

330

Forest Gate – Plaistow – Canning Town

330 Mondays to Fridays																				
Wanstead Park Station	0455	0515	0535	0547	0558	0610	0622	0634	0644	0654	0704	0714		0850	0901	0913	0925			
Forest Gate Post Office	0457	0517	0537	0549	0600	0612	0624	0636	0646	0657	0708	0718	Then	0854	0905	0917	0929			
Upton Park Station	0502	0522	0542	0554	0606	0618	0630	0642	0652	0703	0715	0726	every 12	0902	0913	0925	0937			
Upton Park The Boleyn (Green Street)	0503	0523	0543	0556	0608	0620	0632	0644	0655	0706	0718	0729	minutes	0905	0916	0928	0940			
Plaistow Greengate	0506	0526	0546	0559	0611	0623	0635	0647	0658	0709	0721	0733	until	0909	0920	0932	0944			
Canning Town Bus Station	0512	0532	0552	0605	0618	0630	0642	0654	0706	0718	0730	0742		0918	0930	0942	0954			
Wanstead Park Station	0938			1126	1138	1150	1202			1426	1438	1450	Then	1614	1626	Then	1726			
Forest Gate Post Office	0941	Then		1129	1141	1153	1205	Then		1429	1441	1453	Then	1617	1629	every	1729			
Upton Park Station	0948	every 12		1136	1149	1202	1215	every 12		1439	1451	1503	every 12	1627	1639	12	1739			
Upton Park The Boleyn (Green Street)	0951	minutes		1139	1152	1205	1218	minutes		1442	1455	1507	minutes	1631	1642	mins.	1742			
Plaistow Greengate	0956	until		1144	1157	1210	1223	until		1447	1500	1513	until	1637	1648	until	1748			
Canning Town Bus Station	1006			1154	1207	1220	1233			1457	1510	1522		1646	1658		1758			
Wanstead Park Station	1738			1826	1839	1852	1905	1920	1935	1950	2005	2025	2045	2105			0005			
Forest Gate Post Office	1741	Then		1829	1842	1855	1908	1923	1938	1953	2008	2028	2048	2108	Then		0008			
Upton Park Station	1751	every 12		1839	1852	1905	1918	1933	1947	2001	2016	2036	2056	2114	every 20		0014			
Upton Park The Boleyn (Green Street)	1754	minutes		1842	1855	1908	1921	1935	1949	2003	2018	2038	2058	2116	minutes		0016			
Plaistow Greengate	1800	until		1848	1900	1913	1926	1939	1953	2007	2022	2042	2101	2119	until		0019			
Canning Town Bus Station	1809			1857	1909	1921	1934	1947	2000	2014	2029	2049	2107	2125			0025			
330 Saturdays (also Good Friday)																				
Wanstead Park Station	0455	0515	0535	0555	0615	0635				0755	0810	0825	0840	0852	0904	0916	0928	0939	0949	
Forest Gate Post Office	0457	0517	0537	0557	0617	0637			Then	0757	0812	0827	0842	0855	0907	0919	0931	0942	0952	
Upton Park Station	0502	0522	0542	0602	0622	0643			every 20	0803	0820	0835	0850	0903	0916	0928	0940	0952	1003	
Upton Park The Boleyn (Green Street)	0503	0523	0543	0603	0624	0645			minutes	0805	0823	0838	0853	0906	0919	0931	0943	0955	1007	
