

115		Saturdays (also Good Friday)														
East Ham White Horse	0445		0655	0705	0715	0725	0735		0845	0855	0903	0911	0919	0927	0935	0943
East Ham Newham Town Hall	0447		0657	0707	0717	0727	0737		0847	0857	0905	0913	0921	0929	0937	0945
Upton Park The Boleyn (Barking Road)	0451	Then	0701	0711	0721	0731	0741	Then	0851	0901	0909	0917	0925	0933	0941	0949
Plaistow Greengate	0453	every 10	0703	0713	0723	0734	0745	every 10	0855	0905	0913	0921	0929	0937	0945	0953
Canning Town Bus Station	0459	minutes	0709	0719	0730	0742	0753	minutes	0903	0913	0921	0929	0937	0945	0953	1001
Poplar All Saints DLR Station	0504	until	0714	0725	0736	0748	0759	until	0909	0920	0928	0936	0944	0952	1000	1008
Limehouse East India Dock Road	0507		0717	0728	0740	0752	0803		0913	0924	0932	0940	0948	0956	1004	1012
Limehouse Station	0510		0720	0731	0743	0755	0806		0916	0927	0935	0943	0951	0959	1007	1015
Aldgate Station Minories	0516		0726	0738	0750	0802	0813		0923	0934	0942	0950	0959	1008	1016	1024
East Ham White Horse	0951	0958	1005		1805			1925	1937		2025	2037	2049	2101		2249
East Ham Newham Town Hall	0953	1000	1008		1808			1928	1939		2027	2039	2051	2103		2251
Upton Park The Boleyn (Barking Road)	0957	1005	1013	Then	1813	Then		1933	1944	Then	2032	2044	2056	2108	Then	2256
Plaistow Greengate	1001	1009	1017	every 8	1817	every 10		1937	1948	every 12	2036	2048	2100	2111	every	2259
Canning Town Bus Station	1009	1017	1025	minutes	1825	minutes		1945	1956	minutes	2044	2056	2107	2118	12	2306
Poplar All Saints DLR Station	1016	1024	1032	until	1832	until		1952	2003	until	2051	2103	2113	2123	mins.	2311
Limehouse East India Dock Road	1020	1028	1036		1836			1956	2007		2055	2107	2117	2127	until	2315
Limehouse Station	1023	1031	1039		1839			1959	2010		2058	2110	2120	2130		2318
Aldgate Station Minories	1032	1040	1048		1848			2008	2019		2107	2117	2127	2137		2325
East Ham White Horse	2301				0025											
East Ham Newham Town Hall	2303				0027											
Upton Park The Boleyn (Barking Road)	2307	Then			0031											
Plaistow Greengate	2309	every 12			0033											
Canning Town Bus Station	2316	minutes			0040											
Poplar All Saints DLR Station	2321	until			0045											
Limehouse East India Dock Road	2325				0049											
Limehouse Station	2328				0052											
Aldgate Station Minories	2335				0059											
115		Sundays and other Public Holidays (except Christmas Day and Boxing Day)														
East Ham White Horse	0445		0733	0744	0755	0806		0906	0916	0926	0936	0944	0953	1001		1801
East Ham Newham Town Hall	0447		0735	0746	0757	0808		0908	0918	0928	0938	0946	0955	1003		1803
Upton Park The Boleyn (Barking Road)	0451	Then	0739	0750	0801	0812	Then	0912	0922	0932	0942	0950	0959	1008	Then	1808
Plaistow Greengate	0453	every 12	0741	0752	0803	0815	every 12	0915	0925	0935	0945	0953	1002	1012	every	1812
Canning Town Bus Station	0459	minutes	0747	0759	0811	0823	minutes	0923	0933	0943	0953	1001	1010	1020	10	1820
Poplar All Saints DLR Station	0504	until	0752	0804	0816	0828	until	0928	0938	0948	0958	1007	1017	1027	mins.	1827
Limehouse East India Dock Road	0507		0755	0807	0819	0831		0931	0941	0951	1001	1011	1021	1031	until	1831
Limehouse Station	0510		0758	0810	0822	0834		0934	0944	0954	1004	1014	1024	1034		1834
Aldgate Station Minories	0516		0804	0817	0829	0841		0941	0952	1003	1013	1023	1033	1043		1843
East Ham White Horse	1813		2025	2037	2049	2101		2249	2301		0025					
East Ham Newham Town Hall	1815		2027	2039	2051	2103		2251	2303		0027					
Upton Park The Boleyn (Barking Road)	1820	Then	2032	2044	2056	2108	Then	2256	2307	Then	0031					
Plaistow Greengate	1824	every 12	2036	2048	2100	2111	every 12	2259	2309	every 12	0033					
Canning Town Bus Station	1832	minutes	2044	2056	2107	2118	minutes	2306	2316	minutes	0040					
Poplar All Saints DLR Station	1839	until	2051	2103	2113	2123	until	2311	2321	until	0045					
Limehouse East India Dock Road	1843		2055	2107	2117	2127		2315	2325		0049					
Limehouse Station	1846		2058	2110	2120	2130		2318	2328		0052					
Aldgate Station Minories	1855		2107	2117	2127	2137		2325	2335		0059					
115		Boxing Day														
A Sunday service operates, commencing with the 0744 journey from East Ham.																

