

ROUTE 162
Wanstead - Upton Park - Barking - Mayesbrook Park

 P.M. times are
in heavy figures

Via Cambridge Park, Blake Hall Road, Lake House Road, Dames Road, Forest Road, Woodford Road, Woodgrange Road, Romford Road, Green Street, Barking Road, London Road, Longbridge Road, Lodge Avenue.

RAILWAY STATIONS SERVED OR NEAR : Wanstead, Wanstead Park, Forest Gate, Upton Park, Barking.

Service interval : MONDAY to FRIDAY 15 mins. (peak hours 10-11 mins.). The intervals between buses may be longer in the early morning and late evening.

	MONDAY to FRIDAY																						
	First	Last																					
WANSTEAD <i>Woodbine Place</i>	6 49	10 41	11 26																				
Wanstead Flats <i>Bective Road</i>	6 59	10 51	11 36																				
Upton Park <i>Boleyn</i>	†5 37	7 10	11 2	‡11 48																			
East Ham <i>Town Hall</i>	5 43	7 14	11 6																				
Barking <i>Blakes Corner</i>	5 49	7 20	11 12																				
Barking <i>LT Garage</i>	5 53	7 24	11 16																				
MAYESBROOK PARK <i>Roundhouse</i>	6 2	7 33	11 25																				
MAYESBROOK PARK <i>Roundhouse</i>	6 4	10 37	11 28																				
Barking <i>LT Garage</i>	6 13	10 46	11 37																				
Barking <i>Blakes Corner</i>	6 17	10 50	11 41																				
East Ham <i>Town Hall</i>	6 23	10 56	11 47																				
Upton Park <i>Boleyn</i>	†6 24	6 27	11 0	‡11 50																			
Wanstead Flats <i>Bective Road</i>	6 33	6 38	11 11																				
WANSTEAD <i>Woodbine Place</i>	6 43	6 48	11 21																				

 †-Time at Upton Park *Redcliffe Road.* ‡-Time at Upton Park *Priory Road.*