

238		Mondays to Fridays																	
Barking Station	0000	0015		0515	0535	0549	0603	0618	0628	0638	0648	0656	0704	0714	0724	0734	0742		
East Ham Newham Town Hall	0007	0022	Then	0522	0542	0556	0611	0626	0636	0646	0656	0704	0714	0724	0734	0744	0753		
East Ham Station	0011	0026	every 30	0526	0546	0601	0616	0631	0641	0651	0701	0710	0720	0730	0740	0750	0759		
Plashet Road Green Street	0016	0031	minutes	0531	0551	0606	0621	0636	0646	0656	0706	0716	0726	0736	0746	0756	0806		
Portway Plashet Road	0020	0035	until	0535	0555	0611	0626	0641	0651	0701	0712	0722	0732	0742	0752	0802	0813		
Stratford Bus Station	0027	0042		0542	0602	0619	0634	0649	0659	0710	0721	0731	0741	0751	0801	0812	0823		
Barking Station	0750	0759	0809	0819	0829	0839	0850	0900	0911	0922		1102	1112			1422	1432		
East Ham Newham Town Hall	0802	0812	0822	0832	0842	0852	0902	0912	0922	0932	Then	1112	1122	Then		1432	1442		
East Ham Station	0809	0819	0829	0839	0849	0859	0909	0919	0929	0939	every 10	1119	1130	every 10		1440	1450		
Plashet Road Green Street	0816	0826	0836	0846	0856	0906	0916	0926	0936	0946	minutes	1126	1137	minutes		1447	1458		
Portway Plashet Road	0823	0833	0843	0853	0903	0913	0922	0932	0942	0952	until	1132	1143	until		1453	1504		
Stratford Bus Station	0833	0843	0853	0903	0913	0923	0932	0942	0952	1002		1142	1153			1503	1514		
Barking Station	1442	1451	1500				1620	1630	1640	1650		1740	1751	1802	1812	1822	1833	1843	
East Ham Newham Town Hall	1452	1501	1511	Then			1631	1641	1651	1702	Then	1752	1803	1813	1823	1833	1844	1854	
East Ham Station	1500	1510	1520	every 10			1640	1650	1700	1711	every 10	1801	1812	1822	1832	1842	1853	1903	
Plashet Road Green Street	1508	1518	1528	minutes			1648	1658	1708	1718	minutes	1808	1819	1829	1839	1849	1900	1910	
Portway Plashet Road	1515	1525	1535	until			1655	1705	1715	1725	until	1815	1825	1835	1845	1855	1906	1916	
Stratford Bus Station	1525	1535	1545				1705	1716	1726	1736		1826	1836	1846	1856	1906	1916	1925	
Barking Station	1853	1904	1914	1924	1934	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	
East Ham Newham Town Hall	1904	1914	1924	1934	1944	1955	2010	2024	2039	2054	2109	2123	2138	2153	2207	2222	2237	2252	
East Ham Station	1913	1923	1933	1943	1953	2003	2017	2031	2045	2100	2114	2128	2143	2158	2212	2227	2242	2256	
Plashet Road Green Street	1920	1930	1940	1950	2000	2009	2023	2037	2051	2105	2119	2133	2148	2203	2217	2232	2247	2301	
Portway Plashet Road	1926	1936	1946	1956	2005	2014	2028	2042	2056	2110	2124	2138	2153	2207	2221	2236	2251	2305	
Stratford Bus Station	1935	1945	1955	2004	2013	2022	2036	2050	2104	2117	2131	2145	2200	2214	2228	2243	2258	2312	
Barking Station	2300	2315	2330	2345															
East Ham Newham Town Hall	2307	2322	2337	2352															
East Ham Station	2311	2326	2341	2356															
Plashet Road Green Street	2316	2331	2346	0001															
Portway Plashet Road	2320	2335	2350	0005															
Stratford Bus Station	2327	2342	2357	0012															
238		Saturdays (also Good Friday)																	
Barking Station	0000	0015		0515	0535	0555	0615	0635	0655	0715	0735	0750	0805	0820	0835	0849	0859		
