

308		Mondays to Fridays																		
Wanstead Woodbine Place	0550	0610	0630	0648	0702	0715	0728	0741	0755	0810	0825	0840	0855	0910	0925		1355	1410		
Dames Road Wanstead Flats	0555	0616	0637	0655	0709	0723	0736	0750	0804	0820	0835	0850	0905	0920	0934	Then every 15 minutes until	1404	1419		
Forest Gate Station	0600	0621	0642	0700	0714	0728	0742	0756	0810	0826	0841	0856	0911	0926	0940		1410	1425		
Romford Road Water Lane	0605	0626	0647	0705	0720	0734	0748	0802	0817	0833	0848	0903	0918	0933	0947		1417	1431		
Stratford Bus Station	0610	0631	0652	0710	0725	0739	0753	0807	0822	0838	0853	0908	0923	0938	0952		1422	1436		
Leyton Station	0616	0637	0658	0717	0732	0746	0800	0814	0829	0845	0900	0915	0930	0944	0958		1428	1442		
Temple Mills Eastway	0620	0641	0703	0723	0739	0754	0808	0822	0837	0853	0908	0923	0942	0956	1010		1440	1454		
Homerton Hosp. Brooksby's Walk	0627	0649	0712	0733	0749	0805	0820	0834	0849	0905	0920	0935	0952	1005	1018		1448	1502		
Clapton Park Millfields Road	0630	0652	0715	0737	0753	0810	0825	0839	0854	0910	0925	0940	0956	1009	1022		1452	1506		
Wanstead Woodbine Place	1425	1438	1451	1506	1519	1533	1548	1602	1617	1632	1647	1702	1717	1732	1747	1803	1819	1835	1855	
Dames Road Wanstead Flats	1434	1447	1500	1515	1529	1543	1558	1612	1627	1642	1657	1712	1727	1742	1757	1812	1828	1843	1903	
Forest Gate Station	1440	1453	1506	1521	1535	1549	1604	1618	1633	1648	1703	1718	1733	1748	1803	1818	1834	1848	1908	
Romford Road Water Lane	1446	1459	1512	1528	1542	1556	1611	1625	1640	1655	1710	1725	1740	1755	1810	1825	1840	1854	1914	
Stratford Bus Station	1451	1504	1518	1534	1548	1602	1617	1631	1646	1701	1716	1731	1746	1800	1815	1830	1845	1859	1919	
Leyton Station	1458	1512	1526	1542	1556	1610	1625	1639	1654	1709	1724	1739	1754	1808	1823	1838	1853	1907	1926	
Temple Mills Eastway	1510	1524	1539	1550	1604	1618	1633	1647	1702	1717	1732	1747	1802	1816	1831	1846	1901	1915	1933	
Homerton Hosp. Brooksby's Walk	1518	1533	1548	1559	1613	1627	1642	1656	1711	1726	1741	1755	1810	1824	1839	1854	1908	1922	1940	
Clapton Park Millfields Road	1522	1537	1552	1604	1617	1631	1646	1700	1715	1730	1745	1759	1814	1828	1843	1858	1912	1926	1944	
Wanstead Woodbine Place	1915	1935	1959	2029			59	29		2329										
Dames Road Wanstead Flats	1923	1943	2006	2036			Then	06	36	2336										
Forest Gate Station	1928	1948	2011	2040			every 30	10	40	2340										
Romford Road Water Lane	1934	1953	2016	2045			minutes	15	45	2345										
Stratford Bus Station	1939	1958	2020	2049			at these	19	49	2349										
Leyton Station	1946	2005	2026	2055			minutes	25	55	2355										
Temple Mills Eastway	1952	2011	2031	2059			past	29	59	2359										
Homerton Hosp. Brooksby's Walk	1959	2017	2037	2105			the hour	35	05	0005										
Clapton Park Millfields Road	2002	2020	2040	2108				38	08	0008										
308		Saturdays (also Good Friday)																		
Wanstead Woodbine Place	0550	0620	0650	0719	0748	0817	0836	0855	0909	0923	0936	0949	1002			1202	1217	1232		1417
Dames Road Wanstead Flats	0555	0626	0656	0725	0754	0824	0843	0902	0917	0931	0945	0958	1012			1212	1227	1242		1427
Forest Gate Station	0600	0631	0701	0730	0759	0829	0848	0907	0922	0936	0950	1004	1018	Then every 15 mins. until	1218	1233	1248	Then every 15 mins. until	1433	
Romford Road Water Lane	0605	0636	0706	0736	0805	0835	0854	0913	0928	0942	0956	1010	1024		1224	1239	1254		1439	
