

474		Mondays to Fridays									
Manor Park Station	0007 0022 0040		0410 0431		0531 0546 0601 0613 0625 0636 0650 0701 0711						
East Ham Station	0013 0028 0044		0414 0435		0535 0550 0605 0617 0629 0641 0655 0707 0718						
East Ham Newham Town Hall	0018 0033 0049	Then	0419 0440	Then	0540 0555 0610 0622 0634 0646 0700 0712 0724						
Beckton Bus Station	0025 0040 0055	every 30	0425 0446	every 20	0546 0601 0616 0628 0640 0653 0708 0720 0732						
Cyprus Station	0026 0041 0056	minutes	0426 0447	minutes	0547 0602 0618 0630 0642 0655 0710 0722 0734						
North Woolwich Free Ferry	0030 0045 0101	until	0431 0452	until	0552 0607 0623 0636 0648 0702 0717 0729 0741						
Silvertown & City Airport	0036 0051 0106		0436 0457		0557 0612 0628 0641 0653 0708 0723 0735 0747						
Canning Town Station	0045 0100 0117		0447 0508		0608 0624 0640 0654 0707 0723 0739 0751 0804						
Canning Town Hermit Road	0048 0103 0120		0450 0511		0611 0627 0643 0657 0710 0726 0742 0754 0807						
Manor Park Station	0722 0733 0745 0755 0807 0820 0832				1332 1344 1356 1408 1420 1432 1443 1454 1505						
East Ham Station	0729 0740 0752 0802 0814 0827 0839				1339 1351 1403 1415 1427 1439 1450 1501 1513						
East Ham Newham Town Hall	0736 0748 0800 0810 0822 0835 0847	Then		Then	1347 1359 1411 1423 1435 1447 1458 1509 1521						
Beckton Bus Station	0744 0756 0808 0818 0830 0843 0855	every 12		minutes	1355 1407 1419 1431 1443 1455 1506 1517 1529						
Cyprus Station	0746 0758 0810 0820 0832 0845 0857	minutes		minutes	1357 1409 1421 1433 1445 1457 1508 1519 1531						
North Woolwich Free Ferry	0753 0805 0817 0827 0839 0852 0904	until		until	1404 1416 1428 1440 1452 1504 1515 1526 1538						
Silvertown & City Airport	0759 0811 0823 0833 0845 0857 0909				1409 1421 1433 1445 1457 1509 1520 1531 1543						
Canning Town Station	0816 0827 0838 0848 0859 0910 0921				1421 1434 1446 1458 1510 1522 1533 1544 1556						
Canning Town Hermit Road	0819 0830 0841 0851 0902 0913 0924				1424 1437 1449 1501 1513 1525 1536 1547 1559						
Manor Park Station	1516 1527 1538 1549 1601 1613 1625 1637 1649				1749 1801 1813 1826 1838 1851 1905						
East Ham Station	1524 1535 1546 1558 1610 1622 1635 1647 1659				1759 1811 1823 1835 1847 1859 1913						
East Ham Newham Town Hall	1532 1544 1555 1607 1619 1631 1644 1656 1708	Then		Then	1808 1819 1831 1842 1854 1905 1919						
Beckton Bus Station	1541 1553 1604 1616 1628 1641 1654 1706 1718	every 12		minutes	1818 1829 1840 1851 1902 1913 1927						
Cyprus Station	1543 1555 1606 1618 1630 1643 1656 1708 1720	minutes		minutes	1820 1831 1842 1853 1904 1915 1929						
North Woolwich Free Ferry	1550 1602 1613 1625 1637 1650 1703 1715 1727	until		until	1827 1838 1848 1859 1910 1920 1934						
Silvertown & City Airport	1555 1607 1618 1630 1642 1655 1708 1720 1732				1832 1843 1853 1904 1915 1925 1939						
Canning Town Station	1608 1620 1631 1643 1655 1708 1721 1733 1744				1844 1855 1904 1914 1925 1935 1949						
