

# 300

## East Ham – Beckton – Canning Town

300		Mondays to Fridays																								
East Ham Wordsworth Avenue		0445	0505	0525	0545	0605	0625	0639	0653	0707	0720	0732	0743	0757	0812	0827	0843	0858	0913	0928	0943					
East Ham Newham Town Hall		0450	0510	0530	0550	0610	0630	0644	0658	0713	0726	0740	0752	0807	0822	0837	0852	0907	0922	0937	0952					
Folkestone Road Gooseley Lane		0454	0514	0534	0554	0614	0635	0649	0703	0718	0732	0746	0759	0814	0829	0844	0859	0914	0929	0944	0959					
Beckton Bus Station		0501	0521	0541	0601	0622	0643	0657	0712	0727	0742	0757	0811	0826	0841	0855	0910	0925	0940	0954	1009					
Prince Regent Station Bus Station		0509	0529	0549	0610	0631	0653	0708	0723	0738	0753	0808	0823	0838	0852	0906	0921	0936	0951	1005	1020					
Plaistow Greengate		0515	0535	0555	0617	0639	0701	0716	0732	0748	0804	0820	0835	0850	0904	0916	0931	0946	1001	1015	1030					
Canning Town Bus Station		0521	0541	0601	0624	0647	0710	0725	0742	0758	0814	0830	0845	0900	0913	0925	0940	0955	1010	1024	1039					
East Ham Wordsworth Avenue		0958		1143	1158				1258	1313	1328	1343	1358	1411	1423	1436	1450	1503	1518	1533	1549	1605	1621			
East Ham Newham Town Hall		1007	Then	1152	1208	Then			1308	1324	1339	1354	1409	1422	1434	1447	1501	1516	1531	1546	1602	1618	1634			
Folkestone Road Gooseley Lane		1014	every	1159	1215	every			1315	1331	1346	1401	1416	1429	1441	1454	1509	1524	1539	1554	1610	1626	1642			
Beckton Bus Station		1024	15	1209	1226	15			1326	1342	1357	1413	1428	1441	1453	1506	1521	1536	1551	1606	1622	1638	1654			
Prince Regent Station Bus Station		1035	mins.	1220	1237	mins.			1337	1353	1408	1424	1439	1452	1504	1518	1533	1548	1603	1618	1634	1650	1706			
Plaistow Greengate		1045	until	1230	1247	until			1347	1403	1418	1434	1449	1503	1517	1531	1546	1601	1616	1631	1647	1703	1719			
Canning Town Bus Station		1054		1239	1256				1356	1412	1427	1443	1458	1513	1527	1541	1556	1611	1626	1641	1657	1713	1729			
East Ham Wordsworth Avenue		1636	1651	1707	1724	1739	1754	1809	1824	1839	1854	1909	1929	1949	2009	2029	2049	2109	2129	2149	2209					
East Ham Newham Town Hall		1649	1704	1719	1736	1751	1806	1821	1836	1850	1905	1920	1939	1959	2018	2038	2058	2117	2137	2157	2216					
Folkestone Road Gooseley Lane		1657	1712	1727	1744	1759	1813	1828	1843	1857	1912	1927	1946	2005	2024	2044	2103	2122	2142	2202	2221					
Beckton Bus Station		1709	1724	1739	1756	1811	1824	1839	1854	1907	1922	1937	1956	2014	2033	2053	2111	2130	2150	2209	2228					
Prince Regent Station Bus Station		1721	1736	1751	1807	1821	1834	1849	1904	1917	1932	1946	2005	2023	2042	2101	2119	2138	2158	2217	2236					
Plaistow Greengate		1734	1749	1804	1820	1834	1845	1900	1914	1927	1941	1955	2014	2032	2051	2108	2126	2145	2204	2223	2242					
Canning Town Bus Station		1744	1759	1813	1829	1843	1854	1908	1922	1935	1949	2003	2021	2039	2058	2115	2133	2152	2210	2229	2248					
300		Mondays to Fridays (cont.)										Saturdays (also Good Friday)														
East Ham Wordsworth Avenue		2229	2249	2309	2331				0031	0445	0505	0525	0545	0605	0625	0645	0705	0725	0740	0755	0809	0824	0839			
East Ham Newham Town Hall		2236	2256	2316	2337	Then			0037	0450	0510	0530	0550	0610	0630	0650	0711	0731	0746	0801	0816	0831	0846			
Folkestone Road Gooseley Lane		2241	2301	2321	2341	every			0041	0454	0514	0534	0554	0614	0634	0654	0715	0735	0750	0805	0820	0835	0850			
Beckton Bus Station		2248	2308	2328	2347	20			0047	0501	0521	0541	0601	0621	0641	0701	0722	0742	0757	0813	0828	0843	0858			
Prince Regent Station Bus Station		2256	2316	2335	2354	mins.			0054	0509	0529	0549	0609	0629	0649	0709	0730	0750	0806	0822	0837	0852	0907			
Plaistow Greengate		2302	2322	2340	2359	until			0059	0515	0535	0555	0615	0635	0655	0716	0737	0757	0813	0829	0844	0859	0915			
Canning Town Bus Station		2308	2328	2345	0004				0104	0520	0540	0600	0621	0641	0701	0722	0743	0803	0820	0836	0851	0906	0922			