115

Aldgate – Poplar – East Ham

115		Mondays to Fridays																					
Aldgate Bus Station	0529	0539	0549	0559	0609	0619	0629	0637	0645	0653	0701	0709	0716	0724	0731	0737	0743	0749					
Limehouse Station	0536	0546	0556	0606	0616	0626	0636	0644	0652	0700	0710	0718	0726	0734	0741	0747	0753	0759					
Limehouse Commercial Road	0539	0549	0559	0609	0619	0629	0639	0647	0655	0703	0713	0721	0729	0737	0744	0751	0757	0803					
Poplar All Saints DLR Station	0542	0552	0602	0612	0622	0632	0643	0651	0659	0708	0718	0726	0734	0742	0750	0757	0803	0809					
Canning Town Bus Station	0549	0559	0609	0619	0629	0639	0650	0658	0708	0718	0728	0736	0744	0752	0800	0807	0813	0819					
Plaistow Greengate	0556	0606	0616	0626	0636	0647	0658	0706	0716	0726	0736	0745	0754	0802	0810	0817	0823	0829					
Upton Park The Boleyn (Barking Road)	0559	0609	0619	0629	0639	0650	0701	0709	0719	0729	0739	0748	0757	0805	0813	0820	0826	0832					
East Ham Newham Town Hall	0603	0613	0623	0633	0644	0655	0706	0714	0724	0734	0744	0754	0803	0811	0819	0826	0832	0838					
East Ham White Horse	0605	0615	0625	0635	0646	0657	0708	0716	0726	0736	0746	0756	0805	0813	0821	0828	0834	0840					
Aldgate Bus Station	0756	0802	0809	0816	0822	0829	0836	0842	0849	0856	0902	0909	0916	0922	0929	0935	0942	0950					
Limehouse Station	0806	0812	0819	0826	0832	0839	0846	0852	0859	0906	0912	0919	0926	0932	0939	0946	0954	1002					
Limehouse Commercial Road	0810	0816	0823	0830	0836	0843	0850	0856	0903	0910	0916	0923	0930	0936	0943	0950	0958	1006					
Poplar All Saints DLR Station	0816	0822	0829	0836	0842	0849	0856	0902	0909	0916	0922	0929	0936	0942	0949	0956	1004	1012					
Canning Town Bus Station	0826	0832	0839	0846	0852	0859	0906	0912	0919	0926	0932	0939	0946	0952	0959	1006	1013	1020					
Plaistow Greengate	0836	0842	0849	0856	0902	0909	0916	0922	0929	0936	0942	0949	0956	1002	1009	1016	1023	1030					
Upton Park The Boleyn (Barking Road)	0839	0845	0852	0859	0905	0912	0919	0925	0932	0939	0945	0952	0959	1006	1013	1020	1027	1034					
East Ham Newham Town Hall	0845	0851	0858	0905	0911	0918	0925	0931	0938	0945	0951	0958	1006	1013	1020	1027	1034	1041					
East Ham White Horse	0847	0853	0900	0907	0913	0920	0927	0933	0940	0947	0953	1000	1008	1015	1022	1029	1036	1043					
Aldgate Bus Station	0958	1005				1325	1331	1338	1345	1352	1359	1406	1412	1418	1425	1431		1527					
Limehouse Station	1010	1017				1337	1343	1350	1357	1404	1411	1418	1424	1430	1437	1444		1540					
Limehouse Commercial Road	1014	1021				1341	1347	1354	1401	1408	1415	1422	1428	1435	1442	1449		1545					
Poplar All Saints DLR Station	1019	1026				1346	1352	1359	1406	1413	1420	1427	1433	1440	1447	1454		1550					
Canning Town Bus Station	1027	1034				1354	1400	1407	1414	1421	1428	1435	1442	1449	1456	1503		1559					
Plaistow Greengate	1037	1044				1404	1410	1417	1424	1431	1438	1445	1452	1459	1506	1513		1609					
Upton Park The Boleyn (Barking Road)	1041	1048				1408	1414	1421	1428	1435	1442	1449	1456	1503	1510	1517		1613					
East Ham Newham Town Hall	1048	1055				1415	1422	1429	1437	1444	1451	1458	1505	1512	1519	1526		1622					
East Ham White Horse	1050	1057				1417	1424	1431	1439	1446	1453	1500	1507	1514	1521	1528		1624					
Aldgate Bus Station	1534	1541	1547				54	00	07	14	20	27	34	40	47		1840	1847	1853	1900	1906	1913	1920
Limehouse Station	1547	1554	1600				07	13	20	27	33	40	47	53	00		1853	1900	1906	1913	1919	1926	1933
