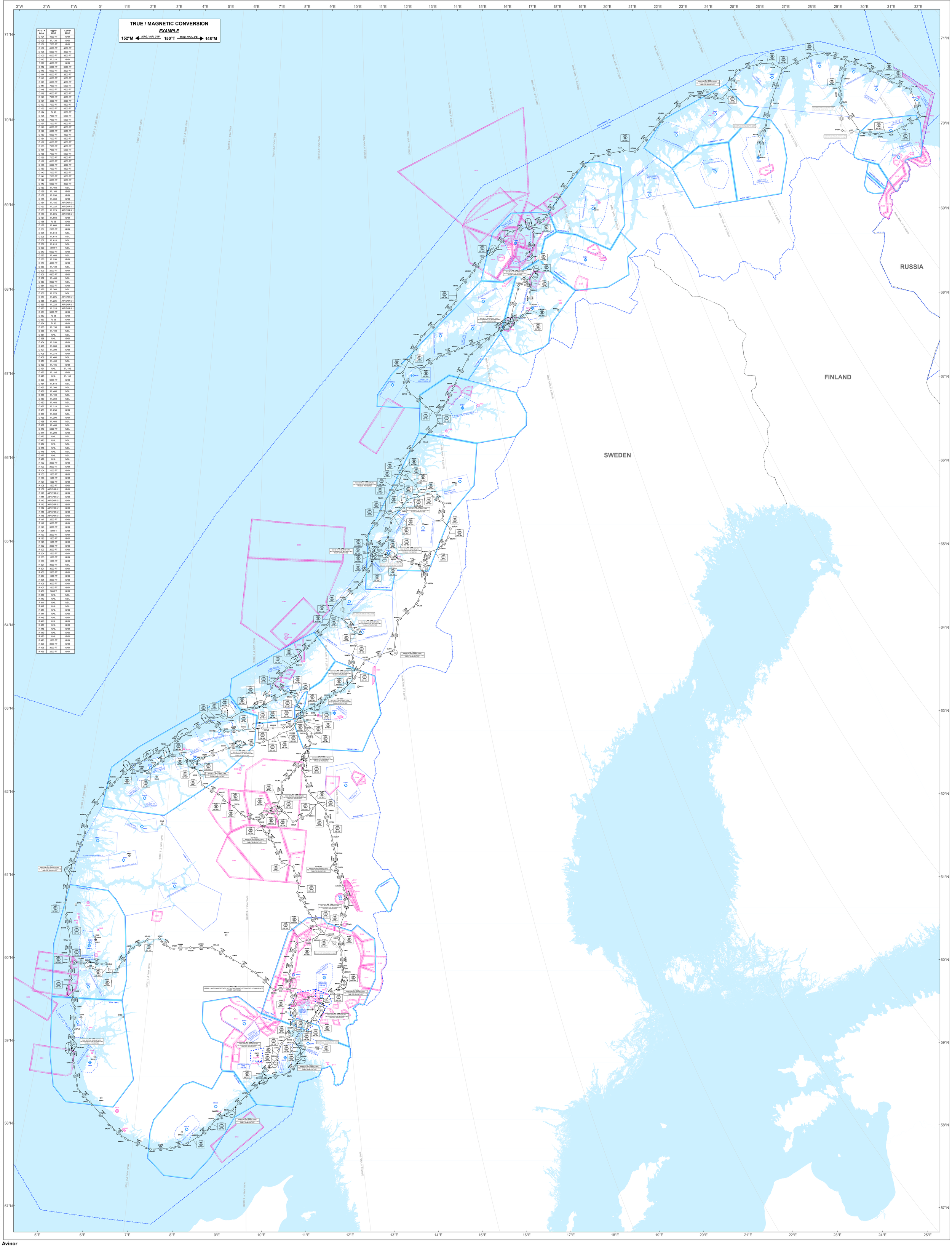
HELICOPTER IFR ROUTES RNP 1

LUFTAMBULANSETJENESTEN

03 SEP 2026

ELEV AND ALT IN FT	SPEED IN KT	DIST IN NM	BEARINGS ARE TRUE

APPROVED OPERATORS ONLY



P / D / R Area	Upper Limit	Lower Limit
D 104	4000 FT	GND
D 105	FL 130	GND
D 106	7000 FT	GND
D 107	6000 FT	4500 FT
D 108	6000 FT	3500 FT
D 109	6000 FT	3500 FT
D 110	FL 210	GND
D 111	4500 FT	GND
D 112	6000 FT	3500 FT
D 113	6000 FT	2500 FT
D 114	6000 FT	3500 FT
D 115	6000 FT	3000 FT
D 116	6000 FT	4500 FT
D 117	7000 FT	5500 FT
D 118	6000 FT	4500 FT
D 119	4000 FT	3500 FT
D 120	7000 FT	4500 FT
D 121	4000 FT	3500 FT
D 122	7000 FT	4500 FT
D 123	6000 FT	4500 FT
D 124	FL 90	5500 FT
D 125	7000 FT	5500 FT
D 126	7000 FT	5500 FT
D 127	7000 FT	4500 FT
D 128	6000 FT	4500 FT
D 129	6000 FT	3500 FT
D 130	6000 FT	4500 FT
D 131	7000 FT	4500 FT
D 132	6000 FT	4500 FT
D 133	7000 FT	4500 FT
D 134	7000 FT	5500 FT
D 135	7000 FT	5500 FT
D 136	7000 FT	4500 FT
D 137	6000 FT	4500 FT
D 138	6000 FT	4000 FT
D 139	7000 FT	4500 FT
D 140	7000 FT	3500 FT
D 141	7000 FT	3500 FT
D 142	6000 FT	3500 FT
D 143	6000 FT	3000 FT
D 153	FL 460	MSL
D 156	FL 160	GND
D 157	FL 290	GND
D 158	FL 360	GND
D 161	FL 185	AIP ENR 5.1
D 162	FL 225	AIP ENR 5.1
D 163	FL 225	AIP ENR 5.1
D 166	FL 225	AIP ENR 5.1
D 167	FL 660	GND
D 168	FL 95	GND
D 169	FL 660	GND
D 201	2000 FT	GND
D 205	FL 610	MSL
D 206	FL 610	MSL
D 207	FL 610	MSL
D 208	FL 610	MSL
D 209	700 FT	MSL
D 210	6000 FT	GND
D 253	FL 460	MSL
D 255	FL 250	GND
D 257	4000 FT	GND
D 263	FL 130	MSL
D 305	2000 FT	GND
D 306	4300 FT	GND
D 352	FL 460	MSL
D 353	8000 FT	MSL
D 354	4000 FT	GND
D 355	FL 360	MSL
D 356	FL 270	MSL
D 357	FL 225	AIP ENR 5.1
D 358	FL 225	AIP ENR 5.1
