

TBL 3-1-2
VFR Cruising Altitudes and Flight Levels

If your magnetic course (ground track) is:	And you are more than 3,000 feet above the surface but below 18,000 feet MSL, fly:	And you are above 18,000 feet MSL to FL 290, fly:
0° to 179°	Odd thousands MSL, plus 500 feet (3,500; 5,500; 7,500, etc.)	Odd Flight Levels plus 500 feet (FL 195; FL 215; FL 235, etc.)
180° to 359°	Even thousands MSL, plus 500 feet (4,500; 6,500; 8,500, etc.)	Even Flight Levels plus 500 feet (FL 185; FL 205; FL 225, etc.)