Canning Town Hermit Road	1611 1623 1634 1646 1658 1711 1724 1736 1747				1847 1858 1907 1917 1928 1938 1952						
Manor Park Station	1917 1929 1941 1955 2007 2022 2037 2052 2107 2122				2352						
East Ham Station	1924 1936 1948 2002 2014 2029 2044 2059 2113 2128				2358						
East Ham Newham Town Hall	1929 1941 1953 2007 2019 2034 2049 2104 2118 2133	Then		Then	0003						
Beckton Bus Station	1937 1949 2001 2015 2027 2042 2057 2112 2126 2140	every 15		minutes	0010						
Cyprus Station	1939 1951 2002 2016 2028 2043 2058 2113 2127 2141	minutes		minutes	0011						
North Woolwich Free Ferry	1944 1956 2007 2021 2033 2048 2103 2118 2132 2146	until		until	0016						
Silvertown & City Airport	1949 2001 2012 2026 2038 2053 2108 2123 2137 2151				0021						
Canning Town Station	1959 2011 2022 2036 2048 2103 2117 2132 2146 2200				0030						
Canning Town Hermit Road	2002 2014 2025 2039 2051 2106 2120 2135 2149 2203				0033						

474		Saturdays (also Good Friday)										
Manor Park Station	0007 0022 0040		0410 0431		0611 0626 0641 0656 0711 0726 0741 0756 0811							
East Ham Station	0013 0028 0044		0414 0435		0615 0631 0646 0701 0716 0731 0746 0801 0817							
East Ham Newham Town Hall	0018 0033 0049	Then	0419 0440	Then	0620 0636 0651 0706 0721 0736 0751 0806 0822							
Beckton Bus Station	0025 0040 0055	every 30	0425 0446	every 20	0626 0642 0658 0713 0728 0743 0758 0813 0829							
Cyprus Station	0026 0041 0056	minutes	0426 0447	minutes	0627 0644 0700 0715 0730 0745 0800 0815 0832							
North Woolwich Free Ferry	0030 0045 0101	until	0431 0452	until	0632 0649 0705 0720 0735 0750 0805 0821 0838							
Silvertown & City Airport	0035 0050 0106		0436 0457		0637 0654 0710 0725 0740 0755 0810 0826 0843							
Canning Town Station	0045 0100 0117		0447 0508		0648 0705 0721 0736 0751 0807 0822 0838 0855							
Canning Town Hermit Road	0048 0103 0120		0450 0511		0651 0708 0724 0739 0754 0810 0825 0841 0858							
Manor Park Station	0823 0836 0848 0859 0910 0922 0934 0945 0956 1007 1019 1030				1618 1630							
East Ham Station	0829 0843 0855 0907 0918 0930 0942 0953 1005 1016 1028 1039				1627 1639							
East Ham Newham Town Hall	0834 0848 0900 0912 0924 0936 0948 1000 1012 1023 1035 1047	Then		Then	1635 1647							
Beckton Bus Station	0841 0855 0908 0920 0932 0944 0956 1008 1020 1032 1044 1056	every 12		every 12	1644 1656							
Cyprus Station	0844 0858 0911 0923 0935 0947 0959 1011 1023 1035 1047 1059	minutes		minutes	1647 1659							
North Woolwich Free Ferry	0850 0904 0918 0930 0942 0954 1006 1018 1030 1042 1054 1106	until		until	1654 1706							
Silvertown & City Airport	0855 0909 0923 0935 0947 0959 1011 1023 1035 1047 1059 1111				1659 1711							
Canning Town Station	0907 0921 0935 0947 0959 1012 1024 1036 1048 1100 1112 1124				1712 1723							
Canning Town Hermit Road	0910 0924 0938 0950 1002 1015 1027 1039 1052 1104 1116 1128				1716 1726							