Stratford Bus Station	0610	0641	0711	0741	0810	0840	0859	0918	0933	0947	1001	1015	1029		1229	1244	1259		1444	
Leyton Station	0616	0647	0717	0747	0816	0846	0905	0925	0940	0954	1009	1023	1037		1237	1252	1307		1452	
Temple Mills Eastway	0620	0651	0721	0751	0821	0851	0910	0930	0945	1000	1015	1030	1044		1244	1300	1315		1500	
Homerton Hosp. Brooksby's Walk	0627	0658	0728	0758	0828	0858	0917	0937	0952	1007	1022	1037	1052	1252	1308	1324	1509			
Clapton Park Millfields Road	0630	0701	0731	0801	0831	0901	0921	0941	0956	1011	1026	1041	1056	1256	1312	1328	1513			
Wanstead Woodbine Place	1432			1617	1632	1647	1702	1717	1732	1747	1802	1817	1832	1859	1929		59	29	2329	
Dames Road Wanstead Flats	1442			1627	1642	1657	1711	1726	1741	1756	1810	1825	1840	1906	1936	Then every 10 40 past the hour until	06	36	2336	
Forest Gate Station	1448			1633	1648	1703	1717	1732	1747	1801	1815	1830	1845	1910	1940		10	40	2340	
Romford Road Water Lane	1454			1639	1654	1709	1723	1738	1753	1807	1821	1836	1851	1916	1945		15	45	2345	
Stratford Bus Station	1459			1644	1659	1714	1728	1743	1758	1812	1826	1840	1855	1920	1949		19	49	2349	
Leyton Station	1507			1652	1707	1722	1736	1751	1806	1820	1834	1848	1902	1927	1955		25	55	2355	
Temple Mills Eastway	1515			1700	1714	1729	1743	1758	1813	1827	1840	1854	1907	1932	1959	these	29	59	2359	
Homerton Hosp. Brooksby's Walk	1523			1708	1722	1737	1751	1806	1821	1835	1848	1901	1914	1939	2005	mins.	35	05	0005	
Clapton Park Millfields Road	1527			1712	1726	1741	1755	1810	1824	1838	1851	1904	1917	1942	2008		38	08	0008	
308		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Wanstead Woodbine Place	0736	0806	0835	0905	0935	1005	1035	1105	1135	1205	1235	1305	1335	1405	1435	1505	1535	1605	1635	
Dames Road Wanstead Flats	0742	0812	0841	0912	0942	1012	1043	1113	1143	1213	1244	1314	1344	1414	1444	1514	1543	1613	1643	
Forest Gate Station	0746	0816	0846	0917	0947	1017	1048	1118	1148	1219	1250	1320	1350	1420	1450	1520	1549	1618	1648	
Romford Road Water Lane	0751	0821	0851	0922	0952	1022	1053	1124	1154	1225	1256	1326	1356	1426	1456	1526	1555	1624	1654	
Stratford Bus Station	0755	0825	0855	0926	0956	1027	1058	1129	1159	1230	1301	1331	1401	1431	1501	1531	1600	1629	1659	
Leyton Station	0801	0831	0901	0932	1002	1033	1104	1136	1206	1238	1309	1339	1409	1439	1509	1539	1608	1637	1706	
Temple Mills Eastway	0804	0835	0905	0936	1006	1037	1109	1141	1212	1244	1315	1346	1416	1446	1516	1546	1615	1644	1712	
Homerton Hosp. Brooksby's Walk	0810	0841	0911	0942	1013	1044	1116	1148	1220	1252	1324	1355	1425	1455	1525	1555	1624	1652	1720	
Clapton Park Millfields Road	0813	0844	0914	0945	1016	1048	1120	1152	1224	1256	1328	1359	1429	1459	1529	1558	1627	1655	1723	
Wanstead Woodbine Place	1705	1735	1805	1833	1901	1929			59	29	2329									
Dames Road Wanstead Flats	1713	1743	1813	1841	1909	1936			Then	06	36	2336								
Forest Gate Station	1717	1747	1817	1845	1913	1940			every 30	10	40	2340								
Romford Road Water Lane	1723	1753	1823	1851	1919	1945			minutes	15	45	2345								
Stratford Bus Station	1728	1758	1827	1855	1923	1949			at these	19	49	2349								
Leyton Station	1735	1805	1834	1902	1929	1955			minutes	25	55	2355								
Temple Mills Eastway	1741	1810	1839	1907	1934	1959			past	29	59	2359								
Homerton Hosp. Brooksby's Walk	1749	1818	1847	1914	1940	2005			the hour	35	05	0005								
Clapton Park Millfields Road	1752	1821	1850	1917	1943	2008				38	08	0008								

