

Worldwide Soaring Turnpoint Exchange

Unofficial Coordinates for the Arcachon, France Control Points

Contest: Concours Régional Aquitaine / Midi-Pyrénées et Interregional Seniors 2008
 Courtesy of JRH(crvvaquitaine@free.fr)

Dated: 27 January 2008

Time zone: MET, summer offset from GMT is 2:00 and in winter it is 1:00.

Planeurs du Bassin d'Arcachon Aérodrome d'Arcachon/La Teste/Villemarie

Printed Sunday, 27 January 2008 at 03:27 GMT

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User assumes all risk of use.

| Number | Name | Latitude ° , ' , " | Longitude ° , ' , " | Latitude ° , ' , " | Longitude ° , ' , " | Elevation Meters | Codes* | Turnpoint | ID | Distance Km | Bearing |
|--------|--------------------|-----------------------|------------------------|-----------------------|------------------------|---------------------|--------|-----------------|--------|----------------|---------|
| 1 | AD Arcachon | 44 35 55 N | 1 06 53 W | 44 35,917 N | 1 06,883 W | 15 | HSAT | Aéro Ouvert Cap | LFCH | | |
| 2 | Aignan | 43 41 55 N | 0 05 05 E | 43 41,917 N | 0 05,083 E | 172 | T | Eglise | AIGNAN | 138 | 136 |
| 3 | Aiguillon | 44 17 58 N | 0 20 07 E | 44 17,967 N | 0 20,117 E | 45 | T | Gare SNCF | AGILLO | 120 | 106 |
| 4 | Aire-sur-l'Adour | 43 42 34 N | 0 14 43 W | 43 42,567 N | 0 14,717 W | 79 | AT | Aéro Ouvert Cap | LFDA | 121 | 145 |
| 5 | Amou | 43 35 43 N | 0 44 42 W | 43 35,717 N | 0 44,700 W | 82 | T | Château | AMOU | 115 | 165 |

