

D7

Poplar – Canary Wharf – Mile End

D7		Mondays to Fridays																					
Poplar Newby Place	0435	0455	0515	0535	0555	0607	0619	0631	0643	0653			1933	1943	1953	2003	2013	2023					
Cubitt Town Queen	0438	0458	0518	0538	0559	0611	0623	0635	0647	0657	Then about every 6-7 minutes		1938	1948	1958	2008	2018	2028					
Island Gardens Station	0441	0501	0521	0541	0602	0615	0627	0639	0651	0701			1942	1952	2002	2012	2022	2032					
Millwall Dock Bridge	0444	0504	0524	0544	0606	0619	0631	0644	0656	0706			1947	1957	2006	2016	2026	2036					
Westferry Road Byng Street	0445	0505	0525	0545	0608	0621	0633	0646	0658	0708			1949	1959	2008	2018	2028	2038					
Canary Wharf (DLR) Station	0450	0510	0530	0550	0613	0626	0638	0651	0703	0714			1955	2005	2014	2024	2034	2044					
Limehouse Burdett Road	0454	0514	0535	0555	0618	0631	0644	0657	0710	0721			2001	2011	2020	2030	2040	2050					
Mile End Grove Road	0457	0517	0538	0558	0621	0634	0647	0700	0713	0725			2005	2015	2024	2034	2044	2054					
Poplar Newby Place	2033	2045	2057	2109	2121	2133	2145	2157	2209	2221	2233	2245	2257							0045			
Cubitt Town Queen	2038	2050	2102	2114	2126	2137	2149	2201	2213	2225	2237	2249	2301							0049			
Island Gardens Station	2042	2054	2106	2118	2130	2141	2153	2205	2217	2229	2240	2252	2304	Then every 12 minutes until						0052			
Millwall Dock Bridge	2046	2058	2110	2122	2134	2145	2157	2209	2221	2233	2244	2256	2307							0055			
Westferry Road Byng Street	2048	2100	2112	2124	2136	2147	2159	2211	2223	2235	2246	2258	2309							0057			
Canary Wharf (DLR) Station	2054	2106	2118	2130	2142	2153	2205	2217	2229	2241	2252	2304	2314							0102			
Limehouse Burdett Road	2100	2111	2123	2135	2147	2158	2210	2222	2234	2246	2257	2309	2319							0107			
Mile End Grove Road	2104	2115	2127	2139	2151	2202	2214	2226	2238	2250	2301	2312	2322							0110			
D7		Saturdays (also Good Friday)																					
Poplar Newby Place	0435	0455	0515	0535	0555	0615	0630	0645	0657	0709	0719	0729	0739	0749	0759	0809	0819	0827					
Cubitt Town Queen	0439	0459	0519	0539	0559	0619	0634	0649	0701	0713	0723	0733	0743	0753	0803	0813	0823	0831					
Island Gardens Station	0442	0502	0522	0542	0602	0622	0637	0652	0704	0716	0726	0736	0746	0756	0807	0817	0827	0835					
Millwall Dock Bridge	0445	0505	0525	0545	0605	0625	0640	0655	0708	0720	0730	0740	0750	0800	0811	0821	0831	0839					
Westferry Road Byng Street	0446	0506	0526	0546	0607	0627	0642	0657	0710	0722	0732	0742	0752	0802	0813	0823	0833	0841					
Canary Wharf (DLR) Station	0451	0511	0531	0551	0612	0632	0647	0702	0715	0727	0737	0747	0757	0807	0818	0828	0838	0846					
Limehouse Burdett Road	0455	0515	0535	0555	0617	0637	0652	0707	0720	0732	0742	0752	0802	0812	0823	0833	0843	0851					
Mile End Grove Road	0458	0518	0538	0558	0620	0640	0655	0710	0723	0735	0745	0755	0805	0815	0826	0836	0846	0855					
Poplar Newby Place	0835			1830			1920	1930	1942	1954	2006	2018			2118	2130			2230				
Cubitt Town Queen	0839	Then about every 8 minutes until		1835	Then every 10 minutes until		1925	1935	1947	1959	2011	2023			2123	2135	Then every 12 mins. until		2235				
Island Gardens Station	0843			1839			1929	1939	1951	2003	2015	2027			2127	2139			2239				
Millwall Dock Bridge	0847			1844			1934	1944	1956	2008	2020	2032			2132	2143			2243				
Westferry Road Byng Street	0849			1846			1936	1946	1958	2010	2022	2034			2134	2145			2245				
Canary Wharf (DLR) Station	0855			1852			1942	1952	2004	2016	2028	2040			2140	2151			2251				