308 Mondays to Fridays																				
Clapton Park Millfields Road	0539	0559	0619	0638	0651	0704	0717	0731	0745	0800	0815	0830	0845	0900	0915		1400	1415		
Homerton Hosp. Homerton Grove	0543	0603	0623	0642	0655	0709	0722	0736	0750	0805	0820	0835	0850	0905	0920	Then every 15 minutes until	1405	1420		
Temple Mills Eastway	0549	0609	0630	0649	0702	0716	0730	0744	0758	0814	0830	0845	0900	0915	0930		1415	1430		
Leyton Station	0553	0613	0634	0653	0707	0721	0735	0749	0804	0820	0836	0851	0906	0922	0937		1422	1437		
Stratford The Grove	0557	0618	0639	0659	0714	0728	0743	0757	0812	0828	0844	0859	0914	0930	0944		1429	1444		
Romford Road Water Lane	0600	0621	0642	0702	0717	0731	0746	0800	0815	0831	0847	0902	0917	0933	0947		1432	1447		
Forest Gate Station	0606	0627	0648	0708	0723	0737	0753	0808	0823	0839	0855	0910	0925	0940	0954		1439	1454		
Dames Road Wanstead Flats	0609	0630	0651	0711	0727	0741	0757	0813	0828	0844	0900	0915	0930	0944	0958		1443	1458		
Wanstead Woodbine Place	0615	0636	0657	0718	0735	0749	0806	0822	0837	0854	0909	0924	0938	0952	1006		1451	1507		
Clapton Park Millfields Road	1430	1444	1459	1513	1527	1541	1556	1611	1626	1640	1654	1709	1724	1739	1754		1809	1825	1841	1856
Homerton Hosp. Homerton Grove	1435	1449	1504	1519	1533	1547	1602	1617	1632	1646	1700	1715	1730	1745	1800		1814	1830	1846	1901
Temple Mills Eastway	1445	1459	1514	1529	1543	1558	1613	1628	1643	1657	1712	1727	1742	1757	1812	1825	1840	1855	1909	
Leyton Station	1452	1506	1521	1536	1550	1605	1620	1635	1650	1705	1720	1735	1750	1805	1820	1833	1847	1902	1915	
Stratford The Grove	1459	1513	1528	1543	1557	1612	1627	1642	1657	1712	1727	1742	1757	1812	1827	1840	1854	1909	1922	
Romford Road Water Lane	1502	1516	1531	1546	1601	1616	1631	1646	1701	1716	1731	1746	1801	1816	1830	1843	1857	1912	1925	
Forest Gate Station	1509	1524	1539	1554	1609	1624	1639	1654	1709	1724	1739	1754	1809	1823	1837	1850	1904	1919	1932	
Dames Road Wanstead Flats	1514	1529	1544	1559	1614	1629	1644	1659	1714	1729	1744	1759	1814	1828	1842	1855	1909	1923	1936	
Wanstead Woodbine Place	1523	1539	1555	1610	1625	1640	1655	1710	1725	1740	1755	1810	1824	1838	1852	1905	1918	1931	1944	
Clapton Park Millfields Road	1911	1940	2010				40 10													2310
Homerton Hosp. Homerton Grove	1916	1945	2014				Then 44 14													2314
Temple Mills Eastway	1923	1952	2021				every 30 51 21													2321
Leyton Station	1929	1957	2026				minutes 56 26													2326
Stratford The Grove	1936	2003	2032				at these 02 32 until													2332
Romford Road Water Lane	1939	2006	2035				minutes 05 35													2335
Forest Gate Station	1946	2013	2041				past 11 41													2341
Dames Road Wanstead Flats	1950	2017	2045				the hour 15 45													2345
Wanstead Woodbine Place	1957	2024	2051				21 51													2351
308 Saturdays (also Good Friday)																				
Clapton Park Millfields Road	0539	0609	0639	0709	0739	0809	0828	0848	0907	0921	0935	0949	1003				1333	1348	1403	1418
Homerton Hosp. Homerton Grove	0543	0613	0643	0713	0743	0813	0832	0852	0912	0926	0940	0954	1008				1338	1353	1408	1423
Temple Mills Eastway	0549	0619	0649	0720	0750	0820	0839	0859	0919	0934	0948	1002	1017				1347	1402	1417	1433
Leyton Station	0553	0623	0653	0724	0754	0824	0844	0904	0924	0939	0954	1009	1024				1354	1410	1425	1441
