

**ENR 5.2 MILITARY EXERCISE AND TRAINING AREAS**

Identification, name and lateral limits	Upper limit / Lower limit	Remarks (time of activity, type of restriction, nature of hazard, risk of interception)
1	2	3
TRAINING AREAS		
SAS AL NAKHL MATZ A triangular area bounded by the following coordinates: 242602N 0543336E 242911N 0542909E 242526N 0543043E 242602N 0543336E	1,500 FT AMSL / GND	Military Aerodrome. Clearance is to be obtained from Sas Al Nakhl Tower on Frequency 128.925 MHz prior to entering the airspace Class G
TRAINING AREA 001 245028N 0560605E 244910N 0560747E 244808N 0560927E 244702N 0561144E 244625N 0561329E 244601N 0561502E 244546N 0561625E 244535N 0561816E 244535N 0562028E 243031N 0560521E 243500N 0560000E 243500N 0555132E 244628N 0560351E 244811N 0560234E 245028N 0560605E	9,000 FT AMSL / 3,000 FT AGL	Type: Civil Training Flights Activity notified by EMIRATES AREA CONTROL CENTRE When active: Controlled by EMIRATES AREA CONTROL CENTRE Contact EMIRATES AREA CONTROL CENTRE 125.375 MHz before entering
TRAINING AREA 002 243500N 0555132E 243500N 0560000E 243031N 0560521E 241923N 0555414E 241939N 0555004E 243022N 0554635E 243500N 0555132E	9,000 FT AMSL / 3,000 FT AGL	Type: Civil Training Flights Activity notified by ABU DHABI RADAR EAST When active: Controlled by ABU DHABI RADAR EAST 133.550 MHz 132.675 MHz
TRAINING AREA 004 242422N 0545012E 243112N 0545710E 241645N 0552559E 240833N 0551805E 242422N 0545012E	FL 245 / FL 185	Type: Training Flights Activity notified by EMIRATES AREA CONTROL CENTRE When active: Controlled by EMIRATES AREA CONTROL CENTRE Contact EMIRATES AREA CONTROL CENTRE 129.500 MHz
TRAINING AREA 005	FL 245 / FL 185	Type: Training Flights

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1	2	3
241731N 0544314E 242422N 0545012E 240833N 0551805E 240022N 0551012E 241731N 0544314E		Activity notified by EMIRATES AREA CONTROL CENTRE When active: Controlled by EMIRATES AREA CONTROL CENTRE Contact EMIRATES AREA CONTROL CENTRE 129.500 MHz
TRAINING AREA 006 244157N 0540125E 243349N 0543306E 242409N 0543001E 243218N 0535823E 244157N 0540125E	FL 245 / FL 185	Type: Training Flights Activity notified by EMIRATES AREA CONTROL CENTRE When active: Controlled by EMIRATES AREA CONTROL CENTRE Contact EMIRATES AREA CONTROL CENTRE 120.525 MHz
TRAINING AREA 007 244630N 0540052E 243652N 0535751E 244502N 0532611E 245441N 0532909E 244630N 0540052E	FL 245 / FL 185	Type: Training Flights Activity notified by EMIRATES AREA CONTROL CENTRE When active: Controlled by EMIRATES AREA CONTROL CENTRE Contact EMIRATES AREA CONTROL CENTRE 120.525 MHz
TRAINING AREA 008 243641N 0552807E 244302N 0553221E 244657N 0553222E 244909N 0553023E 245335N 0554442E 245106N 0554652E 244813N 0554700E 244304N 0554714E 244023N 0554721E 243644N 0554340E 243641N 0552807E	3,000 FT AMSL / GND	Type: Civil and Military Training Flights by prior permission only Airspace reservation managed by DAMC Activation and Deactivation managed by DUBAI APPROACH When active: Controlled by DUBAI SOUTH RADAR Contact DUBAI SOUTH RADAR 120.400 MHz before entering for status of the training area
TRAINING AREA 011 Heli Training will be conducted in the area bounded by the following coordinates 243203N 0553429E 242844N 0552324E 242803N 0552300E 242812N 0552213E 242500N 0550929E 241407N 0551354E 241407N 0552109E 241221N 0552055E 241446N 0552959E 242121N 0552832E	3,500 FT AMSL / GND	Type: Training Flights Activity notified by ABU DHABI RADAR EAST When active: Controlled by ABU DHABI RADAR EAST 132.675 MHz