| Number | Name | Latitude ° , ' , '' | Longitude ° , ' , '' | Latitude ° , ' , '' | Longitude ° , ' , '' | Elevation Meters | Codes* | Turnpoint | ID | Distance Km | Bearing |
|--------|--------------------------|------------------------|-------------------------|------------------------|-------------------------|---------------------|--------|--------------------------|--------|----------------|---------|
| 6 | Andernos-les-Bains | 44 45 22 N | 1 03 48 W | 44 45,367 N | 1 03,800 W | 20 | AT | Aéro Ouvert Cap | LFCB | 18 | 13 |
| 7 | Arcachon | 44 39 30 N | 1 09 55 W | 44 39,500 N | 1 09,917 W | 20 | T | Gare SNCF | ARCHON | 7,8 | 329 |
| 8 | Arzacq-Arraziguet | 43 32 17 N | 0 24 42 W | 43 32,283 N | 0 24,700 W | 200 | T | Eglise | ARZACQ | 131 | 154 |
| 9 | Auch Lamothe | 43 41 13 N | 0 36 00 E | 43 41,217 N | 0 36,000 E | 125 | AT | Aéro Ouvert Cap | LFDH | 170 | 126 |
| 10 | Barbezieux St Hilaire | 45 28 24 N | 0 09 27 W | 45 28,400 N | 0 09,450 W | 96 | T | | BRBZIE | 123 | 37 |
| 11 | Bassoues | 43 34 51 N | 0 14 50 E | 43 34,850 N | 0 14,833 E | 209 | T | | BASSOU | 157 | 136 |
| 12 | Bazas | 44 25 53 N | 0 12 35 W | 44 25,883 N | 0 12,583 W | 105 | T | Eglise | BAZAS | 74 | 104 |
| 13 | Benac | 44 50 36 N | 1 08 47 E | 44 50,600 N | 1 08,783 E | 178 | T | | BENAC | 181 | 81 |
| 14 | Biran | 43 41 48 N | 0 25 02 E | 43 41,800 N | 0 25,033 E | | T | | BIRAN | 158 | 129 |
| 15 | Biscarrosse Parentis | 44 22 10 N | 1 07 50 W | 44 22,167 N | 1 07,833 W | 30 | AT | Aéro Ouvert Cap | LFBS | 26 | 183 |
| 16 | Blanzac | 45 28 37 N | 0 01 38 E | 45 28,617 N | 0 01,633 E | 82 | T | | BLNZAC | 133 | 42 |
| 17 | Bourdeilles | 45 19 15 N | 0 35 11 E | 45 19,250 N | 0 35,183 E | 94 | T | | BRDEIL | 156 | 58 |
| 18 | Bourriot | 44 07 36 N | 0 14 52 W | 44 07,600 N | 0 14,867 W | 107 | T | | BRRIOT | 87 | 127 |
| 19 | Brantôme | 45 22 07 N | 0 39 02 E | 45 22,117 N | 0 39,033 E | 104 | T | | BRANTO | 163 | 58 |
| 20 | Brossac | 45 19 50 N | 0 02 38 W | 45 19,833 N | 0 02,633 W | 97 | T | | BROSSA | 117 | 46 |
| 21 | Cahors | 44 26 56 N | 1 25 59 E | 44 26,933 N | 1 25,983 E | 120 | T | Gare SNCF | CAHORS | 203 | 94 |
| 22 | Cahors Lalbenque | 44 21 02 N | 1 28 43 E | 44 21,033 N | 1 28,717 E | 278 | AT | Aéro Ouvert Cap | LFCC | 208 | 97 |
| 23 | Cajarc | 44 29 17 N | 1 50 29 E | 44 29,283 N | 1 50,483 E | 149 | T | | CAJARC | 235 | 92 |
| 24 | Cancon | 44 32 13 N | 0 37 26 E | 44 32,217 N | 0 37,433 E | 120 | T | | CANCON | 138 | 92 |
| 25 | Captieux | 44 17 34 N | 0 15 29 W | 44 17,567 N | 0 15,483 W | 95 | T | | CAPTIE | 76 | 116 |
| 26 | Carlux | 44 53 04 N | 1 21 14 E | 44 53,067 N | 1 21,233 E | 223 | T | | CARLUX | 198 | 80 |
