

# 300

## East Ham – Beckton – Canning Town

300 Mondays to Fridays																				
East Ham Wordsworth Avenue	0445	0505	0525	0545	0605	0625	0639	0651	0701		0929		1317		1829					
East Ham Station	0447	0507	0527	0547	0607	0627	0641	0653	0703		0932		1320		1833					
East Ham Newham Town Hall	0451	0511	0531	0551	0612	0632	0646	0658	0708	Then	0939	Then	1327	Then	1841					
Folkestone Road Gooseley Lane	0455	0515	0535	0555	0616	0636	0650	0703	0714	about	0946	every 12	1334	about	1848					
Beckton Bus Station	0501	0521	0541	0601	0622	0642	0656	0710	0722	every 12	0955	minutes	1343	every 12	1857					
Stansfeld Road Fulmer Road	0504	0524	0544	0604	0625	0645	0700	0715	0727	minutes	1000	until	1348	minutes	1902					
Prince Regent Station Bus Station	0507	0527	0547	0607	0628	0648	0704	0719	0731	until	1004		1352	until	1906					
Plaistow Greengate	0512	0532	0552	0613	0634	0654	0711	0728	0741		1015		1403		1915					
Canning Town Bus Station	0517	0537	0557	0618	0639	0700	0718	0735	0749		1023		1411		1922					
East Ham Wordsworth Avenue	1842	1856	1910	1930	1950	2010	2030	2050	2110	2130	2150	2210			0030					
East Ham Station	1845	1858	1912	1932	1952	2012	2032	2052	2112	2132	2152	2212			0032					
East Ham Newham Town Hall	1853	1906	1920	1939	1959	2019	2038	2057	2117	2137	2157	2216	Then		0036					
Folkestone Road Gooseley Lane	1900	1913	1927	1945	2005	2025	2043	2102	2122	2142	2202	2220	every 20		0040					
Beckton Bus Station	1909	1922	1936	1953	2013	2032	2050	2109	2129	2149	2209	2227	minutes		0047					
Stansfeld Road Fulmer Road	1914	1927	1940	1957	2017	2036	2054	2113	2133	2153	2212	2230	until		0050					
Prince Regent Station Bus Station	1918	1931	1944	2001	2021	2039	2057	2116	2136	2156	2215	2233			0053					
Plaistow Greengate	1926	1939	1951	2008	2028	2046	2104	2123	2143	2202	2221	2239			0059					
Canning Town Bus Station	1933	1945	1957	2014	2034	2052	2110	2129	2149	2208	2227	2245			0105					
300 Saturdays (also Good Friday)																				
East Ham Wordsworth Avenue	0445			0625	0645	0705	0725	0739	0751	0803	0815	0827	0839	0851	0903	0915	0927	0939		
East Ham Station	0447			0627	0647	0707	0727	0741	0753	0805	0817	0829	0841	0853	0905	0917	0929	0941		
East Ham Newham Town Hall	0451	Then		0631	0651	0712	0732	0746	0758	0810	0822	0834	0846	0858	0911	0923	0936	0948		
Folkestone Road Gooseley Lane	0455	every 20		0635	0655	0716	0736	0750	0802	0814	0826	0838	0851	0903	0916	0928	0942	0954		
Beckton Bus Station	0501	minutes		0641	0701	0723	0743	0757	0809	0821	0833	0845	0859	0911	0924	0937	0951	1003		
Stansfeld Road Fulmer Road	0504	until		0644	0705	0727	0747	0801	0813	0825	0837	0849	0903	0916	0929	0942	0956	1008		
Prince Regent Station Bus Station	0507			0647	0709	0731	0751	0805	0817	0829	0841	0853	0907	0920	0933	0946	1000	1012		
Plaistow Greengate	0512			0652	0715	0737	0757	0811	0823	0835	0847	0900	0915	0929	0942	0955	1009	1021		
Canning Town Bus Station	0517			0657	0720	0742	0802	0816	0828	0840	0852	0906	0922	0936	0949	1002	1016	1029		
East Ham Wordsworth Avenue	0951	1003	1015	1027	1039	1051	1103			1703	1715	1727	1739	1751	1803	1815	1827	1839		
East Ham Station	0953	1005	1018	1030	1042	1054	1107			1707	1719	1731	1743	1755	1807	1818	1830	1842		
East Ham Newham Town Hall	1000	1012	1025	1038	1050	1102	1115	Then		1715	1727	1739	1751	1803	1814	1825	1837	1849		
Folkestone Road Gooseley Lane	1006	1019	1032	1045	1057	1109	1122	every 12		1722	1734	1746	1758	1810	1820	1831	1843	1855		
Beckton Bus Station	1015	1029	1042	1055	1107	1119	1132	minutes		1732	1744	1756	1808	1820	1830	1840	1852	1904		
