

241		Mondays to Fridays																	
Stratford City Bus Station	0440	0500	0520	0540	0555	0610	0625	0640	0652	0704	0714	0724	0734	0743	0752	0801	Then	0851	
Stratford Bus Station	0444	0504	0524	0544	0559	0615	0630	0645	0657	0709	0719	0729	0739	0748	0757	0806	every	0856	
Plaistow Station	0450	0510	0530	0550	0606	0622	0637	0652	0705	0717	0727	0737	0747	0756	0805	0815	10	0905	
Plaistow Abbey Arms	0454	0514	0534	0554	0610	0626	0641	0657	0710	0722	0732	0742	0752	0801	0811	0821	mins.	0911	
Custom House Stn. Freemasons Road	0458	0518	0538	0558	0615	0631	0646	0702	0715	0727	0737	0747	0757	0807	0817	0827	until	0917	
Prince Regent Station Bus Station	0501	0521	0541	0601	0618	0634	0650	0706	0719	0731	0741	0751	0801	0811	0821	0831		0921	
Stratford City Bus Station	0902	0914	0927			1051	1103			1151	1203			1339	1351	1403	1415	1427	
Stratford Bus Station	0907	0919	0931	Then		1055	1107	Then		1155	1207	Then		1343	1355	1407	1420	1432	
Plaistow Station	0915	0927	0939	every 12		1103	1116	every 10		1204	1217	every 12		1353	1406	1418	1431	1443	
Plaistow Abbey Arms	0921	0933	0945	minutes		1109	1122	minutes		1210	1223	minutes		1359	1412	1424	1437	1449	
Custom House Stn. Freemasons Road	0927	0939	0951	until		1115	1128	until		1216	1229	until		1405	1418	1430	1443	1456	
Prince Regent Station Bus Station	0931	0943	0955			1119	1132			1220	1233			1409	1422	1434	1447	1500	
Stratford City Bus Station	1439			1551	1602			1722	1735	1743				1843	1854	1906	1918	1930	1942
Stratford Bus Station	1444	Then		1556	1607	Then		1727	1738	1748	Then			1848	1859	1911	1922	1934	1946
Plaistow Station	1455	every 12		1607	1618	every 10		1738	1749	1759	every 10			1859	1910	1921	1932	1944	1956
Plaistow Abbey Arms	1502	minutes		1614	1625	minutes		1745	1756	1806	minutes			1906	1916	1927	1938	1950	2002
Custom House Stn. Freemasons Road	1509	until		1621	1632	until		1752	1803	1812	until			1912	1922	1933	1944	1956	2008
Prince Regent Station Bus Station	1513			1625	1636			1756	1806	1815				1915	1925	1936	1947	1959	2011
Stratford City Bus Station	1954	2006	2019	2034	2050	2105	2120	2135	2150	2206	2222	2238	2253	2308	2324	2340	Then	0055	
Stratford Bus Station	1958	2010	2023	2038	2054	2109	2124	2139	2154	2210	2226	2242	2257	2312	2328	2344	every	0059	
Plaistow Station	2007	2019	2032	2047	2103	2118	2133	2148	2203	2219	2234	2249	2304	2319	2335	2351	15	0106	
Plaistow Abbey Arms	2013	2025	2038	2053	2109	2124	2138	2153	2208	2224	2239	2254	2309	2324	2339	2354	mins.	0109	
Custom House Stn. Freemasons Road	2019	2031	2044	2059	2114	2129	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358	until	0113	
Prince Regent Station Bus Station	2022	2034	2047	2102	2117	2132	2146	2201	2216	2231	2246	2301	2316	2331	2346	0001		0116	
241		Saturdays (also Good Friday)																	
Stratford City Bus Station	0440			0600	0619	0638	0653			0753	0805	0817	0829	0840	0851	0902	Then	0942	
Stratford Bus Station	0444	Then		0604	0624	0643	0658	Then		0758	0810	0822	0834	0845	0856	0907	every	0947	