300		Saturdays (also Good Friday) (cont.)																								
East Ham Wordsworth Avenue		0853	0908	0922	0936	0951	1004	1019	1033	1046	1059	1114	1129	1144	1159	1214	1229	1244	1259	1314	1329					
East Ham Newham Town Hall		0900	0915	0929	0944	0959	1013	1028	1043	1056	1110	1125	1140	1155	1210	1226	1241	1256	1311	1327	1342					
Folkestone Road Gooseley Lane		0905	0920	0934	0949	1004	1019	1034	1049	1102	1116	1131	1146	1201	1216	1232	1247	1302	1318	1334	1349					
Beckton Bus Station		0914	0929	0944	0959	1014	1029	1044	1059	1113	1127	1142	1157	1212	1227	1243	1258	1313	1329	1345	1400					
Prince Regent Station Bus Station		0923	0938	0953	1008	1023	1038	1053	1108	1123	1137	1152	1207	1222	1237	1253	1309	1324	1340	1356	1411					
Plaistow Greengate		0931	0946	1001	1017	1032	1047	1102	1118	1133	1147	1202	1219	1234	1249	1305	1322	1337	1353	1409	1424					
Canning Town Bus Station		0939	0954	1009	1025	1041	1056	1111	1127	1142	1156	1211	1228	1243	1258	1314	1331	1346	1402	1418	1433					
East Ham Wordsworth Avenue		1344	1359	1414	1429	1444	1459	1514	1529					1659	1714	1729	1744	1759	1815	1830	1845	1900	1915	1935		
East Ham Newham Town Hall		1357	1412	1426	1441	1456	1511	1526	1541	Then				1711	1726	1741	1756	1811	1826	1841	1856	1911	1926	1946		
Folkestone Road Gooseley Lane		1404	1419	1433	1448	1503	1518	1533	1548	every				1718	1733	1748	1803	1818	1833	1848	1903	1918	1933	1953		
Beckton Bus Station		1416	1431	1445	1500	1514	1529	1544	1559	15				1729	1744	1759	1814	1829	1844	1859	1913	1928	1943	2003		
Prince Regent Station Bus Station		1427	1442	1456	1511	1525	1540	1555	1609	mins.				1739	1754	1809	1824	1839	1854	1909	1922	1937	1952	2012		
Plaistow Greengate		1440	1455	1509	1524	1538	1553	1608	1622	until				1752	1807	1821	1836	1851	1906	1920	1933	1948	2003	2021		
Canning Town Bus Station		1449	1504	1518	1533	1547	1602	1617	1631					1801	1815	1829	1844	1859	1914	1928	1941	1956	2011	2029		
300		Saturdays (also Good Friday) (cont.)										Sundays and other Pub Hols														
East Ham Wordsworth Avenue		1955	2015	2035	2055	2113	2131	2151	2211	2231	2251	2311	2331	Then	0031	0625	Then			0745	0804	0821	0841			
East Ham Newham Town Hall		2006	2024	2044	2104	2121	2139	2159	2218	2238	2258	2318	2337	Then	0037	0630	Then			0750	0809	0827	0847			
Folkestone Road Gooseley Lane		2012	2030	2050	2110	2127	2145	2205	2223	2243	2303	2323	2341	every	0041	0634	every			0754	0813	0831	0851			
Beckton Bus Station		2021	2039	2059	2118	2135	2153	2213	2231	2251	2311	2331	2348	20	0048	0640	20			0800	0819	0838	0858			
Prince Regent Station Bus Station		2030	2048	2108	2127	2144	2202	2220	2238	2258	2318	2338	2355	mins.	0055	0647	mins.			0807	0826	0845	0905			
Plaistow Greengate		2039	2057	2116	2135	2152	2209	2227	2245	2305	2325	2344	0001	until	0101	0653	until			0813	0832	0852	0912			
Canning Town Bus Station		2047	2104	2122	2141	2158	2215	2233	2251	2311	2331	2349	0006		0106	0658				0818	0838	0858	0918			