Stansfeld Road Fulmer Road	1020	1034	1047	1100	1112	1124	1137	until		1737	1749	1801	1813	1825	1835	1845	1857	1909		
Prince Regent Station Bus Station	1024	1038	1051	1104	1116	1128	1141			1741	1753	1805	1817	1829	1839	1849	1901	1912		
Plaistow Greengate	1034	1048	1101	1114	1127	1139	1152			1752	1804	1815	1827	1838	1847	1857	1909	1919		
Canning Town Bus Station	1042	1056	1109	1122	1135	1147	1200			1800	1811	1822	1834	1845	1854	1903	1915	1925		
East Ham Wordsworth Avenue	1851	1904	1918	1933	1950	2010	2030	2050	2110	2130	2150	2210						0030		
East Ham Station	1854	1907	1921	1936	1953	2012	2032	2052	2112	2132	2152	2212						0032		
East Ham Newham Town Hall	1901	1913	1927	1942	1959	2017	2037	2057	2117	2137	2157	2216	Then					0036		
Folkestone Road Gooseley Lane	1907	1919	1933	1948	2005	2022	2042	2102	2122	2142	2202	2220	every 20					0040		
Beckton Bus Station	1915	1927	1941	1956	2012	2029	2049	2109	2129	2149	2209	2227	minutes					0047		
Stansfeld Road Fulmer Road	1920	1932	1946	2001	2016	2033	2053	2113	2133	2153	2212	2230	until					0050		
Prince Regent Station Bus Station	1923	1935	1949	2004	2019	2036	2056	2116	2136	2156	2215	2233						0053		
Plaistow Greengate	1930	1942	1956	2011	2026	2043	2103	2123	2143	2202	2221	2239						0059		
Canning Town Bus Station	1936	1948	2002	2017	2032	2049	2109	2129	2149	2208	2227	2245						0105		
300 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																				
East Ham Wordsworth Avenue	0625	0645	0705	0725	0745	0804	0822	0841	0901	0920	0939	0958	1016	1036	1056	1115	1134	1153		
East Ham Station	0627	0647	0707	0727	0747	0806	0824	0843	0903	0922	0941	1000	1019	1039	1059	1118	1137	1156		
East Ham Newham Town Hall	0631	0651	0711	0731	0751	0810	0828	0848	0908	0927	0946	1006	1025	1045	1105	1124	1143	1202		
Folkestone Road Gooseley Lane	0635	0655	0715	0735	0755	0814	0832	0852	0912	0931	0951	1011	1030	1050	1110	1129	1149	1209		
Beckton Bus Station	0641	0701	0721	0741	0801	0820	0839	0900	0920	0939	0959	1019	1039	1059	1119	1138	1158	1218		
Stansfeld Road Fulmer Road	0644	0704	0724	0744	0804	0823	0843	0904	0924	0944	1004	1024	1044	1104	1124	1143	1203	1223		
Prince Regent Station Bus Station	0647	0707	0727	0747	0807	0826	0846	0907	0927	0947	1007	1027	1047	1107	1127	1147	1207	1227		
Plaistow Greengate	0652	0712	0732	0752	0812	0832	0853	0914	0934	0954	1015	1036	1056	1116	1136	1156	1217	1237		
Canning Town Bus Station	0657	0717	0737	0757	0817	0838	0859	0920	0941	1002	1023	1044	1104	1124	1144	1205	1226	1246		
East Ham Wordsworth Avenue	1213			1553	1613	1633	1653	1713	1732	1751	1810	1830			2110	2130	2150	2210		0030
East Ham Station	1216			1556	1616	1636	1656	1716	1735	1753	1812	1832			2112	2132	2152	2212		0032
East Ham Newham Town Hall	1222	Then		1602	1622	1642	1702	1722	1741	1759	1818	1837	Then		2117	2137	2157	2216	Then	0036
Folkestone Road Gooseley Lane	1229	every		1609	1629	1649	1708	1728	1746	1804	1822	1841	every		2121	2141	2201	2220	every	0040
Beckton Bus Station	1238	20		1618	1638	1658	1716	1736	1754	1812	1829	1848	20		2128	2148	2208	2227	20	0047
Stansfeld Road Fulmer Road	1243	mins.		1623	1643	1703	1721	1741	1758	1816	1833	1852	mins.		2132	2152	2211	2230	mins.	0050
Prince Regent Station Bus Station	1247	until		1627	1647	1706	1724	1744	1801	1819	1836	1855	until		2135	2155	2214	2233	until	0053
Plaistow Greengate	1257			1637	1657	1715	1733	1752	1809	1826	1843	1902			2142	2201	2220	2239		0059
Canning Town Bus Station	1306			1646	1705	1722	1740	1758	1815	1832	1849	1908			2148	2207	2226	2245		0105

