

Route Designator (RNP type) Name of Significant Points Coordinates	Tracks (Mag) Distance	Upper limit Lower limit MFA Airspace classification	Lateral Limits (NM)	Direction of cruising levels		Remarks/ Controlling Unit & Frequency
				Odd	Even	
R 325						
▲ KATHMANDU VOR 'KTM' 274025 N 0852055 E	<u>103°/283°</u> 6 NM	FL 460 11000' 12000' Class C	10 NM	↓		For International Flights OUTBOUND ONLY Kathmandu ACC Primary Freq. 126.5 MHZ, Secondary Freq. 124.7MHZ
▲ LOCATOR NALINCHOWK (LNC) 273901 N 0852754 E	<u>157°/337°</u> 46 NM					
▲ LALBA 265650 N 0854823 E	<u>156°/336°</u> 15 NM					
▲ SEETA 264244 N 0855518 E	<u>152°/332°</u> 4 NM					
▲ JANAK 263912 N 0855724 E	<u>154°/334°</u> 96 NM					
▲ SALOR 251300 N 0864400 E						
R344						
▲ KATHMANDU VOR (KTM) 274025 N 0852055 E	<u>125°/305°</u> 50 NM	FL 460 10500' 11500' Class C	10 NM	↓		For International Flights OUTBOUND ONLY For INBOUND, prior permission required for International Flights. Kathmandu ACC Primary Freq. 126.5 MHZ, Sec- ondary Freq. 124.7MHZ
▲ AHALE 271148 N 0860705 E	<u>125°/305°</u> 35 NM					
▲ CHURE 265148 N 0863907 E	<u>125°/ 305°</u> 40 NM	FL 460 9500' 10500' Class C				
▲ BIRATNAGAR VOR (BRT) 262858 N 0871458E	<u>164°/344°</u> 8 NM					
▲ BIRAT 262110 N 0871815 E	<u>164°/344°</u> 49 NM					
▲ KATIHAR NDB (KH) 253400 N 0873330 E						