East Ham Newham Town Hall	0007	0022	Then	0522	0542	0602	0622	0642	0702	0723	0743	0758	0813	0828	0843	0857	0907		
East Ham Station	0011	0026	every 30	0526	0546	0606	0626	0646	0706	0727	0747	0802	0818	0833	0848	0903	0913		
Plashet Road Green Street	0016	0031	minutes	0531	0551	0611	0631	0651	0711	0732	0752	0806	0822	0837	0852	0908	0918		
Portway Plashet Road	0020	0035	until	0535	0555	0616	0636	0656	0716	0737	0757	0811	0827	0842	0857	0913	0923		
Stratford Bus Station	0027	0042		0542	0602	0623	0643	0703	0723	0744	0804	0819	0835	0850	0905	0921	0931		
Barking Station	0908	0918	0928	0938	0947	0956	1005	1015	1025	1035	1045	1054	1104	1114	1124	1134	1143	1152	
East Ham Newham Town Hall	0917	0927	0937	0947	0956	1005	1015	1025	1035	1045	1055	1104	1115	1126	1136	1146	1155	1205	
East Ham Station	0923	0933	0943	0953	1002	1012	1022	1032	1042	1052	1102	1112	1123	1134	1144	1154	1204	1214	
Plashet Road Green Street	0928	0938	0948	0958	1008	1018	1028	1038	1048	1058	1108	1118	1129	1140	1150	1200	1210	1221	
Portway Plashet Road	0933	0943	0953	1003	1014	1024	1034	1044	1054	1104	1114	1124	1135	1146	1156	1207	1217	1228	
Stratford Bus Station	0941	0951	1001	1012	1023	1033	1043	1053	1103	1114	1124	1134	1145	1156	1206	1217	1227	1238	
Barking Station	1202	1212	1222	1232	1242	1252	1302	1312			Then	1402	1412	1422	1432	1442	1452	1502	1512
East Ham Newham Town Hall	1215	1225	1235	1245	1255	1305	1316	1326			every 10	1416	1427	1437	1447	1457	1507	1516	1526
East Ham Station	1224	1234	1244	1254	1304	1314	1325	1335			minutes	1425	1436	1446	1456	1506	1516	1525	1535
Plashet Road Green Street	1231	1241	1251	1301	1312	1322	1333	1343			until	1433	1444	1454	1504	1514	1524	1533	1543
Portway Plashet Road	1238	1248	1258	1308	1319	1329	1340	1350				1440	1451	1501	1511	1521	1531	1540	1550
Stratford Bus Station	1248	1258	1308	1318	1329	1339	1350	1401				1451	1501	1511	1521	1531	1541	1550	1600
Barking Station	1522	1532	1542	1552	1602			1752	1803	1813	1823	1833	1844	1854	1905	1915	1930	1945	
East Ham Newham Town Hall	1536	1546	1556	1606	1615	Then		1805	1815	1825	1835	1845	1856	1906	1916	1926	1941	1956	
East Ham Station	1545	1555	1605	1615	1624	every 10		1814	1824	1834	1844	1854	1905	1915	1925	1935	1950	2005	
Plashet Road Green Street	1553	1603	1613	1623	1632	minutes		1822	1832	1842	1852	1902	1911	1921	1931	1941	1956	2011	
Portway Plashet Road	1600	1610	1620	1630	1639	until		1829	1839	1849	1859	1909	1918	1928	1938	1948	2003	2018	
Stratford Bus Station	1610	1620	1630	1640	1649			1839	1849	1859	1909	1919	1928	1938	1948	1958	2012	2026	
Barking Station	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345			
East Ham Newham Town Hall	2010	2025	2039	2054	2109	2123	2138	2153	2208	2223	2238	2253	2307	2322	2337	2352			
East Ham Station	2018	2032	2046	2101	2115	2129	2144	2159	2213	2227	2242	2257	2311	2326	2341	2356			
Plashet Road Green Street	2024	2038	2052	2107	2120	2134	2149	2204	2218	2232	2247	2302	2316	2331	2346	0001			
Portway Plashet Road	2031	2045	2059	2113	2126	2140	2155	2209	2223	2237	2252	2307	2321	2336	2351	0005			
Stratford Bus Station	2039	2053	2107	2120	2133	2147	2202	2216	2230	2244	2259	2314	2328	2343	2358	0012			