Plaistow Station	0450	every 20		0610	0630	0650	0705	every 15		0805	0817	0829	0841	0853	0904	0915	10	0955	
Plaistow Abbey Arms	0454	minutes		0614	0634	0654	0709	minutes		0809	0822	0834	0846	0858	0909	0920	mins.	1000	
Custom House Stn. Freemasons Road	0458	until		0618	0638	0658	0714	until		0814	0827	0839	0851	0903	0914	0925	until	1005	
Prince Regent Station Bus Station	0501			0621	0641	0701	0717			0817	0830	0842	0854	0906	0917	0928		1008	
Stratford City Bus Station	0951	1000	1010	1020	1029	1039	1048			1148	1157			1237	1247			1547	
Stratford Bus Station	0956	1005	1015	1025	1034	1044	1053	Then		1153	1202	Then		1242	1252	Then		1552	
Plaistow Station	1004	1014	1024	1034	1043	1053	1102	every 10		1202	1212	every 10		1252	1302	every 10		1602	
Plaistow Abbey Arms	1009	1019	1029	1039	1048	1058	1108	minutes		1208	1218	minutes		1258	1309	minutes		1609	
Custom House Stn. Freemasons Road	1015	1025	1035	1045	1054	1104	1114	until		1214	1224	until		1304	1315	until		1615	
Prince Regent Station Bus Station	1018	1028	1038	1048	1057	1107	1117			1217	1227			1307	1318			1618	
Stratford City Bus Station	1557			1647	1657			1747	1757	1807	1817	1827	1837	1848	1900	1912	1924	1936	
Stratford Bus Station	1602	Then		1652	1702	Then		1752	1802	1812	1822	1832	1842	1853	1905	1917	1929	1941	
Plaistow Station	1613	every 10		1703	1714	every 10		1804	1813	1823	1833	1843	1853	1904	1915	1927	1939	1951	
Plaistow Abbey Arms	1620	minutes		1710	1721	minutes		1811	1820	1830	1840	1850	1900	1910	1921	1933	1945	1957	
Custom House Stn. Freemasons Road	1626	until		1716	1727	until		1817	1826	1836	1846	1856	1906	1916	1927	1939	1951	2003	
Prince Regent Station Bus Station	1629			1719	1730			1820	1829	1839	1849	1859	1909	1919	1930	1942	1954	2006	
Stratford City Bus Station	1948	2002	2018	2033	2049	2104	2120	2135	2150	2205	2221	2237	2253	2309			Then	0039	0055
Stratford Bus Station	1953	2007	2022	2037	2053	2108	2124	2139	2154	2209	2225	2241	2257	2313			every 15	0043	0059
Plaistow Station	2003	2017	2032	2047	2103	2118	2133	2148	2203	2218	2233	2249	2304	2320			minutes	0050	0106
Plaistow Abbey Arms	2009	2023	2038	2053	2108	2123	2138	2153	2208	2223	2238	2254	2309	2324			until	0054	0109
Custom House Stn. Freemasons Road	2015	2028	2043	2058	2113	2128	2143	2158	2213	2228	2243	2258	2313	2328				0058	0113
Prince Regent Station Bus Station	2018	2031	2046	2101	2116	2131	2146	2201	2216	2231	2246	2301	2316	2331				0101	0116
241		Sundays and other Public Holidays (except Christmas Day)																	
Stratford City Bus Station	0545	0615		0735	0750	0810	0825	0839	0853	0907	0921	0935	0949	1003	1018	1033	1048		
Stratford Bus Station	0549	0619	Then	0739	0754	0814	0829	0843	0857	0911	0925	0939	0953	1008	1023	1038	1053		
Plaistow Station	0555	0625	every 20	0745	0800	0820	0835	0850	0904	0919	0933	0947	1001	1016	1031	1046	1101		
Plaistow Abbey Arms	0559	0629	minutes	0749	0804	0824	0839	0854	0909	0924	0938	0952	1006	1021	1036	1051	1106		
Custom House Stn. Freemasons Road	0603	0633	until	0753	0808	0828	0843	0858	0913	0928	0943	0957	1011	1026	1041	1056	1111		
