

387 Mondays to Fridays																			
Little Heath Haw Bush	0510	0540	0600	0620	0632	0644	0656	0708	0720		0844	0856	0908	0920		1408	1420		1520
King George Hospital	0513	0543	0603	0623	0636	0648	0700	0712	0724		0848	0900	0912	0924		1412	1424		1524
Goodmayes Station	0517	0547	0608	0628	0643	0655	0707	0719	0731	Then	0855	0907	0919	0931	Then	1419	1431	Then	1531
Goodmayes Lord Napier	0519	0549	0610	0630	0645	0657	0709	0721	0733	every	0857	0909	0921	0933	every 12	1421	1433	every	1533
Faircross Barking Bus Garage	0524	0554	0615	0635	0652	0704	0716	0728	0740	12	0904	0916	0928	0940	minutes	1428	1440	12	1540
Barking Station	0528	0558	0619	0639	0657	0709	0721	0733	0745	mins.	0909	0921	0933	0945	until	1433	1445	mins.	1545
River Road Barking By-Pass	0533	0603	0625	0646	0706	0718	0730	0742	0754	until	0918	0930	0941	0953		1441	1454	until	1554
Creekmouth Remploy Works	0537	0608	0630	0651	0711	0724	0736	0748	0800		0924	0936	0947	0958		1446	1459		1559
Barking Reach Mallards Road	0541	0613	0635	0657	0717	0730	0742	0754	0806		0930	0941	0952	1003		1451	1504		1604
Creekmouth River Rd./Long Reach Rd.	--	--	--	--	0736	--	0800	--	--		--	--	--	--		--	--		--

Little Heath Haw Bush	1532	1544	1556	1608		1720	1732	1744	1756	1808		1920	1938	1959	2019	2039	2100	2120
King George Hospital	1536	1548	1600	1612		1724	1736	1748	1800	1812		1924	1942	2002	2022	2042	2103	2123
Goodmayes Station	1543	1555	1607	1620	Then	1732	1744	1756	1807	1819	Then	1931	1949	2008	2028	2048	2108	2128
Goodmayes Lord Napier	1545	1557	1609	1622	every 12	1734	1746	1758	1809	1821	every 12	1933	1951	2010	2030	2050	2110	2130
Faircross Barking Bus Garage	1552	1604	1616	1629	minutes	1741	1753	1805	1816	1827	minutes	1939	1956	2015	2035	2055	2115	2135
Barking Station	1557	1609	1621	1634	until	1746	1758	1810	1821	1832	until	1944	2001	2019	2039	2059	2119	2139
River Road Barking By-Pass	1606	1618	1630	1643		1755	1806	1818	1829	1840		1952	2008	2026	2046	2106	2125	2145
Creekmouth Remploy Works	1610	1622	1634	1647		1759	1810	1822	1833	1844		1956	2012	2030	2050	2110	2129	2149
Barking Reach Mallards Road	1615	1627	1639	1652		1804	1815	1827	1838	1849		2001	2017	2035	2055	2115	2134	2154

Little Heath Haw Bush	2140	2200	2220	2240	2300	2320	2340	0000											
King George Hospital	2143	2203	2223	2243	2303	2323	2343	0003											
Goodmayes Station	2148	2208	2228	2248	2307	2327	2347	0007											
Goodmayes Lord Napier	2150	2210	2230	2250	2309	2329	2349	0009											
Faircross Barking Bus Garage	2155	2215	2235	2255	2313	2333	2353	0013											
Barking Station	2159	2219	2239	2259	2317	2337	2357	0017											
River Road Barking By-Pass	2205	2225	2245	2305	2323	2343	0003	0023											
Creekmouth Remploy Works	2209	2229	2249	2308	2326	2346	0006	0026											
Barking Reach Mallards Road	2214	2234	2254	2313	2331	2351	0011	0031											

387 Saturdays (also Good Friday)																			
