

262		Mondays to Fridays																
Gallions Reach Shopping Park	0435	0450	0505	0520	0535	0547	0559	0610	0621	0632	0643	0653	0703	0712	0721	0731	0741	0752
Winsor Park Woolwich Manor Way	0440	0455	0510	0525	0540	0552	0604	0616	0627	0638	0649	0659	0709	0719	0728	0738	0748	0759
Beckton Bus Station	0442	0457	0512	0527	0542	0554	0606	0618	0629	0640	0651	0701	0711	0721	0731	0741	0751	0802
Prince Regent Lane Bennett Road	0450	0505	0520	0535	0551	0603	0615	0627	0638	0649	0700	0711	0722	0732	0743	0753	0804	0815
Plaistow Greengate	0453	0508	0523	0538	0554	0606	0618	0630	0642	0653	0704	0715	0726	0737	0748	0759	0810	0821
Plaistow Station	0456	0511	0526	0541	0557	0609	0621	0633	0645	0656	0708	0719	0730	0742	0753	0804	0815	0826
Stratford Bus Station	0503	0518	0533	0548	0604	0616	0628	0640	0652	0704	0716	0727	0739	0751	0803	0814	0825	0836
Gallions Reach Shopping Park	0803	0814	0825	0836	0847	0858	0909	Then every 11 minutes until	1406	1417	1428	1438	1448	1458	1508	1518	1528	
Winsor Park Woolwich Manor Way	0810	0821	0832	0843	0854	0905	0916		1413	1424	1435	1445	1455	1505	1515	1525	1535	
Beckton Bus Station	0813	0824	0835	0846	0857	0908	0919		1416	1427	1438	1448	1458	1508	1518	1529	1539	
Prince Regent Lane Bennett Road	0826	0836	0847	0858	0908	0918	0929		1426	1437	1449	1459	1509	1520	1531	1542	1552	
Plaistow Greengate	0832	0842	0853	0904	0914	0924	0934		1431	1442	1454	1505	1516	1527	1538	1549	1600	
Plaistow Station	0837	0847	0858	0908	0918	0928	0938		1435	1446	1458	1510	1521	1533	1544	1554	1605	
Stratford Bus Station	0847	0857	0907	0917	0927	0937	0947		1444	1456	1508	1520	1531	1543	1554	1605	1616	
Gallions Reach Shopping Park	1539	1550	1601	1612	Then every 11 minutes until	1707	1718	1729	1740	1751	1803	1814	1825	1836	1847	1858	1910	
Winsor Park Woolwich Manor Way	1546	1557	1608	1619		1714	1725	1736	1747	1758	1810	1821	1832	1843	1854	1905	1917	
Beckton Bus Station	1550	1601	1612	1623		1718	1729	1740	1751	1802	1813	1824	1835	1846	1857	1908	1920	
Prince Regent Lane Bennett Road	1603	1614	1625	1635		1730	1741	1752	1803	1813	1824	1835	1846	1857	1908	1918	1930	
Plaistow Greengate	1611	1622	1633	1644		1739	1750	1801	1811	1821	1831	1842	1852	1903	1913	1923	1935	
Plaistow Station	1616	1627	1638	1649		1744	1755	1805	1815	1825	1835	1846	1856	1907	1917	1927	1939	
Stratford Bus Station	1627	1638	1649	1700		1755	1805	1815	1825	1835	1845	1856	1906	1916	1926	1936	1947	
Gallions Reach Shopping Park	1922	1934	1946	2001	2017	2032	2047	2103	2118	Then every 15 minutes until	2248	2304	2319	2335	Then every 15 minutes until	0035		
Winsor Park Woolwich Manor Way	1929	1941	1953	2008	2023	2038	2053	2109	2124		2254	2310	2325	2341		0041		
Beckton Bus Station	1932	1944	1956	2011	2026	2041	2056	2111	2126		2256	2312	2327	2343		0043		
Prince Regent Lane Bennett Road	1942	1954	2006	2021	2036	2050	2105	2120	2135		2305	2320	2335	2350		0050		
Plaistow Greengate	1947	1959	2010	2025	2040	2054	2109	2124	2138		2308	2323	2338	2353		0053		
Plaistow Station	1951	2003	2014	2029	2043	2057	2112	2127	2141		2311	2326	2341	2356		0056		
Stratford Bus Station	1959	2011	2022	2037	2050	2104	2119	2134	2148		2318	2333	2348	0003		0103		
262		Saturdays (also Good Friday)																
Gallions Reach Shopping Park	0435	Then every 15 minutes until	0550	0604	0619	0634	0649	0704	0716	0728	0739	Then every 11 minutes until	0834	0844	0854	0905		
