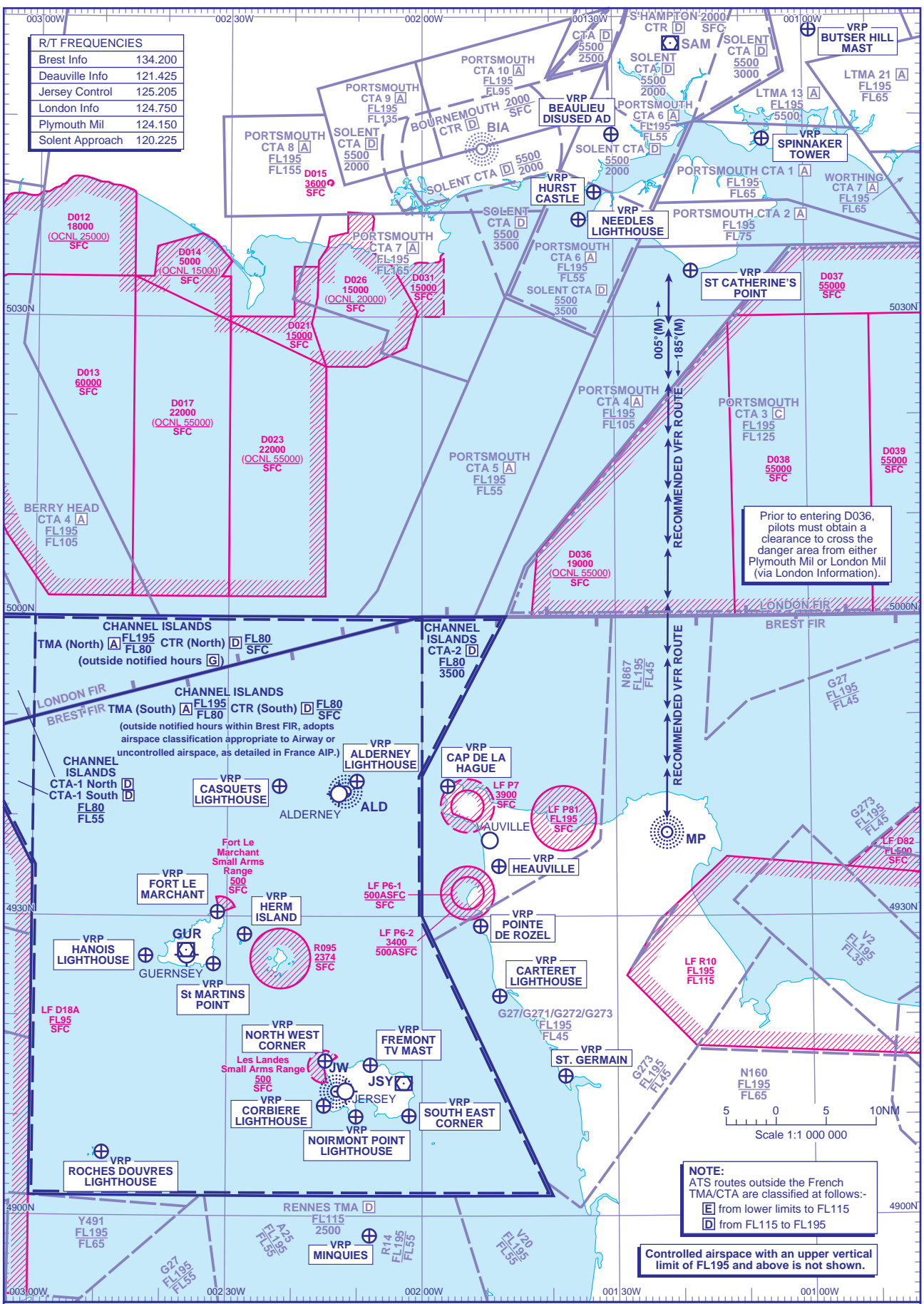


# CHANNEL ISLANDS CONTROL ZONE - VISUAL REFERENCE POINTS (VRP's) AND RECOMMENDED VFR ROUTE FROM SOLENT CTA

R/T FREQUENCIES	
Brest Info	134.200
Deauville Info	121.425
Jersey Control	125.205
London Info	124.750
Plymouth Mil	124.150
Solent Approach	120.225



Prior to entering D036, pilots must obtain a clearance to cross the danger area from either Plymouth Mil or London Mil (via London Information).

**NOTE:**  
ATS routes outside the French TMA/CTA are classified as follows:-  
E from lower limits to FL115  
D from FL115 to FL195

Controlled airspace with an upper vertical limit of FL195 and above is not shown.

CHANGE (12/18): JERSEY CONTROL FREQUENCY.

AERO INFO DATE 24 AUG 18