Little Heath Haw Bush	0510	0540	0610	0640	0710	0737	0757	0817	0830	0841	0852	0903	0915	0927	0939	0950	1001		1449
King George Hospital	0513	0543	0613	0643	0713	0740	0800	0820	0833	0844	0855	0906	0918	0930	0942	0953	1004		1452
Goodmayes Station	0517	0547	0617	0648	0718	0745	0805	0825	0838	0849	0900	0912	0924	0936	0948	0959	1011	Then	1459
Goodmayes Lord Napier	0519	0549	0619	0650	0720	0747	0807	0827	0840	0851	0902	0914	0926	0938	0950	1001	1013	every 12	1501
Faircross Barking Bus Garage	0524	0554	0624	0655	0725	0752	0812	0832	0845	0856	0908	0920	0932	0944	0956	1007	1019	minutes	1507
Barking Station	0528	0558	0628	0659	0729	0756	0816	0836	0849	0901	0913	0925	0937	0949	1001	1012	1024	until	1512
River Road Barking By-Pass	0533	0603	0634	0705	0735	0802	0822	0842	0856	0908	0920	0932	0944	0956	1008	1020	1032		1520
Creekmouth Remploy Works	0537	0607	0638	0709	0739	0806	0826	0846	0900	0912	0924	0936	0948	1000	1013	1025	1037		1525
Barking Reach Mallards Road	0541	0612	0643	0714	0744	0811	0831	0851	0905	0917	0929	0941	0953	1005	1018	1030	1042		1530

Little Heath Haw Bush	1501		1725	1737	1751	1804	1816	1828	1840	1900	1920	1940			2220	2240	2300	2320	2340	0000
King George Hospital	1504		1728	1740	1754	1807	1819	1831	1843	1903	1923	1943			2223	2243	2303	2323	2343	0003
Goodmayes Station	1510	Then	1734	1746	1800	1813	1825	1837	1849	1909	1929	1948	Then		2228	2248	2307	2327	2347	0007
Goodmayes Lord Napier	1512	every	1736	1748	1802	1815	1827	1839	1851	1911	1931	1950	every 20		2230	2250	2309	2329	2349	0009
Faircross Barking Bus Garage	1518	12	1742	1754	1808	1820	1832	1844	1856	1916	1936	1955	minutes		2235	2255	2313	2333	2353	0013
Barking Station	1523	mins.	1747	1759	1812	1824	1836	1848	1900	1920	1940	1959	until		2239	2259	2317	2337	2357	0017
River Road Barking By-Pass	1531	until	1755	1807	1819	1831	1843	1855	1907	1927	1946	2005			2245	2305	2323	2343	0003	0023
Creekmouth Remploy Works	1536		1800	1811	1823	1835	1847	1859	1911	1931	1950	2009			2249	2308	2326	2346	0006	0026
Barking Reach Mallards Road	1541		1805	1816	1828	1840	1852	1904	1916	1936	1955	2014			2254	2313	2331	2351	0011	0031

387 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Little Heath Haw Bush	0630	0700	0730	0800	0830	0900	0929	0955		1135	1155		1515	1535	1555				1815
King George Hospital	0633	0703	0733	0803	0833	0903	0932	0958		1138	1158		1518	1538	1558				1818
Goodmayes Station	0637	0707	0738	0808	0838	0908	0937	1004	Then	1144	1204	Then	1524	1544	1604	Then			1824
Goodmayes Lord Napier	0639	0709	0740	0810	0840	0910	0939	1006	every 20	1146	1206	every 20	1526	1546	1606	every 20			1826
Faircross Barking Bus Garage	0644	0714	0745	0815	0845	0915	0944	1012	minutes	1152	1212	minutes	1532	1552	1612	minutes			1832
Barking Station	0648	0718	0749	0819	0849	0919	0948	1016	until	1156	1216	until	1536	1556	1616	until			1836
River Road Barking By-Pass	0653	0723	0755	0825	0855	0925	0954	1023		1203	1224		1544	1604	1623				1843
