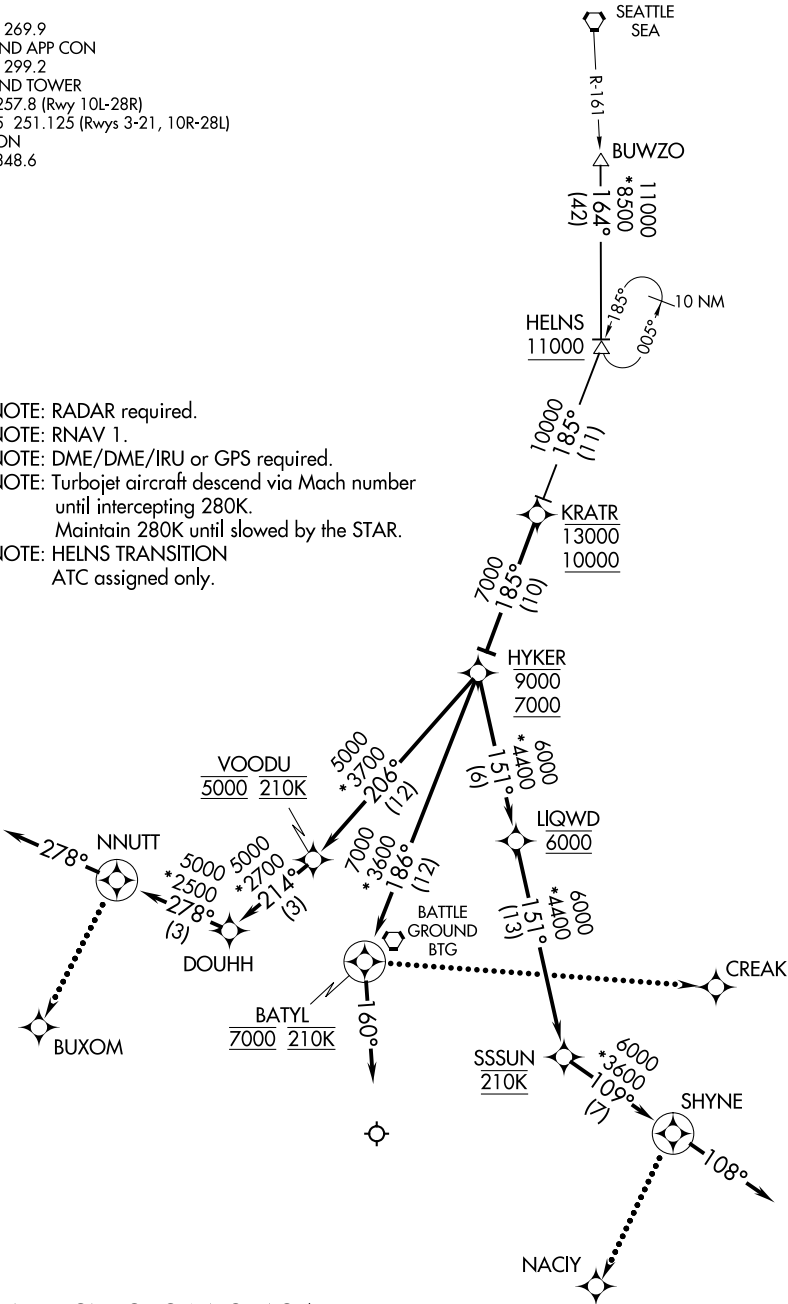


D-ATIS
128.35 269.9
PORTLAND APP CON
124.35 299.2
PORTLAND TOWER
118.7 257.8 (Rwy 10L-28R)
123.775 251.125 (Rwys 3-21, 10R-28L)
GND CON
121.9 348.6

- NOTE: RADAR required.
NOTE: RNAV 1.
NOTE: DME/DME/IRU or GPS required.
NOTE: Turbojet aircraft descend via Mach number until intercepting 280K.
Maintain 280K until slowed by the STAR.
NOTE: HELNS TRANSITION
ATC assigned only.



(NARRATIVE ON FOLLOWING PAGE)

NOTE: Chart not to scale.