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## Canning Town – Beckton – East Ham

300 Mondays to Fridays																				
Canning Town Bus Station	0525	0545	0605	0624	0635	0647	0657	0706	0715	0724		0924	0936		1424	1436				
Plaistow Greengate	0529	0549	0609	0628	0639	0651	0702	0712	0722	0732		0932	0945		1433	1445				
Prince Regent Station Bus Station	0534	0554	0614	0633	0645	0658	0710	0721	0732	0743	Then	0943	0955	Then	1443	1455				
Stansfeld Road Fulmer Road	0538	0558	0618	0637	0649	0702	0714	0725	0736	0748	every 12	0948	1000	every 12	1448	1500				
Beckton Bus Station	0541	0601	0621	0640	0653	0707	0719	0730	0742	0754	minutes	0954	1006	minutes	1454	1506				
Folkestone Road Gooseley Lane	0547	0607	0627	0647	0701	0715	0727	0739	0751	0803	until	1003	1015	until	1503	1515				
East Ham Newham Town Hall	0551	0612	0632	0652	0707	0722	0734	0746	0758	0810		1010	1022		1510	1522				
East Ham Station	0555	0617	0637	0657	0712	0728	0741	0753	0805	0817		1017	1029		1517	1530				
East Ham Wordsworth Avenue	0557	0619	0639	0659	0714	0730	0743	0755	0807	0819		1019	1031		1519	1532				
Canning Town Bus Station	1448	1500	1512				1736				2012	2025	2040	2055	2115	2135	2155			0115
Plaistow Greengate	1457	1509	1521				1745				2018	2031	2046	2101	2121	2141	2201			0121
Prince Regent Station Bus Station	1507	1520	1533	Then			1757	Then			2025	2038	2053	2108	2128	2148	2207	Then		0127
Stansfeld Road Fulmer Road	1512	1525	1538	every 12			1802	about			2029	2042	2057	2112	2132	2152	2210	every 20		0130
Beckton Bus Station	1518	1531	1544	minutes			1808	every 12			2033	2046	2101	2116	2136	2156	2214	minutes		0134
Folkestone Road Gooseley Lane	1527	1540	1553	until			1817	minutes			2040	2053	2108	2123	2143	2202	2220	until		0140
East Ham Newham Town Hall	1534	1547	1600				1824	until			2044	2057	2112	2127	2147	2206	2224			0144
East Ham Station	1542	1555	1608				1832				2049	2102	2117	2132	2152	2210	2228			0148
East Ham Wordsworth Avenue	1544	1557	1610				1834				2051	2104	2119	2134	2154	2212	2230			0150
300 Saturdays (also Good Friday)																				
Canning Town Bus Station	0525	0545	0605	0625	0645	0703	0719	0732	0744	0756	0808	0820	0832	0844	0856	0908	0920	0932		
Plaistow Greengate	0529	0549	0609	0629	0649	0708	0725	0739	0751	0803	0815	0827	0839	0851	0903	0916	0928	0940		
Prince Regent Station Bus Station	0534	0554	0614	0634	0654	0714	0732	0747	0759	0811	0823	0835	0847	0859	0911	0924	0936	0948		
Stansfeld Road Fulmer Road	0538	0558	0618	0638	0658	0718	0736	0751	0803	0815	0827	0839	0851	0903	0916	0929	0941	0953		
Beckton Bus Station	0541	0601	0621	0641	0702	0722	0740	0755	0807	0819	0831	0843	0855	0907	0920	0933	0945	0957		
Folkestone Road Gooseley Lane	0547	0607	0627	0647	0708	0729	0748	0803	0815	0827	0839	0851	0903	0915	0928	0941	0953	1006		
East Ham Newham Town Hall	0551	0611	0631	0651	0712	0733	0753	0808	0820	0832	0844	0856	0908	0921	0934	0947	0959	1012		
East Ham Station	0555	0615	0635	0655	0717	0738	0758	0813	0825	0837	0849	0901	0914	0928	0941	0954	1006	1020		
East Ham Wordsworth Avenue	0557	0617	0637	0657	0719	0740	0800	0815	0827	0839	0851	0903	0916	0930	0943	0956	1008	1022		
Canning Town Bus Station	0944	0956	1008	1020	1032	1044	1056	1108				1708	1720	1732	1744	1756	1808	1820	1832	
Plaistow Greengate	0952	1004	1016	1029	1041	1053	1105	1117				1717	1729	1741	1753	1805	1817	1828	1840	
Prince Regent Station Bus Station	1000	1013	1026	1039	1051	1103	1116	1129	Then			1729	1741	1753	1804	1816	1827	1837	1848	