Prince Regent Station Bus Station	0606	0636		0756	0811	0831	0846	0901	0916	0931	0946	1000	1014	1029	1044	1059	1114		
Stratford City Bus Station	1102	1116	1130	1143	1156	1210	Then	1355	1410	1425	Then	1655	1709	1724	1739	1754	1808	1822	
Stratford Bus Station	1107	1121	1135	1148	1201	1215	every	1400	1415	1430	every	1700	1714	1729	1744	1759	1813	1827	
Plaistow Station	1115	1129	1143	1157	1211	1225	15	1410	1426	1441	15	1711	1725	1739	1754	1809	1823	1837	
Plaistow Abbey Arms	1120	1134	1148	1202	1216	1231	mins.	1416	1432	1447	mins.	1717	1731	1745	1800	1815	1829	1843	
Custom House Stn. Freemasons Road	1125	1139	1153	1207	1222	1237	until	1422	1438	1453	until	1723	1737	1751	1806	1821	1835	1849	
Prince Regent Station Bus Station	1128	1142	1156	1210	1225	1241		1426	1441	1457		1727	1741	1755	1810	1825	1839	1853	
Stratford City Bus Station	1837	1852	1907	1922	1937	1952	2007	2022	2037	2052	2108	2123	2139	Then	2309	2325	Then	0055	
Stratford Bus Station	1842	1857	1912	1927	1942	1957	2011	2026	2041	2056	2112	2127	2143	every	2313	2329	every	0059	
Plaistow Station	1852	1907	1922	1936	1951	2006	2020	2035	2049	2104	2120	2135	2150	15	2320	2336	15	0106	
Plaistow Abbey Arms	1858	1913	1927	1941	1956	2011	2025	2040	2054	2109	2124	2139	2154	mins.	2324	2339	mins.	0109	
Custom House Stn. Freemasons Road	1904	1918	1932	1946	2001	2016	2030	2045	2059	2113	2128	2143	2158	until	2328	2343	until	0113	

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## Prince Regent – Plaistow – Stratford City

241		Mondays to Fridays																	
Prince Regent Station Bus Station	0501	0521	0541	0555	0609	0622	0634	0645	0656	0706	0716	0726	0735	0745	0755	0805	0815	0825	
Custom House Stn. Freemasons Road	0505	0525	0545	0559	0613	0626	0638	0650	0701	0711	0721	0731	0740	0750	0800	0810	0820	0830	
Plaistow Abbey Arms	0510	0530	0550	0604	0618	0632	0645	0657	0708	0718	0728	0738	0747	0757	0807	0817	0827	0837	
Plaistow Station	0514	0534	0555	0609	0623	0637	0650	0702	0713	0724	0734	0744	0754	0804	0814	0824	0834	0844	
Stratford Bus Station	0521	0541	0602	0617	0631	0645	0658	0710	0722	0733	0743	0753	0803	0814	0824	0834	0844	0854	
Stratford City Bus Station	0524	0545	0606	0621	0635	0649	0702	0714	0726	0737	0747	0757	0807	0818	0828	0838	0848	0858	
Prince Regent Station Bus Station	0835	0845			0945	0956	1008			1356	1408	1420	1432	1444	1456	1508	1518	1528	
Custom House Stn. Freemasons Road	0840	0850	Then every 10 minutes until		0950	1001	1013	Then every 12 minutes until		1401	1414	1426	1438	1450	1502	1514	1524	1534	
Plaistow Abbey Arms	0847	0857			0957	1008	1020			1408	1421	1433	1445	1457	1509	1521	1531	1541	
Plaistow Station	0854	0903			1003	1014	1026			1414	1427	1439	1451	1503	1515	1527	1537	1547	
Stratford Bus Station	0904	0913			1013	1024	1035			1423	1436	1448	1500	1513	1525	1537	1548	1558	
Stratford City Bus Station	0908	0917			1017	1028	1039			1427	1440	1452	1504	1517	1529	1541	1552	1602	
Prince Regent Station Bus Station	1538			1738	1748	1758	1809	1819	1829	1839	1849	1859	1910	1922	1934	1946	1958	2011	