238		Saturdays (also Good Friday)																
Stratford Bus Station	0005	0020	0035	0050	Then every 30 minutes until	0520	0543	0603	0623	0643	0702	0722	0742	0802	0817	0832	0847	
Plashet Road Portway	0013	0028	0043	0057		0527	0550	0610	0630	0650	0709	0729	0749	0809	0825	0840	0855	
Plashet Road Green Street	0016	0031	0046	0100		0530	0553	0613	0633	0653	0712	0732	0752	0812	0828	0843	0858	
East Ham Station	0022	0037	0052	0106		0536	0558	0618	0638	0658	0718	0738	0758	0818	0834	0849	0905	
East Ham Newham Town Hall	0026	0041	0056	0110	0540	0602	0622	0642	0702	0722	0742	0802	0823	0839	0855	0911		
Barking Station	0033	0048	0103	0118	0548	0609	0629	0649	0709	0729	0749	0810	0831	0847	0903	0919		
Stratford Bus Station	0857	0907	0917	0927	0937	0947	0956	1005	1015	1025	1035	1045	1054	1104	1114	1124	1134	1143
Plashet Road Portway	0905	0915	0925	0935	0945	0955	1004	1014	1024	1034	1044	1054	1103	1114	1124	1134	1144	1153
Plashet Road Green Street	0908	0918	0928	0938	0948	0958	1007	1017	1027	1037	1047	1057	1107	1118	1128	1138	1148	1157
East Ham Station	0915	0925	0935	0945	0955	1005	1015	1025	1035	1045	1055	1105	1116	1127	1137	1147	1157	1206
East Ham Newham Town Hall	0921	0931	0941	0951	1001	1012	1023	1033	1043	1053	1103	1114	1125	1136	1146	1156	1206	1217
Barking Station	0929	0939	0949	0959	1010	1021	1032	1042	1052	1102	1113	1124	1135	1146	1156	1206	1217	1228
Stratford Bus Station	1153	1203	1213	1223	1232	1242	1252	1302	1311	1321	1330	1339	1348	Then every 10 minutes until	1538	1549	1559	
Plashet Road Portway	1203	1213	1223	1233	1242	1252	1302	1312	1322	1332	1341	1350	1359		1549	1600	1610	
Plashet Road Green Street	1207	1217	1227	1237	1246	1256	1306	1316	1326	1336	1345	1354	1404		1554	1604	1614	
East Ham Station	1217	1227	1237	1247	1256	1306	1316	1326	1336	1346	1355	1404	1414		1604	1614	1624	
East Ham Newham Town Hall	1228	1238	1248	1258	1307	1317	1327	1337	1347	1357	1406	1416	1426	1616	1626	1636		
Barking Station	1239	1249	1259	1309	1319	1329	1339	1349	1359	1409	1419	1429	1439	1629	1639	1649		
Stratford Bus Station	1609	Then every 10 minutes until	1719	1729	1739	1749	1800	1809	1820	1830	1840	1850	1900	1910	1920	1930	1940	
Plashet Road Portway	1620		1730	1740	1750	1800	1811	1820	1831	1841	1851	1901	1910	1920	1930	1940	1950	
Plashet Road Green Street	1624		1734	1744	1754	1804	1815	1824	1835	1845	1855	1905	1914	1924	1934	1944	1954	
East Ham Station	1634		1744	1754	1804	1813	1824	1833	1844	1854	1904	1914	1923	1933	1943	1953	2003	
East Ham Newham Town Hall	1646	1756	1806	1815	1824	1834	1843	1854	1904	1913	1923	1932	1942	1952	2002	2011		
Barking Station	1659	1809	1818	1827	1836	1846	1855	1905	1914	1923	1933	1942	1952	2002	2011	2020		
Stratford Bus Station	1950	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350	
Plashet Road Portway	2000	2015	2030	2045	2100	2114	2129	2144	2159	2214	2228	2243	2258	2313	2328	2343	2358	
Plashet Road Green Street	2004	2019	2034	2049	2104	2118	2133	2148	2203	2217	2231	2246	2301	2316	2331	2346	0001	
East Ham Station	2013	2028	2043	2057	2112	2126	2141	2156	2210	2224	2238	2252	2307	2322	2337	2352	0007	
East Ham Newham Town Hall	2020	2035	2050	2104	2118	2132	2146	2201	2215	2229	2243	2257	2312	2327	2342	2357	0012	