300		Sundays and other Public Holidays (except Christmas Day) (cont.)																								
East Ham Wordsworth Avenue		0901	0920	0939	0958	1015	1034	1054	1114	1133				1233	1253				1453	1513			1613	1633	1653	1713
East Ham Newham Town Hall		0907	0926	0945	1005	1023	1043	1103	1123	1142	Then			1242	1303	Then			1503	1522	Then		1622	1642	1702	1722
Folkestone Road Gooseley Lane		0911	0931	0950	1010	1028	1048	1108	1128	1148	every			1248	1309	every			1509	1528	every		1628	1648	1708	1728
Beckton Bus Station		0918	0939	0958	1018	1037	1057	1117	1137	1157	20			1257	1319	20			1519	1538	20		1638	1658	1717	1737
Prince Regent Station Bus Station		0925	0947	1006	1026	1046	1106	1126	1146	1206	mins.			1306	1328	mins.			1528	1547	mins.		1647	1707	1726	1746
Plaistow Greengate		0932	0955	1014	1034	1054	1114	1135	1155	1215	until			1315	1337	until			1537	1556	until		1656	1715	1734	1754
Canning Town Bus Station		0938	1001	1020	1041	1101	1121	1142	1202	1222				1322	1344				1544	1603			1703	1722	1741	1801
East Ham Wordsworth Avenue		1732	1751	1810	1830	1850	1910				2030	2050	2110	2130	2151	2211	2231	2251	2311	2331	2351	0011	0031			
East Ham Newham Town Hall		1741	1800	1818	1837	1857	1																			

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## Canning Town – Beckton – East Ham

300		Mondays to Fridays																			
Canning Town Bus Station	0525	0545	0605	0625	0639	0651	0702	0713	0725	0739	0752	0807	0822	0837	0853	0909		1154	1209	1224	
Plaistow Greengate	0530	0550	0610	0630	0645	0657	0708	0721	0733	0747	0801	0816	0831	0846	0902	0917	Then every 15 mins. until	1202	1218	1233	
Prince Regent Station Bus Station	0536	0556	0617	0638	0653	0705	0717	0731	0745	0759	0814	0829	0844	0859	0913	0928		1213	1229	1244	
Beckton Bus Station	0543	0603	0625	0646	0701	0714	0727	0742	0756	0810	0825	0840	0855	0910	0924	0939		1224	1240	1255	
Folkestone Road Gooseley Lane	0551	0611	0633	0654	0709	0723	0736	0751	0806	0821	0836	0851	0906	0920	0934	0949		1234	1250	1305	
East Ham Newham Town Hall	0556	0617	0639	0700	0715	0729	0743	0758	0813	0828	0843	0858	0912	0926	0940	0955		1240	1256	1311	
East Ham Wordsworth Avenue	0601	0622	0645	0706	0721	0736	0750	0806	0821	0836	0851	0906	0920	0934	0948	1003		1248	1304	1319	
Canning Town Bus Station	1239	1254	1309	1324	1339	1354	1409	1424	1438	1452	1507	1522	1537	1552	1607	1622	1637	1652	1707	1722	
Plaistow Greengate	1248	1303	1318	1333	1348	1403	1418	1433	1447	1501	1517	1532	1547	1602	1618	1633	1648	1703	1718	1733	
