



STANDARD ROUTES – INSTRUMENT**STOCKHOLM/ARLANDA
RWY 01L/01R****ARRIVAL (STAR)****REMARK**

- Note 1. STARS to RWY 01L and RWY 01R are identical.
Which RWY to be used will be assigned by ATC in the
inbound clearance.*
- Note 2. Clearance limit is normally the IAF.*
- Note 3. Aircraft to STOCKHOLM/Arlanda shall not be operated
at an airspeed of more than 250 kt IAS below FL100
unless otherwise instructed.*
- Note 4. From IAF aircraft will be radar vectored to final
approach.*
- Note 5. When established on ILS final approach track, maintain
160 kt IAS or more until passing OM, unless otherwise
instructed. If unable, inform ATC immediately.*
- Note 6. In case of radio communication failure,
see AD 2.22 para 1.3.*

ELTOK FIVE MIKE ARRIVAL (ELTOK 5 M)

Cross ELTOK FL 110 or below. Intercept ARL R-286 and proceed to
ARL DME 25. Turn right to intercept LNA QDM 157° and proceed to
LNA (IAF).

HAMMAR THREE MIKE ARRIVAL (HMR 3 M)

Cross HMR FL 190 or below. Intercept HMR R-178.
At HMR DME 32, turn right to intercept TEB R-014 and proceed to
TEB (IAF).

TROSA THREE MIKE ARRIVAL (TRS 3 M)

Cross TRS FL 150 or below. Intercept TRS R-040. At TRS DME 29,
turn left to intercept TEB R-179 and proceed to TEB (IAF).

XILAN TWO MIKE ARRIVAL (XILAN 2 M)

Cross XILAN FL 150 or below. Intercept TEB R-070 and proceed to
TEB (IAF).

ELTOK = 594928.0N 0165923.7E INT BTN ARL R-286 DME 29.9, ARS R-032

XILAN = 593933.5N 0190433.8E INT BTN TEB R-070 DME 27.7, MAR R-217 DME 38.5