| 27 | Casteljaloux | 44 19 00 N | 0 04 36 E | 44 19,000 N | 0 04,600 E | | T | | CSTJAL | 100 | 108 |
| 28 | Castelnaut-Montrattier | 44 15 57 N | 1 21 15 E | 44 15,950 N | 1 21,250 E | 255 | T | Eglise | CMONRA | 199 | 100 |
| 29 | Castelsarrasin Moissac | 44 05 13 N | 1 07 42 E | 44 05,217 N | 1 07,700 E | 74 | AT | Aéro Ouvert Cap | LFCX | 187 | 107 |
| 30 | Castéra | 43 48 22 N | 0 25 59 E | 43 48,367 N | 0 25,983 E | 109 | T | | CSTRA | 152 | 125 |
| 31 | Castets | 43 53 00 N | 1 08 18 W | 43 53,000 N | 1 08,300 W | 61 | T | | CSTETS | 80 | 181 |
| 32 | Castillonnes | 44 39 15 N | 0 35 30 E | 44 39,250 N | 0 35,500 E | 70 | T | | CSTONS | 135 | 87 |
| 33 | Catus | 44 33 26 N | 1 20 11 E | 44 33,433 N | 1 20,183 E | 167 | T | | CATUS | 194 | 90 |
| 34 | Caussade | 44 09 52 N | 1 32 16 E | 44 09,867 N | 1 32,267 E | 107 | T | | CAUSAD | 216 | 102 |
| 35 | Caylus | 44 14 20 N | 1 46 25 E | 44 14,333 N | 1 46,417 E | | T | | CAYLUS | 233 | 99 |
| 36 | Cazals | 44 38 43 N | 1 13 22 E | 44 38,717 N | 1 13,367 E | 196 | T | | CZALS | 185 | 88 |
| 37 | Cazaubon | 43 56 08 N | 0 04 09 W | 43 56,133 N | 0 04,150 W | 137 | T | | CAZBON | 111 | 131 |
| 38 | Cazaux | 44 32 05 N | 1 07 53 W | 44 32,083 N | 1 07,883 W | 26 | AT | Aéro Militaire Fermé Cap | LFBC | 7,2 | 191 |
| 39 | Chalais | 45 16 05 N | 0 01 01 E | 45 16,083 N | 0 01,017 E | 87 | AT | Aéro Ouvert Cap | LFIH | 116 | 50 |
| 40 | Concots | 44 24 06 N | 1 38 42 E | 44 24,100 N | 1 38,700 E | 184 | T | | CNCOTS | 220 | 95 |
| 41 | Condat/Verzère | 45 07 10 N | 1 13 18 E | 45 07,167 N | 1 13,300 E | 95 | T | Pont | CONDAT | 193 | 72 |
| 42 | Condom Valence-sur-Baise | 43 54 37 N | 0 23 14 E | 43 54,617 N | 0 23,233 E | 135 | AT | Aéro Ouvert Cap | LFID | 142 | 122 |
| 43 | Cordouan | 45 35 00 N | 1 12 45 W | 45 35,000 N | 1 12,750 W | 1 | T | Phare de Cordouan | CDOUAN | 110 | 356 |
| 44 | Créon d'Armagnac | 43 59 45 N | 0 06 18 W | 43 59,750 N | 0 06,300 W | 153 | T | | CRENAR | 105 | 129 |
| 45 | Cressensac | 45 01 23 N | 1 31 12 E | 45 01,383 N | 1 31,200 E | 309 | T | Eglise | CRSSAC | 213 | 76 |
| 46 | Dax Seyresse | 43 41 21 N | 1 04 08 W | 43 41,350 N | 1 04,133 W | 32 | AT | Aéro Ouvert Cap | LFBY | 101 | 178 |
| 47 | Dondas | 44 15 12 N | 0 50 24 E | 44 15,200 N | 0 50,400 E | 77 | T | | DONDAS | 160 | 103 |
| 48 | Durance | 44 09 49 N | 0 09 43 E | 44 09,817 N | 0 09,717 E | 120 | T | Eglise | DURNCE | 112 | 115 |
| 49 | Duras | 44 40 38 N | 0 11 07 E | 44 40,633 N | 0 11,117 E | 104 | T | | DURAS | 103 | 85 |
| 50 | Durban | 43 32 25 N | 0 34 43 E | 43 32,417 N | 0 34,717 E | 238 | T | | DURBAN | 179 | 130 |