Winsor Park Woolwich Manor Way	0440		0555	0609	0624	0639	0654	0709	0721	0733	0745		0840	0850	0900	0911		
Beckton Bus Station	0442		0557	0611	0626	0641	0656	0711	0723	0735	0747		0842	0852	0902	0913		
Prince Regent Lane Bennett Road	0450		0605	0620	0635	0650	0705	0720	0732	0744	0756		0851	0901	0912	0923		
Plaistow Greengate	0453		0608	0623	0638	0653	0708	0723	0735	0747	0759		0854	0905	0916	0927		
Plaistow Station	0456		0611	0626	0641	0656	0711	0726	0738	0750	0802		0857	0908	0919	0930		
Stratford Bus Station	0503		0618	0633	0648	0703	0718	0733	0745	0757	0809		0904	0915	0926	0938		
Gallions Reach Shopping Park	0916	0926	Then every 11 minutes until	1043	1053	1104	1114	1125	1135	1146	1157	1208	1218	1229	1240	1250	1300	
Winsor Park Woolwich Manor Way	0922	0932		1049	1059	1110	1120	1131	1142	1153	1204	1215	1225	1236	1247	1257	1307	
Beckton Bus Station	0924	0935		1052	1102	1113	1123	1134	1145	1156	1207	1218	1228	1239	1250	1300	1311	
Prince Regent Lane Bennett Road	0934	0945		1102	1113	1124	1134	1145	1156	1207	1218	1229	1239	1250	1301	1312	1323	
Plaistow Greengate	0938	0949		1106	1117	1128	1139	1150	1201	1212	1223	1234	1245	1256	1307	1318	1329	
Plaistow Station	0942	0953		1110	1121	1132	1143	1154	1205	1216	1227	1238	1249	1300	1311	1322	1333	
Stratford Bus Station	0950	1001		1118	1129	1141	1152	1203	1214	1225	1236	1248	1259	1310	1321	1332	1343	
Gallions Reach Shopping Park	1311	Then every 11 minutes until	1651	1702	Then every 11 minutes until	1819	1831	1843	1855	1907	1919	1934	1949	2004	2019	2034		
Winsor Park Woolwich Manor Way	1318		1658	1709		1826	1838	1850	1902	1914	1926	1941	1956	2011	2026	2041		
Beckton Bus Station	1322		1702	1712		1829	1841	1853	1905	1917	1929	1944	1959	2014	2029	2044		
Prince Regent Lane Bennett Road	1334		1714	1724		1841	1853	1905	1916	1928	1940	1955	2009	2023	2038	2053		
Plaistow Greengate	1340		1720	1730		1847	1859	1910	1921	1933	1945	2000	2014	2028	2042	2057		
Plaistow Station	1344		1724	1734		1851	1903	1914	1925	1937	1949	2004	2018	2032	2046	2101		
Stratford Bus Station	1354		1734	1744		1901	1912	1923	1934	1946	1958	2013	2026	2040	2054	2109		
Gallions Reach Shopping Park	2049	2104	2120	2135	2150	2205	2220	2235	2250	2305	Then every 15 minutes until	0035						
Winsor Park Woolwich Manor Way	2056	2111	2126	2141	2156	2211	2226	2241	2256	2311		0041						
Beckton Bus Station	2059	2113	2128	2143	2158	2213	2228	2243	2258	2313		0043						
Prince Regent Lane Bennett Road	2108	2122	2137	2152	2207	2221	2236	2251	2306	2320		0050						
Plaistow Greengate	2111	2125	2140	2155	2210	2224	2239	2254	2309	2323		0053						
Plaistow Station	2115	2129	2143	2158	2213	2227	2242	2257	2312	2326		0056						
Stratford Bus Station	2123	2137	2151	2206	2221	2235	2250	2305	2319	2333		0103						

262		Sundays and other Public Holidays (except Christmas Day)															
Gallions Reach Shopping Park	0525		0745	0804	0819	0834	0849	0904	0919	0934	0951	1003	1018	1033	1048	1102	1117
Winsor Park Woolwich Manor Way	0530	Then	0750	0810	0825	0840	0855	0910	0925	0940	0957	1009	1024	1039	1054	1108	1123
Beckton Bus Station	0532	every 20	0752	0812	0827	0842	0857	0912	0927	0942	0959	1011	1026	1041	1056	1111	1126
Prince Regent Lane Bennett Road	0540	minutes	0800	0820	0836	0851	0906	0921	0936	0952	1009	1021	1036	1051	1106	1121	1136
Plaistow Greengate	0543	until	0803	0823	0839	0854	0909	0924	0939	0955	1013	1025	1040	1055	1110	1125	1140
