

262		Mondays to Fridays																	
East Beckton Sainsbury's	0430	0445	0500	0512	0524	0534	0544			0848		1438		1835	1846	1858			
Gallions Reach Shopping Park	0435	0450	0505	0517	0529	0539	0549			0854		1444		1842	1853	1905			
Winsor Park Woolwich Manor Way	0440	0455	0510	0522	0534	0544	0554			0900		1450		1848	1859	1911			
Beckton Bus Station	0443	0458	0513	0525	0537	0547	0557			0903		1453		1851	1902	1914			
Prince Regent Lane Bennett Road	0450	0505	0520	0532	0544	0554	0605			0912		1502		1901	1912	1923			
Plaistow Greengate	0453	0508	0523	0535	0547	0557	0609			0918		1508		1906	1916	1927			
Plaistow Station	0456	0512	0527	0539	0551	0601	0613			0922		1512		1910	1920	1931			
Stratford Bus Station	0502	0518	0533	0545	0557	0609	0621			0931		1521		1918	1928	1939			
East Beckton Sainsbury's	1910	1922	1934	1947	2000			2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015
Gallions Reach Shopping Park	1916	1928	1940	1953	2006			2136	2151	2206	2221	2236	2250	2305	2320	2335	2350	0005	0020
Winsor Park Woolwich Manor Way	1922	1934	1946	1959	2011			2141	2156	2211	2226	2241	2255	2310	2325	2340	2355	0010	0025
Beckton Bus Station	1925	1937	1949	2002	2014			2144	2159	2214	2229	2244	2258	2313	2328	2343	2358	0013	0028
Prince Regent Lane Bennett Road	1934	1946	1958	2010	2022			2152	2207	2221	2236	2251	2305	2320	2335	2350	0005	0020	0035
Plaistow Greengate	1938	1950	2002	2014	2026			2156	2210	2224	2239	2254	2308	2323	2338	2353	0008	0023	0038
Plaistow Station	1942	1954	2006	2017	2029			2159	2213	2227	2242	2257	2311	2326	2341	2356	0011	0026	0041
Stratford Bus Station	1950	2002	2013	2024	2036			2206	2220	2234	2249	2304	2318	2333	2348	0003	0017	0032	0047
262		Saturdays (also Good Friday)																	
East Beckton Sainsbury's	0430	0445	0500	0515	0530	0544	0559	0614	0628	0643	0658	0713	0725	0737			1841	1852	
Gallions Reach Shopping Park	0435	0450	0505	0520	0535	0549	0604	0619	0633	0648	0703	0718	0730	0742			1848	1859	
Winsor Park Woolwich Manor Way	0440	0455	0510	0525	0540	0554	0609	0624	0638	0653	0708	0723	0735	0747			1854	1905	
Beckton Bus Station	0443	0458	0513	0528	0543	0557	0612	0627	0641	0656	0711	0726	0738	0750			1857	1908	
Prince Regent Lane Bennett Road	0450	0505	0520	0535	0550	0604	0620	0635	0649	0704	0719	0734	0746	0758			1906	1917	
Plaistow Greengate	0453	0508	0523	0538	0553	0607	0623	0638	0652	0707	0722	0737	0749	0801			1910	1921	
Plaistow Station	0456	0511	0526	0541	0556	0610	0626	0641	0655	0710	0725	0740	0752	0804			1914	1925	
Stratford Bus Station	0502	0517	0532	0547	0602	0617	0633	0648	0702	0717	0732	0747	0759	0811			1923	1934	
East Beckton Sainsbury's	1904	1916	1931	1945	2000	2015			2130	2145	2200	2215			2330	2345	0000	0015	
Gallions Reach Shopping Park	1911	1923	1938	1952	2007	2021			2136	2151	2206	2220			2335	2350	0005	0020	
Winsor Park Woolwich Manor Way	1917	1929	1944	1958	2012	2026			2141	2156	2211	2225			2340	2355	0010	0025	
