

474 Mondays to Fridays																				
Manor Park Station	0007	0022	0040		0410	0431		0531	0546	0601	0613	0625	0636	0650		0832		1332		
East Ham Station	0013	0028	0044		0414	0435		0535	0550	0605	0617	0629	0641	0655	Then	0839		1339		
East Ham Newham Town Hall	0018	0033	0049	Then	0419	0440	Then	0540	0555	0610	0622	0634	0646	0700	about	0847	Then	1347		
Beckton Bus Station	0025	0040	0055	every 30	0425	0446	every 20	0546	0601	0616	0628	0640	0653	0708	every	0855	every	1355		
Cyprus Station	0026	0041	0056	minutes	0426	0447	minutes	0547	0602	0618	0630	0642	0655	0710	12	0857	12	1357		
North Woolwich Free Ferry	0030	0045	0101	until	0431	0452	until	0552	0607	0623	0636	0648	0702	0717	mins.	0904	mins.	1404		
Silvertown & City Airport	0036	0051	0106		0436	0457		0557	0612	0628	0641	0653	0708	0723	until	0909	until	1409		
Canning Town Station	0045	0100	0117		0447	0508		0608	0624	0640	0654	0707	0723	0739		0921		1421		
Canning Town Hermit Road	0048	0103	0120		0450	0511		0611	0627	0643	0657	0710	0726	0742		0924		1424		
Manor Park Station	1344		1813	1826	1838	1851	1905	1917	1929	1941	1955	2007	2022	2037	2052	2107	2122	2352		
East Ham Station	1351	Then	1823	1835	1847	1859	1913	1924	1936	1948	2002	2014	2029	2044	2059	2113	2128	2358		
East Ham Newham Town Hall	1359	about	1831	1842	1854	1905	1919	1929	1941	1953	2007	2019	2034	2049	2104	2118	2133	0003		
Beckton Bus Station	1407	every	1840	1851	1902	1913	1927	1937	1949	2001	2015	2027	2042	2057	2112	2126	2140	0010		
Cyprus Station	1409	12	1842	1853	1904	1915	1929	1939	1951	2002	2016	2028	2043	2058	2113	2127	2141	0011		
North Woolwich Free Ferry	1416	mins.	1848	1859	1910	1920	1934	1944	1956	2007	2021	2033	2048	2103	2118	2132	2146	0016		
Silvertown & City Airport	1421	until	1853	1904	1915	1925	1939	1949	2001	2012	2026	2038	2053	2108	2123	2137	2151	0021		
Canning Town Station	1434		1904	1914	1925	1935	1949	1959	2011	2022	2036	2048	2103	2117	2132	2146	2200	0030		
Canning Town Hermit Road	1437		1907	1917	1928	1938	1952	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	0823	0836		
East Ham Station	0013	0028	0044		0414	0435		0615	0631	0646	0701	0716	0731	0746	0801	0817	0829	0843		
East Ham Newham Town Hall	0018	0033	0049	Then	0419	0440	Then	0620	0636	0651	0706	0721	0736	0751	0806	0822	0834	0848		
Beckton Bus Station	0025	0040	0055	every 30	0425	0446	every 20	0626	0642	0658	0713	0728	0743	0758	0813	0829	0841	0855		
Cyprus Station	0026	0041	0056	minutes	0426	0447	minutes	0627	0644	0700	0715	0730	0745	0800	0815	0832	0844	0858		
North Woolwich Free Ferry	0030	0045	0101	until	0431	0452	until	0632	0649	0705	0720	0735	0750	0805	0821	0838	0850	0904		
Silvertown & City Airport	0035	0050	0106		0436	0457		0637	0654	0710	0725	0740	0755	0810	0826	0843	0855	0909		
Canning Town Station	0045	0100	0117		0447	0508		0648	0705	0721	0736	0751	0807	0822	0838	0855	0907	0921		
Canning Town Hermit Road	0048	0103	0120		0450	0511		0651	0708	0724	0739	0754	0810	0825	0841	0858	0910	0924		
Manor Park Station	0848	0859	0910	0922	0934	0945	0956	1007	1019	1030		1618	1630		1706	1718	1730	1742		
East Ham Station	0855	0907	0918	0930	0942	0953	1005	1016	1028	1039		1627	1639		1715	1727	1739	1751		
East Ham Newham Town Hall	0900	0912	0924	0936	0948	1000	1012	1023	1035	1047	Then	1635	1647	Then	1723	1735	1747	1758		
Beckton Bus Station	0908	0920	0932	0944	0956	1008	1020	1032	1044	1056	every 12	1644	1656	every 12	1732	1744	1755	1806		
Cyprus Station	0911	0923	0935	0947	0959	1011	1023	1035	1047	1059	minutes	1647	1659	minutes	1735	1747	1758	1809		
