

115		Saturdays (also Good Friday)																	
East Ham White Horse	0445	0457	0509	0521	0533	0545	0555	0605	0615	0625	0635			0735	0745	0755	0805	0815	
East Ham Newham Town Hall	0446	0458	0510	0522	0534	0546	0556	0606	0616	0626	0636			0736	0746	0756	0806	0816	
Upton Park The Boleyn (Barking Road)	0451	0503	0515	0527	0539	0551	0601	0611	0621	0631	0641		Then	0741	0751	0801	0811	0821	
Plaistow Greengate	0454	0506	0518	0530	0542	0554	0604	0614	0624	0634	0644		every 10	0744	0755	0805	0815	0825	
Canning Town Bus Station	0500	0512	0524	0536	0548	0601	0611	0621	0632	0642	0652		minutes	0752	0803	0813	0823	0833	
Poplar All Saints (DLR) Station	0505	0517	0529	0541	0554	0607	0617	0627	0638	0648	0658		until	0758	0809	0819	0829	0839	
Limehouse East India Dock Road	0508	0520	0532	0544	0557	0610	0620	0630	0641	0651	0701			0801	0812	0822	0832	0843	
Limehouse Station	0511	0523	0535	0547	0600	0613	0623	0633	0644	0654	0705			0805	0816	0826	0836	0847	
Aldgate Station Aldgate High Street	0519	0531	0543	0555	0608	0621	0631	0642	0653	0703	0715			0815	0826	0836	0846	0857	
East Ham White Horse	0825	0835	0845	0855	0903	0910	0917	0925	0933	0941	0948	0956	1005	1014	1023	1032	1040	1048	
East Ham Newham Town Hall	0826	0836	0846	0856	0905	0913	0921	0930	0938	0947	0955	1003	1012	1021	1030	1039	1047	1055	
Upton Park The Boleyn (Barking Road)	0831	0841	0851	0901	0910	0919	0928	0937	0946	0955	1003	1012	1021	1030	1039	1048	1056	1104	
Plaistow Greengate	0835	0845	0855	0905	0914	0923	0932	0941	0950	0959	1007	1016	1025	1034	1043	1052	1100	1108	
Canning Town Bus Station	0843	0854	0904	0914	0923	0932	0941	0950	0959	1008	1017	1026	1035	1044	1053	1102	1110	1118	
Poplar All Saints (DLR) Station	0850	0901	0911	0921	0930	0939	0948	0957	1006	1015	1024	1033	1042	1051	1100	1109	1117	1125	
Limehouse East India Dock Road	0854	0905	0915	0925	0934	0943	0952	1001	1010	1019	1028	1037	1046	1055	1104	1113	1121	1129	
Limehouse Station	0858	0909	0919	0929	0938	0947	0956	1005	1014	1023	1032	1041	1050	1059	1108	1117	1125	1134	
Aldgate Station Aldgate High Street	0908	0919	0930	0940	0950	0959	1008	1017	1026	1035	1044	1053	1102	1111	1120	1129	1137	1146	
East Ham White Horse	1057			1151	1159	1208	1216	1224	1233	1241				1738	1747	1756	1805	1815	1825
East Ham Newham Town Hall	1104			1158	1207	1216	1224	1232	1241	1249				1746	1755	1804	1813	1822	1831
Upton Park The Boleyn (Barking Road)	1113	Then		1207	1216	1225	1233	1241	1250	1259		Then		1756	1804	1813	1822	1830	1839
Plaistow Greengate	1117	every 9		1211	1220	1230	1238	1246	1255	1304		every 9		1801	1809	1818	1827	1835	1844
Canning Town Bus Station	1127	minutes		1221	1230	1240	1249	1257	1306	1315		minutes		1812	1820	1829	1838	1846	1855
Poplar All Saints (DLR) Station	1134	until		1228	1237	1247	1256	1305	1314	1323		until		1820	1828	1837	1845	1853	1902
Limehouse East India Dock Road	1138			1232	1241	1251	1300	1309	1318	1327				1824	1832	1841	1849	1857	1906
Limehouse Station	1143			1237	1246	1256	1305	1314	1323	1332				1829	1837	1846	1854	1902	1911
Aldgate Station Aldgate High Street	1155			1249	1258	1308	1317	1326	1335	1344				1841	1849	1858	1906	1914	1923
