

5. The cruising levels to be observed when so required are as follows,

TABLE OF CRUISING LEVELS

5.1. The pilot-in-command of an IFR or VFR flight at or above FL150, shall select a level corresponding to the appropriate magnetic track as indicated in the following semi-circular cruising levels.

5.2. Between FL290 and FL410 (inclusive), RVSM separation of 1000' is applied.

**Table 1 : Semi - Circular cruising levels within Kathmandu FIR (VNSM)**

TRACK							
From 000 degrees to 179 degrees				From 180 degrees to 359 degrees			
IFR Flight		VFR Flight		IFR Flight		VFR Flight	
Flight Level	Altitude (Ft)	Flight Level	Altitude (Ft)	Flight Level	Altitude (Ft)	Flight Level	Altitude (Ft)
150	15000	155	15500	160	16000	165	16500
170	17000	175	17500	180	18000	185	18500
190	19000	195	19500	200	20000		
210	21000			220	22000		
230	23000			240	24000		
250	25000			260	26000		
270	27000			280	28000		
290	29000			300	30000		
310	31000			320	32000		
330	33000			340	34000		
350	35000			360	36000		
370	37000			380	38000		
390	39000			400	40000		
410	41000			430	43000		
450	45000						

5.3. The pilot-in-command of a VFR or IFR flight at or above 3000 ft, below altitude 13500 ft AMSL shall select a level corresponding to the appropriate magnetic track as indicated in the following quadrant cruising levels

**Table 2: Quadrantal Cruising Levels**

000° 089°	090° 179°	180° 269°	270° 359°
ODD Thousand	ODD +500 ft	EVEN Thousand	EVEN +500 ft
3000 ft	3500 ft	4000 ft	4500 ft
5000 ft	5500 ft	6000 ft	6500 ft
7000 ft	7500 ft	8000 ft	8500 ft
9000 ft	9500 ft	10000 ft	10500 ft
11000 ft	11500 ft	12000 ft	12500 ft
13000 ft	13500 ft		