

(HELNS.HELNS4) 03135

HELNS FOUR ARRIVAL

ST-330 (FAA)

PORTLAND, OREGON

PORTLAND APP CON
 124.35 299.2
 PORTLAND INTL ATIS
 128.35 269.9
 PORTLAND-HILLSBORO ATIS
 127.65

SEATTLE
 116.8 SEA
 Chan 115
 N47°26.12'-W122°18.58'
 L-1, H-1

BATTLE GROUND
 116.6 BTG
 Chan 113
 N45°44.87'-W122°35.49'

HELNS
 N46°15.42'
 W122°18.58'

KRATR
 N46° 05.39' - W122° 24.17'

NOTE: Maintain the last assigned altitude. Upon receipt of "Descend via the HELNS4": . . .
 PROP/TURBOPROP: Cross at and maintain 10,000'.
 TURBOJET: Cross at and maintain 12,000' at 300 K IAS or less.

PORTLAND-HILLSBORO

PORTLAND INTL

PORTLAND-TROUTDALE

AURORA STATE

NOTE: Chart not to scale.

NOTE: DME and RADAR required.

SEATTLE TRANSITION (SEA.HELNS4): From over SEA VORTAC via SEA R-161 to HELNS DME FIX. Thence....

.... From over HELNS DME FIX via BTG R-360 to BTG VORTAC. Thence....

LANDING EAST: Depart BTG VORTAC heading 280° for vectors to final approach course.

LANDING WEST: Depart BTG VORTAC heading 110° for vectors to final approach course.

NW-1, 11 MAR 2010 to 08 APR 2010

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