Plaistow Station	0546		0806	0826	0842	0857	0912	0927	0942	0959	1017	1029	1044	1059	1114	1129	1144
Stratford Bus Station	0553		0813	0833	0849	0904	0919	0934	0950	1007	1025	1037	1052	1107	1122	1137	1153
Gallions Reach Shopping Park	1132	1147	1201	1216	1231			1401	1416		1716	1731	1746	1801	1816	1831	1846
Winsor Park Woolwich Manor Way	1138	1153	1208	1223	1238	Then		1408	1423	Then	1723	1738	1753	1808	1823	1838	1853
Beckton Bus Station	1141	1156	1211	1226	1241	every 15		1411	1426	every 15	1726	1741	1756	1811	1826	1841	1856
Prince Regent Lane Bennett Road	1151	1206	1221	1236	1252	minutes		1422	1437	minutes	1737	1751	1806	1821	1836	1851	1906
Plaistow Greengate	1156	1211	1226	1242	1258	until		1428	1442	until	1742	1756	1810	1825	1840	1855	1910
Plaistow Station	1200	1215	1230	1246	1302			1432	1446		1746	1800	1814	1829	1844	1859	1914
Stratford Bus Station	1209	1224	1239	1255	1311			1441	1455		1755	1809	1823	1838	1853	1908	1923
Gallions Reach Shopping Park	1901	1917	1932	1947	2003	2018	2034			2234	2249	2305					0035
Winsor Park Woolwich Manor Way	1908	1924	1939	1954	2009	2024	2040	Then		2240	2255	2311	Then				0041
Beckton Bus Station	1911	1926	1941	1956	2011	2026	2042	every 15		2242	2257	2313	every 15				0043
Prince Regent Lane Bennett Road	1920	1935	1950	2005	2020	2035	2050	minutes		2250	2305	2320	minutes				0050
Plaistow Greengate	1924	1939	1954	2009	2024	2039	2054	until		2254	2308	2323	until				0053
Plaistow Station	1928	1942	1957	2012	2027	2042	2057			2257	2311	2326					0056
Stratford Bus Station	1937	1951	2005	2019	2034	2049	2104			2304	2318	2333					0103

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262		Mondays to Fridays																
Stratford Bus Station	0510	0525	0540	0555	0607	0619	0630	0640	0649	0659	0710	0720	0729	0738	0748	0758	0809	0820
Plaistow Station	0515	0530	0545	0600	0612	0624	0636	0646	0655	0705	0716	0726	0736	0745	0756	0806	0817	0828
Plaistow Greengate	0518	0533	0548	0603	0615	0627	0639	0649	0658	0709	0720	0730	0741	0750	0801	0811	0822	0833
Prince Regent Lane Bennett Road	0521	0536	0551	0606	0618	0630	0642	0652	0702	0713	0724	0735	0746	0756	0807	0817	0828	0839
Beckton Station	0529	0544	0559	0614	0626	0639	0651	0702	0713	0724	0735	0746	0757	0808	0819	0830	0841	0852
Winsor Park Woolwich Manor Way	0531	0546	0601	0616	0628	0641	0653	0704	0715	0726	0737	0748	0759	0810	0821	0832	0843	0854
Gallions Reach Shopping Park	0536	0551	0606	0621	0633	0646	0658	0709	0720	0731	0742	0753	0804	0815	0826	0837	0848	0859
Stratford Bus Station	0831	0842	0853	Then every 11 minutes until	1255	1306	1316	Then every 11 minutes until	1433	1442	1452	1502	1513	1523	1533	1544		
Plaistow Station	0839	0850	0900		1302	1313	1324		1441	1450	1500	1511	1522	1532	1543	1554		
Plaistow Greengate	0844	0855	0905		1307	1318	1329		1446	1456	1506	1517	1528	1538	1549	1600		
Prince Regent Lane Bennett Road	0850	0900	0910		1312	1323	1334		1451	1501	1512	1523	1534	1545	1556	1607		
Beckton Station	0903	0912	0922		1324	1336	1347		1504	1515	1526	1537	1548	1559	1610	1621		
Winsor Park Woolwich Manor Way	0905	0914	0924		1326	1338	1349		1506	1517	1528	1539	1550	1601	1612	1623		
Gallions Reach Shopping Park	0910	0919	0929	1331	1343	1354	1511	1522	1533	1544	1555	1606	1617	1628				
Stratford Bus Station	1555	Then every 11 minutes until	1712	1723	1734	1745	1757	Then every 11 minutes until	1903	1915	1927	1939	1951	2004	2017	2032		