North Woolwich Free Ferry	0918	0930	0942	0954	1006	1018	1030	1042	1054	1106	until	1654	1706	until	1742	1753	1804	1815		
Silvertown & City Airport	0923	0935	0947	0959	1011	1023	1035	1047	1059	1111		1659	1711		1747	1758	1809	1820		
Canning Town Station	0935	0947	0959	1012	1024	1036	1048	1100	1112	1124		1712	1723		1759	1810	1821	1832		
Canning Town Hermit Road	0938	0950	1002	1015	1027	1039	1052	1104	1116	1128		1716	1726		1802	1813	1824	1835		
Manor Park Station	1753	1805	1817	1829	1841	1853	1906	1922	1937	1952	2007	2022	2037	2052	2107	2122		2352		
East Ham Station	1801	1813	1825	1837	1849	1901	1913	1929	1944	1959	2014	2029	2044	2059	2113	2128		2358		
East Ham Newham Town Hall	1808	1819	1831	1843	1855	1906	1918	1934	1949	2004	2019	2034	2049	2104	2118	2133	Then	0003		
Beckton Bus Station	1816	1827	1839	1851	1903	1914	1926	1942	1957	2012	2027	2042	2057	2112	2126	2140	every 15	0010		
Cyprus Station	1819	1830	1842	1854	1906	1917	1929	1945	1959	2014	2029	2044	2059	2113	2127	2141	minutes	0011		
North Woolwich Free Ferry	1825	1836	1848	1900	1912	1923	1935	1950	2004	2019	2033	2048	2103	2118	2132	2146	until	0016		
Silvertown & City Airport	1830	1841	1853	1905	1917	1928	1940	1955	2009	2024	2038	2053	2108	2123	2137	2151		0021		
Canning Town Station	1842	1853	1905	1916	1927	1938	1950	2005	2019	2034	2048	2103	2117	2132	2146	2200		0030		
Canning Town Hermit Road	1845	1856	1908	1919	1930	1941	1953	2008	2022	2037	2051	2106	2120	2135	2149	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	1020	1035	1050	1105
East Ham Station	0013	0028	0044		0514	0537		0757	0817	0837	0855	0911	0927	0942	0958	1012	1027	1042	1057	1112
East Ham Newham Town Hall	0018	0033	0049	Then	0519	0542	Then	0802	0822	0842	0900	0916	0932	0947	1003	1018	1033	1048	1103	1118
Beckton Bus Station	0025	0040	0055	every	0525	0548	every	0808	0828	0848	0907	0923	0939	0955	1011	1026	1041	1056	1111	1127
Cyprus Station	0026	0041	0056	30	0526	0549	20	0809	0831	0851	0910	0926	0942	0958	1014	1029	1044	1059	1114	1130
North Woolwich Free Ferry	0030	0045	0101	mins.	0531	0554	mins.	0814	0836	0856	0915	0932	0948	1004	1020	1035	1050	1105	1120	1136
Silvertown & City Airport	0035	0050	0106	until	0536	0559	until	0819	0841	0901	0920	0937	0953	1009	1025	1040	1055	1110	1125	1141
Canning Town Station	0045	0100	0117		0547	0610		0830	0853	0913	0932	0949	1005	1021	1037	1052	1107	1122	1137	1153
Canning Town Hermit Road	0048	0103	0120		0550	0613		0833	0856	0916	0935	0952	1008	1024	1040	1055	1110	1125	1140	1156
Manor Park Station	1120		1635	1650		1820	1835	1851	1906	1921	1937	1952	2007	2022	2037	2052	2107	2122		2352
East Ham Station	1127		1642	1657		1827	1842	1858	1913	1928	1944	1959	2014	2029	2044	2059	2114	2128		2358
East Ham Newham Town Hall	1133	Then	1648	1703	Then	1833	1848	1903	1918	1933	1949	2004	2019	2034	2049	2104	2119	2133	Then	0003
Beckton Bus Station	1142	every	1657	1712	every	1842	1856	1911	1926	1941	1957	2012	2027	2042	2057	2112	2127	2140	every	0010
Cyprus Station	1145	15	1700	1715	15	1845	1859	1914	1929	1944	1959	2014	2029	2044	2059	2114	2129	2142	15	0012
North Woolwich Free Ferry	1151	mins.	1706	1721	mins.	1851	1905	1920	1935	1949	2004	2019	2033	2048	2103	2117	2132	2145	mins.	0015
Silvertown & City Airport	1157	until	1712	1727	until	1857	1910	1925	1940	1954	2009	2024	2038	2053	2108	2122	2137	2150	until	0020
Canning Town Station	1209		1724	1738		1908	1921	1935	1950	2004	2019	2034	2048	2103	2118	2132	2147	2200		0030