Beckton Bus Station	1920	1932	1947	2001	2015	2029			2144	2159	2214	2228			2343	2358	0013	0028	
Prince Regent Lane Bennett Road	1929	1941	1956	2009	2023	2037			2152	2207	2221	2235			2350	0005	0020	0035	
Plaistow Greengate	1933	1945	2000	2013	2027	2041			2156	2210	2224	2238			2353	0008	0023	0038	
Plaistow Station	1937	1949	2003	2016	2030	2044			2159	2213	2227	2241			2356	0011	0026	0041	
Stratford Bus Station	1946	1958	2010	2023	2037	2051			2206	2220	2234	2248			0003	0017	0032	0047	
262		Sundays and other Public Holidays (except Christmas Day)																	
East Beckton Sainsbury's	0520			0820	0835	0850	0905	0919	0933	0946	1000	1014	1029	1044	1058	1113	1128	1143	
Gallions Reach Shopping Park	0525			0825	0840	0855	0910	0924	0938	0951	1006	1020	1035	1050	1104	1119	1134	1149	
Winsor Park Woolwich Manor Way	0530			0830	0845	0900	0915	0929	0943	0956	1011	1025	1040	1055	1109	1124	1139	1154	
Beckton Bus Station	0533			0833	0848	0903	0918	0932	0946	0959	1014	1028	1043	1058	1112	1127	1142	1157	
Prince Regent Lane Bennett Road	0540			0840	0855	0911	0926	0940	0954	1007	1022	1037	1052	1107	1122	1137	1152	1207	
Plaistow Greengate	0543			0843	0858	0914	0929	0943	0957	1011	1026	1041	1056	1111	1126	1141	1156	1211	
Plaistow Station	0546			0846	0901	0917	0932	0946	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	
Stratford Bus Station	0553			0853	0908	0924	0939	0954	1009	1024	1039	1054	1109	1124	1139	1154	1209	1224	
East Beckton Sainsbury's	1157	1211		1511	1526				1726	1742	1758	1814	1830	1845	1900			2130	
Gallions Reach Shopping Park	1203	1218		1518	1533				1733	1749	1805	1820	1836	1851	1906			2136	
Winsor Park Woolwich Manor Way	1209	1224		1524	1539				1739	1755	1810	1825	1841	1856	1911			2141	
Beckton Bus Station	1212	1227		1527	1542				1742	1758	1813	1828	1844	1859	1914			2144	
Prince Regent Lane Bennett Road	1222	1237		1537	1552				1752	1807	1822	1837	1852	1907	1922			2152	
Plaistow Greengate	1226	1241		1541	1556				1756	1811	1826	1841	1856	1911	1926			2156	
Plaistow Station	1230	1245		1545	1600				1800	1815	1830	1845	1900	1915	1929			2159	
Stratford Bus Station	1239	1254		1554	1608				1808	1823	1838	1853	1908	1922	1936			2206	
East Beckton Sainsbury's	2145	2200	2215						2330	2345	0000	0015							
Gallions Reach Shopping Park	2151	2206	2220						2335	2350	0005	0020							
Winsor Park Woolwich Manor Way	2156	2211	2225						2340	2355	0010	0025							
Beckton Bus Station	2159	2214	2228						2343	2358	0013	0028							
Prince Regent Lane Bennett Road	2207	2221	2235						2350	0005	0020	0035							
Plaistow Greengate	2210	2224	2238						2353	0008	0023	0038							
Plaistow Station	2213	2227	2241						2356	0011	0026	0041							
Stratford Bus Station	2220	2234	2248						0003	0017	0032	0047							

262 Mondays to Fridays																		
Stratford Bus Station	0510	0525	0540	0555	0610	0622	0634	0644			0918	0929		1419		1933		