| Number | Name | Latitude ° , ' , '' | Longitude ° , ' , '' | Latitude ° , ' , '' | Longitude ° , ' , '' | Elevation Meters | Codes* | Turnpoint | ID | Distance Km | Bearing |
|--------|----------------------|------------------------|-------------------------|------------------------|-------------------------|---------------------|--------|-----------------------|---------|----------------|---------|
| 51 | Eauze | 43 51 40 N | 0 06 08 E | 43 51,667 N | 0 06,133 E | 154 | T | | EAUZE | 127 | 130 |
| 52 | Eugénie | 43 41 49 N | 0 22 42 W | 43 41,817 N | 0 22,700 W | 100 | T | | EUGENIE | 116 | 149 |
| 53 | Exideuil | 45 20 17 N | 1 03 00 E | 45 20,283 N | 1 03,000 E | 227 | T | | EXDEUL | 189 | 63 |
| 54 | Eymet | 44 40 05 N | 0 23 48 E | 44 40,083 N | 0 23,800 E | 53 | T | | EYMET | 120 | 86 |
| 55 | Facture | 44 37 48 N | 0 58 27 W | 44 37,800 N | 0 58,450 W | 11 | T | | FACTUR | 12 | 73 |
| 56 | Figeac Livernon | 44 40 24 N | 1 47 21 E | 44 40,400 N | 1 47,350 E | 331 | AT | Aéro Ouvert Cap | LFCF | 230 | 87 |
| 57 | Fleurac | 43 51 07 N | 0 39 24 E | 43 51,117 N | 0 39,400 E | 91 | T | Gare SNCF | FLERNC | 164 | 120 |
| 58 | Francescas | 44 03 54 N | 0 25 42 E | 44 03,900 N | 0 25,700 E | 120 | T | | FCSCAS | 136 | 115 |
| 59 | Frayssinet | 44 39 42 N | 1 29 06 E | 44 39,700 N | 1 29,100 E | 240 | T | Eglise | FRAYSS | 206 | 87 |
| 60 | Fumel Montayral | 44 27 49 N | 1 00 28 E | 44 27,817 N | 1 00,467 E | 211 | AT | Aéro Ouvert Cap | LFDX | 169 | 94 |
| 61 | Gabarret | 43 59 12 N | 0 00 41 E | 43 59,200 N | 0 00,683 E | 150 | T | | GABARR | 113 | 127 |
| 62 | Gare de Lugos | 44 32 50 N | 0 59 29 W | 44 32,833 N | 0 59,483 W | 33 | T | | GLUGOS | 11 | 120 |
| 63 | Garlin | 43 33 50 N | 0 16 30 W | 43 33,833 N | 0 16,500 W | 200 | T | | GARLIN | 133 | 149 |
| 64 | Greaune | 43 38 00 N | 0 22 45 W | 43 38,000 N | 0 22,750 W | 108 | T | | GEAUNE | 122 | 151 |
| 65 | Gimont | 43 37 37 N | 0 52 40 E | 43 37,617 N | 0 52,667 E | 172 | T | | GIMONT | 192 | 123 |
| 66 | Gondrin | 43 53 19 N | 0 14 16 E | 43 53,317 N | 0 14,267 E | 242 | T | | GONDRN | 134 | 126 |
| 67 | Gourdon | 44 44 18 N | 1 23 00 E | 44 44,300 N | 1 23,000 E | 242 | T | | GOURDN | 198 | 85 |
| 68 | Gramat | 44 46 46 N | 1 43 35 E | 44 46,767 N | 1 43,583 E | 316 | T | | GRAMAT | 225 | 84 |
| 69 | Grignols | 44 23 40 N | 0 02 30 W | 44 23,667 N | 0 02,500 W | 145 | T | | GRIGNO | 88 | 105 |
| 70 | Hagetmau | 43 39 32 N | 0 34 59 W | 43 39,533 N | 0 34,983 W | 90 | T | Gare SNCF | HAGMAU | 113 | 158 |
| 71 | Hautefort | 45 15 46 N | 1 08 37 E | 45 15,767 N | 1 08,617 E | 280 | T | Château | HTFORT | 193 | 67 |
