

(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.

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.

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NW-1, 09 APR 2009 to 07 MAY 2009

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