Creekmouth Remploy Works	0657	0727	0759	0829	0859	0929	0958	1028		1208	1229		1549	1608	1627				1847
Barking Reach Mallards Road	0701	0731	0803	0833	0904	0934	1003	1033		1213	1234		1554	1613	1632				1852

Little Heath Haw Bush	1836	1857	1918	1939	2000			2140	2200	2220	2240			0000						
King George Hospital	1839	1900	1921	1942	2003			2143	2203	2223	2243			0003						
Goodmayes Station	1845	1906	1927	1948	2008	Then		2148	2208	2228	2247	Then		0007						
Goodmayes Lord Napier	1847	1908	1929	1950	2010	every 20		2150	2210	2230	2249	every 20		0009						
Faircross Barking Bus Garage	1853	1914	1935	1955	2015	minutes		2155	2215	2234	2253	minutes		0013						
Barking Station	1857	1918	1939	1959	2019	until		2159	2219	2238	2257	until		0017						
River Road Barking By-Pass	1904	1925	1945	2005	2025			2205	2225	2244	2303			0023						
Creekmouth Remploy Works	1908	1929	1949	2009	2029			2209	2228	2247	2306			0026						
Barking Reach Mallards Road	1913	1934	1954	2014	2034			2214	2233	2252	2311			0031						

387 Mondays to Fridays																						
Barking Reach Mallards Road	0500	0530	0550	0610	0630	0642	0654	0705		0841	0853	0905	0917	0929		1353	1405	1416	1427	1439		
Creekmouth Remploy Works	0504	0534	0554	0615	0635	0647	0659	0710		0846	0858	0910	0922	0934		1358	1410	1421	1432	1444		
River Road Barking By-Pass	0507	0537	0557	0619	0639	0651	0703	0715	Then	0851	0903	0915	0927	0939	Then	1403	1415	1426	1437	1449		
Barking Station	0513	0543	0603	0625	0645	0700	0712	0724	every	0900	0912	0924	0936	0947	every	1411	1423	1435	1446	1458		
Faircross Barking Bus Garage	0516	0546	0607	0629	0649	0705	0717	0729	12	0905	0917	0929	0941	0952	12	1416	1428	1440	1452	1504		
Goodmayes Lord Napier	0520	0550	0611	0633	0653	0711	0723	0735	mins.	0911	0923	0935	0947	0958	mins.	1422	1434	1446	1458	1510		
Goodmayes Station	0522	0552	0613	0635	0655	0714	0726	0738	until	0914	0926	0938	0950	1001	until	1425	1438	1450	1502	1514		
King George Hospital	0526	0556	0618	0640	0700	0720	0732	0744		0920	0932	0944	0956	1007		1431	1444	1456	1508	1520		
Little Heath Haw Bush	0528	0558	0620	0642	0702	0722	0735	0747		0923	0934	0946	0958	1009		1433	1446	1459	1512	1524		
Creekmouth River Rd./Long Reach Rd.	--	--	--	--						--	1706	--	1730	--	--	--	--	--	--	--		
Barking Reach Mallards Road	1450	1502	1514	1525	1536				Then	1700	1712	1724	1736	1748	1800	1812	1824	1836	1848	1900	1912	1924
Creekmouth Remploy Works	1455	1507	1519	1530	1541				every 12	1705	1717	1729	1741	1753	1805	1817	1829	1841	1853	1905	1917	1929
River Road Barking By-Pass	1500	1512	1524	1535	1546				minutes	1710	1722	1734	1746	1758	1810	1821	1833	1845	1857	1909	1921	1933
Barking Station	1510	1522	1534	1545	1556				until	1720	1732	1744	1756	1808	1819	1830	1842	1854	1905	1917	1929	1941
Faircross Barking Bus Garage	1516	1528	1540	1551	1602					1726	1738	1750	1802	1814	1825	1836	1848	1900	1911	1923	1935	1947