Stratford The Grove	0557	0628	0658	0729	0800	0830	0850	0910	0930	0945	1000	1015	1031				1401	1417	1432	1448
Romford Road Water Lane	0600	0631	0701	0732	0803	0833	0853	0913	0933	0948	1003	1019	1035				1405	1421	1436	1452
Forest Gate Station	0606	0637	0707	0738	0809	0839	0859	0919	0939	0955	1011	1027	1043				1413	1429	1444	1500
Dames Road Wanstead Flats	0609	0640	0711	0742	0813	0843	0903	0923	0943	0959	1015	1031	1047				1417	1433	1448	1504
Wanstead Woodbine Place	0615	0646	0717	0748	0819	0850	0910	0931	0951	1007	1023	1039	1055				1425	1441	1456	1512
Clapton Park Millfields Road	1433			1648	1703	1718	1733	1748	1803	1818	1840	1910	1940				10 40			2310
Homerton Hosp. Homerton Grove	1438			1653	1708	1723	1738	1753	1808	1823	1845	1915	1944				Then 14 44			2314
Temple Mills Eastway	1448			1703	1717	1732	1746	1801	1816	1831	1852	1922	1951				every 30 21 51			2321
Leyton Station	1456			1711	1725	1739	1753	1807	1822	1837	1858	1927	1956				minutes 26 56			2326
Stratford The Grove	1503			1718	1732	1746	1800	1814	1828	1843	1904	1933	2002				at these 32 02 until			2332
Romford Road Water Lane	1507			1722	1736	1750	1804	1818	1832	1847	1908	1936	2005				minutes 35 05			2335
Forest Gate Station	1515			1730	1744	1757	1810	1824	1838	1853	1914	1942	2011				past 41 11			2341
Dames Road Wanstead Flats	1519			1734	1748	1801	1814	1828	1842	1857	1918	1946	2015				the hour 45 15			2345
Wanstead Woodbine Place	1527			1742	1756	1809	1822	1836	1850	1904	1925	1953	2021				51 21			2351
308 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																				
Clapton Park Millfields Road	0717	0747	0817	0847	0915	0943	1012	1041	1110	1139	1208	1237	1306	1336	1406	1437	1508	1539	1610	
Homerton Hosp. Homerton Grove	0721	0751	0821	0851	0920	0948	1017	1046	1115	1144	1213	1242	1311	1341	1411	1442	1513	1544	1615	
Temple Mills Eastway	0727	0757	0827	0857	0926	0955	1025	1054	1123	1152	1221	1251	1320	1350	1420	1451	1521	1552	1623	
Leyton Station	0731	0801	0831	0901	0930	1000	1030	1059	1129	1158	1228	1258	1328	1358	1428	1458	1528	1558	1629	
Stratford The Grove	0735	0806	0836	0906	0936	1006	1036	1106	1136	1205	1235	1305	1335	1405	1435	1505	1535	1605	1636	
Romford Road Water Lane	0738	0809	0839	0909	0939	1009	1039	1109	1140	1209	1239	1309	1339	1409	1439	1509	1539	1609	1640	
Forest Gate Station	0744	0815	0845	0915	0945	1015	1045	1115	1146	1216	1246	1316	1346	1416	1446	1516	1546	1616	1646	
Dames Road Wanstead Flats	0747	0818	0849	0919	0949	1019	1049	1119	1150	1220	1250	1320	1350	1420	1450	1520	1550	1620	1650	
Wanstead Woodbine Place	0753	0824	0855	0926	0956	1026	1057	1127	1158	1228	1258	1328	1358	1428	1458	1528	1558	1628	1658	
Clapton Park Millfields Road	1640	1710	1740	1810	1840	1910	1940				10 40									2310
Homerton Hosp. Homerton Grove	1645	1715	1745	1815	1845	1914	1944				Then 14 44									2314
Temple Mills Eastway	1653	1723	1752	1822	1852	1921	1951				every 30 21 51									2321
Leyton Station	1658	1728	1757	1827	1857	1926	1956				minutes 26 56									2326
Stratford The Grove	1705	1735	1804	1834	1904	1933	2002				at these 32 02 until									2332
Romford Road Water Lane	1709	1739	1808	1837	1907	1936	2005				minutes 35 05									2335
Forest Gate Station	1715	1745	1814	1843	1913	1942	2011				past 41 11									2341
Dames Road Wanstead Flats	1719	1749	1818	1847	1917	1946	2015				the hour 45 15									2345
Wanstead Woodbine Place	1727	1756	1825	1854	1923	1952	2021				51 21									2351