Plaistow Greengate	0506	0526	0546	0606	0627	0648			until	0808	0826	0841	0856	0910	0923	0936	0948	1000	1012	
Canning Town Bus Station	0512	0532	0552	0613	0634	0655				0815	0833	0848	0903	0918	0931	0944	0957	1009	1021	
Wanstead Park Station	0959			1147	1159					1735	1747	1759	1811	1823	1835	1850	1905	1925	1945	2005
Forest Gate Post Office	1003	Then		1151	1203			Then		1739	1751	1803	1814	1826	1838	1853	1908	1928	1948	2008
Upton Park Station	1015	every 12		1203	1216			every 12		1752	1804	1815	1826	1838	1850	1905	1920	1938	1956	2016
Upton Park The Boleyn (Green Street)	1019	minutes		1207	1220			minutes		1756	1807	1818	1829	1841	1853	1908	1923	1941	1958	2018
Plaistow Greengate	1024	until		1212	1225			until		1801	1812	1823	1833	1845	1857	1912	1927	1945	2002	2022
Canning Town Bus Station	1033			1221	1234					1810	1821	1831	1841	1853	1905	1920	1935	1952	2009	2029
Wanstead Park Station	2025	2045	2105							0005										
Forest Gate Post Office	2028	2048	2108						Then	0008										
Upton Park Station	2036	2056	2114						every 20	0014										
Upton Park The Boleyn (Green Street)	2038	2058	2116						minutes	0016										
Plaistow Greengate	2042	2102	2119						until	0019										
Canning Town Bus Station	2049	2108	2125							0025										
330 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																				
Wanstead Park Station	0600	0630	0700	0730	0800	0830	0900	0929	0948	1007	1025	1043	1101			1721	1741	1802		
Forest Gate Post Office	0602	0632	0702	0732	0802	0832	0902	0931	0950	1009	1028	1046	1104	Then		1724	1744	1805		
Upton Park Station	0607	0637	0707	0737	0807	0837	0908	0938	0958	1018	1037	1056	1115	every 20		1735	1755	1815		
Upton Park The Boleyn (Green Street)	0608	0638	0708	0739	0809	0839	0910	0940	1000	1020	1039	1058	1118	minutes		1738	1758	1818		
Plaistow Greengate	0611	0641	0711	0742	0812	0842	0913	0943	1003	1023	1042	1102	1122	until		1742	1802	1822		
Canning Town Bus Station	0617	0647	0717	0748	0818	0848	0920	0950	1010	1030	1050	1110	1130			1750	1809	1829		
Wanstead Park Station	1822	1842	1903	1924	1945	2005	2025	2045	2105	2125				Then		0005				
Forest Gate Post Office	1825	1845	1906	1927	1948	2008	2028	2048	2108	2128				every 20		0008				
Upton Park Station	1835	1855	1915	1936	1956	2016	2036	2056	2115	2134				minutes		0014				
Upton Park The Boleyn (Green Street)	1838	1858	1918	1938	1958	2018	2038	2058	2117	2136				until		0016				
Plaistow Greengate	1842	1902	1922	1942	2002	2022	2042	2102	2120	2139						0019				
Canning Town Bus Station	1849	1909	1929	1949	2009	2029	2049	2108	2126	2145						0025				