Limehouse Burdett Road	0900			1858			1948	1958	2010	2022	2034	2045			2145	2156			2256				
Mile End Grove Road	0904			1903			1953	2002	2014	2026	2038	2049			2149	2200			2300				
Poplar Newby Place	2241	2252	2304	2316	2328	2340	2352	0004	0016	0028	0040												
Cubitt Town Queen	2246	2257	2308	2320	2332	2344	2356	0008	0020	0032	0044												
Island Gardens Station	2250	2301	2312	2324	2336	2348	0000	0011	0023	0035	0047												
Millwall Dock Bridge	2254	2305	2316	2328	2340	2352	0003	0014	0026	0038	0050												
Westferry Road Byng Street	2256	2307	2318	2330	2342	2354	0005	0016	0028	0040	0052												
Canary Wharf (DLR) Station	2302	2312	2323	2335	2347	2359	0010	0021	0033	0045	0057												
Limehouse Burdett Road	2307	2317	2328	2340	2352	0004	0015	0026	0038	0050	0102												
Mile End Grove Road	2310	2320	2331	2343	2355	0007	0018	0029	0041	0053	0105												
D7		Sundays and other Public Holidays (except Christmas Day)																					
Poplar Newby Place	0535	0555	0615	0635	0653	0712			0812	0826	0841	0855	0910	0925	0940	0952	1003	1015					
Cubitt Town Queen	0539	0559	0619	0639	0657	0716			0816	0830	0845	0859	0914	0929	0944	0956	1008	1020					
Island Gardens Station	0542	0602	0622	0642	0700	0719	Then every 15 minutes until		0819	0834	0849	0903	0918	0933	0948	1000	1012	1024					
Millwall Dock Bridge	0545	0605	0625	0645	0703	0723			0823	0838	0853	0908	0923	0938	0953	1005	1017	1029					
Westferry Road Byng Street	0546	0606	0626	0646	0705	0725			0825	0840	0855	0910	0925	0940	0955	1007	1019	1031					
Canary Wharf (DLR) Station	0551	0611	0631	0651	0710	0730			0830	0845	0900	0915	0930	0946	1001	1013	1025	1037					
Limehouse Burdett Road	0555	0615	0635	0655	0715	0735			0835	0850	0905	0920	0935	0951	1006	1018	1030	1042					
Mile End Grove Road	0558	0618	0638	0658	0718	0738			0838	0853	0908	0923	0939	0955	1010	1022	1034	1046					
Poplar Newby Place	1026	1038			1214	1226			1638	1650	1702	1714	1726	1737	1748			2000					
Cubitt Town Queen	1031	1043			1219	1231			1643	1655	1707	1719	1731	1742	1753			2005					
Island Gardens Station	1036	1048	Then every 12 minutes until		1224	1236	Then every 12 minutes until		1648	1659	1711	1723	1735	1746	1757	Then every 12 minutes until		2009					
Millwall Dock Bridge	1041	1053			1229	1241			1653	1704	1716	1728	1740	1751	1802			2014					
Westferry Road Byng Street	1043	1055			1231	1243			1655	1706	1718	1730	1742	1753	1804			2016					
Canary Wharf (DLR) Station	1049	1101			1237	1249			1701	1712	1724	1736	1748	1759	1810			2022					
Limehouse Burdett Road	1054	1107			1243	1255			1707	1718	1730	1742	1754	1805	1816			2028					
Mile End Grove Road	1058	1111			1247	1300			1712	1723	1735	1747	1759	1809	1820			2032					
Poplar Newby Place	2013	2025	2037	2050	2103	2115	2127	2140			2240	2252	2304					0040					
Cubitt Town Queen	2018	2030	2042	2055	2107	2119	2131	2144			2244	2256	2308					0044					
Island Gardens Station	2022	2034	2046	2059	2111	2123	2135	2148	Then every 12 minutes until		2248	2300	2311	Then every 12 minutes until				0047					
Millwall Dock Bridge	2027	2039	2051	2103	2115	2127	2139	2152			2252	2303	2314					0050					
Westferry Road Byng Street	2029	2041	2053	2105	2117	2129	2141	2154			2254	2305	2316					0052					
Canary Wharf (DLR) Station	2034	2046	2058	2110	2122	2134	2146	2159			2259	2310	2321					0057					
Limehouse Burdett Road	2040	2052	2104	2115	2127	2139	2151	2204			2304	2315	2326					0102					
Mile End Grove Road	2044	2056	2108	2119	2131	2143	2155	2207			2307	2318	2329					0105					

