

473		Mondays to Fridays																	
North Woolwich Free Ferry	0430	0445	0500	0513	0526	0538	0550	0602	0612	0622	0632	0641	0651	0701	Then every 10 minutes until	0921	0931		
Silvertown Connaught Road	0433	0448	0503	0516	0529	0541	0553	0605	0615	0625	0636	0646	0656	0706		0926	0936		
London City Airport	0435	0450	0505	0518	0531	0543	0555	0607	0617	0628	0639	0649	0659	0709		0929	0939		
Prince Regent Station Bus Station	0438	0453	0508	0521	0534	0546	0558	0610	0621	0632	0643	0653	0703	0713		0933	0943		
Prince Regent Lane Bennett Road	0442	0457	0512	0525	0538	0550	0602	0614	0626	0637	0648	0658	0708	0718		0938	0948		
Plaistow Greengate	0444	0459	0514	0527	0540	0552	0604	0617	0630	0642	0653	0703	0713	0723		0943	0953		
Plaistow Station	0447	0502	0517	0530	0543	0555	0607	0620	0633	0645	0657	0707	0717	0728	0948	0957			
Stratford Bus Station	0453	0508	0523	0537	0550	0603	0616	0629	0642	0655	0707	0717	0727	0738	0958	1007			
North Woolwich Free Ferry	0941	Then every 10 minutes until	1431	1440	Then every 10 minutes until	1530	1539	Then every 10 minutes until	1829	1839	1850	1901	1913	1925	1937				
Silvertown Connaught Road	0945		1435	1444		1534	1543		1833	1843	1854	1905	1917	1929	1941				
London City Airport	0948		1438	1447		1537	1546		1836	1846	1857	1908	1920	1932	1944				
Prince Regent Station Bus Station	0952		1442	1451		1541	1550		1840	1850	1901	1912	1924	1936	1947				
Prince Regent Lane Bennett Road	0957		1447	1457		1547	1556		1846	1856	1907	1918	1929	1940	1951				
Plaistow Greengate	1002		1452	1502		1552	1601		1851	1901	1912	1922	1933	1944	1954				
Plaistow Station	1006	1456	1506	1556	1605	1855	1905	1916	1926	1937	1947	1957							
Stratford Bus Station	1016	1506	1516	1606	1616	1906	1915	1925	1935	1945	1955	2005							
North Woolwich Free Ferry	1949	2002	Then every 15 minutes until	2217	2232	2247	Then every 15 minutes until	0017											
Silvertown Connaught Road	1953	2006		2221	2236	2251		0021											
London City Airport	1956	2009		2224	2239	2253		0023											
Prince Regent Station Bus Station	1959	2012		2227	2242	2256		0026											
Prince Regent Lane Bennett Road	2003	2016		2231	2246	2300		0030											
Plaistow Greengate	2006	2019		2234	2249	2303		0033											
Plaistow Station	2009	2022	2237	2252	2306	0036													
Stratford Bus Station	2017	2030	2245	2258	2312	0042													
473		Saturdays (also Good Friday)																	
North Woolwich Free Ferry	0430	Then every 15 minutes until	0615	0629	0643	0658	0713	0726	0738	0750	0800	0810	0820	0830	0840	0850	0859		
Silvertown Connaught Road	0433		0618	0632	0646	0701	0716	0729	0741	0753	0803	0813	0823	0833	0843	0853	0902		
London City Airport	0435		0620	0634	0649	0704	0719	0732	0744	0756	0806	0816	0826	0836	0846	0856	0905		
Prince Regent Station Bus Station	0438		0623	0637	0652	0707	0722	0735	0747	0759	0809	0819	0829	0839	0849	0859	0908		
Prince Regent Lane Bennett Road	0442		0627	0641	0656	0711	0726	0739	0751	0803	0813	0823	0833	0843	0853	0903	0913		
Plaistow Greengate	0444		0629	0644	0659	0714	0729	0742	0754	0806	0816	0826	0836	0846	0856	0906	0916		
Plaistow Station	0447	0632	0647	0702	0717	0732	0745	0757	0809	0819	0829	0839	0849	0900	0910	0920			
Stratford Bus Station	0453	0638	0653	0708	0723	0738	0751	0803	0815	0825	0835	0845	0856	0907	0918	0928			