Plaistow Station	1605		1722	1733	1744	1755	1806		1912	1923	1935	1947	1959	2011	2024	2039		
Plaistow Greengate	1611		1728	1739	1750	1800	1811		1917	1928	1940	1952	2004	2016	2028	2043		
Prince Regent Lane Bennett Road	1618		1735	1746	1756	1805	1816		1922	1933	1945	1957	2009	2021	2033	2048		
Beckton Station	1632		1749	1759	1809	1818	1829		1935	1946	1958	2010	2021	2033	2045	2100		
Winsor Park Woolwich Manor Way	1634		1751	1801	1811	1820	1831		1937	1948	2000	2012	2023	2035	2047	2102		
Gallions Reach Shopping Park	1639	1756	1806	1816	1825	1836	1942	1953	2005	2017	2028	2040	2052	2107				
Stratford Bus Station	2048	2103	2118	2133	2148	2204	2219	2234	2249	2304	2319	2334	2349	0005	Then every 15 minutes until	0120		
Plaistow Station	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0011		0126		
Plaistow Greengate	2059	2114	2129	2144	2159	2214	2229	2244	2259	2314	2329	2344	2359	0014		0129		
Prince Regent Lane Bennett Road	2104	2118	2133	2148	2203	2217	2232	2247	2302	2317	2332	2347	0002	0017		0132		
Beckton Station	2114	2128	2143	2158	2213	2227	2242	2257	2311	2326	2341	2356	0011	0026		0141		
Winsor Park Woolwich Manor Way	2116	2130	2145	2200	2215	2229	2244	2259	2313	2328	2343	2358	0013	0028		0143		
Gallions Reach Shopping Park	2121	2135	2150	2205	2220	2234	2249	2304	2318	2333	2348	0003	0018	0033	0148			
262		Saturdays (also Good Friday)																
Stratford Bus Station	0510	Then every 15 minutes until	0625	0639	0654	0709	0724	0736	0748	0800	0812	0824	0834	0844	0853	0904	0915	
Plaistow Station	0514		0629	0644	0659	0714	0729	0741	0753	0805	0817	0829	0840	0850	0859	0910	0921	
Plaistow Greengate	0517		0632	0647	0702	0717	0732	0744	0756	0808	0820	0832	0843	0854	0903	0914	0925	
Prince Regent Lane Bennett Road	0520		0635	0650	0705	0720	0735	0747	0759	0811	0823	0835	0846	0857	0907	0918	0929	
Beckton Station	0528		0643	0658	0714	0729	0744	0756	0808	0821	0833	0845	0856	0907	0918	0929	0940	
Winsor Park Woolwich Manor Way	0530		0645	0700	0716	0731	0746	0758	0810	0823	0835	0847	0858	0909	0920	0931	0942	
Gallions Reach Shopping Park	0535	0650	0705	0721	0736	0751	0803	0815	0828	0840	0852	0903	0914	0925	0936	0947		
Stratford Bus Station	0926	0937	0947	0958	1009	1019	1030	1041	1052	1102	1113	1124	1135	1146	1157	1207	1218	1229
Plaistow Station	0932	0943	0953	1004	1015	1025	1036	1047	1058	1109	1120	1131	1142	1153	1204	1215	1226	1237
Plaistow Greengate	0936	0947	0957	1008	1019	1029	1040	1051	1102	1113	1124	1136	1147	1158	1209	1220	1231	1242
Prince Regent Lane Bennett Road	0940	0951	1001	1012	1023	1034	1045	1056	1107	1118	1129	1141	1152	1203	1214	1225	1236	1247
Beckton Station	0951	1002	1013	1024	1035	1046	1057	1108	1120	1131	1142	1154	1205	1216	1227	1238	1249	1300
Winsor Park Woolwich Manor Way	0953	1004	1015	1026	1037	1048	1059	1110	1122	1133	1144	1156	1207	1218	1229	1240	1251	1302
Gallions Reach Shopping Park	0958	1009	1020	1031	1042	1053	1104	1115	1127	1138	1149	1201	1212	1223	1234	1245	1256	1308
Stratford Bus Station	1240	Then every 11 minutes until	1452	1502	1513	1524	Then every 11 minutes until	1831	1842	1853	1905	1917	1929	1941	1953	2005		
Plaistow Station	1248		1500	1511	1522	1533		1840	1851	1902	1914	1926	1938	1949	2001	2013		
Plaistow Greengate	1253		1505	1516	1527	1538		1845	1856	1907	1919	1931	1943	1954	2006	2018		