Manor Park Station	1718 1730 1742 1753 1805 1817 1829 1841 1853 1906 1922 1937 1952 2007 2022 2037 2052 2107											
East Ham Station	1727 1739 1751 1801 1813 1825 1837 1849 1901 1913 1929 1944 1959 2014 2029 2044 2059 2113											
East Ham Newham Town Hall	1735 1747 1758 1808 1819 1831 1843 1855 1906 1918 1934 1949 2004 2019 2034 2049 2104 2118											
Beckton Bus Station	1744 1755 1806 1816 1827 1839 1851 1903 1914 1926 1942 1957 2012 2027 2042 2057 2112 2126											
Cyprus Station	1747 1758 1809 1819 1830 1842 1854 1906 1917 1929 1945 1959 2014 2029 2044 2059 2113 2127											
North Woolwich Free Ferry	1753 1804 1815 1825 1836 1848 1900 1912 1923 1935 1950 2004 2019 2033 2048 2103 2118 2132											
Silvertown & City Airport	1758 1809 1820 1830 1841 1853 1905 1917 1928 1940 1955 2009 2024 2038 2053 2108 2123 2137											
Canning Town Station	1810 1821 1832 1842 1853 1905 1916 1927 1938 1950 2005 2019 2034 2048 2103 2117 2132 2146											
Canning Town Hermit Road	1813 1824 1835 1845 1856 1908 1919 1930 1941 1953 2008 2022 2037 2051 2106 2120 2135 2149											
Manor Park Station	2122		2352									
East Ham Station	2128		2358									
East Ham Newham Town Hall	2133	Then	0003									
Beckton Bus Station	2140	every 15	0010									
Cyprus Station	2141	minutes	0011									
North Woolwich Free Ferry	2146	until	0016									
Silvertown & City Airport	2151		0021									
Canning Town Station	2200		0030									
Canning Town Hermit Road	2203		0033									
474		Sundays and other Public Holidays (except Christmas Day and Boxing Day)										
Manor Park Station	0007 0022 0040		0510 0533		0753 0813 0833 0851 0906 0921 0936 0951 1005							
East Ham Station	0013 0028 0044		0514 0537		0757 0817 0837 0855 0911 0927 0942 0958 1012							
East Ham Newham Town Hall	0018 0033 0049	Then	0519 0542	Then	0802 0822 0842 0900 0916 0932 0947 1003 1018							
Beckton Bus Station	0025 0040 0055	every 30	0525 0548	every 20	0808 0828 0848 0907 0923 0939 0955 1011 1026							
Cyprus Station	0026 0041 0056	minutes	0526 0549	minutes	0809 0831 0851 0910 0926 0942 0958 1014 1029							
North Woolwich Free Ferry	0030 0045 0101	until	0531 0554	until	0814 0836 0856 0915 0932 0948 1004 1020 1035							
Silvertown & City Airport	0035 0050 0106		0536 0559		0819 0841 0901 0920 0937 0953 1009 1025 1040							
Canning Town Station	0045 0100 0117		0547 0610		0830 0853 0913 0932 0949 1005 1021 1037 1052							
Canning Town Hermit Road	0048 0103 0120		0550 0613		0833 0856 0916 0935 0952 1008 1024 1040 1055							
Manor Park Station	1020 1035 1050 1105 1120			1635 1650	1820 1835 1851 1906 1921 1937 1952							
East Ham Station	1027 1042 1057 1112 1127			1642 1657	1827 1842 1858 1913 1928 1944 1959							
East Ham Newham Town Hall	1033 1048 1103 1118 1133	Then		1648 1703	1833 1848 1903 1918 1933 1949 2004							