East Ham White Horse	1835	1845	1855	1905	1915	1925	1937	1949	2001	2013	2025	2037	2049	2101	2113	2125	2137	2149	
East Ham Newham Town Hall	1840	1849	1858	1907	1917	1927	1939	1951	2003	2015	2027	2039	2051	2103	2115	2127	2138	2150	
Upton Park The Boleyn (Barking Road)	1848	1856	1905	1914	1924	1934	1946	1958	2010	2021	2033	2045	2057	2109	2121	2133	2144	2156	
Plaistow Greengate	1853	1901	1910	1919	1929	1939	1951	2003	2015	2026	2037	2049	2101	2113	2125	2137	2148	2200	
Canning Town Bus Station	1904	1912	1921	1930	1940	1949	2001	2013	2025	2036	2047	2059	2110	2122	2134	2145	2156	2208	
Poplar All Saints (DLR) Station	1911	1919	1928	1937	1947	1956	2008	2020	2032	2043	2054	2106	2116	2128	2140	2151	2202	2214	
Limehouse East India Dock Road	1915	1923	1932	1941	1951	2000	2012	2024	2036	2047	2058	2109	2119	2131	2143	2154	2205	2217	
Limehouse Station	1920	1928	1937	1946	1956	2005	2017	2029	2041	2052	2103	2114	2124	2136	2148	2159	2209	2221	
Aldgate Station Aldgate High Street	1932	1940	1949	1958	2008	2017	2029	2041	2053	2103	2114	2125	2135	2147	2159	2210	2220	2232	
East Ham White Horse	2201	2213	2225	2237	2249	2301	2313	2325	2337	2349	0001	0013	0025						
East Ham Newham Town Hall	2202	2214	2226	2238	2250	2302	2314	2326	2338	2350	0002	0014	0026						
Upton Park The Boleyn (Barking Road)	2207	2219	2231	2243	2255	2307	2319	2331	2342	2354	0006	0018	0030						
Plaistow Greengate	2211	2222	2234	2246	2258	2310	2322	2334	2345	2357	0009	0021	0033						
Canning Town Bus Station	2219	2230	2242	2254	2306	2317	2329	2341	2352	0004	0016	0028	0040						
Poplar All Saints (DLR) Station	2225	2236	2248	2300	2312	2323	2335	2347	2358	0010	0022	0034	0046						
Limehouse East India Dock Road	2228	2239	2251	2303	2315	2326	2338	2350	0001	0013	0025	0037	0049						
Limehouse Station	2232	2243	2255	2307	2319	2330	2342	2354	0005	0017	0029	0041	0053						
Aldgate Station Aldgate High Street	2242	2253	2305	2317	2329	2340	2352	0004	0014	0026	0038	0050	0102						

115	Sundays and other Public Holidays (except Christmas Day)																	
East Ham White Horse	0445	0457	0509	0521	0533	0545	0557	0609	0621	0633	0645	Then every 12 minutes until	0757	0809	0821	0833	0845	
East Ham Newham Town Hall	0446	0458	0510	0522	0534	0546	0558	0610	0622	0634	0646		0758	0810	0822	0834	0846	
Upton Park The Boleyn (Barking Road)	0451	0503	0515	0527	0539	0551	0603	0615	0627	0639	0651		0803	0815	0827	0839	0851	
Plaistow Greengate	0454	0506	0518	0530	0542	0554	0606	0618	0630	0642	0654		0806	0818	0830	0842	0854	
Canning Town Bus Station	0500	0512	0524	0536	0548	0601	0614	0626	0638	0650	0702		0814	0826	0838	0850	0902	
Poplar All Saints (DLR) Station	0505	0517	0529	0541	0553	0606	0619	0631	0643	0655	0708		0820	0832	0844	0856	0908	
Limehouse East India Dock Road	0508	0520	0532	0544	0556	0609	0622	0634	0646	0658	0711		0823	0835	0847	0859	0911	
Limehouse Station	0511	0523	0535	0547	0559	0612	0625	0637	0649	0701	0714		0826	0838	0850	0902	0915	
Aldgate Station Aldgate High Street	0519	0531	0543	0555	0607	0620	0633	0645	0657	0710	0723	0835	0848	0900	0912	0926		