Goodmayes Lord Napier	1522	1534	1546	1557	1609					1733	1745	1757	1809	1821	1832	1843	1855	1907	1918	1929	1941	1953
Goodmayes Station	1526	1538	1550	1601	1613					1737	1749	1801	1813	1825	1836	1847	1859	1910	1921	1932	1944	1956
King George Hospital	1532	1544	1556	1607	1619					1743	1755	1807	1819	1831	1842	1853	1905	1916	1927	1938	1950	2001
Little Heath Haw Bush	1536	1548	1600	1612	1624					1748	1800	1812	1824	1836	1847	1858	1909	1919	1930	1941	1952	2003
387 Mondays to Fridays (cont.)													Saturdays (also Good Friday)									
Barking Reach Mallards Road	1940		2040	2100	2120			2220	2240	2300	2320	2340	0000	0500	0530	0600	0630	0700	0725	0745	0805	
Creekmouth Remploy Works	1945		2045	2104	2124			2224	2244	2304	2324	2344	0004	0504	0534	0605	0635	0705	0730	0750	0810	
River Road Barking By-Pass	1948	Then	2048	2107	2127	Then		2227	2247	2307	2327	2347	0007	0507	0537	0608	0638	0708	0734	0754	0814	
Barking Station	1955	every	2055	2114	2133	every		2233	2253	2312	2332	2352	0012	0513	0543	0614	0644	0714	0742	0802	0822	
Faircross Barking Bus Garage	2000	20	2100	2119	2138	20		2238	2258	2316	2336	2356	0016	0516	0546	0617	0648	0718	0747	0807	0827	
Goodmayes Lord Napier	2005	mins.	2105	2124	2143	mins.		2243	2303	2321	2340	0000	0020	0520	0550	0621	0652	0722	0752	0812	0832	
Goodmayes Station	2007	until	2107	2126	2145	until		2245	2305	2323	2342	0002	0022	0522	0552	0623	0654	0725	0755	0815	0835	
King George Hospital	2012		2112	2131	2150			2250	2309	2327	2346	0006	0026	0526	0556	0628	0659	0730	0800	0820	0840	
Little Heath Haw Bush	2014		2114	2133	2152			2252	2311	2329	2348	0008	0028	0528	0558	0630	0701	0732	0802	0822	0842	
387 Saturdays (also Good Friday) (cont.)																						
Barking Reach Mallards Road	0825	0837	0849	0901	0913	0924	0935	0946		1210	1222	1233	1244	1256		1420	1432			1732		
Creekmouth Remploy Works	0830	0842	0854	0906	0918	0929	0940	0951		1215	1227	1238	1249	1301		1425	1437			1737		
River Road Barking By-Pass	0834	0846	0858	0910	0922	0933	0944	0955	Then	1219	1231	1242	1253	1305	Then	1429	1441	Then		1741		
Barking Station	0842	0854	0906	0918	0930	0941	0952	1004	every	1228	1240	1251	1302	1315	every	1439	1451	every 12		1751		
Faircross Barking Bus Garage	0847	0859	0911	0923	0935	0946	0957	1009	12	1233	1245	1256	1308	1321	12	1445	1457	minutes		1757		
Goodmayes Lord Napier	0852	0904	0916	0928	0940	0951	1003	1015	mins.	1239	1251	1302	1314	1327	mins.	1451	1503	until		1803		
Goodmayes Station	0855	0907	0919	0931	0943	0955	1007	1019	until	1243	1255	1307	1319	1332	until	1456	1507			1807		
King George Hospital	0900	0912	0924	0936	0948	1000	1012	1024		1248	1300	1313	1325	1338		1502	1513			1813		
Little Heath Haw Bush	0902	0915	0927	0939	0951	1002	1014	1026		1250	1303	1316	1328	1341		1505	1516			1816		
Barking Reach Mallards Road	1744	1756	1808	1820	1838	1858	1919	1940		2120	2140	2200	2220	2240	2300	2320	2340	0000				
