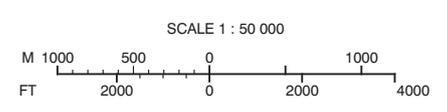


Use of the VFR training circuit is limited  
MON-SUN: 0600-1800 (0500-1700) during UDP

**For description VFR - procedures see EHLE AD 2.22.**  
 TMZ Schiphol area:  
 ① For requirements and exemptions see ENR 1.2.

DIRECTIONS ARE MAGNETIC  
 DISTANCES IN NM  
 ALTITUDES AND ELEVATIONS IN FEET AMSL  
 HIGHEST KNOWN ELEVATION  
 ON THIS CHART: **316**



Visual circuit marker

TWR	135.180	Lelystad Tower
APP	123.680	Lelystad Delivery
FIC (MIL)	134.530	Lelystad Arrival
ATIS	132.350	Dutch MIL Info
	120.730	AD Info