Prince Regent Station Bus Station	1259	1314	1329	1344	1359	1414	1429	1445	1501	1517	1533	1548	1603	1618	1634	1649	1704	1718	1733	1748	
Beckton Bus Station	1310	1325	1340	1355	1411	1426	1441	1457	1513	1529	1545	1600	1615	1630	1646	1701	1716	1730	1745	1800	
Folkestone Road Gooseley Lane	1320	1335	1350	1405	1422	1437	1452	1509	1526	1542	1558	1613	1628	1643	1659	1715	1730	1744	1759	1813	
East Ham Newham Town Hall	1326	1341	1356	1412	1429	1444	1459	1516	1533	1549	1605	1620	1635	1650	1706	1722	1737	1751	1806	1820	
East Ham Wordsworth Avenue	1334	1349	1404	1421	1438	1453	1508	1525	1542	1558	1614	1629	1644	1659	1715	1731	1746	1800	1815	1829	
Canning Town Bus Station	1738	1753	1808	1824	1839	1854	1909	1925	1940	1955	2010	2025	2040	2100	2120	2140	2200	2220	2240	2300	
Plaistow Greengate	1749	1804	1818	1834	1848	1903	1918	1934	1948	2003	2018	2033	2048	2108	2128	2148	2206	2226	2246	2306	
Prince Regent Station Bus Station	1804	1817	1829	1844	1858	1913	1928	1944	1958	2012	2027	2042	2057	2116	2136	2156	2213	2233	2253	2313	
Beckton Bus Station	1816	1829	1840	1854	1908	1923	1938	1953	2007	2021	2036	2051	2106	2125	2145	2205	2221	2241	2301	2321	
Folkestone Road Gooseley Lane	1829	1842	1852	1906	1918	1933	1947	2002	2015	2029	2044	2059	2114	2133	2153	2212	2228	2248	2308	2328	
East Ham Newham Town Hall	1836	1848	1858	1911	1923	1938	1952	2007	2020	2034	2049	2104	2119	2138	2158	2216	2232	2252	2312	2332	
East Ham Wordsworth Avenue	1845	1857	1907	1919	1931	1945	1959	2013	2026	2040	2055	2110	2125	2144	2204	2221	2237	2257	2317	2337	
300		Mon to Fri (cont.)										Saturdays (also Good Friday)									
Canning Town Bus Station	2315	2335		0115	0525		0645	0705	0720	0733	0748	0803	0818	0833	0847	0901	0915	0929	0943	0957	
Plaistow Greengate	2321	2340	Then every 20 mins. until	0120	0530	Then every 20 mins. until	0650	0711	0726	0739	0754	0809	0824	0839	0853	0908	0922	0936	0951	1005	
Prince Regent Station Bus Station	2328	2346		0126	0536		0656	0718	0733	0746	0801	0817	0832	0847	0901	0916	0930	0945	1000	1015	
Beckton Bus Station	2335	2353		0133	0543		0703	0726	0741	0754	0810	0826	0841	0856	0910	0925	0940	0955	1010	1025	
Folkestone Road Gooseley Lane	2341	2359		0139	0550		0710	0733	0748	0801	0818	0834	0849	0904	0919	0934	0949	1004	1019	1034	
East Ham Newham Town Hall	2344	0002		0142	0555		0715	0738	0753	0806	0823	0839	0854	0909	0924	0939	0954	1009	1024	1039	
East Ham Wordsworth Avenue	2348	0006		0146	0600		0720	0743	0758	0812	0829	0845	0900	0916	0931	0947	1002	1017	1032	1047	