Beckton Bus Station	1041 1056 1111 1127 1142	every 15		1657 1712	1842 1856 1911 1926 1941 1957 2012							
Cyprus Station	1044 1059 1114 1130 1145	minutes		1700 1715	1845 1859 1914 1929 1944 1959 2014							
North Woolwich Free Ferry	1050 1105 1120 1136 1151	until		1706 1721	1851 1905 1920 1935 1949 2004 2019							
Silvertown & City Airport	1055 1110 1125 1141 1157			1712 1727	1857 1910 1925 1940 1954 2009 2024							
Canning Town Station	1107 1122 1137 1153 1209			1724 1738	1908 1921 1935 1950 2004 2019 2034							
Canning Town Hermit Road	1110 1125 1140 1156 1212			1727 1741	1911 1924 1938 1953 2007 2022 2037							
Manor Park Station	2007 2022 2037 2052 2107 2122			2352								
East Ham Station	2014 2029 2044 2059 2114 2128			2358								
East Ham Newham Town Hall	2019 2034 2049 2104 2119 2133	Then		0003								
Beckton Bus Station	2027 2042 2057 2112 2127 2140	every 15		0010								
Cyprus Station	2029 2044 2059 2114 2129 2142	minutes		0012								
North Woolwich Free Ferry	2033 2048 2103 2117 2132 2145	until		0015								
Silvertown & City Airport	2038 2053 2108 2122 2137 2150			0020								
Canning Town Station	2048 2103 2118 2132 2147 2200			0030								
Canning Town Hermit Road	2051 2106 2121 2135 2150 2203			0033								

474		Mondays to Fridays															
Canning Town Hermit Road	0000	0015	0030	0045	0105	0125	0155	Then every 30 minutes until	0425	0450	0510	0530	0545	0600	0615	0627	0639
Canning Town Station	0003	0018	0033	0048	0108	0128	0157		0427	0452	0513	0533	0548	0603	0618	0630	0642
Silvertown & City Airport	0014	0029	0044	0059	0119	0138	0206		0436	0501	0523	0543	0558	0613	0629	0642	0655
North Woolwich Free Ferry	0020	0035	0050	0105	0125	0143	0211		0441	0506	0528	0548	0603	0618	0635	0648	0701
Cyprus Station	0025	0040	0055	0110	0130	0148	0216		0446	0511	0533	0553	0608	0623	0640	0653	0706
Beckton Bus Station	0026	0041	0056	0111	0131	0149	0217		0447	0512	0534	0555	0610	0625	0642	0655	0708
East Ham Newham Town Hall	0033	0048	0103	0118	0138	0155	0223		0453	0518	0540	0601	0616	0631	0648	0702	0715
East Ham Station	0038	0053	0108	0123	0143	0159	0227		0457	0522	0544	0605	0620	0635	0653	0707	0720
Manor Park Station	0043	0058	0113	0128	0148	0203	0231	0501	0527	0549	0610	0625	0640	0658	0712	0726	
Canning Town Hermit Road	0651	0702	0714	0724	0736	0748	Then every 12 minutes until	0900	0912	Then every 12 minutes until	1412	1424	1436	1448	1500	1511	
Canning Town Station	0654	0706	0718	0728	0740	0752		0904	0916		1416	1428	1440	1452	1504	1515	
Silvertown & City Airport	0707	0719	0731	0741	0753	0805		0917	0928		1428	1440	1452	1504	1516	1528	
North Woolwich Free Ferry	0713	0725	0737	0747	0759	0811		0923	0934		1434	1446	1458	1510	1522	1534	
Cyprus Station	0719	0731	0743	0754	0806	0818		0930	0941		1441	1453	1505	1517	1529	1541	
Beckton Bus Station	0721	0733	0745	0756	0808	0820		0932	0943		1443	1455	1507	1519	1531	1543	