| 72 | Hontanx | 43 49 33 N | 0 16 11 W | 43 49,550 N | 0 16,183 W | 91 | T | | HONTNX | 109 | 142 |
| 73 | Houïlles | 44 11 29 N | 0 02 01 E | 44 11,483 N | 0 02,017 E | 130 | T | Eglise Carrefour D933 | HOUEIL | 102 | 116 |
| 74 | La Roche-Chalais | 45 09 08 N | 0 00 31 E | 45 09,133 N | 0 00,517 E | 100 | T | Eglise | LRCHLA | 108 | 55 |
| 75 | Labastide d'Armagnac | 43 58 07 N | 0 11 04 W | 43 58,117 N | 0 11,067 W | 80 | T | Eglise | LBSARM | 102 | 133 |
| 76 | Labastide-Murat | 44 38 53 N | 1 34 03 E | 44 38,883 N | 1 34,050 E | 255 | T | | LBASTM | 212 | 88 |
| 77 | Labouheyre | 44 12 47 N | 0 55 03 W | 44 12,783 N | 0 55,050 W | 85 | T | | LABHEY | 46 | 160 |
| 78 | Labrit | 44 06 26 N | 0 32 41 W | 44 06,433 N | 0 32,683 W | 85 | T | | LABRIT | 71 | 140 |
| 79 | Lacanau | 44 58 42 N | 1 04 45 W | 44 58,700 N | 1 04,750 W | 17 | T | | LACNAU | 42 | 4 |
| 80 | Lafrançaise | 44 07 48 N | 1 14 32 E | 44 07,800 N | 1 14,533 E | 190 | T | | LFRANC | 194 | 105 |
| 81 | Laluque | 43 51 16 N | 0 59 30 W | 43 51,267 N | 0 59,500 W | 61 | T | | LALUQE | 83 | 173 |
| 82 | Lannepax | 43 48 09 N | 0 13 39 E | 43 48,150 N | 0 13,650 E | 181 | T | | LNXPAX | 139 | 129 |
| 83 | La-Réole Floudés | 44 34 05 N | 0 03 22 W | 44 34,083 N | 0 03,367 W | 13 | AT | | LFDR | 84 | 92 |
| 84 | Laroque-Timbault | 44 17 04 N | 0 45 46 E | 44 17,067 N | 0 45,767 E | 77 | T | Aéro Ouvert Cap | LARQTI | 153 | 103 |
| 85 | Lauzerte | 44 15 32 N | 1 08 15 E | 44 15,533 N | 1 08,250 E | 168 | T | | LAUZER | 183 | 101 |
| 86 | Lavardac | 44 10 51 N | 0 17 50 E | 44 10,850 N | 0 17,833 E | 58 | T | | LVRDAC | 121 | 112 |
| 87 | Lavardens | 43 45 44 N | 0 30 51 E | 43 45,733 N | 0 30,850 E | 176 | T | | LVARDN | 160 | 125 |
| 88 | Lavit | 43 57 37 N | 0 55 15 E | 43 57,617 N | 0 55,250 E | 213 | T | | LAVIT | 177 | 113 |
| 89 | Le Houga | 43 46 32 N | 0 10 42 W | 43 46,533 N | 0 10,700 W | 140 | T | | LHOGA | 118 | 140 |
| 90 | Le Murét | 44 24 03 N | 0 49 13 W | 44 24,050 N | 0 49,217 W | 52 | T | Echangeur | MURET | 32 | 133 |
| 91 | Le Porge | 44 52 22 N | 1 05 33 W | 44 52,367 N | 1 05,550 W | 17 | T | | LPORGE | 31 | 3 |
| 92 | Lectoure | 43 55 51 N | 0 36 53 E | 43 55,850 N | 0 36,883 E | 85 | T | Gare SNCF | LECTOU | 156 | 118 |
| 93 | Lepoteau | 44 11 18 N | 0 16 12 W | 44 11,300 N | 0 16,200 W | 136 | T | | LPOTEA | 81 | 124 |
| 94 | Lerm-et-Musset | 44 19 43 N | 0 09 38 W | 44 19,717 N | 0 09,633 W | 105 | T | Eglise | LRMMUS | 81 | 111 |
| 95 | Les Eyzies-de-Tayac | 44 56 14 N | 1 00 52 E | 44 56,233 N | 1 00,867 E | 192 | T | | LEZIES | 172 | 77 |

