

# D7

## Poplar – Canary Wharf – Mile End

D7		Mondays to Fridays																
Poplar Newby Place	0435	0455	0515	0535	0555	0607	0619	0631	0643	0653	Then about every 6-7 minutes until	1933	1943	1953	2003	2013	2023	
Cubitt Town Queen	0438	0458	0518	0538	0559	0611	0623	0635	0647	0657		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	Then every 12 minutes until			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		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	Then about every 8 minutes until	1831	1840	Then every 10 minutes until	1920	1930	1942	1954	2006	2018	2118	2130	Then every 12 mins. until	2123	2135	Then every 12 mins. until	2230
Cubitt Town Queen	0839		1836	1845		1925	1935	1947	1959	2011	2023	2123	2135		2235			
Island Gardens Station	0843		1840	1849		1929	1939	1951	2003	2015	2027	2127	2139		2239			
Millwall Dock Bridge	0847		1845	1854		1934	1944	1956	2008	2020	2032	2132	2143		2243			
Westferry Road Byng Street	0849		1847	1856		1936	1946	1958	2010	2022	2034	2134	2145		2245			
Canary Wharf (DLR) Station	0855		1853	1902		1942	1952	2004	2016	2028	2040	2140	2151		2251			
Limehouse Burdett Road	0900		1859	1908		1948	1958	2010	2022	2034	2045	2145	2156		2256			
Mile End Grove Road	0904		1904	1913		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	0655	0712	0727	0742	0757	0812	0826	0841	0855	0910	0925	0940	0952	1003
Cubitt Town Queen	0539	0559	0619	0639	0659	0716	0731	0746	0801	0816	0830	0845	0859	0914	0929	0944	0956	1008
Island Gardens Station	0542	0602	0622	0642	0702	0719	0734	0749	0804	0819	0834	0849	0903	0918	0933	0948	1000	1012
Millwall Dock Bridge	0545	0605	0625	0645	0705	0723	0738	0753	0808	0823	0838	0853	0908	0923	0938	0953	1005	1017
Westferry Road Byng Street	0546	0606	0626	0646	0707	0725	0740	0755	0810	0825	0840	0855	0910	0925	0940	0955	1007	1019
Canary Wharf (DLR) Station	0551	0611	0631	0651	0712	0730	0745	0800	0815	0830	0845	0900	0915	0930	0946	1001	1013	1025
Limehouse Burdett Road	0555	0615	0635	0655	0717	0735	0750	0805	0820	0835	0850	0905	0920	0935	0951	1006	1018	1030
Mile End Grove Road	0558	0618	0638	0658	0720	0738	0753	0808	0823	0838	0853	0908	0923	0939	0955	1010	1022	1034
Poplar Newby Place	1015	1026	1038	Then every 12 minutes until	1214	1226	Then every 12 minutes until	1638	1650	1702	1714	1726	1738	Then every 12 minutes until			2002	
Cubitt Town Queen	1020	1031	1043		1219	1231		1643	1655	1707	1719	1731	1743		2007			
Island Gardens Station	1024	1036	1048		1224	1236		1648	1659	1711	1723	1735	1747		2011			
Millwall Dock Bridge	1029	1041	1053		1229	1241		1653	1704	1716	1728	1740	1752		2016			
Westferry Road Byng Street	1031	1043	1055		1231	1243		1655	1706	1718	1730	1742	1754		2018			
Canary Wharf (DLR) Station	1037	1049	1101		1237	1249		1701	1712	1724	1736	1748	1800		2024			
Limehouse Burdett Road	1042	1054	1107		1243	1255		1707	1718	1730	1742	1754	1806		2030			
Mile End Grove Road	1046	1058	1111		1247	1300		1712	1723	1735	1747	1759	1810		2034			
Poplar Newby Place	2014	2026	2038		2051	2104		2116	2128	2140	Then every 12 minutes until	2240	2252		2304	Then every 12 minutes until		
Cubitt Town Queen	2019	2031	2043	2056	2108	2120	2132	2144	2244	2256		2308	0044					
Island Gardens Station	2023	2035	2047	2100	2112	2124	2136	2148	2248	2300		2311	0047					
Millwall Dock Bridge	2028	2040	2052	2104	2116	2128	2140	2152	2252	2303		2314	0050					
Westferry Road Byng Street	2030	2042	2054	2106	2118	2130	2142	2154	2254	2305		2316	0052					
Canary Wharf (DLR) Station	2035	2047	2059	2111	2123	2135	2147	2159	2259	2310		2321	0057					
Limehouse Burdett Road	2041	2053	2105	2116	2128	2140	2152	2204	2304	2315		2326	0102					
Mile End Grove Road	2045	2057	2109	2120	2132	2144	2156	2207	2307	2318		2329	0105					