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242145N 0553150E 242527N 0553220E 242515N 0553348E 243203N 0553429E		
TRAINING AREA 012 UAS will be conducted in the area bounded by the following coordinates 241421N 0553710E 241429N 0553716E 241415N 0553729E 241531N 0553751E 241631N 0553759E 241703N 0553919E 241548N 0554005E 241531N 0553757E 241412N 0553737E 241358N 0553728E 241421N 0553710E	3,000 FT AMSL / GND	UAV Training Area. Training Area may be activated in VMC conditions only on a need basis under dynamic control and specific approval of OMAL ATC. Controlled by AL AIN KOPTER on 125.900 MHz Training Area Activity will be notified by NOTAM.
TRAINING AREA "A" 253026N 0533441E 252203N 0532838E 250534N 0535616E 251355N 0540220E 253026N 0533441E	13,000 FT AMSL / 6,000 FT AMSL	Type: Civil Training Flights Activity: notified by EMIRATES AREA CONTROL CENTRE When active: Controlled by EMIRATES AREA CONTROL CENTRE Contact: EMIRATES AREA CONTROL CENTRE 120.525 Mhz
TRAINING AREA "B" 251341N 0532237E 252203N 0532838E 250534N 0535616E 245711N 0535012E 251341N 0532237E	13,000 FT AMSL / 6,000 FT AMSL	Type: Civil Training Flights Activity: notified by EMIRATES AREA CONTROL CENTRE When active: Controlled by EMIRATES AREA CONTROL CENTRE Contact: EMIRATES AREA CONTROL CENTRE 120.525 Mhz
TRAINING AREA "C" 254549N 0541904E 255454N 0534723E 254521N 0534404E 253616N 0541542E 254549N 0541904E	FL 150 / 6,000 FT AMSL	Type: Civil Training Flights Activity: notified by EMIRATES AREA CONTROL CENTRE When active: Controlled by EMIRATES AREA CONTROL CENTRE Contact: EMIRATES AREA CONTROL CENTRE 119.300 Mhz
TRAINING AREA "D" 253547N 0534045E 254521N 0534404E 253616N 0541542E 252643N 0541221E 253547N 0534045E	FL 150 / 6,000 FT AMSL	Type: Civil Training Flights Activity: notified by EMIRATES AREA CONTROL CENTRE When active: Controlled by EMIRATES AREA CONTROL CENTRE Contact: EMIRATES AREA CONTROL CENTRE 119.300 Mhz

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TRAINING AREA "E" 254416N 0533526E 254611N 0532335E 252100N 0530530E 251907N 0531718E 254416N 0533526E	FL 150 / 6,000 FT AMSL	Type: Civil Training Flights Activity: notified by EMIRATES AREA CONTROL CENTRE When active: Controlled by EMIRATES AREA CONTROL CENTRE Contact: EMIRATES AREA CONTROL CENTRE 124.375 Mhz
TRAINING AREA "F" 254804N 0531144E 254611N 0532335E 252100N 0530530E 252252N 0525342E 254804N 0531144E	FL 150 / 6,000 FT AMSL	Type: Civil Training Flights Activity: notified by EMIRATES AREA CONTROL CENTRE When active: Controlled by EMIRATES AREA CONTROL CENTRE Contact: EMIRATES AREA CONTROL CENTRE 124.375 Mhz
TRAINING AREA GFA1 243500N 0552700E 242805N 0552301E 242943N 0551412E 243430N 0551332E 244135N 0551221E 244030N 0551430E 243453N 0552421E 243500N 0552700E	FL 155 / GND	Type: Civil and Military Training Flights by prior permission only Airspace reservation managed by DAMC Activation and Deactivation managed by DUBAI APPROACH When active: Controlled by DUBAI SOUTH RADAR Contact DUBAI SOUTH RADAR 120.400 MHz before entering for status of the training area.

Note: Other military exercise and training areas are enclosed within prohibited, restricted or danger areas. These areas including their times of activity are listed in [ENR 5.1](#).