Plaistow Station	0517	0532	0547	0602	0618	0630	0642	0652	Then		0929	0940		1430	Then	1945		
Plaistow Greengate	0520	0535	0550	0605	0621	0633	0645	0656	about		0934	0945	Then	1435	about	1950		
Prince Regent Lane Bennett Road	0522	0537	0552	0608	0624	0636	0648	0700	every 10		0938	0949	every 10	1439	every 10	1954		
Beckton Bus Station	0529	0544	0559	0615	0631	0643	0656	0709	minutes		0948	0959	minutes	1449	minutes	2004		
Winsor Park Woolwich Manor Way	0531	0546	0601	0617	0633	0645	0658	0711	until		0951	1002	until	1452	until	2007		
Gallions Reach Shopping Park	0535	0550	0606	0622	0638	0650	0703	0716			0956	1007		1457		2011		
East Beckton Sainsbury's	0539	0554	0610	0626	0642	0655	0708	0721			1001	1012		1502		2015		
Stratford Bus Station	1944	1956	2008	2020	2034		2134	2149	2204			2319	2335	2352	0008		0123	
Plaistow Station	1956	2007	2018	2029	2043	Then	2143	2158	2212			2327	2343	0000	0015		0130	
Plaistow Greengate	2001	2011	2022	2033	2047	every	2147	2202	2216	Then		2331	2347	0003	0018	Then	0133	
Prince Regent Lane Bennett Road	2005	2015	2025	2036	2050	15	2150	2205	2219	every 15		2334	2349	0005	0020	every 15	0135	
Beckton Bus Station	2014	2024	2034	2045	2059	mins.	2159	2212	2226	minutes		2341	2356	0011	0026	minutes	0141	
Winsor Park Woolwich Manor Way	2016	2026	2036	2047	2101	until	2201	2214	2228	until		2343	2358	0013	0028	until	0143	
Gallions Reach Shopping Park	2020	2030	2040	2051	2105		2205	2218	2232			2347	0002	0017	0032		0147	
East Beckton Sainsbury's	2024	2034	2044	2055	2109		2209	2222	2236			2351	0006	0021	0036		0151	
262 Saturdays (also Good Friday)																		
Stratford Bus Station	0510	0525	0540	0555	0609		0724	0737	0749	0801	0813	0825				1857	1909	1921
Plaistow Station	0517	0532	0547	0602	0617	Then	0732	0745	0757	0809	0821	0833		Then		1908	1920	1932
Plaistow Greengate	0520	0535	0550	0605	0620	every 15	0735	0748	0800	0813	0825	0837		about		1913	1925	1937
Prince Regent Lane Bennett Road	0522	0537	0552	0607	0622	minutes	0737	0750	0803	0816	0828	0840		every 10		1917	1929	1941
Beckton Bus Station	0529	0544	0559	0614	0629	until	0744	0758	0811	0824	0836	0848		minutes		1926	1938	1950
Winsor Park Woolwich Manor Way	0531	0546	0601	0616	0631		0746	0800	0813	0826	0838	0850		until		1929	1941	1953
Gallions Reach Shopping Park	0535	0550	0605	0620	0635		0750	0804	0817	0830	0842	0854				1934	1946	1958
East Beckton Sainsbury's	0539	0554	0609	0624	0639		0754	0809	0822	0835	0847	0859				1939	1951	2003
Stratford Bus Station	1934	1947	2003	2019		Then	2134	2149	2204			2319	2335	2352	0008			0123
Plaistow Station	1945	1958	2013	2028		every 15	2143	2158	2212	Then		2327	2343	0000	0015	Then		0130
Plaistow Greengate	1950	2003	2017	2032		minutes	2147	2202	2216	every 15		2331	2347	0003	0018	minutes		0133
Prince Regent Lane Bennett Road	1954	2007	2020	2035		until	2150	2205	2219	minutes		2334	2349	0005	0020	minutes		0141