North Woolwich Free Ferry	0908	0918	0928	0938	0948	0958	1008	1017	1026	Then every 10 minutes until	1756	1806	1816	1826	1836	1846	1856		
Silvertown Connaught Road	0912	0922	0932	0942	0952	1002	1012	1021	1030		1800	1810	1820	1830	1840	1850	1900		
London City Airport	0915	0925	0935	0945	0955	1005	1015	1024	1033		1803	1813	1823	1833	1843	1853	1903		
Prince Regent Station Bus Station	0918	0928	0938	0948	0958	1008	1018	1027	1037		1807	1817	1827	1836	1846	1856	1906		
Prince Regent Lane Bennett Road	0923	0933	0943	0953	1003	1013	1023	1032	1042		1812	1822	1832	1841	1851	1901	1911		
Plaistow Greengate	0926	0936	0946	0956	1006	1016	1026	1036	1046		1816	1826	1835	1844	1854	1904	1914		
Plaistow Station	0930	0940	0950	1000	1010	1020	1030	1041	1051	1821	1831	1839	1848	1858	1908	1918			
Stratford Bus Station	0938	0948	0958	1008	1018	1029	1040	1051	1101	1831	1840	1848	1856	1906	1916	1926			
North Woolwich Free Ferry	1908	1920	1932	Then every 15 minutes until	2217	2232	2247	Then every 15 minutes until	0017										
Silvertown Connaught Road	1912	1924	1936		2221	2236	2251		0021										
London City Airport	1915	1927	1939		2224	2239	2253		0023										
Prince Regent Station Bus Station	1918	1930	1942		2227	2242	2256		0026										
Prince Regent Lane Bennett Road	1923	1934	1946		2231	2246	2300		0030										
Plaistow Greengate	1926	1937	1949		2234	2249	2303		0033										
Plaistow Station	1930	1941	1952	2237	2252	2306	0036												
Stratford Bus Station	1938	1949	2000	2245	2258	2312	0042												
473		Sundays and other Public Holidays (except Christmas Day)																	
North Woolwich Free Ferry	0540	0600	0620	0640	0659	0719	0739	0759	0816	0831	0846	0901	0916	0931	0946	1000	1014	1029	
Silvertown Connaught Road	0543	0603	0623	0643	0702	0722	0742	0802	0819	0834	0849	0904	0919	0934	0949	1003	1018	1033	
London City Airport	0545	0605	0625	0645	0705	0725	0745	0805	0822	0837	0852	0907	0922	0937	0952	1006	1021	1036	
Prince Regent Station Bus Station	0548	0608	0628	0648	0708	0728	0748	0808	0825	0840	0855	0910	0925	0940	0955	1010	1025	1040	
Prince Regent Lane Bennett Road	0552	0612	0632	0652	0712	0732	0752	0812	0829	0844	0859	0914	0929	0944	0959	1014	1029	1044	
Plaistow Greengate	0554	0614	0634	0654	0714	0734	0754	0814	0831	0847	0902	0917	0932	0947	1002	1017	1032	1047	
Plaistow Station	0557	0617	0637	0657	0717	0737	0757	0817	0834	0850	0905	0920	0935	0950	1006	1021	1036	1051	
Stratford Bus Station	0603	0623	0643	0703	0723	0743	0803	0823	0841	0857	0912	0927	0942	0958	1014	1029	1044	1059	
North Woolwich Free Ferry	1044	Then every 15 minutes until	1829	1845	1901	1916	1931	1947	Then every 15 minutes until	2217	2232	2247	Then every 15 minutes until	0017					
Silvertown Connaught Road	1048		1833	1849	1905	1920	1935	1951		2221	2236	2251		0021					
London City Airport	1051		1836	1852	1908	1923	1938	1954		2224	2239	2253		0023					
Prince Regent Station Bus Station	1055		1840	1856	1911	1926	1941	1957		2227	2242	2256		0026					
Prince Regent Lane Bennett Road	1059		1844	1900	1915	1930	1945	2001		2231	2246	2300		0030					
Plaistow Greengate	1102		1847	1903	1918	1933	1948	2004		2234	2249	2303		0033					
Plaistow Station	1106	1851	1906	1921	1936	1951	2007	2237	2252	2306	0036								
Stratford Bus Station	1114	1859	1914	1929	1944	1959	2015	2245	2258	2312	0042								

473		Mondays to Fridays															