Stansfeld Road Fulmer Road	1005	1018	1031	1044	1056	1108	1121	1134	every 12			1734	1746	1757	1808	1820	1831	1841	1852	
Beckton Bus Station	1010	1023	1036	1049	1101	1113	1127	1140	minutes			1740	1752	1803	1814	1826	1837	1847	1857	
Folkestone Road Gooseley Lane	1019	1032	1045	1058	1110	1122	1136	1149	until			1749	1801	1812	1823	1835	1845	1855	1904	
East Ham Newham Town Hall	1025	1038	1051	1104	1117	1129	1143	1156				1756	1807	1818	1829	1840	1850	1859	1908	
East Ham Station	1033	1047	1100	1113	1126	1138	1152	1205				1805	1815	1825	1836	1846	1856	1905	1913	
East Ham Wordsworth Avenue	1035	1049	1102	1115	1128	1140	1154	1207				1807	1817	1827	1838	1848	1858	1907	1915	
Canning Town Bus Station	1844	1856	1908	1921	1936	1955			2115	2135	2155									0115
Plaistow Greengate	1852	1903	1915	1927	1942	2001			2121	2141	2201									0121
Prince Regent Station Bus Station	1900	1911	1922	1934	1949	2008	Then		2128	2148	2207	Then								0127
Stansfeld Road Fulmer Road	1904	1915	1926	1938	1953	2012	every 20		2132	2152	2210	every 20								0130
Beckton Bus Station	1908	1919	1930	1942	1957	2016	minutes		2136	2156	2214	minutes								0134
Folkestone Road Gooseley Lane	1915	1926	1937	1949	2004	2023	until		2143	2202	2220	until								0140
East Ham Newham Town Hall	1919	1930	1941	1953	2008	2027			2147	2206	2224									0144
East Ham Station	1924	1935	1946	1958	2013	2032			2152	2210	2228									0148
East Ham Wordsworth Avenue	1926	1937	1948	2000	2015	2034			2154	2212	2230									0150
300 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																				
Canning Town Bus Station	0625	0645	0705	0725	0745	0805	0825	0845	0903	0921	0939	0956	1014	1034	1054	1114	1132	1150		
Plaistow Greengate	0629	0649	0709	0729	0749	0810	0831	0851	0909	0927	0945	1003	1022	1042	1102	1122	1140	1159		
Prince Regent Station Bus Station	0634	0654	0714	0734	0754	0815	0837	0857	0915	0934	0953	1011	1031	1051	1111	1131	1149	1209		
Stansfeld Road Fulmer Road	0638	0658	0718	0738	0758	0819	0841	0901	0919	0938	0957	1015	1035	1055	1115	1135	1154	1214		
Beckton Bus Station	0641	0701	0721	0741	0801	0823	0845	0905	0923	0942	1001	1020	1040	1100	1120	1140	1159	1219		
Folkestone Road Gooseley Lane	0647	0707	0727	0747	0807	0829	0851	0911	0930	0949	1008	1028	1048	1108	1128	1148	1208	1228		
East Ham Newham Town Hall	0651	0711	0731	0751	0811	0833	0855	0915	0934	0953	1013	1033	1053	1113	1133	1153	1213	1233		
East Ham Station	0655	0715	0735	0755	0815	0838	0900	0920	0940	1000	1020	1040	1100	1120	1140	1201	1221	1241		
East Ham Wordsworth Avenue	0657	0717	0737	0757	0817	0840	0902	0922	0942	1002	1022	1042	1102	1122	1142	1203	1223	1243		
Canning Town Bus Station	1210			1610	1630	1651	1712	1733	1754	1815				2115	2135	2155				0115
Plaistow Greengate	1219			1619	1639	1700	1721	1741	1801	1821				2121	2141	2201				0121
Prince Regent Station Bus Station	1229	Then		1629	1649	1709	1729	1749	1809	1828	Then			2128	2148	2207	Then			0127
Stansfeld Road Fulmer Road	1234	every 20		1634	1654	1713	1733	1753	1813	1832	every 20			2132	2152	2210	every 20			0130
Beckton Bus Station	1239	minutes		1639	1659	1718	1737	1757	1817	1836	minutes			2136	2156	2214	minutes			0134
Folkestone Road Gooseley Lane	1248	until		1648	1707	1726	1745	1804	1824	1843	until			2143	2202	2220	until			0140
East Ham Newham Town Hall	1253			1653	1712	1731	1750	1808	1828	1847				2147	2206	2224				0144
East Ham Station	1301			1701	1719	1738	1756	1814	1833	1852				2152	2210	2228				0148
East Ham Wordsworth Avenue	1303			1703	1721	1740	1758	1816	1835	1854				2154	2212	2230				0150