ALLOCATED FREQUENCIES · F AND N REGISTRATIONS

NETHERLANDS AMATEUR RADIO BANDS

F Full · full access — Callsigns PA to PH

N Novice · limited access — Callsigns PD

As of November 2026 · power in watts PEP · IARU Region 1 band plan

LF · MF · HF

Long, medium and short wave

2200 m — 135.7–137.8 kHz

BAND PLAN

F 400 W

N — no access

135.7 – 137.8

Telegraphy only (A1A). Band plan: CW, QRSS, narrowband data.

630 m — 472–479 kHz

BAND PLAN

F 100 W

N — no access

472 – 479

A1A, F1A, G1A, J2A only. No contests.

160 m — 1.810–1.880 MHz

BAND PLAN

F 400 W

N — no access

1.810 – 1.850 – 1.880

QRP CW 1.836. Data 1.838–1.843.

80 m — 3.500–3.800 MHz

BAND PLAN

F 400 W

N — no access

3.500 – 3.800

QRP CW 3.560. SSB contests 3.600–3.650 and 3.700–3.800.

60 m — 5.3515–5.3665 MHz

BAND PLAN

F 15 W EIRP

N — no access

5.3515 – 5.3665

Max. 15 W EIRP. Phone: USB. 5.366–5.3665 weak-signal data.

40 m — 7.000–7.200 MHz

BAND PLAN

F 400 W

N 100 W

7.000 – 7.200

QRP CW 7.030. FT8 7.074.

30 m — 10.100–10.150 MHz

BAND PLAN

F 400 W

N — no access

10.100 – 10.150

No contests, no phone. 10.140–10.150: max. 500 Hz.

20 m — 14.000–14.350 MHz

BAND PLAN

F 400 W

N 100 W

14.000 – 14.350

QRP CW 14.060. Beacons 14.100. Emergency 14.300.

17 m — 18.068–18.168 MHz

BAND PLAN

F 400 W

N — no access

18.068 – 18.168

QRP CW 18.086. Beacons 18.110.

15 m — 21.000–21.450 MHz

BAND PLAN

F 400 W

N — no access

21.000 – 21.450

21.110–21.120: no SSB. Beacons 21.150.

12 m — 24.890–24.990 MHz

BAND PLAN

F 400 W

N — no access

24.890 – 24.990

QRP CW 24.906. Beacons 24.930.

10 m — 28.000–29.700 MHz

BAND PLAN

F 400 W

N 100 W

28.000 – 29.700

Beacons 28.190–28.225. FM calling 29.600. Repeater inputs 29.520–29.590, outputs 29.620–29.700.

VHF · UHF

6 m to 70 cm

6 m — 50.0–52.0 MHz

BAND PLAN

F see bar (120 W / 30 W)

N — no access

50.0 – 50.5 – 52.0

No duplex above 50.5. SSB centre 50.150 · FM calling 51.510.

4 m — 70.0–70.5 MHz

BAND PLAN

F 50 W

N — no access

70.0 – 70.5

No duplex. CW/SSB centre 70.200 · FM calling 70.450.

2 m — 144.0–146.0 MHz

BAND PLAN

F 400 W

N 25 W

144.0 – 146.0

SSB 144.300 · APRS 144.800 · FM calling 145.500. Repeater inputs 145.000–145.194, outputs 145.575–145.794.

70 cm — 430.0–440.0 MHz

BAND PLAN

F 400 W

N 25 W

430.0 – 436.0 – 440.0

NL: repeater outputs 430.0125–430.375, inputs +1.6 MHz (431.6125–431.975); supra-regional 430.125 and 430.275. Digital repeaters 430.6–431.025, APRS 430.5125. SSB 432.200 · FM calling 433.500 · satellite 435–438.

MICROWAVES

From 1.24 GHz · F only

23 cm — 1240–1300 MHz

F 120 W

N — no access

1240 – 1300

Narrowband centre 1296.200 MHz.

13 cm — 2320–2450 MHz

BAND PLAN

F 120 W

N — no access

2320 – 2400 – 2450

Narrowband 2320.200. 2400–2450: satellite Earth-to-space only (QO-100 uplink).

9 cm — 3400–3410 MHz

BAND PLAN

F 120 W

N — no access

3400 – 3410

Narrowband/EME 3400.100. Satellite 3402–3410.

6 cm — 5650–5850 MHz

F 120 W

N — no access

5650 – 5850

Narrowband centre 5760.200. Satellite 5650–5670 / 5830–5850.

3 cm — 10.0–10.5 GHz

F 120 W

N — no access

10.0 – 10.5

Narrowband centre 10368.200 MHz.

1.2 cm — 24.00–24.25 GHz

F 120 W

N — no access

24.00 24.05 – 24.25

Narrowband centre 24048.200 MHz.

6 mm — 47.0–47.2 GHz

F 120 W

N — no access

47.0 – 47.2

4 mm — 75.5–81.5 GHz

F 120 W

N — no access

75.5 – 77.5 – 81.5

2.5 mm — 122.25–123.00 GHz

F 120 W

N — no access

122.25 – 123.00

2 mm — 134–141 GHz

F 120 W

N — no access

134 – 136 – 141

1 mm — 241–250 GHz

F 120 W

N — no access

241 – 248 – 250

ABOVE 1 GHZ

All microwave bands are **F** only, max. **120 W PEP**. N registrations have no access here.

ALLOCATION (STATUTORY)

- F · primary
- F · secondary
- N · primary
- N · secondary

Primary: the amateur service is the main user. **Secondary:** shared with other services; must not cause interference and has no protection from it.

DOWNLOAD AS PDF

Scan the code for the latest version of this chart.

www.pa8s.nl/files/amateur-radio-band-plan-netherlands-en.pdf

BAND PLAN (IARU REGION 1)

- CW (telegraphy)
- Narrowband & data modes
- All modes · phone (SSB)
- Beacons (no QSOs)
- FM, DV & repeaters
- Satellite
- ATV & wideband
- Unassigned (NL)

The band plan is a voluntary agreement between amateurs, not law. Very narrow segments (beacons) are drawn at least 2 px wide.

NOTES

- Power = PEP at the antenna output of the final stage, unless stated otherwise. 60 m: max. 15 W EIRP.
- N registration: 100 W PEP below 30 MHz, 25 W PEP on 2 m and 70 cm (since June 2021).
- Higher power, repeaters or beacons: only with a separate licence from the RDI.
- Sideband: LSB below 10 MHz, USB above 10 MHz. 14.300 MHz: global emergency centre of activity.
- 70 cm 430–432 MHz: Dutch national plan per the RDI repeater licensing guidelines (annex I) and the VERON band plan.
- Microwaves: only the narrowband centre is shown; the full plan is in the IARU R1 VHF Handbook.

Sources: Dutch Regeling gebruik van frequentieruimte met meldingsplicht 2015, annex 1 (BWBR0036375); IARU Region 1 HF band plan (Novi Sad 2020); IARU R1 VHF Handbook v10; RDI Gedragslijn vergunningen radiozendamateurs v1.1 (2021). Always check the current text with the RDI and the IARU/VERON.

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