Creekmouth Remploy Works	1749	1801	1813	1825	1843	1903	1924	1944		2124	2144	2204	2224	2244	2304	2324	2344	0004				
River Road Barking By-Pass	1753	1805	1817	1829	1847	1907	1928	1947	Then	2127	2147	2207	2227	2247	2307	2327	2347	0007				
Barking Station	1802	1813	1825	1837	1855	1915	1935	1954	every 20	2134	2153	2213	2233	2253	2312	2332	2352	0012				
Faircross Barking Bus Garage	1808	1819	1830	1842	1900	1920	1940	1959	minutes	2139	2158	2218	2238	2258	2316	2336	2356	0016				
Goodmayes Lord Napier	1814	1824	1835	1847	1905	1925	1945	2004	until	2144	2203	2223	2243	2303	2321	2340	0000	0020				
Goodmayes Station	1817	1827	1838	1850	1908	1928	1947	2006		2146	2205	2225	2245	2305	2323	2342	0002	0022				
King George Hospital	1822	1832	1843	1855	1913	1933	1952	2011		2151	2210	2230	2250	2309	2327	2346	0006	0026				
Little Heath Haw Bush	1824	1834	1845	1857	1915	1935	1954	2013		2153	2212	2232	2252	2311	2329	2348	0008	0028				
387 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																						
Barking Reach Mallards Road	0610	0640	0710	0740	0810	0840	0910	0930	0950	1009	1028	1048	1108	1127	1146	1205			1505	1525	1545	
Creekmouth Remploy Works	0614	0644	0714	0744	0814	0844	0914	0934	0954	1013	1033	1053	1113	1132	1151	1210			1510	1530	1550	
River Road Barking By-Pass	0617	0647	0717	0747	0817	0847	0917	0937	0957	1017	1037	1057	1117	1136	1155	1214	Then		1514	1534	1554	
Barking Station	0622	0652	0722	0753	0824	0855	0925	0945	1005	1025	1045	1105	1125	1144	1203	1223	every		1523	1543	1603	
Faircross Barking Bus Garage	0626	0656	0726	0758	0829	0900	0930	0950	1010	1030	1050	1110	1130	1149	1208	1228	20		1528	1548	1608	
Goodmayes Lord Napier	0630	0700	0731	0803	0834	0905	0935	0955	1015	1035	1055	1115	1135	1154	1214	1234	mins.		1534	1554	1613	
Goodmayes Station	0632	0702	0733	0805	0836	0907	0937	0957	1017	1037	1057	1117	1137	1157	1217	1237	until		1537	1557	1615	
King George Hospital	0636	0706	0738	0810	0841	0912	0942	1003	1023	1043	1103	1123	1143	1203	1223	1243			1543	1603	1621	
Little Heath Haw Bush	0638	0708	0740	0812	0843	0914	0945	1006	1026	1046	1106	1126	1146	1206	1226	1246			1546	1605	1623	
Barking Reach Mallards Road	1605	1625	1645	1705	1724	1742	1759	1817	1837	1857	1918	1940					2200	2220	2240		0000	
Creekmouth Remploy Works	1610	1630	1650	1710	1729	1747	1804	1822	1842	1902	1923	1944					2204	2224	2244		0004	
River Road Barking By-Pass	1614	1634	1654	1714	1733	1751	1808	1825	1845	1905	1926	1947					2207	2227	2247	Then	0007	
Barking Station	1622	1642	1702	1722	1741	1759	1816	1833	1853	1913	1933	1953					2213	2233	2252	every 20	0012	
Faircross Barking Bus Garage	1627	1647	1707	1727	1746	1804	1821	1838	1858	1918	1938	1958					2218	2237	2256	minutes	0016	
Goodmayes Lord Napier	1632	1652	1712	1732	1751	1809	1826	1843	1903	1923	1943	2003					2223	2241	2300	until	0020	
Goodmayes Station	1634	1654	1714	1734	1753	1																