Barking Station	2029	2044	2059	2113	2127	2141	2155	2209	2223	2237	2251	2305	2320	2335	2350	0005	0019	
238		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Stratford Bus Station	0005	0020	0035	0050	0120	0150	0220	0250	0320	0350	0420	Then every 30 minutes until	0750	0820	0850	0905	0920	
Plashet Road Portway	0013	0028	0043	0058	0128	0158	0228	0258	0328	0358	0427		0757	0827	0857	0912	0927	
Plashet Road Green Street	0016	0031	0046	0101	0131	0201	0231	0301	0331	0401	0430		0800	0830	0900	0915	0930	
East Ham Station	0022	0037	0052	0107	0137	0207	0237	0307	0336	0406	0435		0805	0835	0905	0921	0936	
East Ham Newham Town Hall	0027	0042	0057	0111	0141	0211	0241	0311	0340	0410	0439	0809	0839	0910	0926	0941		
Barking Station	0034	0049	0104	0119	0149	0219	0249	0319	0348	0417	0446	0816	0847	0918	0934	0950		
Stratford Bus Station	0935	0950	1005	1020	1035	1050	1105	1119	1134	1148	1203	1218	1233	1248	1303	1318	1333	1347
Plashet Road Portway	0942	0957	1013	1028	1043	1058	1113	1128	1143	1157	1212	1228	1243	1258	1313	1328	1343	1357
Plashet Road Green Street	0945	1000	1016	1031	1046	1101	1116	1131	1146	1200	1216	1232	1247	1302	1317	1332	1347	1401
East Ham Station	0951	1007	1023	1039	1054	1109	1124	1139	1154	1209	1225	1241	1256	1311	1326	1341	1356	1410
East Ham Newham Town Hall	0957	1013	1029	1045	1100	1116	1131	1146	1202	1218	1234	1250	1305	1321	1336	1351	1406	1421
Barking Station	1006	1022	1038	1054	1109	1125	1140	1155	1211	1227	1243	1259	1315	1331	1346	1401	1416	1431
Stratford Bus Station	1401	Then every 15 minutes until	1516	1532	1548	1604	1619	1634	1650	1705	1720	1735	1750	1805	1820	1835	1850	
Plashet Road Portway	1412		1527	1543	1559	1615	1630	1645	1701	1716	1731	1746	1801	1815	1830	1845	1900	
Plashet Road Green Street	1416		1531	1547	1603	1619	1634	1649	1705	1720	1735	1750	1805	1819	1834	1849	1904	
East Ham Station	1425		1540	1556	1612	1628	1643	1658	1714	1729	1744	1759	1814	1828	1843	1858	1912	
East Ham Newham Town Hall	1436	1551	1607	1622	1637	1652	1707	1722	1737	1752	1807	1821	1835	1850	1905	1919		
Barking Station	1446	1601	1616	1631	1646	1701	1716	1731	1746	1801	1816	1830	1844	1859	1913	1927		
Stratford Bus Station	1905	1920	1935	1950	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320
Plashet Road Portway	1914	1929	1944	1959	2014	2029	2044	2059	2114	2128	2143	2158	2213	2228	2243	2258	2313	2328
Plashet Road Green Street	1918	1933	1948	2003	2018	2033	2048	2103	2117	2131	2146	2201	2216	2231	2246	2301	2316	2331
East Ham Station	1926	1941	1956	2011	2025	2040	2055	2110	2124	2138	2153	2207	2222	2237	2252	2307	2322	2337
East Ham Newham Town Hall	1933	1948	2003	2017	2031	2046	2101	2115	2129	2143	2158	2212	2227	2242	2257	2311	2326	2341
Barking Station	1941	1956	2011	2025	2039	2054	2108	2122	2136	2150	2205	2219	2234	2249	2304	2318	2333	2348
Stratford Bus Station	2335	2350																
Plashet Road Portway	2343	2358																
Plashet Road Green Street	2346	0001																
East Ham Station	2352	0007																
East Ham Newham Town Hall	2356	0011																
Barking Station	0003	0018																