

Shortwave Listening Bands
Source: Grundig

Band	MHz	Day/Night	Comments	
120M	2.3-2.5	Night		
90M	3.2-3.4			
75M	3.9-4.0			
60M	4.75-5.06			
49M	5.95-6.2			Best overall nighttime band.
41M	7.1-7.6			Good all night, worldwide.
31M	9.2-9.9	Day	Similar to 25M	
25M	11.6-12.2		Best around sunrise and sunset.	
22M	13.57-13.87		Similar to 19M	
19M	15.1-15.8		The best overall daytime band. May also be good at night in summer months when sunspots are good.	
16M	17.58-17.9		Similar to 19M	
13M	21.45-21.85		Results vary, worth a try, sometimes good around sunrise/sunset	
11M	25.6-26.1			