Custom House Stn. Freemasons Road	1544	Then every 10 minutes until		1744	1754	1804	1814	1824	1834	1844	1854	1904	1915	1927	1939	1951	2003	2016	
Plaistow Abbey Arms	1551			1751	1801	1811	1821	1831	1841	1851	1901	1911	1922	1933	1945	1957	2009	2022	
Plaistow Station	1557			1757	1807	1817	1827	1837	1847	1857	1907	1917	1928	1939	1951	2003	2015	2027	
Stratford Bus Station	1608			1808	1817	1827	1837	1847	1857	1907	1917	1927	1937	1948	2000	2012	2024	2036	
Stratford City Bus Station	1613			1813	1822	1832	1842	1852	1902	1911	1921	1931	1941	1952	2004	2016	2028	2040	
Prince Regent Station Bus Station	2024	2038	2053	2108	2123	2138	2153			2308	2323	2338	2353					0123	
Custom House Stn. Freemasons Road	2029	2043	2058	2113	2128	2142	2157	Then every 15 minutes until		2312	2327	2342	2357	Then every 15 minutes until				0127	
Plaistow Abbey Arms	2035	2049	2103	2118	2133	2147	2202			2317	2332	2347	0001					0131	
Plaistow Station	2040	2054	2108	2123	2137	2151	2206			2321	2335	2350	0004					0134	
Stratford Bus Station	2049	2102	2116	2130	2144	2158	2212			2327	2341	2356	0010					0140	
Stratford City Bus Station	2053	2106	2120	2134	2148	2202	2216			2331	2345	0000	0014					0144	
241		Saturdays (also Good Friday)																	
Prince Regent Station Bus Station	0501	0521	0541	0601	0621	0641	0656	0711	0726	0741	0753	0805	0817	0829	0841	0852	0902	0912	
Custom House Stn. Freemasons Road	0505	0525	0545	0605	0625	0645	0700	0715	0730	0745	0757	0809	0821	0833	0845	0856	0907	0917	
Plaistow Abbey Arms	0510	0530	0550	0610	0630	0650	0705	0720	0735	0750	0802	0814	0826	0838	0850	0902	0913	0923	
Plaistow Station	0514	0534	0554	0614	0634	0654	0709	0724	0739	0754	0807	0819	0831	0843	0855	0907	0918	0928	
Stratford Bus Station	0520	0540	0600	0621	0641	0701	0716	0731	0746	0801	0815	0827	0839	0851	0903	0915	0926	0936	
Stratford City Bus Station	0523	0543	0603	0624	0644	0704	0720	0735	0750	0805	0819	0831	0843	0855	0907	0919	0930	0940	
Prince Regent Station Bus Station	0922	0932	0942	0952	1002	1012	1022	1032	1042	1052	1102	1112	1122	1132	1142			1732	
Custom House Stn. Freemasons Road	0927	0937	0947	0957	1007	1017	1027	1037	1047	1057	1107	1117	1127	1137	1147	Then every 10 minutes until		1737	
Plaistow Abbey Arms	0933	0943	0953	1003	1014	1024	1034	1044	1054	1104	1114	1124	1134	1144	1154			1744	
Plaistow Station	0938	0948	0958	1008	1019	1029	1039	1049	1059	1109	1120	1130	1140	1150	1200			1750	
Stratford Bus Station	0946	0956	1006	1017	1028	1038	1048	1058	1109	1119	1130	1140	1150	1200	1210			1800	
Stratford City Bus Station	0950	1000	1010	1021	1032	1042	1052	1102	1113	1123	1134	1144	1154	1204	1215			1805	
Prince Regent Station Bus Station	1743	1753	1803	1814	1824	1834	1844	1855			1955	2008	2023	2038	2053	2108	2123	2138	
Custom House Stn. Freemasons Road	1748	1758	1808	1819	1829	1839	1849	1900	Then every 12 minutes until		2000	2013	2028	2043	2058	2113	2128	2143	
Plaistow Abbey Arms	1755	1805	1815	1826	1836	1846	1856	1907			2007	2020	2035	2049	2104	2119	2133	2148	