Beckton Bus Station	2003	2016	2029	2044			2159	2212	2226	until		2341	2356	0011	0026	until		0143
Winsor Park Woolwich Manor Way	2006	2019	2031	2046			2201	2214	2228			2343	2358	0013	0028			0147
Gallions Reach Shopping Park	2011	2023	2035	2050			2205	2218	2232			2347	0002	0017	0032			0151
East Beckton Sainsbury's	2015	2027	2039	2054			2209	2222	2236			2351	0006	0021	0036			
262 Sundays and other Public Holidays (except Christmas Day)																		
Stratford Bus Station	0600		0820	0840	0900	0919	0934	0948	1002	1017	1033	1048	1103	1118	1133	1148	1203	
Plaistow Station	0607	Then	0827	0847	0907	0927	0942	0956	1010	1025	1041	1056	1112	1127	1142	1157	1213	
Plaistow Greengate	0610	every 20	0830	0850	0911	0931	0946	1000	1014	1029	1045	1100	1116	1132	1147	1202	1218	
Prince Regent Lane Bennett Road	0612	minutes	0832	0852	0914	0934	0949	1003	1017	1032	1048	1103	1119	1135	1150	1206	1222	
Beckton Bus Station	0619	until	0839	0900	0922	0942	0957	1012	1026	1041	1057	1112	1128	1144	1159	1216	1232	
Winsor Park Woolwich Manor Way	0621		0841	0902	0924	0944	0959	1014	1028	1043	1059	1115	1131	1147	1202	1219	1235	
Gallions Reach Shopping Park	0625		0845	0906	0928	0948	1003	1019	1033	1048	1104	1120	1136	1152	1208	1225	1241	
East Beckton Sainsbury's	0629		0849	0910	0932	0952	1008	1024	1038	1053	1109	1125	1141	1157	1214	1231	1247	
Stratford Bus Station	1218	Then	1518	1533	1548	1603	1618	1633	1648	1703	1718	1733	1749	1804	1819	1834	1849	
Plaistow Station	1228	every 15	1528	1543	1558	1613	1628	1643	1658	1713	1728	1743	1759	1813	1828	1843	1858	
Plaistow Greengate	1233	minutes	1533	1548	1603	1618	1633	1648	1703	1718	1733	1748	1804	1818	1833	1848	1903	
Prince Regent Lane Bennett Road	1237	until	1537	1552	1607	1622	1636	1651	1706	1721	1736	1751	1807	1821	1836	1851	1906	
Beckton Bus Station	1247		1547	1602	1617	1631	1645	1700	1715	1730	1745	1800	1815	1829	1844	1859	1914	
Winsor Park Woolwich Manor Way	1250		1550	1605	1620	1634	1648	1703	1718	1733	1748	1802	1817	1831	1846	1901	1916	
Gallions Reach Shopping Park	1256		1556	1611	1625	1639	1653	1708	1723	1738	1753	1807	1821	1835	1850	1905	1920	
East Beckton Sainsbury's	1302		1602	1616	1630	1644	1658	1713	1728	1743	1757	1811	1825	1839	1854	1909	1924	
Stratford Bus Station	1904	Then	2134	2149	2204			2319	2335	2352	0008							0123
Plaistow Station	1913	every 15	2143	2158	2212	Then		2327	2343	0000	0015	Then						0130
Plaistow Greengate	1917	minutes	2147	2202	2216	every 15		2331	2347	0003	0018	minutes						0133
Prince Regent Lane Bennett Road	1920	until	2150	2205	2219	minutes		2334	2349	0005	0020	until						0135
Beckton Bus Station	1928		2158	2212	2226	minutes		2341	2356	0011	0026	minutes						0141
Winsor Park Woolwich Manor Way	1930		2200	2214	2228	until		2343	2358	0013	0028	until						0143
Gallions Reach Shopping Park	1934		2204	2218	2232			2347	0002	0017	0032							0147
East Beckton Sainsbury's	1938		2208	2222	2236			2351	0006	0021	0036							0151