East Ham Newham Town Hall	0729	0741	0753	0805	0817	0829		0941	0952		1452	1504	1516	1528	1540	1552	
East Ham Station	0734	0746	0759	0811	0824	0836		0948	1000		1500	1512	1525	1538	1550	1602	
Manor Park Station	0740	0753	0806	0818	0831	0844	0956	1007	1507	1520	1534	1547	1600	1612			
Canning Town Hermit Road	1522	1533	1545	1557	Then every 12 minutes until	1721	1733	1745	1757	1809	1821	1833	1845	1857	1909	1921	1933
Canning Town Station	1526	1537	1549	1601		1725	1737	1749	1801	1813	1825	1837	1849	1900	1912	1924	1936
Silvertown & City Airport	1540	1551	1603	1616		1740	1752	1802	1814	1826	1838	1850	1901	1912	1924	1936	1948
North Woolwich Free Ferry	1546	1557	1609	1622		1746	1758	1808	1820	1832	1844	1856	1907	1918	1930	1942	1954
Cyprus Station	1553	1604	1616	1629		1753	1804	1814	1825	1837	1849	1901	1912	1923	1935	1947	1959
Beckton Bus Station	1555	1606	1618	1631		1755	1806	1816	1827	1839	1851	1903	1914	1925	1937	1949	2001
East Ham Newham Town Hall	1604	1616	1628	1641		1805	1816	1826	1836	1847	1859	1911	1922	1933	1945	1957	2008
East Ham Station	1614	1626	1638	1651		1815	1826	1836	1846	1856	1907	1919	1928	1939	1951	2003	2014
Manor Park Station	1625	1637	1649	1702	1826	1837	1846	1856	1905	1916	1927	1935	1946	1957	2009	2020	
Canning Town Hermit Road	1945	1957	2009	2021	2033	2045	Then every 15 minutes until	2200	2215	Then every 15 minutes until	2345						
Canning Town Station	1948	2000	2012	2024	2036	2048		2203	2218		2348						
Silvertown & City Airport	2000	2011	2023	2035	2047	2059		2214	2229		2359						
North Woolwich Free Ferry	2006	2017	2029	2041	2053	2105		2220	2235		0005						
Cyprus Station	2011	2022	2034	2046	2058	2110		2225	2240		0010						
Beckton Bus Station	2013	2024	2036	2047	2059	2111		2226	2241		0011						
East Ham Newham Town Hall	2020	2031	2043	2054	2106	2118		2233	2248		0018						
East Ham Station	2025	2036	2048	2059	2111	2123		2238	2253		0023						
Manor Park Station	2031	2042	2054	2105	2117	2129	2244	2258	0028								

474 Saturdays (also Good Friday)																			
Canning Town Hermit Road	0000	0015	0030	0045	0105	0125	0155			0425	0450	0510	0530	0545	0600	0615	0630	0645	
Canning Town Station	0003	0018	0033	0048	0108	0128	0157			0427	0452	0512	0533	0548	0603	0618	0633	0648	
Silvertown & City Airport	0014	0029	0044	0059	0119	0138	0206		Then	0436	0501	0521	0543	0558	0613	0628	0643	0658	
North Woolwich Free Ferry	0020	0035	0050	0105	0125	0143	0211		every 30 minutes until	0441	0506	0526	0548	0603	0618	0633	0648	0703	
Cyprus Station	0025	0040	0055	0110	0130	0148	0216			0446	0511	0531	0553	0608	0623	0638	0653	0708	
Beckton Bus Station	0026	0041	0056	0111	0131	0149	0217			0447	0512	0532	0555	0610	0625	0640	0656	0711	
East Ham Newham Town Hall	0033	0048	0103	0118	0138	0155	0223			0453	0518	0538	0601	0616	0631	0646	0702	0717	
East Ham Station	0038	0053	0108	0123	0143	0159	0227		0457	0522	0542	0605	0620	0635	0650	0706	0721		
Manor Park Station	0043	0058	0113	0128	0148	0203	0231		0501	0526	0546	0610	0625	0640	0655	0711	0726		