Limehouse Commercial Road	1552	1559	1605				12	18	25	32	38	45	52	58	05		1858	1905	1911	1918	1924	1931	1938
Poplar All Saints DLR Station	1557	1604	1610				17	23	30	37	43	50	57	03	10		1903	1910	1916	1923	1929	1936	1943
Canning Town Bus Station	1606	1613	1619				26	32	39	46	52	59	06	12	19	until	1912	1919	1925	1932	1938	1945	1952
Plaistow Greengate	1616	1623	1629				36	42	49	56	02	09	16	22	29		1922	1929	1935	1940	1946	1953	2000
Upton Park The Boleyn (Barking Road)	1620	1627	1633				40	46	53	00	06	13	20	26	33		1926	1933	1938	1943	1949	1956	2003
East Ham Newham Town Hall	1628	1634	1640				47	53	00	07	13	20	27	33	40		1933	1938	1943	1948	1954	2001	2008
East Ham White Horse	1630	1636	1642				49	55	02	09	15	22	29	35	42		1935	1940	1945	1950	1956	2003	2010
Aldgate Bus Station	1927	1934	1942	1950	2000	2010	2020	2031	2043	2055	2107						2255	2307					0055
Limehouse Station	1940	1946	1953	2001	2011	2021	2031	2042	2054	2106	2116						2304	2315					0103
Limehouse Commercial Road	1944	1950	1957	2005	2015	2025	2035	2046	2058	2109	2119						2307	2318					0106
Poplar All Saints DLR Station	1949	1955	2002	2010	2020	2030	2040	2051	2103	2113	2123						2311	2322					0110
Canning Town Bus Station	1958	2004	2011	2019	2029	2039	2049	2100	2110	2119	2129						2317	2328					0116
Plaistow Greengate	2006	2012	2019	2027	2037	2047	2057	2107	2116	2125	2135						2323	2334					0122
Upton Park The Boleyn (Barking Road)	2009	2015	2022	2030	2040	2050	2100	2109	2118	2127	2137						2325	2336					0124
East Ham Newham Town Hall	2014	2020	2027	2035	2045	2055	2104	2113	2122	2131	2141						2329	2340					0128
East Ham White Horse	2016	2022	2029	2037	2047	2057	2106	2115	2124	2133	2143						2331	2342					0130

115		Saturdays (also Good Friday)															
Aldgate Bus Station	0528		0658	0708	0718	0728	0738		0848	0858	0908	0918	0928	0936	0944	0952	
Limehouse Station	0535		0705	0715	0725	0736	0747		0857	0907	0917	0927	0937	0945	0953	1001	
Limehouse Commercial Road	0538	Then	0708	0718	0728	0739	0750	Then	0900	0910	0920	0930	0940	0948	0956	1004	
Poplar All Saints DLR Station	0541	every 10	0711	0721	0731	0743	0754	every 10	0904	0914	0924	0934	0944	0952	1001	1009	
Canning Town Bus Station	0546	minutes	0716	0726	0738	0750	0801	minutes	0911	0922	0932	0942	0952	1001	1010	1018	
Plaistow Greengate	0552	until	0722	0732	0745	0757	0808	until	0918	0929	0939	0949	0959	1009	1019	1027	
Upton Park The Boleyn (Barking Road)	0554		0724	0735	0748	0800	0811		0921	0932	0942	0952	1002	1012	1022	1030	
East Ham Newham Town Hall	0558		0728	0740	0753	0805	0816		0926	0937	0947	0957	1007	1017	1027	1035	
East Ham White Horse	0600		0730	0742	0755	0807	0818		0928	0939	0949	0959	1009	1019	1029	1037	
Aldgate Bus Station	0959		1903	1912	1921	1930	1940	1950	2000	2010	2020	2030	2042	2055		2255	
Limehouse Station	1009		1913	1922	1931	1940	1950	2000	2010	2020	2029	2039	2051	2104		2304	
Limehouse Commercial Road	1012	Then	1916	1925	1934	1943	1953	2003	2013	2023	2032	2042	2054	2107	Then	2307	
Poplar All Saints DLR Station	1017	every 8	1921	1930	1939	1948	1958	2008	2018	2028	2037	2047	2059	2111	every 12	2311	
Canning Town Bus Station	1026	minutes	1930	1939	1948	1957	2007	2017	2026	2036	2045	2055	2107	2117	minutes	2317	
Plaistow Greengate	1035	until	1939	1947	1956	2005	2015	2025	2034	2044	2053	2103	2113	2123	until	2323	
Upton Park The Boleyn (Barking Road)	1038		1942	1950	1959	2008	2018	2027	2036	2046	2055	2105	2115	2125		2325	
