

**LEGEND**  
See GEN 2.3

BRG, Radials and Tracks are in MAG.  
Tracks within brackets are in True.  
ELEV and ALT in ft MSL

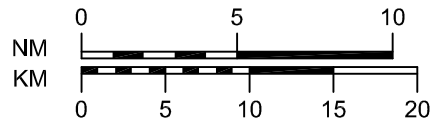
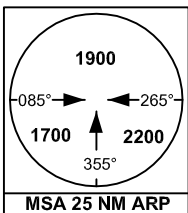
VAR 4°-5° E 2010

**P-RNAV Approval required**

**Note:**  
**STAR HMR2J, XILAN2J and ELTOK2J have a short straight distance before FAP**

**Pilots are requested to plan their descent so as to perform a continuous descent approach (CDA) from at least FL100.**

**①**  
**Max IAS 180 kt and ALT restriction not valid for STAR from NILUG.**





**P-RNAV STAR****STOCKHOLM/Arlanda  
RWY 01 L****REMARK**

Note 1: Aircraft to STOCKHOLM/Arlanda shall not be operated at an airspeed of more than 250 kt IAS below FL100 unless otherwise instructed.

Note 2: When established on ILS final approach track, maintain 160 kt IAS or more until passing SSA DME 4.0, unless otherwise instructed. If unable, inform ATC immediately.

Note 3: In case of radio communication failure, see AD 2.22 para 3.

Note 4: Pilots are requested to plan their descent so as to perform a continuous descent approach (CDA) from at least FL100.

Note 5: STAR HMR2J, XILAN2J and ELTOK2J have a short straight distance before FAP.

**Prescribed Coding of P-RNAV STAR for RWY 01L at Stockholm/Arlanda (ESSA)**

STAR	Path term	To fix	WPT desc	Hdg/ Course	Turn Dir	Rest Alts	Speed Limits
<b>ELTOK2J</b> (ELTO2J)	IF	ELTOK	E				
	TF	SA912	E			+FL100	
	TF	SA810	E			+FL80	
	TF	SA815	E				
	TF	SA808	E			+5000	
	TF	SA816	E			+2500	200
	TF	SA802	E			+2500	180
	TF	SA801	E			+2500	
	TF	FAP01L <sup>*)</sup>	EE			2500	

**STAR instruction:** ELTOK – SA912 (FL100 or above) – SA810 (FL80 or above) – SA815 - SA808 (5000 ft or above) – SA816 (max IAS 200 kt, 2500 ft or above) – SA802 (max IAS 180 kt, 2500 ft or above) – SA801 (2500 ft or above) – FAP01L<sup>\*)</sup>

<sup>\*)</sup> Unnamed WPT, due to different coding/naming conventions at navdatabase suppliers.

STAR	Path term	To fix	WPT desc	Hdg/ Course	Turn Dir	Rest Alts	Speed Limits
<b>HAMMAR2J</b> (HMR2J)	IF	HMR	V				
	TF	SA500	E			+FL100	
	TF	SA499	E			+FL80	
	TF	SA602	E				
	TF	SA604	E			+5000	
	TF	SA605	E			+2500	200
	TF	SA802	E			+2500	180
	TF	SA801	E			+2500	
	TF	FAP01L <sup>*)</sup>	EE			2500	

**STAR instruction:** HMR – SA500 (FL100 or above) – SA499 (FL80 or above) - SA602 – SA604 (5000 ft or above) – SA605 (max IAS 200 kt, 2500 ft or above) – SA802 (max IAS 180 kt, 2500 ft or above) – SA801 (2500 ft or above) – FAP01L<sup>\*)</sup>

<sup>\*)</sup> Unnamed WPT, due to different coding/naming conventions at navdatabase suppliers

Prescribed Coding of P-RNAV STAR for RWY 01L at Stockholm/Arlanda (ESSA)

STAR	Path term	To fix	WPT desc	Hdg/ Course	Turn Dir	Rest Alts	Speed Limits
NILUG 1J (NILU1J)	IF	NILUG	E				
	TF	SA818	E			+FL100	
	TF	SA817	E			+FL80	
	TF	SA811	E			+5000	
	TF	SA802	E				
	TF	SA801	E			+2500	
	TF	FAP01L*)	EE			2500	

**STAR instruction:** NILUG – SA818 (FL100 or above) – SA817 (FL80 or above) – SA811 (5000 ft or above) – SA802 - SA801 (2500 ft or above) – FAP01L\*)

\*) Unnamed WPT, due to different coding/naming conventions at navdatabase suppliers

STAR	Path term	To fix	WPT desc	Hdg/ Course	Turn Dir	Rest Alts	Speed Limits
XILAN2J (XILA2J)	IF	XILAN	E				
	TF	SA619	E			+FL100	
	TF	SA618	E			+FL80	
	TF	SA604	E			+5000	
	TF	SA605	E			+2500	200
	TF	SA802	E			+2500	180
	TF	SA801	E			+2500	
	TF	FAP01L*)	EE			2500	

**STAR instruction:** XILAN – SA619 (FL100 or above) – SA618 (FL80 or above) – SA604 (5000 ft or above) – SA605 (max IAS 200 kt, 2500 ft or above) – SA802 (max IAS 180 kt, 2500 ft or above) – SA801 (2500 ft or above) – FAP01L\*)

\*) Unnamed WPT, due to different coding/naming conventions at navdatabase suppliers