| Number | Name | Latitude ° , ' , '' | Longitude ° , ' , '' | Latitude ° , ' , '' | Longitude ° , ' , '' | Elevation Meters | Codes* | Turnpoint | ID | Distance Km | Bearing |
|--------|----------------------|------------------------|-------------------------|------------------------|-------------------------|---------------------|--------|-----------------------|---------|----------------|---------|
| 96 | Lubbon | 44 06 23 N | 0 01 36 W | 44 06,383 N | 0 01,600 W | 151 | T | | LUBBON | 102 | 122 |
| 97 | Luxey | 44 15 52 N | 0 31 04 W | 44 15,867 N | 0 31,067 W | 89 | T | | LUXEY | 60 | 128 |
| 98 | Luzech | 44 28 47 N | 1 17 10 E | 44 28,783 N | 1 17,167 E | 103 | T | | LUZECHE | 191 | 93 |
| 99 | Madiran | 43 33 10 N | 0 03 30 W | 43 33,167 N | 0 03,500 W | 161 | T | | MADRAN | 144 | 144 |
| 100 | Malakof | 44 34 11 N | 1 02 02 W | 44 34,183 N | 1 02,033 W | 23 | T | | MLAKOF | 7,2 | 117 |
| 101 | Marcjac | 43 31 32 N | 0 09 42 E | 43 31,533 N | 0 09,700 E | 158 | T | | MRCIAC | 157 | 139 |
| 102 | Marguero | 44 45 50 N | 0 14 56 E | 44 45,833 N | 0 14,933 E | 69 | T | | MARGRO | 109 | 80 |
| 103 | Marmande Virazeil | 44 30 04 N | 0 11 51 E | 44 30,067 N | 0 11,850 E | 32 | AT | Aéro Ouvert Cap | LFDM | 105 | 95 |
| 104 | Martel | 44 56 14 N | 1 36 23 E | 44 56,233 N | 1 36,383 E | 231 | T | | MRTEL | 218 | 79 |
| 105 | Mézin | 44 03 36 N | 0 15 12 E | 44 03,600 N | 0 15,200 E | 114 | T | | MEZIN | 124 | 118 |
| 106 | Mimizan | 44 11 53 N | 1 13 25 W | 44 11,883 N | 1 13,417 W | 15 | T | Gare SNCF | MIMIZA | 45 | 191 |
| 107 | Miradoux | 44 00 01 N | 0 45 20 E | 44 00,017 N | 0 45,333 E | 169 | T | | MIRDOU | 163 | 113 |
| 108 | Miramont de Guyenne | 44 36 07 N | 0 21 43 E | 44 36,117 N | 0 21,717 E | 54 | T | | MIRMON | 117 | 89 |
| 109 | Mirande | 43 30 54 N | 0 24 14 E | 43 30,900 N | 0 24,233 E | 170 | T | Eglise | MIRNDE | 171 | 134 |
| 110 | Montaigu-de-Quercy | 44 20 32 N | 1 00 55 E | 44 20,533 N | 1 00,917 E | 184 | T | | MTGUQC | 171 | 99 |
| 111 | Montboyer | 45 19 31 N | 0 04 32 E | 45 19,517 N | 0 04,533 E | 100 | T | Centre Ville N674/D89 | MTBOYE | 124 | 49 |
| 112 | Montfort-en-Chalosse | 43 42 47 N | 0 50 15 W | 43 42,783 N | 0 50,250 W | 83 | T | | MTFCHL | 101 | 167 |
| 113 | Montmoreau St Cybard | 45 23 51 N | 0 08 21 E | 45 23,850 N | 0 08,350 E | 80 | T | Gare SNCF | MMRSCY | 133 | 48 |
| 114 | Montpon | 45 00 38 N | 0 09 40 E | 45 00,633 N | 0 09,667 E | 44 | T | | MONPON | 111 | 65 |
| 115 | Montréal | 43 57 09 N | 0 12 10 E | 43 57,150 N | 0 12,167 E | 120 | T | | MONRAL | 127 | 124 |
| 116 | Morcenx | 44 02 00 N | 0 54 30 W | 44 02,000 N | 0 54,500 W | 74 | T | | MORCNX | 65 | 165 |
