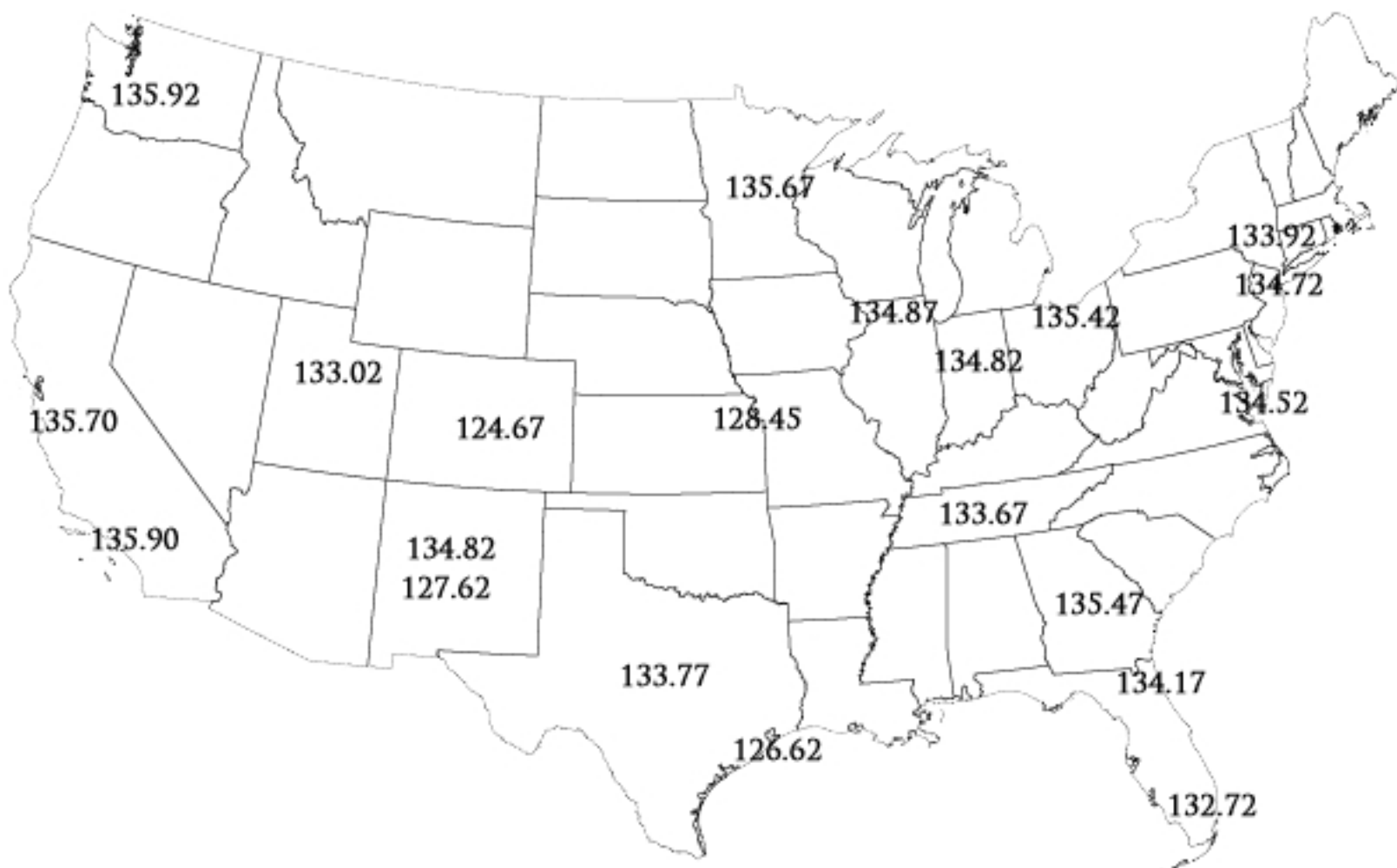


ENROUTE FLIGHT ADVISORY SERVICE (EFAS)



ENROUTE FLIGHT ADVISORY SERVICE (EFAS) FREQUENCIES

[CONTIGUOUS EAST COAST]

BOSTON FLIGHT WATCH - ZBW - 133.925
 NEW YORK FLIGHT WATCH - ZNY - 134.725
 WASHINGTON FLIGHT WATCH - ZDC 134.525
 JACKSONVILLE FLIGHT WATCH - ZJX 134.175
 MIAMI FLIGHT WATCH - ZMA 132.725

[INLAND EAST COAST]

CLEVELAND FLIGHT WATCH - ZOB - 135.425
 INDIANAPOLIS FLIGHT WATCH - ZID - 134.825
 ATLANTA FLIGHT WATCH - ZTL 135.475

[EASTERN MIDWEST]

CHICAGO FLIGHT WATCH - ZAU 134.875
 MEMPHIS FLIGHT WATCH - ZME 133.675

[MIDWEST]

MINNEAPOLIS FLIGHT WATCH - ZMP 135.675
 KANSAS CITY FLIGHT WATCH - ZKC 128.475 (123.625)
 FORT WORTH FLIGHT WATCH - ZFW 133.775
 HOUSTON FLIGHT WATCH - ZHU 126.625

[WESTERN MIDWEST]

SALT LAKE CITY FLIGHT WATCH - ZLC 133.025
 DENVER FLIGHT WATCH - ZDV 124.675
 ALBUQUERQUE FLIGHT WATCH - ZAB 134.825 / 127.625

[WEST COAST]

SEATTLE FLIGHT WATCH - ZSE 135.925
 OAKLAND FLIGHT WATCH - ZOA 135.7
 LOS ANGELES FLIGHT WATCH - ZLA 135.9

CONTACT FLIGHT WATCH BY USING THE NAME OF THE ARTCC FACILITY IDENTIFICATION SERVING THE AREA OF YOUR LOCATION, FOLLOWED BY:

1. AIRCRAFT IDENTIFICATION
2. AIRCRAFT TYPE
3. CURRENT ALTITUDE
4. CURRENT LOCATION, IN RELATION TO A NAVAID

FOR FLIGHTS AT 5,000 FEET AGL TO 17,500 MSL, CONTACT FLIGHT WATCH ON 122.0 ANYWHERE IN THE CONTERMINOUS U.S. AND PUERTO RICO FROM 6 A.M. TO 10 P.M. USE THE DISCRETE EFAS FREQUENCIES BELOW FOR FLIGHTS AT 18,000 THROUGH 45,000.