Canning Town Hermit Road	0700	0715	0730	0745	0757	0809	0821	0833	0845	0856	0908	0920	0932	0943	0955	1006	1017	1028	
Canning Town Station	0703	0718	0733	0748	0800	0812	0824	0836	0848	0900	0912	0924	0936	0947	0959	1010	1021	1032	
Silvertown & City Airport	0713	0728	0743	0758	0810	0822	0834	0846	0859	0911	0923	0935	0947	0958	1010	1022	1033	1044	
North Woolwich Free Ferry	0718	0733	0749	0804	0816	0828	0840	0852	0905	0917	0929	0941	0953	1004	1016	1028	1039	1050	
Cyprus Station	0723	0739	0755	0810	0822	0834	0847	0859	0912	0924	0936	0948	1000	1011	1023	1035	1046	1057	
Beckton Bus Station	0726	0742	0758	0813	0825	0837	0850	0902	0915	0927	0939	0951	1003	1014	1026	1038	1049	1100	
East Ham Newham Town Hall	0732	0748	0804	0820	0832	0845	0858	0911	0924	0936	0948	1000	1012	1024	1036	1048	1100	1112	
East Ham Station	0736	0752	0808	0824	0837	0850	0903	0916	0929	0942	0954	1006	1019	1032	1044	1056	1108	1120	
Manor Park Station	0741	0757	0813	0829	0842	0855	0908	0921	0934	0947	1000	1013	1026	1040	1052	1104	1116	1128	
Canning Town Hermit Road	1039	1051	1103	1115				1539	1551	1603	1615	1627	1639	1651	1704	1716	1728	1740	1752
Canning Town Station	1043	1055	1107	1119				1543	1555	1607	1619	1631	1643	1655	1708	1720	1732	1744	1755
Silvertown & City Airport	1055	1107	1119	1131			Then	1555	1607	1619	1631	1643	1655	1707	1720	1732	1744	1756	1807
North Woolwich Free Ferry	1101	1113	1125	1137			every 12 minutes until	1601	1613	1625	1637	1649	1701	1713	1726	1738	1750	1802	1813
Cyprus Station	1108	1120	1132	1144				1608	1620	1632	1644	1656	1708	1720	1733	1745	1757	1809	1819
Beckton Bus Station	1111	1123	1135	1147				1611	1623	1635	1647	1659	1711	1723	1736	1748	1800	1812	1822
East Ham Newham Town Hall	1123	1135	1147	1159				1623	1634	1646	1658	1710	1722	1734	1747	1759	1811	1821	1831
East Ham Station	1131	1143	1156	1208			1632	1643	1655	1707	1719	1731	1742	1755	1807	1819	1829	1839	
Manor Park Station	1140	1152	1205	1218			1642	1653	1704	1716	1728	1740	1751	1804	1815	1827	1836	1846	
Canning Town Hermit Road	1804	1816	1829	1845	1900	1915	1930	1945	2000	2015	2030	2045		Then	2200	2215		2345	
Canning Town Station	1807	1819	1832	1848	1903	1918	1933	1948	2003	2018	2033	2048		2203	2218		2348		
Silvertown & City Airport	1819	1831	1844	1900	1915	1930	1945	2000	2014	2029	2044	2059		2214	2229	Then	2359		
North Woolwich Free Ferry	1825	1837	1850	1906	1921	1936	1951	2006	2020	2035	2050	2105		2220	2235	every	0005		
Cyprus Station	1831	1843	1856	1911	1926	1941	1956	2011	2025	2040	2055	2110		2225	2240	15	0010		
Beckton Bus Station	1834	1846	1859	1914	1929	1944	1959	2014	2028	2042	2057	2111		2226	2241	mins.	0011		
East Ham Newham Town Hall	1843	1854	1907	1922	1937	1952	2007	2021	2035	2049	2104	2118		2233	2248	until	0018		
East Ham Station	1850	1901	1913	1928	1943	1958	2013	2026	2040	2054	2109	2123		2238	2253		0023		
Manor Park Station	1857	1908	1920	1935	1950	2005	2020	2032	2046	2100	2115	2129		2244	2258		0028		