| 117 | Négrondes | 45 20 44 N | 0 51 57 E | 45 20,733 N | 0 51,950 E | 173 | T | | NGROND | 177 | 61 |
| 118 | Neuic | 45 06 05 N | 0 28 10 E | 45 06,083 N | 0 28,167 E | 86 | T | | NEVIC | 137 | 65 |
| 119 | Nogaro | 43 46 11 N | 0 01 58 W | 43 46,183 N | 0 01,967 W | 92 | AT | Aéro Ouvert Cap | LFCN | 126 | 137 |
| 120 | Parentis | 44 21 06 N | 1 04 22 W | 44 21,100 N | 1 04,367 W | 29 | T | | PARNTI | 28 | 173 |
| 121 | Payrac | 44 47 50 N | 1 28 14 E | 44 47,833 N | 1 28,233 E | 222 | T | | PAYRAC | 206 | 83 |
| 122 | Pellegrue | 44 44 41 N | 0 04 29 E | 44 44,683 N | 0 04,483 E | 61 | T | | PLGRUE | 95 | 80 |
| 123 | Perigieux Bassillac | 45 11 51 N | 0 48 51 E | 45 11,850 N | 0 48,850 E | 100 | AT | | LFBX | 166 | 66 |
| 124 | Peyrehorade | 43 32 51 N | 1 06 15 W | 43 32,850 N | 1 06,250 W | 18 | T | | PRORA | 117 | 180 |
| 125 | Phare d'Hourtin | 45 08 56 N | 1 09 03 W | 45 08,933 N | 1 09,050 W | 36 | T | | OURTIN | 61 | 357 |
| 126 | Pissos | 44 18 37 N | 0 46 43 W | 44 18,617 N | 0 46,717 W | 56 | T | | PISSOS | 42 | 140 |
| 127 | Plaisance | 43 36 17 N | 0 02 47 E | 43 36,283 N | 0 02,783 E | 135 | T | Eglise | PLAISC | 144 | 140 |
| 128 | Pomarez | 43 37 56 N | 0 49 46 W | 43 37,933 N | 0 49,767 W | 44 | T | | PMAREZ | 110 | 168 |
| 129 | Pontenx | 44 14 39 N | 1 07 11 W | 44 14,650 N | 1 07,183 W | 18 | T | | PONTEN | 39 | 181 |
| 130 | Prayssac | 44 17 25 N | 0 30 35 E | 44 17,417 N | 0 30,583 E | 169 | T | | PRYSSC | 133 | 104 |
| 131 | Puy-l'Évêque | 44 30 22 N | 1 08 18 E | 44 30,367 N | 1 08,300 E | 80 | T | Pont/Lot | PUYLEV | 179 | 93 |
| 132 | Puyoo | 43 31 53 N | 0 55 04 W | 43 31,883 N | 0 55,067 W | 51 | T | | PUYOO | 120 | 172 |
| 133 | Ribérac Saint-Aulaye | 45 14 25 N | 0 16 01 E | 45 14,417 N | 0 16,017 E | 107 | AT | Aéro Restreint | LFIK | 130 | 56 |
| 134 | Rion-des-Landes | 43 54 57 N | 0 56 57 W | 43 54,950 N | 0 56,950 W | 78 | AT | Aéro Restreint | LFIL | 77 | 170 |
| 135 | Riscle | 43 39 29 N | 0 05 07 W | 43 39,483 N | 0 05,117 W | 110 | T | | RISCLE | 133 | 141 |
| 136 | Rocamadour | 44 48 15 N | 1 37 34 E | 44 48,250 N | 1 37,567 E | 256 | T | Eglise | ROCMDO | 218 | 83 |
| 137 | Roquefort | 44 02 25 N | 0 19 30 W | 44 02,417 N | 0 19,500 W | 90 | T | Gare SNCF | ROQFOR | 88 | 134 |
| 138 | Sabres | 44 08 59 N | 0 44 21 W | 44 08,983 N | 0 44,350 W | 80 | T | | SABRES | 58 | 149 |
| 139 | Sainte-Foy-la-Grande | 44 51 13 N | 0 10 36 E | 44 51,217 N | 0 10,600 E | 86 | AT | | LFDL | 106 | 74 |
| 140 | Salignac | 44 58 29 N | 1 19 22 E | 44 58,483 N | 1 19,367 E | 212 | T | Aéro Ouvert Cap | SLIGNC | 197 | 77 |