Stratford Bus Station	0504	0519	0534	0549	0604	0616	0628	0639	0649	0658	0708	0717	0725	0734	0743	Then every 10 minutes until	0903
Plaistow Station	0510	0525	0540	0555	0610	0622	0634	0645	0657	0706	0716	0725	0733	0743	0753		0913
Plaistow Greengate	0513	0528	0543	0558	0613	0625	0637	0649	0701	0710	0720	0729	0738	0748	0758		0918
Prince Regent Lane Bennett Road	0515	0530	0545	0600	0615	0627	0639	0652	0704	0713	0723	0732	0742	0752	0802		0922
Prince Regent Station Bus Station	0519	0534	0549	0604	0619	0631	0643	0657	0709	0718	0728	0737	0747	0757	0807		0927
London City Airport	0522	0537	0552	0607	0622	0634	0647	0701	0713	0722	0732	0742	0752	0802	0812		0932
Silvertown Connaught Road	0524	0539	0554	0609	0624	0637	0650	0704	0716	0725	0735	0745	0755	0805	0815	0935	
North Woolwich Free Ferry	0527	0542	0557	0612	0627	0641	0655	0709	0721	0731	0741	0751	0801	0811	0821	0941	
Stratford Bus Station	0913	Then every 10 minutes until	1413	1421	1429	1438	Then every 10 minutes until	1818	1828	1838	1849	1859	1909	1919	1929	1939	
Plaistow Station	0923		1423	1431	1439	1449		1829	1839	1849	1900	1910	1920	1930	1939	1949	
Plaistow Greengate	0928		1428	1436	1444	1454		1834	1844	1854	1905	1915	1925	1935	1944	1954	
Prince Regent Lane Bennett Road	0932		1432	1440	1449	1459		1839	1849	1859	1910	1920	1930	1939	1947	1957	
Prince Regent Station Bus Station	0936		1436	1445	1455	1505		1845	1855	1905	1915	1925	1935	1943	1951	2001	
London City Airport	0941		1441	1450	1500	1510		1850	1900	1909	1919	1929	1939	1947	1955	2005	
Silvertown Connaught Road	0944	1444	1454	1504	1514	1854	1903	1912	1922	1932	1942	1950	1958	2008			
North Woolwich Free Ferry	0950	1450	1500	1510	1520	1900	1908	1917	1927	1937	1947	1955	2003	2013			
Stratford Bus Station	1951	2003	2015	2029	2043	2056	2111	2127	2142	2157	2212	2229	2244	2259	2315	Then every 15 minutes until	0115
Plaistow Station	2000	2012	2024	2038	2052	2105	2119	2134	2149	2204	2219	2236	2251	2306	2322		0122
Plaistow Greengate	2004	2016	2028	2042	2056	2108	2122	2137	2152	2207	2222	2239	2255	2310	2325		0125
Prince Regent Lane Bennett Road	2007	2019	2031	2045	2059	2111	2125	2140	2155	2210	2225	2242	2257	2312	2327		0127
Prince Regent Station Bus Station	2011	2023	2035	2049	2103	2115	2129	2144	2159	2214	2229	2246	2301	2316	2331		0131
London City Airport	2015	2027	2039	2053	2107	2119	2133	2148	2203	2218	2233	2249	2304	2319	2334		0134
Silvertown Connaught Road	2018	2030	2042	2056	2110	2121	2135	2150	2205	2220	2235	2251	2306	2321	2336	0136	
North Woolwich Free Ferry	2023	2035	2047	2101	2115	2126	2140	2155	2210	2225	2240	2255	2310	2325	2340	0140	
473		Saturdays (also Good Friday)															
Stratford Bus Station	0505	Then every 15 minutes until	0620	0634	0648	0703	0718	0733	0745	0757	0809	0819	0829	0839	0848	0856	0905
Plaistow Station	0511		0626	0640	0655	0710	0725	0740	0752	0804	0816	0826	0836	0846	0855	0904	0914
Plaistow Greengate	0514		0629	0643	0658	0713	0728	0743	0755	0807	0819	0829	0839	0849	0858	0908	0918
Prince Regent Lane Bennett Road	0516		0631	0645	0700	0715	0730	0745	0757	0809	0821	0831	0841	0851	0901	0911	0921
Prince Regent Station Bus Station	0520		0635	0649	0704	0719	0734	0749	0801	0813	0825	0835	0845	0855	0905	0915	0925
London City Airport	0523		0638	0652	0707	0722	0737	0752	0804	0816	0828	0838	0849	0859	0909	0919	0929