474 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Canning Town Hermit Road	0000	0015	0030	0045	0105	0125	0155			0455	0520			0740	0800	0820	0835	0850	
Canning Town Station	0003	0018	0033	0048	0108	0128	0157			0457	0523			0743	0803	0823	0838	0853	
Silvertown & City Airport	0014	0029	0044	0059	0119	0138	0206		Then	0506	0533		Then	0753	0813	0833	0848	0903	
North Woolwich Free Ferry	0020	0035	0050	0105	0125	0143	0211		every 30 minutes until	0511	0538		every 20	0758	0818	0838	0853	0908	
Cyprus Station	0025	0040	0055	0110	0130	0148	0216			0516	0543		minutes	0803	0823	0843	0858	0913	
Beckton Bus Station	0026	0041	0056	0111	0131	0149	0217			0517	0545		until	0805	0826	0846	0901	0916	
East Ham Newham Town Hall	0033	0048	0103	0118	0138	0155	0223			0523	0551			0811	0832	0852	0907	0922	
East Ham Station	0038	0053	0108	0123	0143	0159	0227		0527	0555			0815	0836	0856	0911	0927		
Manor Park Station	0043	0058	0113	0128	0148	0203	0231		0531	0600			0820	0841	0901	0916	0932		
Canning Town Hermit Road	0905	0920	0935	0950	1005	1019	1034	1048	1103	1118			Then	1633	1648	1703	1718	1733	1747
Canning Town Station	0908	0923	0938	0953	1008	1022	1037	1051	1106	1121			1636	1651	1706	1721	1736	1750	
Silvertown & City Airport	0919	0934	0949	1004	1019	1033	1048	1102	1117	1132			1647	1702	1717	1732	1747	1801	
North Woolwich Free Ferry	0924	0939	0954	1009	1024	1038	1053	1107	1122	1138			1653	1708	1723	1738	1753	1807	
Cyprus Station	0930	0945	1000	1015	1030	1044	1059	1113	1128	1144			1659	1714	1729	1744	1759	1813	
Beckton Bus Station	0933	0948	1003	1018	1033	1047	1102	1116	1131	1147			1702	1717	1732	1747	1802	1816	
East Ham Newham Town Hall	0939	0954	1010	1025	1040	1055	1110	1125	1140	1156			1711	1726	1740	1755	1810	1824	
East Ham Station	0944	0959	1015	1031	1046	1101	1116	1131	1146	1202			1717	1732	1746	1801	1816	1830	
Manor Park Station	0949	1004	1020	1036	1052	1107	1123	1139	1154	1210			1725	1739	1753	1807	1822	1836	
Canning Town Hermit Road	1802	1817	1832	1847	1902	1916	1930	1945	2000	2015	2030	2045		Then	2200	2215		2345	
Canning Town Station	1805	1820	1835	1850	1905	1919	1933	1948	2003	2018	2033	2048		2203	2218		2348		
Silvertown & City Airport	1816	1831	1846	1901	1916	1930	1944	1959	2014	2029	2044	2059		2214	2229	Then	2359		
North Woolwich Free Ferry	1822	1837	1852	1907	1922	1936	1950	2005	2020	2035	2050	2105		2220	2235	every	0005		
Cyprus Station	1827	1842	1857	1912	1927	1941	1955	2010	2025	2040	2055	2110		2225	2240	15	0010		
Beckton Bus Station	1830	1845	1900	1915	1930	1944	1958	2013	2028	2042	2057	2111		2226	2241	mins.	0011		
East Ham Newham Town Hall	1838	1853	1908	1923	1938	1951	2005	2020	2035	2049	2104	2118		2233	2248	until	0018		
East Ham Station	1844	1859	1914	1929	1944	1957	2010	2025	2040	2054	2109	2123		2238	2253		0023		
Manor Park Station	1850	1905	1920	1935	1950	2003	2016	2031	2046	2100	2115	2129		2244	2258		0028		