



Oslo and Kjeller RMZ/TMZ VFR recommendation by KAS

Notes:

- 1. RMZ/TMZ in G-airspace below 3000/2500 ft in west/east part.
- 2. Keep to the right if passing close by reporting points (VRP).
- 3. Report position relative to VRPs, incl. altitude and intention.
- Enter Kjeller-zone at/below 2000 ft.
- 5. Exit Kjeller-zone above 2300 ft.

The airspace below TMA is uncontrolled, with no requirement for communication between aircraft and ATS, but the relevant RMZ frequency must be monitored, and blind transmissions sent. For aircraft with two radios or ability to monitor two frequencies, it is possible to contact Oslo Approach on 118.47 (east) or 120.45 (west) or Farris 134.35 (south) while monitoring the RMZ frequency. Use transponder with code 7000 in the RMZ zones.

Use frequency 123.5 in G airspace outside Oslo and Kjeller RMZ.

Caution: Training aircraft can operate in- and below danger areas ENDxxx.

Request traffic information by Oslo

Approach on 118.475 and monitor

123.5 if required to transit these areas.