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Mile End – Canary Wharf – Poplar

D7 Mondays to Fridays																			
Mile End Grove Road	0505	0525	0545	0557	0609	0621	0633	0643			2002			2042	2052	2103			2203
Limehouse Burdett Road	0509	0529	0549	0601	0614	0626	0638	0648	Then	2009				2049	2058	2109			2209
Canary Wharf (DLR) Station	0513	0533	0553	0606	0619	0631	0643	0653	about	2014		Then		2054	2103	2114		Then	2214
Westferry Road Cuba Street	0518	0538	0558	0611	0624	0636	0648	0658	every	2020		every 10		2100	2109	2120		every 12	2220
Millwall Dock Bridge	0519	0539	0559	0612	0625	0638	0650	0700	6-7	2023		minutes		2103	2112	2123		minutes	2223
Island Gardens Station	0522	0542	0602	0615	0628	0641	0653	0704	mins.	2028		until		2108	2117	2128		until	2228
Cubitt Town Queen	0525	0545	0605	0618	0631	0644	0656	0708	until	2032				2112	2121	2132			2232
Poplar Bazely Street	0528	0548	0609	0622	0635	0648	0700	0712		2036				2116	2125	2136			2236
Mile End Grove Road	2215	2227	2239	2251	2303	2315	2327	2339	2351	0003	0015	0027	0039	0051	0103	0115			
Limehouse Burdett Road	2221	2233	2245	2257	2309	2321	2333	2345	2357	0008	0020	0032	0044	0056	0108	0120			
Canary Wharf (DLR) Station	2226	2238	2250	2302	2314	2326	2338	2350	0002	0012	0024	0036	0048	0100	0112	0124			
Westferry Road Cuba Street	2232	2244	2256	2307	2319	2331	2343	2355	0007	0017	0029	0041	0053	0104	0116	0128			
Millwall Dock Bridge	2234	2246	2258	2309	2321	2333	2345	2357	0009	0019	0031	0043	0055	0106	0118	0130			
Island Gardens Station	2238	2250	2302	2313	2325	2337	2349	0001	0013	0023	0035	0047	0059	0109	0121	0133			
Cubitt Town Queen	2242	2254	2306	2317	2329	2341	2353	0004	0016	0026	0038	0050	0102	0112	0124	0136			
Poplar Bazely Street	2246	2258	2310	2321	2333	2345	2357	0007	0019	0029	0041	0053	0105	0115	0127	0139			
D7 Saturdays (also Good Friday)																			
Mile End Grove Road	0505	0525	0545	0605	0620	0635	0650	0702	0714	0726	0736	0746			0826				1903
Limehouse Burdett Road	0509	0529	0549	0609	0624	0640	0655	0707	0719	0731	0741	0751			0831		Then		1910
Canary Wharf (DLR) Station	0513	0533	0553	0613	0628	0645	0700	0712	0724	0736	0746	0756		Then	0836		about		1915
Westferry Road Cuba Street	0517	0537	0557	0617	0632	0649	0704	0716	0728	0741	0751	0801		every 10	0841		every 8		1921
Millwall Dock Bridge	0518	0538	0558	0618	0634	0651	0706	0718	0730	0743	0753	0803		minutes	0843		minutes		1924
Island Gardens Station	0521	0541	0601	0621	0637	0654	0709	0721	0733	0746	0756	0807		until	0847		until		1929
Cubitt Town Queen	0524	0544	0604	0624	0640	0657	0712	0724	0736	0749	0759	0811			0851				1933
Poplar Bazely Street	0527	0547	0607	0627	0644	0701	0716	0728	0740	0753	0803	0815			0855				1937
Mile End Grove Road	1913	1923	1933	1943	1953	2003	2013	2025	2037	2049	2101				2237	2249	2301	2313	2326
Limehouse Burdett Road	1920	1930	1940	1950	2000	2010	2020	2032	2044	2056	2107				2243	2255	2307	2319	2332
Canary Wharf (DLR) Station	1925	1935	1945	1955	2005	2015	2025	2037	2049	2101	2112		Then	2248	2300	2312	2324	2337	
Westferry Road Cuba Street	1931	1941	1951	2001	2011	2021	2031	2043	2055	2107	2118		every 12	2254	2306	2318	2330	2342	
Millwall Dock Bridge	1934	1944	1954	2003	2013	2023	2033	2045	2057	2109	2120		minutes	2256	2308	2320	2332	2344	
Island Gardens Station	1939	1949	1959	2008	2018	2028	2038	2050	2102	2114	2125		until	2301	2312	2324	2336	2348	
Cubitt Town Queen	1943	1953	2003	2012	2022	2032	2042	2054	2106	2118	2129			2305	2316	2328	2340	2352	
