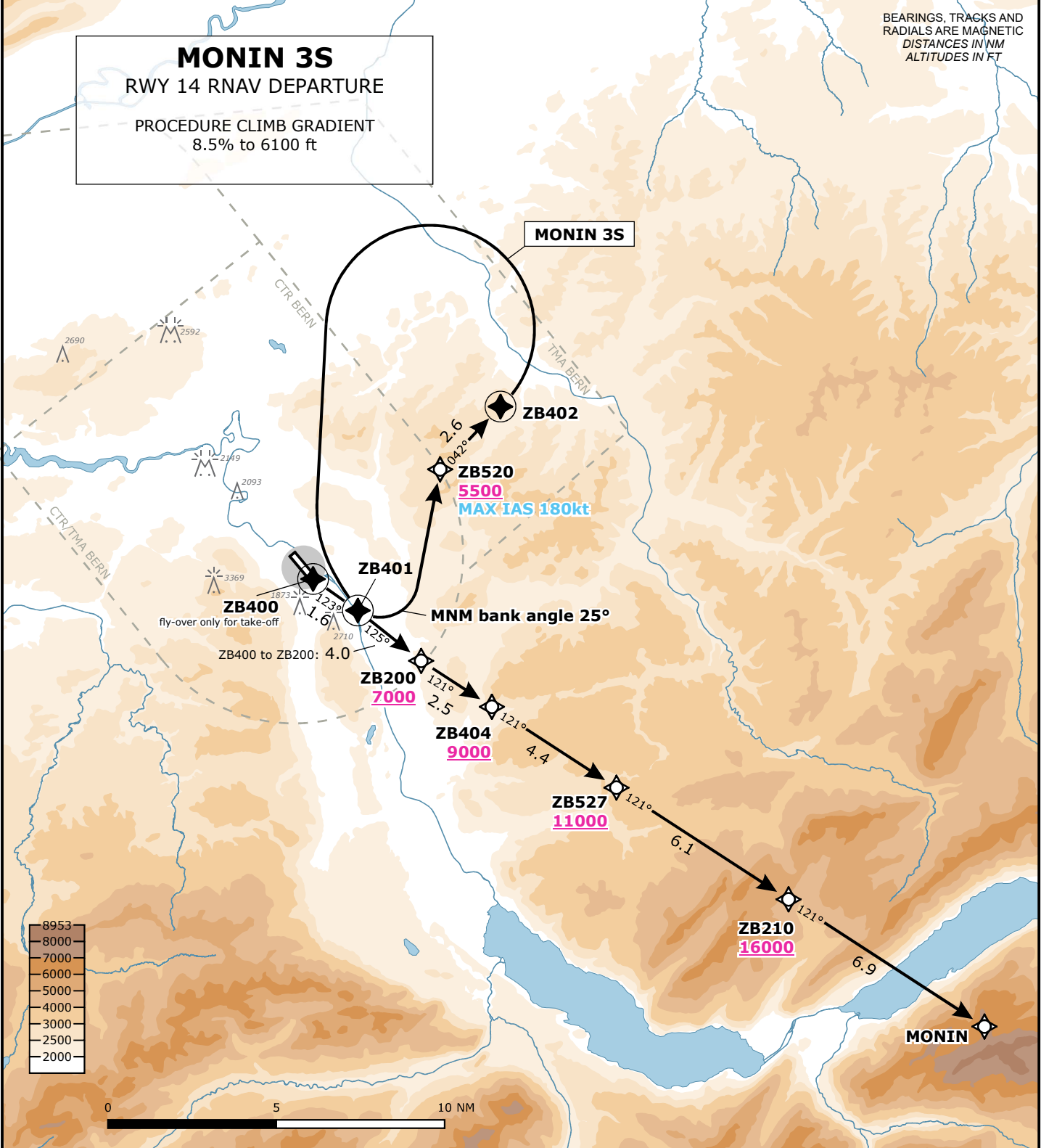


Frequencies		Remarks	MSA LSZB ARP	
Swiss Radar	135.015 133.050	No turn before DER (ZB400) RNAV 1 Certification required.	Outer Circle: 25 NM Inner Circle: 10 NM	
Bern Arrival	127.325 -			
Bern Tower	121.025 -			
Bern Delivery	121.690 -			
Bern ATIS	125.130 -			
		Initial climb clearance FL080		
		AD ELEV 1675 ft	TRANS LVL by ATC	TRANS ALT 6000 ft

Valid for flight simulation use only - do not use for real life navigation



RWY	SID	Lateral Routing	Vertical Routing
14	MONIN 3S	At ZB400 (DER) turn left on track 123° to ZB401. At ZB401 turn left direct to ZB520 (MAX IAS 180kt, MNM bank angle 25°), proceed to ZB402. At ZB402 turn left direct to ZB400. Proceed via ZB200, ZB404, ZB527 and ZB210 to MONIN.	Cross ZB520 at 5500ft or above, ZB200 at 7000ft or above, ZB404 at 9000ft or above, ZB527 at 11000ft or above, ZB210 at 16000ft or above.

Changes: Frequencies