East Ham White Horse	0857	0909	0920	0931	0941	0951	1001	1012	1023	1034	1045	1056	1107	1117	1128	1138	1148	1159
East Ham Newham Town Hall	0858	0910	0922	0934	0944	0955	1005	1017	1028	1040	1051	1102	1113	1123	1134	1144	1154	1205
Upton Park The Boleyn (Barking Road)	0903	0915	0927	0939	0949	1001	1012	1024	1036	1048	1059	1110	1121	1131	1142	1152	1202	1213
Plaistow Greengate	0906	0918	0930	0942	0953	1005	1016	1028	1040	1052	1103	1114	1125	1135	1146	1156	1206	1217
Canning Town Bus Station	0915	0927	0939	0951	1002	1014	1025	1037	1049	1101	1112	1123	1134	1145	1156	1206	1216	1227
Poplar All Saints (DLR) Station	0921	0933	0945	0957	1009	1021	1032	1044	1056	1108	1119	1130	1141	1152	1203	1213	1224	1235
Limehouse East India Dock Road	0924	0937	0949	1001	1013	1025	1036	1048	1100	1112	1123	1134	1145	1156	1207	1217	1228	1239
Limehouse Station	0928	0941	0953	1005	1017	1029	1040	1052	1104	1116	1127	1138	1149	1200	1211	1222	1233	1244
Aldgate Station Aldgate High Street	0939	0952	1004	1016	1028	1040	1052	1104	1116	1128	1139	1150	1201	1212	1224	1235	1246	1257
East Ham White Horse	1209	1220	1230	1241	1252	1303	1314	1323	1333	1343	1354	1405	1416	1427	Then every 11 minutes until	1734	1745	
East Ham Newham Town Hall	1216	1227	1237	1248	1259	1310	1321	1330	1340	1350	1401	1412	1423	1434		1741	1752	
Upton Park The Boleyn (Barking Road)	1224	1235	1246	1257	1308	1319	1330	1339	1349	1359	1410	1421	1432	1443		1750	1800	
Plaistow Greengate	1228	1239	1250	1301	1312	1323	1334	1344	1354	1404	1415	1426	1437	1448		1755	1805	
Canning Town Bus Station	1238	1249	1300	1311	1322	1333	1344	1354	1404	1414	1425	1436	1447	1458		1805	1815	
Poplar All Saints (DLR) Station	1246	1257	1308	1319	1330	1341	1352	1402	1412	1422	1433	1444	1455	1506		1813	1823	
Limehouse East India Dock Road	1250	1301	1312	1323	1334	1345	1356	1406	1416	1426	1437	1448	1459	1510		1817	1827	
Limehouse Station	1255	1306	1317	1328	1339	1350	1401	1411	1421	1431	1442	1453	1504	1515		1822	1832	
Aldgate Station Aldgate High Street	1308	1319	1330	1341	1352	1403	1414	1424	1434	1444	1455	1506	1517	1527	1834	1844		
East Ham White Horse	1756	1807	1820	1832	1845	1857	1910	1922	1934	1946	1958	2010	2022	2035	2048	2101	2113	2125
East Ham Newham Town Hall	1802	1812	1824	1835	1847	1859	1911	1923	1935	1947	1959	2011	2023	2036	2049	2102	2114	2126
Upton Park The Boleyn (Barking Road)	1810	1820	1831	1842	1853	1905	1917	1929	1941	1953	2005	2017	2029	2041	2054	2107	2119	2131
Plaistow Greengate	1815	1825	1836	1847	1858	1910	1922	1934	1946	1958	2009	2021	2033	2045	2057	2110	2122	2134
Canning Town Bus Station	1825	1835	1846	1856	1907	1919	1931	1943	1955	2007	2018	2030	2042	2054	2106	2118	2130	2142
Poplar All Saints (DLR) Station	1833	1843	1854	1904	1915	1926	1938	1950	2002	2014	2025	2037	2049	2101	2113	2125	2137	2148
Limehouse East India Dock Road	1837	1847	1858	1908	1919	1930	1942	1954	2006	2018	2029	2041	2053	2105	2117	2128	2140	2151
Limehouse Station	1842	1852	1903	1913	1924	1934	1946	1958	2010	2022	2033	2045	2057	2109	2121	2132	2144	2155