Poplar Bazely Street	1947	1957	2007	2016	2026	2036	2046	2058	2110	2122	2133			2309	2320	2332	2344	2356	
Mile End Grove Road	2338	2350	0002	0014	0026	0038	0050	0103	0115										
Limehouse Burdett Road	2344	2356	0008	0020	0032	0044	0056	0108	0120										
Canary Wharf (DLR) Station	2349	0001	0013	0025	0037	0049	0101	0113	0125										
Westferry Road Cuba Street	2354	0006	0018	0030	0042	0054	0105	0117	0129										
Millwall Dock Bridge	2356	0008	0020	0032	0044	0056	0107	0119	0131										
Island Gardens Station	0000	0012	0024	0036	0048	0100	0110	0122	0134										
Cubitt Town Queen	0004	0016	0028	0039	0051	0103	0113	0125	0137										
Poplar Bazely Street	0007	0019	0031	0042	0054	0106	0116	0128	0140										
D7 Sundays and other Public Holidays (except Christmas Day)																			
Mile End Grove Road	0605	0625	0645	0705	0725	0745	0800	0815	0830	0845	0900	0915	0930	0945			1033	1044	1056
Limehouse Burdett Road	0609	0629	0650	0710	0730	0750	0805	0820	0835	0850	0905	0920	0935	0951	Then		1039	1050	1102
Canary Wharf (DLR) Station	0613	0633	0654	0714	0734	0754	0809	0824	0839	0854	0909	0924	0940	0956	every		1044	1055	1107
Westferry Road Cuba Street	0617	0637	0658	0718	0738	0758	0813	0828	0844	0859	0914	0929	0945	1001	12		1049	1100	1112
Millwall Dock Bridge	0618	0639	0700	0720	0740	0800	0815	0830	0846	0901	0916	0931	0947	1003	mins.		1051	1102	1114
Island Gardens Station	0621	0642	0703	0723	0743	0803	0818	0834	0850	0905	0920	0935	0951	1007	until		1055	1107	1119
Cubitt Town Queen	0624	0645	0706	0726	0746	0806	0821	0838	0854	0909	0924	0939	0955	1011			1059	1111	1123
Poplar Bazely Street	0627	0648	0709	0729	0749	0809	0824	0842	0858	0913	0928	0943	0959	1015			1103	1115	1127
Mile End Grove Road	1108	1120	1131	1142		1230	1241	1252	1303			1815	1828	1840	1852	1904	1916	1928	1940
Limehouse Burdett Road	1114	1126	1138	1149	Then	1237	1248	1259	1310	Then		1822	1835	1847	1859	1911	1923	1935	1947
Canary Wharf (DLR) Station	1119	1131	1143	1154	every	1242	1253	1304	1316	every		1828	1840	1852	1904	1916	1928	1940	1952
Westferry Road Cuba Street	1124	1136	1148	1159	12	1247	1258	1310	1322	12		1834	1846	1858	1910	1922	1934	1946	1958
Millwall Dock Bridge	1126	1138	1150	1202	mins.	1250	1301	1313	1325	mins.		1837	1849	1901	1913	1925	1937	1949	2001
Island Gardens Station	1131	1143	1155	1207	until	1255	1306	1318	1330	until		1842	1854	1906	1918	1930	1942	1954	2006
Cubitt Town Queen	1135	1147	1159	1211		1259	1311	1323	1335			1847	1859	1910	1922	1934	1946	1958	2010
Poplar Bazely Street	1139	1151	1203	1216		1304	1316	1328	1340			1852	1904	1915	1927	1938	1950	2002	2014
Mile End Grove Road	1952	2004		2104	2116	2127				2327	2339	2351	0003	0015	0027	0039	0051	0103	0115
Limehouse Burdett Road	1959	2010	Then	2110	2122	2133				2333	2345	2357	0009	0021	0033	0044	0056	0108	0120
Canary Wharf (DLR) Station	2004	2015	every	2115	2127	2138		Then		2338	2350	0002	0013	0025	0037	0048	0100	0112	0124
Westferry Road Cuba Street	2009	2020	12	2120	2132	2143		every 12		2343	2355	0007	0018	0030	0041	0052	0104	0116	0128
Millwall Dock Bridge	2011	2022	mins.	2122	2134	2145		minutes		2345	2357	0009	0020	0032	0043	0054	0106	0118	0130
Island Gardens Station	2016	2027	until	2127	2138	2149		until		2349	0001	0013	0024	0035	0046	0057	0109	0121	0133
Cubitt Town Queen	2020	2031		2131	2142	2153				2353	0005	0017	0028	0038	0049	0100	0112	0124	0136
Poplar Bazely Street	2024	2035		2135	2146	2157				2357	0008	0020	0031	0041	0052	0103	0115	0127	0139