330

Canning Town – Plaistow – Forest Gate

330 Mondays to Fridays																	
Canning Town Bus Station	0530	0545	0600	0615	0630	0642	0653	0704	0715	0726	0736	Then every 12 minutes until	0900	0910	0920	0930	0942
Plaistow Greengate	0536	0551	0606	0621	0636	0648	0659	0711	0722	0733	0745		0909	0919	0930	0941	0953
Upton Park The Boleyn (Green Street)	0538	0553	0608	0623	0638	0650	0702	0714	0725	0736	0748		0912	0922	0933	0945	0957
Upton Park Station	0539	0554	0609	0624	0639	0652	0704	0716	0727	0738	0750		0914	0924	0936	0948	1000
Forest Gate Post Office	0545	0600	0615	0630	0645	0659	0711	0723	0735	0747	0759		0923	0933	0945	0957	1009
Wanstead Park Station	0548	0604	0619	0634	0650	0704	0716	0728	0740	0752	0804	0928	0938	0950	1002	1014	
Canning Town Bus Station	0954	Then every 12 minutes until	1130	1142	Then every 12 minutes until	1406	1418	1430	1442	1454	1506	1517	1528	Then every 12 minutes until	1804		
Plaistow Greengate	1005		1141	1153		1417	1429	1441	1453	1505	1517	1529	1540		1816		
Upton Park The Boleyn (Green Street)	1009		1145	1157		1421	1433	1445	1457	1509	1521	1533	1544		1820		
Upton Park Station	1012		1148	1200		1424	1436	1448	1500	1512	1524	1536	1547		1823		
Forest Gate Post Office	1021		1157	1210		1434	1447	1459	1512	1524	1536	1548	1559		1835		
Wanstead Park Station	1026	1202	1215	1439	1452	1505	1518	1530	1542	1554	1605	1841					
Canning Town Bus Station	1816	1829	1842	1855	1910	1925	1940	1955	2015	2035	2055	2115	Then every 20 minutes until	0035			
Plaistow Greengate	1828	1841	1852	1903	1918	1933	1948	2003	2023	2043	2103	2121		0041			
Upton Park The Boleyn (Green Street)	1832	1845	1856	1907	1921	1936	1950	2005	2025	2045	2105	2123		0043			
Upton Park Station	1835	1847	1858	1909	1923	1938	1952	2007	2027	2047	2106	2124		0044			
Forest Gate Post Office	1847	1859	1910	1921	1934	1947	2001	2016	2036	2056	2113	2131		0051			
Wanstead Park Station	1852	1903	1914	1926	1938	1951	2005	2020	2040	2100	2117	2134	0054				
330 Saturdays (also Good Friday)																	
Canning Town Bus Station	0530	0550	0610	0630	0650	Then every 20 minutes until	0810	0825	0840	0853	0905	0917	0929	0940	0950	Then	1126
Plaistow Greengate	0535	0555	0615	0635	0656		0816	0831	0846	0900	0913	0925	0937	0948	1000	every	1136
Upton Park The Boleyn (Green Street)	0537	0557	0617	0637	0658		0818	0833	0848	0903	0916	0928	0940	0952	1004	12	1140
Upton Park Station	0538	0558	0618	0638	0659		0819	0835	0850	0905	0918	0931	0943	0955	1007	mins.	1143
Forest Gate Post Office	0544	0604	0625	0645	0706		0826	0843	0859	0914	0929	0942	0955	1007	1019	until	1155
Wanstead Park Station	0547	0607	0628	0649	0710	0830	0847	0903	0918	0933	0946	0959	1012	1024		1200	
Canning Town Bus Station	1138	1150	Then every 12 minutes until	1738	1750	1802	1814	1826	1841	1856	1915	1935	1955	2015	2035	2055	2115
Plaistow Greengate	1148	1200		1748	1800	1812	1824	1835	1850	1905	1924	1943	2003	2023	2043	2103	2122
Upton Park The Boleyn (Green Street)	1152	1204		1752	1804	1816	1828	1839	1854	1909	1928	1946	2005	2025	2045	2105	2124
Upton Park Station	1155	1207		1755	1807	1819	1831	1842	1857	1912	1931	1948	2007	2027	2047	2106	2125
Forest Gate Post Office	1208	1221		1809	1821	1832	1843	1854	1909	1924	1942	1959	2016	2036	2056	2114	2132
Wanstead Park Station	1213	1226	1814	1825	1836	1847	1858	1913	1928	1946	2003	2020	2040	2100	2117	2135	
Canning Town Bus Station	2135	Then every 20 minutes until	0035														
Plaistow Greengate	2141		0041														
Upton Park The Boleyn (Green Street)	2143		0043														
Upton Park Station	2144		0044														
Forest Gate Post Office	2151		0051														
Wanstead Park Station	2154	0054															
330 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Canning Town Bus Station	0625	0655	0725	0753	0823	0853	0918	0938	0958	1018	1038	Then every 20 minutes until	1738	1758	1817	1836	1855
Plaistow Greengate	0630	0700	0730	0759	0829	0859	0924	0944	1005	1026	1046		1746	1806	1825	1844	1903
Upton Park The Boleyn (Green Street)	0632	0702	0732	0801	0831	0901	0926	0946	1008	1030	1050		1750	1809	1828	1847	1906
Upton Park Station	0633	0703	0733	0802	0832	0902	0927	0949	1011	1033	1053		1753	1812	1831	1850	1908
Forest Gate Post Office	0639	0709	0739	0809	0839	0909	0934	0958	1021	1043	1104		1804	1822	1841	1859	1917
Wanstead Park Station	0642	0712	0743	0813	0843	0913	0938	1003	1026	1048	1109	1809	1827	1845	1903	1921	
Canning Town Bus Station	1915	Then every 20 minutes until	2035	2055	2115	Then every 20 minutes until	0035										
Plaistow Greengate	1922		2042	2102	2121		0041										
Upton Park The Boleyn (Green Street)	1924		2044	2104	2123		0043										
Upton Park Station	1926		2046	2105	2124		0044										
Forest Gate Post Office	1935		2055	2113	2131		0051										
Wanstead Park Station	1939	2059	2116	2134	0054												