Silvertown Connaught Road	0525	0640	0654	0709	0724	0739	0754	0806	0818	0830	0841	0852	0902	0912	0922	0932	
North Woolwich Free Ferry	0528	0643	0657	0712	0727	0742	0757	0809	0821	0833	0845	0857	0907	0917	0927	0937	
Stratford Bus Station	0915	Then every 10 minutes until	1015	1024	1032	Then every 10 minutes until	1812	1823	1833	1843	1853	1903	1913	1925	1937	1949	
Plaistow Station	0924		1024	1033	1043		1823	1834	1843	1853	1903	1913	1923	1935	1945	1956	
Plaistow Greengate	0928		1028	1038	1048		1828	1838	1847	1857	1907	1917	1927	1938	1948	1959	
Prince Regent Lane Bennett Road	0931		1031	1041	1051		1831	1841	1850	1900	1910	1920	1930	1941	1951	2002	
Prince Regent Station Bus Station	0935		1035	1045	1055		1835	1845	1854	1904	1914	1924	1934	1945	1955	2006	
London City Airport	0939		1039	1049	1059		1839	1849	1858	1908	1918	1928	1938	1949	1959	2010	
Silvertown Connaught Road	0942	1042	1052	1102	1842	1852	1901	1911	1921	1931	1940	1951	2001	2012			
North Woolwich Free Ferry	0947	1047	1057	1107	1847	1857	1906	1916	1926	1936	1945	1956	2006	2017			
Stratford Bus Station	2001	2013	2027	Then every 15 minutes until	2212	2229	2244	2259	2315	Then every 15 minutes until	0115	0122 0125 0127 0131 0134 0136 0140					
Plaistow Station	2008	2020	2034		2219	2236	2251	2306	2322		0122						
Plaistow Greengate	2011	2023	2037		2222	2239	2254	2309	2325		0125						
Prince Regent Lane Bennett Road	2014	2026	2040		2225	2242	2257	2312	2327		0127						
Prince Regent Station Bus Station	2018	2030	2044		2229	2246	2301	2316	2331		0131						
London City Airport	2022	2034	2048		2233	2249	2304	2319	2334		0134						
Silvertown Connaught Road	2024	2036	2050	2235	2251	2306	2321	2336	0136								
North Woolwich Free Ferry	2029	2041	2055	2240	2255	2310	2325	2340	0140								
473		Sundays and other Public Holidays (except Christmas Day)															
Stratford Bus Station	0610	0630	0650	0710	Then every 20 minutes until	0910	0925	0940	0955	Then every 15 minutes until	1725	1741	1756	1811	1826	1841	
Plaistow Station	0616	0636	0656	0717		0917	0933	0948	1004		1734	1749	1804	1819	1834	1849	
Plaistow Greengate	0619	0639	0659	0720		0920	0937	0952	1008		1738	1753	1808	1823	1838	1853	
Prince Regent Lane Bennett Road	0621	0641	0701	0722		0922	0939	0955	1011		1741	1756	1811	1826	1841	1856	
Prince Regent Station Bus Station	0625	0645	0705	0726		0926	0943	0959	1015		1745	1800	1815	1830	1845	1900	
London City Airport	0628	0648	0708	0729		0929	0946	1002	1019		1749	1804	1819	1834	1849	1904	
Silvertown Connaught Road	0630	0650	0710	0731	0931	0948	1005	1022	1752	1807	1822	1837	1852	1906			
North Woolwich Free Ferry	0633	0653	0713	0734	0934	0952	1010	1027	1757	1812	1827	1842	1857	1911			
Stratford Bus Station	1856	1912	Then every 15 minutes until	2212	2228	2244	2259	2315	Then every 15 minutes until	0115							
Plaistow Station	1904	1919		2219	2235	2251	2306	2322		0122							
Plaistow Greengate	1907	1922		2222	2238	2254	2309	2325		0125							
Prince Regent Lane Bennett Road	1910	1925		2225	2241	2257	2312	2327		0127							
Prince Regent Station Bus Station	1914	1929		2229	2245	2301	2316	2331		0131							
London City Airport	1918	1933		2233	2248	2304	2319	2334		0134							
Silvertown Connaught Road	1920	1935	2235	2250	2306	2321	2336	0136									
North Woolwich Free Ferry	1925	1940	2240	2254	2310	2325	2340	0140									