300		Saturdays (also Good Friday) (cont.)																			
Canning Town Bus Station	1010	1023	1038	1052	1106	1121	1135	1148	1203	1218	1232		1332	1347	1403	1418	1433		1633	1648	
Plaistow Greengate	1018	1031	1046	1100	1115	1130	1144	1157	1212	1227	1241	Then every 15 mins. until	1341	1356	1412	1427	1442	Then every 15 mins. until	1642	1657	
Prince Regent Station Bus Station	1028	1042	1057	1112	1127	1142	1156	1209	1225	1240	1254		1354	1409	1424	1439	1454		1654	1709	
Beckton Bus Station	1039	1053	1108	1123	1138	1153	1207	1221	1237	1252	1306		1406	1420	1435	1450	1505		1705	1719	
Folkestone Road Gooseley Lane	1049	1103	1118	1133	1148	1203	1218	1232	1248	1303	1318		1418	1432	1447	1502	1516		1716	1730	
East Ham Newham Town Hall	1054	1109	1124	1139	1154	1209	1224	1238	1254	1309	1324		1424	1438	1453	1508	1522		1722	1736	
East Ham Wordsworth Avenue	1102	1117	1132	1147	1202	1218	1233	1247	1303	1318	1333		1433	1447	1502	1517	1531		1731	1745	
Canning Town Bus Station	1703	1718		1818	1834	1850	1905	1921	1938	1958	2018	2038	2059	2119	2139	2200	2220	2240	2300	2320	
Plaistow Greengate	1712	1727	Then every 15 mins. until	1827	1843	1859	1914	1930	1947	2006	2026	2046	2107	2127	2147	2207	2227	2247	2307	2327	
Prince Regent Station Bus Station	1724	1739		1839	1855	1910	1925	1941	1958	2016	2036	2056	2116	2136	2156	2214	2234	2254	2314	2334	
Beckton Bus Station	1734	1749		1849	1904	1919	1934	1950	2007	2025	2045	2105	2125	2145	2204	2222	2242	2302	2322	2341	
Folkestone Road Gooseley Lane	1745	1800		1900	1913	1928	1943	1959	2016	2034	2054	2114	2134	2154	2212	2230	2250	2310	2330	2348	
East Ham Newham Town Hall	1751	1805		1905	1918	1933	1948	2003	2020	2038	2058	2118	2138	2158	2215	2233	2253	2313	2333	2351	
East Ham Wordsworth Avenue	1800	1814		1914	1927	1942	1957	2010	2027	2045	2104	2124	2144	2204	2220	2238	2258	2318	2338	2355	
300		Saturdays (cont.)										Sundays and other Public Holidays (except Christmas Day)									
Canning Town Bus Station	2340	2357	0015	0035	0055	0115	0625		0745	0805	0825	0845	0904	0921	0939	0956	1014	1033	1053	1111	
Plaistow Greengate	2346	0003	0021	0041	0101	0121	0629	Then every 20 mins. until	0749	0809	0829	0850	0909	0926	0945	1002	1021	1040	1100	1118	
Prince Regent Station Bus Station	2352	0009	0027	0047	0107	0127	0634		0754	0814	0835	0856	0915	0932	0951	1009	1028	1048	1108	1126	
Beckton Bus Station	2359	0016	0034	0054	0114	0134	0641	20 mins. until	0801	0821	0842	0903	0922	0940	0959	1018	1038	1058	1118	1137	
Folkestone Road Gooseley Lane	0006	0023	0041	0101	0121	0141	0646		0806	0826	0848	0909	0928	0948	1007	1026	1046	1056	1126	1146	
East Ham Newham Town Hall	0009	0026	0044	0104	0124	0144	0650		0810	0830	0853	0914	0933	0953	1012	1031	1051	1111	1131	1151	
East Ham Wordsworth Avenue	0013	0030	0048	0108	0128	0148	0655		0815	0836	0859	0920	0940	1000	1019	1038	1058	1118	1138	1159	
300		Sundays and other Public Holidays (except Christmas Day) (cont.)																			
Canning Town Bus Station	1129	1149	1209	1229	1247	1307	1327	1347	1407	1427	1447	1507	1527	1547	1607	1627	1648	1709	1730	1751	
Plaistow Greengate	1137	1157	1217	1237	1255	1315	1335	1355	1415	1435	1455	1515	1535	1555	1615	1635	1656	1717	1737	1758	
Prince Regent Station Bus Station	1146	1206	1226	1246	1305	1326	1346	1406	1426	1446	1506	1525	1545	1605	1624	1644	1705	1726	1745	1806	
Beckton Bus Station	1157	1217	1237	1257	1316	1337	1357	1417	1437	1457	1516	1535	1555	1615	1634	1654	1715	1735	1754	1815	
Folkestone Road Gooseley Lane	1206	1226	1246	1306	1326	1347	1407	1427	1447	1506	1525	1544	1604	1624	1643	1703	1723	1743	1802	1823	
East Ham Newham Town Hall	1211	1231	1251	1311	1331	1352	1412	1432	1452	1512	1531	1550	1610	1630	1649	1709	1729	1749	1807	1828	
East Ham Wordsworth Avenue	1219	1239	1259	1319	1340	1401	1421	1441	1501	1521	1540	1559	1619	1639	1658	1718	1738				