

ENR 3.6 ENROUTE HOLDING

| HLDG ID/FIX/WPT Coordinates | INBD TR (°MAG) | Direction of PTN | MAX IAS (KT) | MNM-MAX HLDG LVL FL/FT (MSL) | TIME (MIN) or DIST OUBD | Controlling unit and Frequency |
|-----------------------------------|-------------------|---------------------|-----------------|------------------------------------|----------------------------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| GURAS | 022 | Left | 230 | FL 150 - FL 190 | 1½ | Kathmandu APP 120.6 MHZ 125.1 MHZ |
| | | | | 11500 ft-13500 ft | 1 | |
| IGRIS | 285 | Right | 230 | 10500 ft-13500 ft | 1 | Kathmandu APP 120.6 MHZ 125.1 MHZ |
| DARKE | 108 | Left | 230 | 10500 ft-13500 ft | 1 | Kathmandu APP 120.6 MHZ 125.1 MHZ |
| KTM VOR | 022 | Right | 230 | FL 150 - FL 250 | 1 ½ | Kathmandu APP 120.6, 125.1 MHZ Kathmandu ACC 126.5 MHZ |

Note: GURAS and KTM VOR holding shall not be used simultaneously at the same level.