

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.