

238		Mondays to Fridays																
Barking Station London Road	0537	0552	0607	0622	0632	0642	0651	0700	0710	0719	0727	0735	0744	0753	Then every 10 minutes until	0903	0913	
East Ham Newham Town Hall	0542	0557	0612	0627	0637	0647	0656	0705	0715	0724	0732	0742	0752	0802		0912	0922	
East Ham Station	0546	0601	0616	0631	0641	0651	0700	0710	0720	0729	0739	0749	0759	0809		0919	0929	
Plashet Road Green Street	0551	0606	0621	0636	0646	0656	0706	0716	0726	0736	0746	0756	0806	0816		0926	0937	
Portway Plashet Road	0553	0608	0623	0638	0648	0658	0708	0718	0729	0739	0749	0759	0809	0819		0929	0940	
Stratford Bus Station	0601	0616	0631	0646	0656	0706	0717	0727	0738	0749	0759	0809	0819	0829	0939	0950		
Barking Station London Road	0922	0932	Then every 10 minutes until	1432	1442	1452	1502	Then every 10 minutes until	1812	1822	1832	1842	1852	1903	1914	1925		
East Ham Newham Town Hall	0931	0940		1440	1451	1501	1511		1821	1831	1841	1851	1901	1911	1922	1933		
East Ham Station	0939	0949		1449	1500	1510	1520		1830	1840	1850	1859	1908	1918	1928	1938		
Plashet Road Green Street	0948	0958		1458	1509	1519	1529		1839	1849	1858	1907	1916	1926	1935	1944		
Portway Plashet Road	0951	1001		1501	1512	1522	1532		1842	1852	1901	1910	1919	1929	1938	1947		
Stratford Bus Station	1000	1010	1510	1521	1531	1542	1852	1901	1910	1919	1928	1937	1946	1955				
Barking Station London Road	1936	1947	2002	Then every 15 minutes until	0002													
East Ham Newham Town Hall	1943	1954	2007		0007													
East Ham Station	1948	1959	2012		0012													
Plashet Road Green Street	1954	2005	2017		0017													
Portway Plashet Road	1957	2008	2020		0020													
Stratford Bus Station	2005	2015	2027	0027														
238		Saturdays (also Good Friday)																
Barking Station London Road	0537	Then every 20 minutes until	0737	0752	0807	0822	0837	0852	0901	0910	0920	0930	0939	0947	0955	1004	1013	
East Ham Newham Town Hall	0542		0742	0757	0812	0827	0842	0857	0906	0916	0926	0936	0945	0953	1001	1011	1021	
East Ham Station	0546		0746	0801	0816	0832	0847	0902	0912	0922	0932	0942	0951	0959	1009	1019	1029	
Plashet Road Green Street	0551		0751	0806	0822	0838	0853	0908	0918	0928	0938	0948	0958	1008	1018	1028	1038	
Portway Plashet Road	0553		0753	0808	0824	0840	0855	0910	0920	0930	0940	0950	1000	1011	1021	1031	1041	
Stratford Bus Station	0601	0801	0816	0832	0848	0903	0918	0928	0938	0948	0959	1010	1022	1033	1044	1054		
Barking Station London Road	1021	1030	Then every 10 minutes until	1220	1229	1238	1248	1258	1307	Then every 10 minutes until	1717	1727	1737	1747	1757	1807		
East Ham Newham Town Hall	1029	1038		1228	1237	1246	1256	1306	1316		1726	1736	1746	1756	1806	1815		
East Ham Station	1037	1047		1237	1246	1255	1305	1315	1325		1735	1745	1755	1805	1814	1823		
Plashet Road Green Street	1048	1058		1248	1257	1306	1316	1326	1336		1746	1756	1806	1815	1824	1833		
Portway Plashet Road	1051	1101		1251	1300	1310	1320	1330	1340		1750	1800	1809	1818	1827	1836		
Stratford Bus Station	1104	1114	1304	1314	1324	1334	1344	1354	1804	1812	1820	1828	1837	1846				
Barking Station London Road	1817	1827	1837	1847	1857	1907	1917	1932	1947	2002	2017	Then every 15 minutes until	0002					
East Ham Newham Town Hall	1825	1835	1845	1855	1905	1914	1924	1938	1953	2008	2022		0007					