# D7

## Mile End – Canary Wharf – Poplar

D7		Mondays to Fridays																		
Mile End Grove Road	0505	0525	0545	0557	0609	0621	0633	0643				2002	2011	2021	2031	2041	2051	2203		
Limehouse Burdett Road	0509	0529	0549	0601	0614	0626	0638	0648	Then				2009	2018	2028	2038	2048	2057	Then	2209
Canary Wharf (DLR) Station	0513	0533	0553	0606	0619	0631	0643	0653	about				2014	2023	2033	2043	2053	2102	every	2214
Westferry Road Cuba Street	0518	0538	0558	0611	0624	0636	0648	0658	every 6-7				2020	2029	2039	2049	2059	2108	12	2220
Millwall Dock Bridge	0519	0539	0559	0612	0625	0638	0650	0700	minutes				2023	2032	2042	2052	2102	2111	mins.	2223
Island Gardens Station	0522	0542	0602	0615	0628	0641	0653	0704	until				2028	2037	2047	2057	2107	2116	until	2228
Cubitt Town Queen	0525	0545	0605	0618	0631	0644	0656	0708				2032	2041	2051	2101	2111	2120			2232
Poplar Bazely Street	0528	0548	0609	0622	0635	0648	0700	0712				2036	2045	2055	2105	2115	2124			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	0756	0806	0816	0826	Then	1903		
Limehouse Burdett Road	0509	0529	0549	0609	0624	0640	0655	0707	0719	0731	0741	0751	0801	0811	0821	0831	about	1910		
Canary Wharf (DLR) Station	0513	0533	0553	0613	0628	0645	0700	0712	0724	0736	0746	0756	0806	0816	0826	0836	every	1915		
Westferry Road Cuba Street	0517	0537	0557	0617	0632	0649	0704	0716	0728	0741	0751	0801	0811	0821	0831	0841	8	1921		
Millwall Dock Bridge	0518	0538	0558	0618	0634	0651	0706	0718	0730	0743	0753	0803	0813	0823	0833	0843	mins.	1924		
Island Gardens Station	0521	0541	0601	0621	0637	0654	0709	0721	0733	0746	0756	0807	0817	0827	0837	0847	until	1929		
Cubitt Town Queen	0524	0544	0604	0624	0640	0657	0712	0724	0736	0749	0759	0811	0821	0831	0841	0851	1933			
Poplar Bazely Street	0527	0547	0607	0627	0644	0701	0716	0728	0740	0753	0803	0815	0825	0835	0845	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	Then	1033	1044	1056		
Limehouse Burdett Road	0609	0629	0650	0710	0730	0750	0805	0820	0835	0850	0905	0920	0935	0951	every	1039	1050	1102		
Canary Wharf (DLR) Station	0613	0633	0654	0714	0734	0754	0809	0824	0839	0854	0909	0924	0940	0956	12	1044	1055	1107		
Westferry Road Cuba Street	0617	0637	0658	0718	0738	0758	0813	0828	0844	0859	0914	0929	0945	1001	mins.	1049	1100	1112		
Millwall Dock Bridge	0618	0639	0700	0720	0740	0800	0815	0830	0846	0901	0916	0931	0947	1003	until	1051	1102	1114		
Island Gardens Station	0621	0642	0703	0723	0743	0803	0818	0834	0850	0905	0920	0935	0951	1007	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	Then	1230	1241	1252	1303	Then	1815	1828	1840	1852	1904	1916	1928	1940		
Limehouse Burdett Road	1114	1126	1138	1149	every	1237	1248	1259	1310	every	1822	1835	1847	1859	1911	1923	1935	1947		
Canary Wharf (DLR) Station	1119	1131	1143	1154	12	1242	1253	1304	1316	12	1828	1840	1852	1904	1916	1928	1940	1952		
Westferry Road Cuba Street	1124	1136	1148	1159	mins.	1247	1258	1310	1322	mins.	1834	1846	1858	1910	1922	1934	1946	1958		
Millwall Dock Bridge	1126	1138	1150	1202	until	1250	1301	1313	1325	mins.	1837	1849	1901	1913	1925	1937	1949	2001		
Island Gardens Station	1131	1143	1155	1207	1255	1306	1318	1330	1340	until	1842	1854	1906	1918	1930	1942	1954	2006		
Cubitt Town Queen	1135	1147	1159	1211	1259	1311	1323	1335	1340	1847	1859	1910	1922	1934	1946	1958	2010			
Poplar Bazely Street	1139	1151	1203	1216	1304	1316	1328	1340	1340	1852	1904	1915	1927	1938	1950	2002	2014			
Mile End Grove Road	1952	2004	Then	2052	2103	2115				2327	2339	2351	0003	0015	0027	0039	0051	0103	0115	
Limehouse Burdett Road	1959	2010	every	2058	2109	2121	Then				2333	2345	2357	0009	0021	0033	0044	0056	0108	0120
Canary Wharf (DLR) Station	2004	2015	12	2103	2114	2126	every 12				2338	2350	0002	0013	0025	0037	0048	0100	0112	0124
Westferry Road Cuba Street	2009	2020	mins.	2108	2119	2131	minutes				2343	2355	0007	0018	0030	0041	0052	0104	0116	0128
Millwall Dock Bridge	2011	2022	until	2110	2121	2133	until				2345	2357	0009	0020	0032	0043	0054	0106	0118	0130
Island Gardens Station	2016	2027	12	2115	2126	2137	12				2349	0001	0013	0024	0035	0046	0057	0109	0121	0133
Cubitt Town Queen	2020	2031	mins.	2119	2130	2141	12				2353	0005	0017	0028	0038	0049	0100	0112	0124	0136
Poplar Bazely Street	2024	2035	12	2123	2134	2145	12				2357	0008	0020	0031	0041	0052	0103	0115	0127	0139