Aldgate Station Aldgate High Street	1854	1904	1915	1925	1936	1946	1957	2009	2021	2033	2044	2055	2107	2119	2131	2141	2153	2204
East Ham White Horse	2137	2149	2201	Then every 12 minutes until	2313	2325	Then every 12 minutes until	0025										
East Ham Newham Town Hall	2138	2150	2202		2314	2326		0026										
Upton Park The Boleyn (Barking Road)	2143	2155	2207		2319	2331		0031										
Plaistow Greengate	2146	2158	2210		2322	2334		0034										
Canning Town Bus Station	2154	2206	2217		2329	2340		0040										
Poplar All Saints (DLR) Station	2200	2212	2223		2335	2346		0046										
Limehouse East India Dock Road	2203	2215	2226		2338	2349		0049										
Limehouse Station	2207	2219	2230		2342	2352		0052										
Aldgate Station Aldgate High Street	2216	2228	2239	2351	0000	0100												

115		Sundays and other Public Holidays (except Christmas Day)																										
Aldgate Station Bus Station	0530	0542	0554	0606	0618												0718	0730	0742	0754	0806	0818	0830	0842	0854	0906	0918	
Limehouse Station	0538	0550	0602	0614	0626												0726	0738	0750	0802	0814	0827	0839	0851	0903	0915	0928	
Limehouse Commercial Road	0540	0552	0604	0616	0628												0728	0740	0752	0804	0816	0829	0841	0853	0905	0917	0930	
Poplar All Saints (DLR) Station	0543	0555	0607	0619	0631												0731	0743	0755	0807	0819	0832	0844	0856	0908	0920	0933	
Canning Town Bus Station	0549	0601	0613	0625	0638												0738	0750	0802	0815	0827	0840	0852	0904	0916	0928	0941	
Plaistow Greengate	0556	0608	0620	0632	0645												0745	0758	0810	0823	0835	0848	0900	0912	0924	0937	0950	
Upton Park The Boleyn (Barking Road)	0558	0610	0622	0634	0647												0747	0800	0812	0825	0837	0850	0902	0914	0926	0939	0952	
East Ham Newham Town Hall	0602	0614	0626	0639	0652												0752	0805	0817	0830	0842	0855	0907	0919	0931	0944	0958	
East Ham White Horse	0603	0615	0627	0640	0653												0753	0806	0818	0831	0843	0856	0908	0920	0932	0945	0959	
Aldgate Station Bus Station	0930	0939	0950	1001	1012	1023	1033	1043	1053	1103	1114	1124	1134	1144	1155	1206	1216	1227										
Limehouse Station	0940	0949	1000	1011	1022	1033	1044	1054	1104	1114	1125	1135	1145	1156	1207	1218	1228	1239										
Limehouse Commercial Road	0942	0952	1003	1014	1025	1036	1047	1057	1107	1117	1128	1138	1148	1159	1210	1221	1231	1242										
Poplar All Saints (DLR) Station	0945	0956	1007	1018	1029	1040	1051	1101	1111	1121	1132	1142	1152	1203	1214	1225	1235	1246										
Canning Town Bus Station	0953	1004	1015	1026	1037	1048	1059	1109	1119	1129	1140	1150	1201	1212	1223	1234	1244	1255										
Plaistow Greengate	1002	1013	1024	1035	1046	1057	1108	1118	1128	1139	1150	1201	1212	1223	1234	1245	1255	1306										
Upton Park The Boleyn (Barking Road)	1005	1016	1027	1038	1049	1100	1111	1121	1131	1142	1153	1204	1215	1226	1237	1248	1258	1309										
East Ham Newham Town Hall	1011	1022	1033	1044	1056	1107	1118	1129	1140	1151	1202	1213	1224	1235	1246	1257	1308	1319										
East Ham White Horse	1012	1023	1035	1047	1059	1111	1123	1135	1146	1157	1208	1219	1230	1241	1252	1303	1314	1325										