East Ham Station	1833	1843	1853	1903	1912	1920	1930	1943	1958	2013	2027		0012					
Plashet Road Green Street	1843	1853	1903	1911	1919	1927	1937	1949	2004	2018	2032		0017					
Portway Plashet Road	1846	1856	1906	1914	1922	1930	1940	1952	2007	2021	2035		0020					
Stratford Bus Station	1856	1905	1914	1922	1930	1938	1948	2000	2014	2028	2042	0027						
238		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Barking Station London Road	0642	0712	0742	0812	0842	0857	0912	0927	0941	0954	1008	1023	1038	1053	1107	1120	1133	1147
East Ham Newham Town Hall	0647	0717	0747	0817	0847	0902	0917	0932	0946	0959	1013	1028	1043	1058	1112	1125	1139	1154
East Ham Station	0651	0721	0751	0821	0851	0906	0921	0936	0950	1004	1019	1034	1049	1104	1118	1132	1147	1202
Plashet Road Green Street	0655	0725	0755	0825	0855	0910	0925	0940	0955	1010	1025	1040	1055	1110	1125	1140	1155	1210
Portway Plashet Road	0657	0727	0757	0827	0857	0912	0927	0942	0958	1013	1028	1043	1058	1113	1129	1144	1159	1214
Stratford Bus Station	0705	0735	0805	0835	0905	0920	0935	0950	1006	1022	1037	1052	1107	1122	1138	1154	1209	1224
Barking Station London Road	1202	Then every 15 minutes until	1617	1632	1647	1702	1717	1732	Then every 15 minutes until	1832	1847	1902	1917	1932	Then	0002		
East Ham Newham Town Hall	1209		1624	1639	1654	1709	1724	1738		1838	1853	1908	1923	1937	every	0007		
East Ham Station	1217		1632	1647	1702	1717	1731	1745		1845	1900	1914	1928	1942	15	0012		
Plashet Road Green Street	1225		1640	1655	1709	1723	1737	1751		1851	1906	1919	1933	1947	mins.	0017		
Portway Plashet Road	1229		1644	1659	1713	1727	1741	1755		1855	1909	1922	1936	1950	until	0020		
Stratford Bus Station	1239	1654	1708	1722	1735	1749	1803	1903	1916	1929	1943	1957	0027					

238 Mondays to Fridays																		
Stratford Bus Station	0545	0600	0615	0630	0640	0649	0658	0708	0716	0724	Then every 10 minutes until	0824	0833	0842	0852	0902	0912	
Plashet Road Portway	0552	0607	0622	0637	0647	0656	0706	0716	0724	0732		0832	0841	0850	0900	0910	0920	
Plashet Road Green Street	0554	0609	0624	0639	0649	0658	0708	0718	0726	0735		0835	0844	0853	0903	0913	0923	
East Ham Station	0559	0614	0629	0644	0654	0703	0713	0723	0732	0741		0841	0850	0859	0909	0919	0930	
East Ham Newham Town Hall	0604	0619	0634	0649	0659	0708	0718	0729	0739	0749	0849	0858	0907	0917	0927	0938		
Barking Station London Road	0610	0625	0640	0655	0705	0715	0725	0736	0747	0757	0857	0906	0915	0925	0935	0947		
Stratford Bus Station	0922	0932	Then every 10 minutes until	1452	1502	1512	1520	1528	1537	1546	Then every 10 minutes until	1746	1757	1808	1818	1829		
Plashet Road Portway	0930	0941		1501	1511	1521	1530	1539	1548	1558		1758	1809	1820	1830	1841		
Plashet Road Green Street	0933	0944		1504	1514	1524	1533	1542	1551	1601		1801	1812	1823	1833	1844		
East Ham Station	0941	0952		1512	1522	1532	1541	1550	1559	1609		1809	1820	1831	1841	1852		
East Ham Newham Town Hall	0949	1000	1520	1530	1540	1549	1558	1607	1617	1817	1828	1839	1849	1858				
Barking Station London Road	0958	1009	1529	1540	1550	1559	1608	1617	1627	1827	1837	1847	1856	1905				
Stratford Bus Station	1840	1850	1900	1910	1920	1930	1940	1950	2000	2010	2020	Then every 15 minutes until	0035					
Plashet Road Portway	1852	1900	1909	1919	1928	1938	1948	1958	2008	2018	2028		0043					
Plashet Road Green Street	1855	1903	1912	1922	1931	1941	1951	2001	2010	2020	2030		0045					
