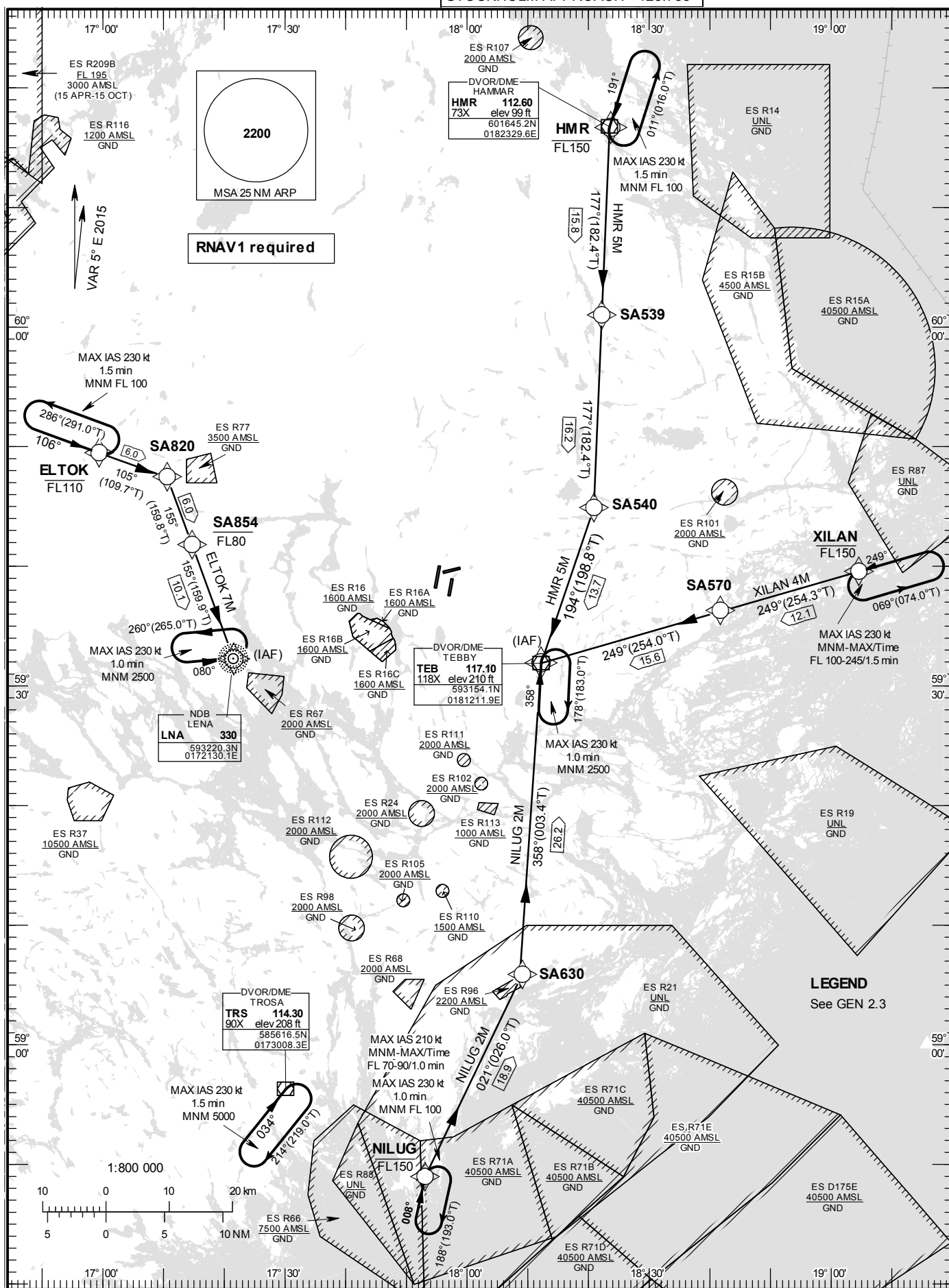


STANDARD INSTRUMENT  
ARRIVAL CHART (STAR) -  
ICAOHGT and ALT in ft  
BRG are MAG (True)  
TA 5000 ft AMSL

ARLANDA TOWER	118.505
ARLANDA ATIS ARR	119.005
STOCKHOLM APPROACH	123.755

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

LFV

CHANGE: Call sign, ES R209B ELEV and DUR, ES R116 and ES R113 new,  
DVOR/DME info from PSN

AIRAC AMDT 3/2021

**Prescribed Coding of RNAV STAR for RWY 01L/01R****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 01L and RWY 01R 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 7M**

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	-	-	-	RNAV 1
TF	SA820	-	105°(109.7°)	6.0	-	-	-	-	-	RNAV 1
TF	SA854	-	155°(159.8°)	6.0	-	-FL80	-	-	-	RNAV 1
TF	LNA	-	155°(159.9°)	10.1	-	-	-	-	-	RNAV 1

STAR instruction: ELTOK (FL110 or below) – SA820 – SA854 (FL80 or below) – LNA

**HMR 5M**

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	-	-	-	-	-FL150	-	-	-	RNAV 1
TF	SA539	-	177°(182.4°)	15.8	-	-	-	-	-	RNAV 1
TF	SA540	-	177°(182.4°)	16.2	-	-	-	-	-	RNAV 1
TF	TEB	-	194°(198.8°)	13.7	-	-	-	-	-	RNAV 1

STAR instruction: HMR (FL150 or below) – SA539 – SA540 – TEB

**NILUG 2M**

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	-	-	-	-	-FL150	-	-	-	RNAV 1
TF	SA630	-	021°(026.0°)	18.9	-	-	-	-	-	RNAV 1
TF	TEB	-	358°(003.4°)	26.2	-	-	-	-	-	RNAV 1

STAR instruction: NILUG (FL150 or below) – SA630 – TEB

**XILAN 4M**

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	-	-	-	RNAV 1
TF	SA570	-	249°(254.3°)	12.1	-	-	-	-	-	RNAV 1
TF	TEB	-	249°(254.0°)	15.6	-	-	-	-	-	RNAV 1

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