Aldgate Station Bus Station	1237	1247	1258	1309	1320	1331	1341												1648	1659	1710	1721	1732	1743	1754	1805	1815	
Limehouse Station	1249	1259	1310	1321	1332	1343	1353												1700	1711	1722	1733	1744	1755	1806	1817	1828	
Limehouse Commercial Road	1252	1302	1313	1324	1335	1346	1356												1703	1714	1725	1736	1747	1758	1809	1820	1831	
Poplar All Saints (DLR) Station	1256	1307	1318	1329	1340	1351	1401												1708	1719	1730	1741	1752	1803	1814	1825	1836	
Canning Town Bus Station	1305	1316	1327	1338	1349	1400	1411												1718	1729	1740	1751	1802	1813	1824	1834	1845	
Plaistow Greengate	1317	1328	1339	1350	1401	1412	1423												1730	1741	1752	1803	1814	1825	1835	1845	1856	
Upton Park The Boleyn (Barking Road)	1320	1331	1342	1353	1404	1415	1426												1733	1744	1755	1806	1817	1828	1838	1848	1859	
East Ham Newham Town Hall	1330	1341	1352	1403	1414	1425	1436												1743	1754	1805	1816	1826	1837	1847	1857	1907	
East Ham White Horse	1336	1347	1358	1409	1420	1431	1442												1749	1759	1809	1819	1829	1839	1849	1859	1909	
Aldgate Station Bus Station	1826	1837	1847	1857	1907	1919	1931	1943	1955	2007	2019	2031	2043	2055	2107	2119	2131	2143										
Limehouse Station	1839	1850	1900	1910	1920	1932	1943	1955	2007	2019	2030	2042	2054	2106	2118	2130	2141	2153										
Limehouse Commercial Road	1842	1853	1903	1913	1923	1935	1946	1958	2010	2022	2033	2045	2057	2109	2121	2133	2144	2156										
Poplar All Saints (DLR) Station	1847	1858	1908	1918	1928	1940	1950	2002	2014	2026	2037	2049	2101	2113	2125	2137	2148	2200										
Canning Town Bus Station	1856	1907	1917	1927	1937	1949	1959	2010	2022	2034	2045	2057	2109	2121	2133	2145	2156	2208										
Plaistow Greengate	1907	1917	1927	1937	1947	1959	2009	2020	2032	2043	2054	2106	2118	2130	2142	2154	2205	2216										
Upton Park The Boleyn (Barking Road)	1910	1920	1930	1940	1950	2002	2012	2023	2035	2046	2057	2109	2121	2133	2145	2157	2207	2218										
East Ham Newham Town Hall	1918	1928	1938	1948	1958	2010	2020	2031	2043	2054	2105	2116	2128	2140	2152	2204	2212	2223										
East Ham White Horse	1919	1929	1939	1949	1959	2011	2021	2032	2044	2055	2106	2117	2129	2141	2153	2205	2213	2224										
Aldgate Station Bus Station	2155	2207	2219	2231	2243	2255	2307	2319	2331	2343	2355																	
Limehouse Station	2205	2217	2229	2240	2252	2304	2316	2328	2340	2352	0004																	
Limehouse Commercial Road	2208	2220	2232	2243	2255	2307	2319	2331	2342	2354	0006																	
Poplar All Saints (DLR) Station	2212	2224	2236	2247	2259	2311	2323	2335	2346	2358	0009																	
Canning Town Bus Station	2220	2232	2244	2255	2307	2318	2330	2342	2353	0005	0016																	
Plaistow Greengate	2228	2240	2252	2303	2315	2326	2338	2350	0001	0012	0023																	
Upton Park The Boleyn (Barking Road)	2230	2242	2254	2305	2317	2328	2340	2352	0003	0014	0025																	
East Ham Newham Town Hall	2235	2247	2259	2310	2322	2333	2345	2357	0008	0019	0030																	
East Ham White Horse	2236	2248	2300	2311	2323	2334	2346	2358	0009	0020	0031																	