Prince Regent Lane Bennett Road	1258		1510	1521	1532	1544		1851	1902	1913	1925	1937	1949	2000	2011	2023		
Beckton Station	1311		1523	1534	1545	1557		1904	1914	1925	1937	1949	2001	2012	2023	2034		
Winsor Park Woolwich Manor Way	1313		1525	1536	1547	1559		1906	1916	1927	1939	1951	2003	2014	2025	2036		
Gallions Reach Shopping Park	1319	1531	1542	1553	1605	1912	1922	1933	1944	1956	2008	2019	2030	2041				
Stratford Bus Station	2020	2035	2050	2105	2120	2135	Then every 15 minutes until	2235	2250	2305	2320	2335	2350	0005	Then every 15 minutes until	0120		
Plaistow Station	2028	2043	2058	2113	2128	2142		2242	2257	2311	2326	2341	2356	0011		0126		
Plaistow Greengate	2033	2048	2103	2118	2132	2146		2246	2301	2315	2330	2345	0000	0014		0129		
Prince Regent Lane Bennett Road	2038	2052	2107	2122	2135	2149		2249	2304	2318	2333	2348	0003	0017		0132		
Beckton Station	2049	2103	2117	2132	2145	2159		2259	2313	2327	2342	2357	0012	0026		0141		
Winsor Park Woolwich Manor Way	2051	2105	2119	2134	2147	2201		2301	2315	2329	2344	2359	0014	0028		0143		
Gallions Reach Shopping Park	2056	2110	2124	2139	2152	2206	2306	2320	2334	2349	0004	0019	0033	0148				

262		Sundays and other Public Holidays (except Christmas Day)															
Stratford Bus Station	0600		0820	0840	0859	0919	0933	0948	1003	1017	1031	1045	1100	1115	1130	1145	1159
Plaistow Station	0605	Then	0825	0845	0905	0925	0939	0954	1009	1024	1038	1052	1107	1122	1137	1152	1206
Plaistow Greengate	0608	every 20	0828	0848	0908	0928	0943	0958	1013	1028	1042	1056	1111	1126	1141	1156	1211
Prince Regent Lane Bennett Road	0611	minutes	0831	0851	0911	0931	0946	1001	1016	1031	1046	1100	1115	1130	1145	1200	1215
Beckton Station	0619	until	0839	0900	0921	0942	0957	1012	1027	1042	1057	1112	1127	1142	1157	1213	1228
Winsor Park Woolwich Manor Way	0621		0841	0902	0923	0944	0959	1014	1029	1044	1059	1114	1129	1144	1159	1215	1230
Gallions Reach Shopping Park	0626		0846	0907	0928	0949	1004	1019	1034	1049	1104	1119	1134	1149	1204	1220	1235
Stratford Bus Station	1214	1229	1243	1257		1527	1542		1727	1743		1928	1944	2000	2015		
Plaistow Station	1221	1236	1251	1305	Then	1535	1550	Then	1735	1751	Then	1936	1952	2007	2022		
Plaistow Greengate	1226	1241	1256	1310	every 15	1540	1555	every 15	1740	1756	every 15	1941	1956	2011	2026		
Prince Regent Lane Bennett Road	1230	1245	1300	1315	minutes	1545	1600	minutes	1745	1801	minutes	1946	2000	2015	2030		
Beckton Station	1243	1258	1313	1328	until	1558	1612	until	1757	1812	until	1957	2011	2026	2041		
Winsor Park Woolwich Manor Way	1245	1300	1315	1330		1600	1614		1759	1814		1959	2013	2028	2043		
Gallions Reach Shopping Park	1250	1305	1320	1335		1605	1619		1804	1819		2004	2018	2033	2048		
Stratford Bus Station	2030	2046	2101	2116	2132	2147	2203	2218	2234	2250		0120					
Plaistow Station	2037	2053	2108	2123	2139	2154	2209	2224	2240	2256	Then	0126					
Plaistow Greengate	2041	2057	2112	2127	2143	2158	2213	2228	2243	2259	every 15	0129					
Prince Regent Lane Bennett Road	2045	2101	2116	2131	2146	2201	2216	2231	2246	2302	minutes	0132					
Beckton Station	2056	2111	2126	2141	2156	2211	2226	2241	2256	2311	until	0141					
Winsor Park Woolwich Manor Way	2058	2113	2128	2143	2158	2213	2228	2243	2258	2313		0143					
Gallions Reach Shopping Park	2103	2118	2133	2148	2203	2218	2233	2248	2303	2318		0148					

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