East Ham Station	1901	1909	1918	1927	1936	1946	1956	2006	2015	2025	2035		0050					
East Ham Newham Town Hall	1907	1915	1924	1932	1941	1951	2001	2011	2020	2030	2040	0055						
Barking Station London Road	1914	1922	1931	1939	1948	1958	2008	2018	2027	2037	2047	0102						
238 Saturdays (also Good Friday)																		
Stratford Bus Station	0545	Then every 20 minutes until	0805	0820	0835	0849	0858	0908	0918	0928	0938	0948	0956	1004	1014	1022	1029	
Plashet Road Portway	0552		0812	0828	0843	0857	0906	0916	0926	0936	0946	0956	1004	1014	1024	1032	1042	
Plashet Road Green Street	0554		0814	0830	0845	0859	0909	0919	0929	0939	0949	0959	1007	1017	1027	1036	1046	
East Ham Station	0559		0819	0835	0850	0905	0915	0925	0935	0945	0955	1005	1015	1025	1035	1045	1055	
East Ham Newham Town Hall	0603	0823	0840	0855	0911	0921	0931	0941	0951	1001	1012	1022	1032	1043	1053	1103		
Barking Station London Road	0609	0829	0846	0901	0918	0928	0938	0948	0958	1009	1020	1030	1040	1051	1101	1111		
Stratford Bus Station	1039	Then every 10 minutes until	1239	1249	1259	1309	Then every 10 minutes until	1739	1749	1759	1809	1819	1829	1839	1849	1859		
Plashet Road Portway	1052		1252	1302	1312	1323		1753	1803	1813	1822	1831	1840	1850	1900	1910		
Plashet Road Green Street	1056		1256	1306	1316	1327		1757	1807	1817	1826	1835	1844	1854	1904	1913		
East Ham Station	1105		1305	1316	1326	1337		1807	1816	1825	1834	1843	1852	1902	1911	1919		
East Ham Newham Town Hall	1113	1313	1324	1334	1345	1815	1824	1833	1842	1851	1900	1909	1917	1925				
Barking Station London Road	1121	1321	1332	1342	1353	1823	1832	1841	1850	1859	1908	1917	1925	1933				
Stratford Bus Station	1909	1919	1929	1939	1951	2005	2020	Then every 15 minutes until	0035									
Plashet Road Portway	1919	1928	1938	1948	2000	2014	2028		0043									
Plashet Road Green Street	1922	1931	1941	1951	2002	2016	2030		0045									
East Ham Station	1927	1936	1946	1956	2007	2021	2035		0050									
East Ham Newham Town Hall	1933	1942	1952	2002	2012	2026	2040	0055										
Barking Station London Road	1941	1950	1959	2009	2019	2033	2047	0102										
238 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Stratford Bus Station	0710	Then every 30 minutes until	0910	0925	0938	0951	1004	1019	1034	1049	1104	1118	1132	1146	Then every 15 minutes until	1631		
Plashet Road Portway	0716		0916	0931	0945	0959	1013	1028	1043	1058	1113	1127	1141	1156		1641		
Plashet Road Green Street	0718		0918	0933	0948	1002	1016	1031	1046	1101	1116	1130	1145	1200		1645		
East Ham Station	0722		0922	0937	0952	1007	1022	1037	1052	1107	1122	1137	1152	1207		1652		
East Ham Newham Town Hall	0726	0926	0942	0958	1013	1028	1043	1058	1113	1129	1144	1159	1214	1659				
Barking Station London Road	0732	0932	0948	1004	1020	1035	1050	1105	1120	1136	1152	1207	1222	1707				
Stratford Bus Station	1646	1701	1716	Then every 15 minutes until	1831	1848	1905	Then every 15 minutes until	0035									
Plashet Road Portway	1656	1711	1725		1840	1857	1913		0043									
Plashet Road Green Street	1700	1714	1728		1843	1900	1915		0045									
East Ham Station	1706	1719	1733		1848	1905	1920		0050									
East Ham Newham Town Hall	1712	1725	1739	1854	1910	1925	0055											
Barking Station London Road	1720	1733	1747	1902	1917	1932	0102											