Plaistow Station	1801	1811	1821	1831	1841	1851	1901	1912			2012	2025	2040	2054	2109	2124	2138	2153	
Stratford Bus Station	1810	1820	1830	1840	1850	1900	1910	1921			2021	2034	2048	2102	2117	2132	2146	2201	
Stratford City Bus Station	1815	1825	1835	1845	1855	1905	1915	1926			2026	2038	2052	2106	2121	2136	2150	2205	
Prince Regent Station Bus Station	2153	2208	2223	2238	2253	2308	2323	2338	2353	0008	0023	0038	0053	0108	0123				
Custom House Stn. Freemasons Road	2158	2212	2227	2242	2257	2312	2327	2342	2357	0012	0027	0042	0057	0112	0127				
Plaistow Abbey Arms	2203	2217	2232	2247	2302	2317	2332	2347	0002	0017	0032	0046	0101	0116	0131				
Plaistow Station	2208	2222	2237	2251	2306	2321	2336	2351	0006	0020	0035	0049	0104	0119	0134				
Stratford Bus Station	2216	2230	2244	2258	2313	2327	2342	2357	0012	0026	0041	0055	0110	0125	0140				
Stratford City Bus Station	2220	2234	2248	2302	2317	2331	2346	0001	0016	0030	0045	0059	0114	0129	0144				
241		Sundays and other Public Holidays (except Christmas Day)																	
Prince Regent Station Bus Station	0603	0623	0643	0703	0721	0739	0756	0812	0828	0843	0857	0911	0925	0939	0953	1008	1023	1037	
Custom House Stn. Freemasons Road	0607	0627	0647	0707	0725	0743	0800	0816	0832	0847	0901	0915	0929	0943	0958	1013	1028	1042	
Plaistow Abbey Arms	0612	0632	0652	0712	0730	0748	0805	0821	0837	0852	0907	0921	0935	0950	1005	1020	1035	1049	
Plaistow Station	0616	0636	0656	0716	0734	0752	0809	0825	0841	0857	0912	0926	0940	0955	1010	1025	1040	1055	
Stratford Bus Station	0622	0642	0702	0722	0740	0758	0816	0833	0849	0905	0920	0934	0949	1004	1019	1034	1049	1105	
Stratford City Bus Station	0625	0645	0705	0725	0743	0801	0819	0836	0853	0909	0924	0938	0953	1008	1023	1038	1053	1109	
Prince Regent Station Bus Station	1052			1552	1608	1623	1639	1654	1710	1725	1740	1755	1811	1826	1841	1856	1911	1926	
Custom House Stn. Freemasons Road	1057	Then every 15 minutes until		1557	1613	1628	1644	1659	1715	1730	1745	1800	1816	1831	1846	1901	1916	1931	
Plaistow Abbey Arms	1104			1604	1620	1635	1650	1705	1721	1736	1751	1806	1822	1837	1852	1907	1922	1936	
Plaistow Station	1110			1610	1626	1641	1656	1711	1726	1741	1756	1811	1827	1842	1857	1912	1927	1941	
Stratford Bus Station	1120			1620	1635	1650	1705	1720	1735	1750	1805	1820	1835	1850	1905	1920	1934	1948	
Stratford City Bus Station	1124			1624	1639	1654	1709	1724	1739	1754	1809	1824	1839	1854	1909	1924	1938	1952	
Prince Regent Station Bus Station	1941	1956	2011	2026	2040	2055	2109	2123			2253	2308	2323	2338	2353			0123	
Custom House Stn. Freemasons Road	1945	2000	2015	2030	2044	2059	2113	2127	Then every 15 minutes until		2257	2312	2327	2342	2357	Then every 15 minutes until		0127	
Plaistow Abbey Arms	1950	2005	2020	2035	2049	2104	2118	2132			2302	2317	2332	2347	0001			0131	
Plaistow Station	1955	2009	2024	2039	2053	2108	2122	2136			2306	2320	2335	2350	0004			0134	
Stratford Bus Station	2002	2016	2031	2045	2059	2114	2128	2142			2312	2326	2341	2356	0010			0140	
Stratford City Bus Station	2006	2020	2035																