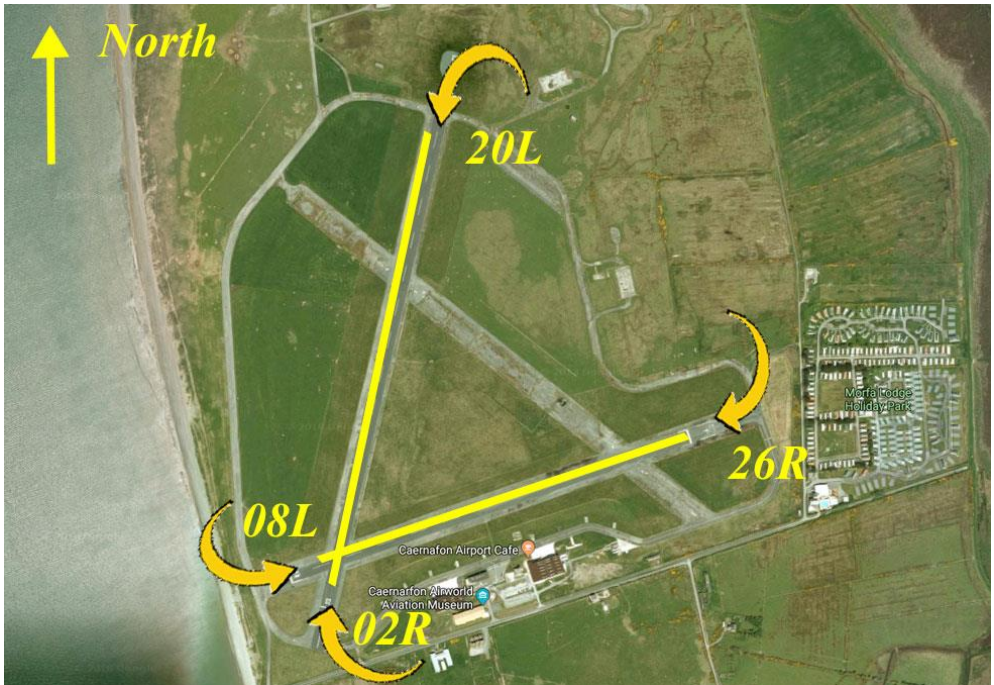


Runway	QNH	QFE

Microlight Frequency	129.825
Safetycom	135.475
Valley Approach / Radar	125.225
Valley Tower	122.100
Mona Tower	119.175
Mona Radio	118.955



PPR Tel: 01286 830800

Caernarfon Radio 122.250 |

Circuit Height 800ft

QFE = QNH |

Overhead Join 1300ft