East Ham Newham Town Hall	1043		1947	1955	2004	2013	2022	2031	2040	2050	2059	2109	2119	2129		2329	
East Ham White Horse	1045		1949	1957	2006	2015	2024	2033	2042	2052	2101	2111	2121	2131		2331	
Aldgate Bus Station	2307		0055														
Limehouse Station	2315		0103														
Limehouse Commercial Road	2318	Then	0106														
Poplar All Saints DLR Station	2322	every 12	0110														
Canning Town Bus Station	2328	minutes	0116														
Plaistow Greengate	2334	until	0122														
Upton Park The Boleyn (Barking Road)	2336		0124														
East Ham Newham Town Hall	2340		0128														
East Ham White Horse	2342		0130														
115		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Aldgate Bus Station	0528		0716	0726	0736	0746	0756	0806	0816	0828	0840	0852	0904	0915	0925	0935	0945
Limehouse Station	0535		0723	0733	0743	0753	0803	0815	0825	0837	0849	0901	0913	0924	0935	0945	0955
Limehouse Commercial Road	0538	Then	0726	0736	0746	0756	0806	0818	0828	0840	0852	0904	0916	0927	0938	0948	0958
Poplar All Saints DLR Station	0541	every 12	0729	0739	0749	0759	0811	0823	0833	0845	0857	0909	0921	0932	0943	0953	1003
Canning Town Bus Station	0546	minutes	0734	0744	0756	0807	0819	0831	0841	0853	0905	0917	0929	0940	0952	1002	1012
Plaistow Greengate	0552	until	0740	0750	0802	0814	0826	0838	0848	0900	0912	0924	0936	0948	1000	1010	1020
Upton Park The Boleyn (Barking Road)	0554		0742	0752	0804	0816	0828	0840	0850	0902	0914	0926	0938	0951	1004	1014	1024
East Ham Newham Town Hall	0558		0746	0756	0808	0820	0832	0844	0854	0906	0918	0930	0942	0955	1008	1019	1029
East Ham White Horse	0600		0748	0758	0810	0822	0834	0846	0856	0908	0920	0932	0944	0957	1010	1021	1031
Aldgate Bus Station	0955		1715	1726			1856	1908	1920	1932	1944	1956	2007	2019	2030	2042	2055
Limehouse Station	1005		1725	1736			1906	1918	1930	1942	1954	2006	2017	2028	2039	2051	2104
Limehouse Commercial Road	1008	Then	1728	1739	Then		1909	1921	1933	1945	1957	2009	2020	2031	2042	2054	2107
Poplar All Saints DLR Station	1013	every 10	1733	1744	every 10		1914	1926	1938	1950	2002	2014	2025	2036	2047	2059	2111
Canning Town Bus Station	1022	minutes	1742	1753	minutes		1923	1935	1947	1959	2011	2023	2033	2044	2055	2107	2117
Plaistow Greengate	1030	until	1750	1801	until		1931	1943	1955	2007	2019	2031	2041	2052	2103	2113	2123
Upton Park The Boleyn (Barking Road)	1034		1754	1804			1934	1946	1958	2010	2021	2033	2043	2054	2105	2115	2125
East Ham Newham Town Hall	1039		1759	1809			1939	1951	2003	2015	2025	2037	2047	2058	2109	2119	2129
East Ham White Horse	1041		1801	1811			1941	1953	2005	2017	2027	2039	2049	2100	2111	2121	2131
Aldgate Bus Station	2107		2255	2307			0055										
Limehouse Station	2116		2304	2315			0103										
Limehouse Commercial Road	2119	Then	2307	2318	Then		0106										
Poplar All Saints DLR Station	2123	every 12	2311	2322	every 12		0110										
Canning Town Bus Station	2129	minutes	2317	2328	minutes		0116										
Plaistow Greengate	2135	until	2323	2334	until		0122										
Upton Park The Boleyn (Barking Road)	2137		2325	2336			0124										
East Ham Newham Town Hall	2141		2329	2340			0128										
East Ham White Horse	2143		2331	2342			0130										
115		Boxing Day															
A Sunday service operates, commencing with the 0828 journey from Aldgate.																	