| Number | Name | Latitude ° , ' , '' | Longitude ° , ' , '' | Latitude ° , ' , '' | Longitude ° , ' , '' | Elevation Meters | Codes* | Turnpoint | ID | Distance Km | Bearing |
|--------|--------------------------|------------------------|-------------------------|------------------------|-------------------------|---------------------|--------|-----------------|---------|----------------|---------|
| 141 | Samadet | 43 38 06 N | 0 29 09 W | 43 38,100 N | 0 29,150 W | 129 | T | | SAMDET | 118 | 155 |
| 142 | Sanguinet | 44 29 02 N | 1 04 34 W | 44 29,033 N | 1 04,567 W | 31 | T | | SNGUNT | 13 | 166 |
| 143 | Sarlat Homme | 44 47 36 N | 1 14 41 E | 44 47,600 N | 1 14,683 E | 298 | AT | Aéro Ouvert Cap | LFDS | 188 | 83 |
| 144 | Seuil 08 | 44 35 38 N | 1 07 07 W | 44 35,633 N | 1 07,117 W | 15 | FA | | LFCH08 | 0,6 | 210 |
| 145 | Seuil 26 | 44 35 50 N | 1 06 16 W | 44 35,833 N | 1 06,267 W | 15 | FA | | LFCH26 | 0,8 | 101 |
| 146 | Sore | 44 19 18 N | 0 35 00 W | 44 19,300 N | 0 35,000 W | 73 | T | | SORE | 52 | 126 |
| 147 | Sos | 44 02 38 N | 0 08 24 E | 44 02,633 N | 0 08,400 E | 108 | T | | SOS | 117 | 121 |
| 148 | Souillac | 44 52 59 N | 1 29 05 E | 44 52,983 N | 1 29,083 E | 180 | T | Port | SOULAC | 208 | 80 |
| 149 | Soulac-sur-Mer | 45 29 42 N | 1 04 56 W | 45 29,700 N | 1 04,933 W | 2 | AT | Aéro Ouvert Cap | LFDK | 100 | 1 |
| 150 | St Astier | 45 08 46 N | 0 31 41 E | 45 08,767 N | 0 31,683 E | 69 | T | | SASTIE | 143 | 64 |
| 151 | St Céré | 44 51 37 N | 1 53 36 E | 44 51,617 N | 1 53,600 E | 266 | T | | ST CER | 239 | 82 |
| 152 | St Cirq-Lapopie | 44 27 52 N | 1 40 06 E | 44 27,867 N | 1 40,100 E | 140 | T | Eglise | SCRQLP | 221 | 93 |
| 153 | St Clar | 43 53 41 N | 0 46 07 E | 43 53,683 N | 0 46,117 E | | T | | SCLAR | 169 | 117 |
| 154 | St Cyprien | 44 52 12 N | 1 02 30 E | 44 52,200 N | 1 02,500 E | 66 | T | | SCYPRN | 173 | 79 |
| 155 | St Genis de Saintonge | 45 29 01 N | 0 34 07 W | 45 29,017 N | 0 34,117 W | 41 | T | Eglise | SGNSTG | 107 | 23 |
| 156 | St Géry | 44 28 55 N | 1 34 45 E | 44 28,917 N | 1 34,750 E | 160 | T | | SGERY | 214 | 93 |
| 157 | St Puy | 43 52 45 N | 0 27 41 E | 43 52,750 N | 0 27,683 E | 171 | T | | SPUY | 149 | 122 |
| 158 | Ste Livrade | 44 24 03 N | 0 35 18 E | 44 24,050 N | 0 35,300 E | 54 | T | | SLIVRD | 137 | 99 |
| 159 | Tartas | 43 50 04 N | 0 48 15 W | 43 50,067 N | 0 48,250 W | 18 | T | | TARTAS | 89 | 164 |
| 160 | Thenon | 45 08 17 N | 1 04 16 E | 45 08,283 N | 1 04,267 E | 152 | T | | THENON | 182 | 70 |
| 161 | Tocane | 45 15 14 N | 0 29 47 E | 45 15,233 N | 0 29,783 E | 126 | T | | TOCANE | 146 | 60 |
| 162 | Tonneins | 44 23 33 N | 0 18 39 E | 44 23,550 N | 0 18,650 E | 42 | T | | TOINEIN | 115 | 101 |
| 163 | Vendays Montalivet | 45 22 50 N | 1 06 57 W | 45 22,833 N | 1 06,950 W | 5 | AT | Aéro Restreint | LFIV | 87 | 360 |
| 164 | Vic-Fezenzac | 43 45 35 N | 0 18 09 E | 43 45,583 N | 0 18,150 E | 150 | T | Eglise | VICFZA | 147 | 129 |
| 165 | Viella | 43 36 02 N | 0 08 20 W | 43 36,033 N | 0 08,333 W | 231 | T | | VIELLA | 136 | 145 |
| 166 | Villefranche de Lonchat | 44 56 55 N | 0 03 27 E | 44 56,917 N | 0 03,450 E | 75 | T | Centre Ville | VLFLCH | 100 | 67 |
| 167 | Villefranche du Périgord | 44 37 53 N | 1 04 43 E | 44 37,883 N | 1 04,717 E | 216 | T | | VFRPER | 174 | 88 |
| 168 | Villefranche-de-Rouergue | 44 22 12 N | 2 01 41 E | 44 22,200 N | 2 01,683 E | 334 | AT | Aéro Ouvert Cap | LFVCV | 251 | 95 |
| 169 | Villeneuve-sur-Lot | 44 24 01 N | 0 45 40 E | 44 24,017 N | 0 45,667 E | 58 | AT | Aéro Ouvert Cap | LFVCW | 150 | 98 |
| 170 | Villéréal | 44 38 17 N | 0 44 36 E | 44 38,283 N | 0 44,600 E | 90 | T | Eglise | VLREAL | 147 | 88 |
| 171 | Ygos-St Saturnin | 43 58 43 N | 0 44 18 W | 43 58,717 N | 0 44,300 W | 60 | T | Gare SNCF | YGOS | 75 | 156 |

Codes*

A : Airport
F : Finish Point
H : Home airport
S : Start Point
T : Turnpoint