Canning Town Hermit Road	1212		1727	1741		1911	1924	1938	1953	2007	2022	2037	2051	2106	2121	2135	2150	2203		0033

474 Mondays to Fridays																				
Canning Town Hermit Road	0000		0045	0105	0125	0155		0425	0450	0510	0530	0545	0600	0615	0627	0639	0651		0900	
Canning Town Station	0003		0048	0108	0128	0157		0427	0452	0513	0533	0548	0603	0618	0630	0642	0654	Then	0904	
Silvertown & City Airport	0014	Then	0059	0119	0138	0206	Then	0436	0501	0523	0543	0558	0613	0629	0642	0655	0707	about	0917	
North Woolwich Free Ferry	0020	every	0105	0125	0143	0211	every 30	0441	0506	0528	0548	0603	0618	0635	0648	0701	0713	every	0923	
Cyprus Station	0025	15	0110	0130	0148	0216	minutes	0446	0511	0533	0553	0608	0623	0640	0653	0706	0719	12	0930	
Beckton Bus Station	0026	mins.	0111	0131	0149	0217	until	0447	0512	0534	0555	0610	0625	0642	0655	0708	0721	mins.	0932	
East Ham Newham Town Hall	0033	until	0118	0138	0155	0223		0453	0518	0540	0601	0616	0631	0648	0702	0715	0729	until	0941	
East Ham Station	0038		0123	0143	0159	0227		0457	0522	0544	0605	0620	0635	0653	0707	0720	0734		0948	
Manor Park Station	0043		0128	0148	0203	0231		0501	0527	0549	0610	0625	0640	0658	0712	0726	0740		0956	
Canning Town Hermit Road	0912		1412				1557		1721				2045			2200	2215		2345	
Canning Town Station	0916		1416				1601		1725				2048			2203	2218		2348	
Silvertown & City Airport	0928	Then	1428	Then			1616	Then	1740	Then			2059	Then	2214	2229	Then		2359	
North Woolwich Free Ferry	0934	every 12	1434	about			1622	every 12	1746	about			2105	every 15	2220	2235	every 15		0005	
Cyprus Station	0941	minutes	1441	every 12			1629	minutes	1753	every 12			2110	minutes	2225	2240	minutes		0010	
Beckton Bus Station	0943	until	1443	minutes			1631	until	1755	minutes			2111	until	2226	2241	until		0011	
East Ham Newham Town Hall	0952		1452	until			1641		1805	until			2118		2233	2248			0018	
East Ham Station	1000		1500				1651		1815				2123		2238	2253			0023	
Manor Park Station	1007		1507				1702		1826				2129		2244	2258			0028	
474 Saturdays (also Good Friday)																				
Canning Town Hermit Road	0000		0045	0105	0125	0155		0425	0450	0510	0530		0615	0630	0645	0700	0715	0730	0745	0757
Canning Town Station	0003		0048	0108	0128	0157		0427	0452	0512	0533		0618	0633	0648	0703	0718	0733	0748	0800
Silvertown & City Airport	0014	Then	0059	0119	0138	0206	Then	0436	0501	0521	0543	Then	0628	0643	0658	0713	0728	0743	0758	0810
North Woolwich Free Ferry	0020	every	0105	0125	0143	0211	every	0441	0506	0526	0548	every	0633	0648	0703	0718	0733	0749	0804	0816
Cyprus Station	0025	15	0110	0130	0148	0216	30	0446	0511	0531	0553	15	0638	0653	0708	0723	0739	0755	0810	0822
Beckton Bus Station	0026	mins.	0111	0131	0149	0217	mins.	0447	0512	0532	0555	mins.	0640	0656	0711	0726	0742	0758	0813	0825
East Ham Newham Town Hall	0033	until	0118	0138	0155	0223	until	0453	0518	0538	0601	until	0646	0702	0717	0732	0748	0804	0820	0832
East Ham Station	0038		0123	0143	0159	0227		0457	0522	0542	0605		0650	0706	0721	0736	0752	0808	0824	0837
Manor Park Station	0043		0128	0148	0203	0231		0501	0526	0546	0610		0655	0711	0726	0741	0757	0813	0829	0842
Canning Town Hermit Road	0809		1115		1539		1829	1845		1930	1945	2000	2015	2030	2045		2200	2215		2345
Canning Town Station	0812	Then	1119		1543	Then	1832	1848		1933	1948	2003	2018	2033	2048		2203	2218		2348
Silvertown & City Airport	0822	about	1131	Then	1555	about	1844	1900	Then	1945	2000	2014	2029	2044	2059	Then	2214	2229	Then	2359