D 359	FL 225	AIP ENR 5.1
D 360	FL 225	AIP ENR 5.1
D 361	9000 FT	GND
D 362	FL 95	GND
D 363	FL 95	GND
D 364	FL 95	GND
D 365	FL 130	GND
D 366	FL 100	MSL
D 367	UNL	MSL
D 368	UNL	GND
D 404	FL 250	GND
D 406	FL 360	GND
D 407	FL 300	GND
D 408	FL 270	GND
D 409	FL 460	MSL
D 410	FL 460	MSL
D 420	FL 105	GND
D 421	UNL	FL 105
D 422	FL 105	GND
D 423	UNL	FL 105
D 424	9000 FT	GND
D 451	FL 610	MSL
D 452	FL 300	MSL
D 456	FL 460	MSL
D 458	FL 100	MSL
D 459	FL 360	MSL
D 460	FL 460	MSL
D 462	FL 210	MSL
D 463	FL 250	GND
D 464	FL 360	MSL
D 465	FL 290	GND
D 468	FL 460	MSL
D 469	FL 460	MSL
D 470	5000 FT	MSL
D 471	FL 200	GND
D 472	UNL	MSL
D 473	UNL	MSL
D 474	UNL	MSL
D 475	UNL	MSL
D 476	UNL	MSL
D 477	UNL	MSL
D 478	UNL	MSL
R 102	3000 FT	GND
R 103	2000 FT	GND
R 104	1000 FT	GND
R 105	1500 FT	GND
R 106	1500 FT	GND
R 107	1500 FT	GND
R 108	1500 FT	GND
R 109	AIP ENR 5.1	GND
R 110	AIP ENR 5.1	GND
R 111	AIP ENR 5.1	GND
R 112	AIP ENR 5.1	GND
R 113	AIP ENR 5.1	GND
R 114	AIP ENR 5.1	GND
R 115	AIP ENR 5.1	GND
R 116	AIP ENR 5.1	GND
R 117	2500 FT	GND
R 119	3000 FT	GND
R 120	3000 FT	GND
R 121	400 FT	GND
R 122	2500 FT	GND
R 123	1500 FT	GND
R 125	1500 FT	GND
R 202	3000 FT	GND
R 203	2000 FT	GND
R 204	1500 FT	GND
R 205	1000 FT	GND
R 206	1000 FT	GND
R 207	3000 FT	MSL
R 301	3000 FT	GND
R 403	2500 FT	GND
R 404	1500 FT	GND
R 405	3000 FT	GND
R 406	3000 FT	GND
R 407	1600 FT	GND
R 408	500 FT	GND
R 409	UNL	MSL
R 410	UNL	MSL
R 411	UNL	MSL
R 412	UNL	MSL
R 413	UNL	GND
R 414	UNL	GND
R 415	UNL	GND
R 416	UNL	GND
R 417	UNL	GND
R 418	UNL	GND
R 419	UNL	GND
R 420	UNL	GND
R 423	1500 FT	GND
R 424	3000 FT	GND
R 425	3000 FT	GND
R 426	2500 FT	GND

CHANGES: D169 AND R125 ADDED. EDITORIALS.

Avinor