North Woolwich Free Ferry	0828	every	1137	every	1601	every	1850	1906	every	1951	2006	2020	2035	2050	2105	every	2220	2235	every	0005
Cyprus Station	0834	12	1144	12	1608	12	1856	1911	15	1956	2011	2025	2040	2055	2110	15	2225	2240	15	0010
Beckton Bus Station	0837	mins.	1147	mins.	1611	mins.	1859	1914	mins.	1959	2014	2028	2042	2057	2111	mins.	2226	2241	mins.	0011
East Ham Newham Town Hall	0845	until	1159	until	1623	until	1907	1922	until	2007	2021	2035	2049	2104	2118	until	2233	2248	until	0018
East Ham Station	0850		1208		1632		1913	1928		2013	2026	2040	2054	2109	2123		2238	2253		0023
Manor Park Station	0855		1218		1642		1920	1935		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	0905	0920	
Canning Town Station	0003	0018	0033	0048	0108	0128	0157		0457	0523			0743	0803	0823	0838	0853	0908	0923	
Silvertown & City Airport	0014	0029	0044	0059	0119	0138	0206	Then	0506	0533	Then		0753	0813	0833	0848	0903	0919	0934	
North Woolwich Free Ferry	0020	0035	0050	0105	0125	0143	0211	every 30	0511	0538	every 20		0758	0818	0838	0853	0908	0924	0939	
Cyprus Station	0025	0040	0055	0110	0130	0148	0216	minutes	0516	0543	minutes		0803	0823	0843	0858	0913	0930	0945	
Beckton Bus Station	0026	0041	0056	0111	0131	0149	0217	until	0517	0545	until		0805	0826	0846	0901	0916	0933	0948	
East Ham Newham Town Hall	0033	0048	0103	0118	0138	0155	0223		0523	0551			0811	0832	0852	0907	0922	0939	0954	
East Ham Station	0038	0053	0108	0123	0143	0159	0227		0527	0555			0815	0836	0856	0911	0927	0944	0959	
Manor Park Station	0043	0058	0113	0128	0148	0203	0231		0531	0600			0820	0841	0901	0916	0932	0949	1004	
Canning Town Hermit Road	0935	0950	1005	1019	1034	1048	1103	1118		1633	1648	1703	1718	1733	1747	1802	1817	1832	1847	
Canning Town Station	0938	0953	1008	1022	1037	1051	1106	1121		1636	1651	1706	1721	1736	1750	1805	1820	1835	1850	
Silvertown & City Airport	0949	1004	1019	1033	1048	1102	1117	1132	Then	1647	1702	1717	1732	1747	1801	1816	1831	1846	1901	
North Woolwich Free Ferry	0954	1009	1024	1038	1053	1107	1122	1138	every 15	1653	1708	1723	1738	1753	1807	1822	1837	1852	1907	
Cyprus Station	1000	1015	1030	1044	1059	1113	1128	1144	minutes	1659	1714	1729	1744	1759	1813	1827	1842	1857	1912	
Beckton Bus Station	1003	1018	1033	1047	1102	1116	1131	1147	until	1702	1717	1732	1747	1802	1816	1830	1845	1900	1915	
East Ham Newham Town Hall	1010	1025	1040	1055	1110	1125	1140	1156		1711	1726	1740	1755	1810	1824	1838	1853	1908	1923	
East Ham Station	1015	1031	1046	1101	1116	1131	1146	1202		1717	1732	1746	1801	1816	1830	1844	1859	1914	1929	
Manor Park Station	1020	1036	1052	1107	1123	1139	1154	1210		1725	1739	1753	1807	1822	1836	1850	1905	1920	1935	
Canning Town Hermit Road	1902	1916	1930	1945	2000	2015	2030	2045		2200	2215			2345						
Canning Town Station	1905	1919	1933	1948	2003	2018	2033	2048		2203	2218			2348						
Silvertown & City Airport	1916	1930	1944	1959	2014	2029	2044	2059	Then	2214	2229	Then		2359						
North Woolwich Free Ferry	1922	1936	1950	2005	2020	2035	2050	2105	every 15	2220	2235	every 15		0005						
Cyprus Station	1927	1941	1955	2010	2025	2040	2055	2110	minutes	2225	2240	minutes		0010						
Beckton Bus Station	1930	1944	1958	2013	2028	2042	2057	2111	until	2226	2241	until		0011						
East Ham Newham Town Hall	1938	1951	2005	2020	2035	2049	2104	2118		2233	2248			0018						
East Ham Station	1944	1957	2010	2025	2040	2054	2109	2123		2238	2253			0023						
Manor Park Station	1950	2003	2016	2031	2046	2100	2115	2129		2244	2258			0028						