

69		Mondays to Fridays																
Canning Town Bus Station	0002		0050	0122	0152	0222		0422	0445	0505	0525	0545	0557	0608	0620	Then	2000	2010
Plaistow Station	0011	Then	0059	0130	0200	0230	Then	0430	0453	0513	0533	0553	0605	0618	0630	about	2010	2020
Stratford Bus Station	0018	every	0106	0137	0207	0237	every	0437	0500	0520	0540	0600	0613	0626	0639	every	2019	2029
Leytonstone Thatched House	0023	12	0111	0142	0212	0241	30	0441	0505	0525	0545	0606	0619	0632	0644	8-9	2027	2037
Leyton Station	0027	mins.	0115	0146	0216	0245	mins.	0445	0509	0529	0549	0611	0624	0637	0649	mins.	2033	2043
Leyton Baker's Arms (High Rd. Leyton)	0034	until	0122	0152	0222	0251	until	0451	0515	0535	0556	0619	0633	0647	0659	until	2044	2054
Walthamstow Central Station	0038		0126	0156	0226	0255		0455	0519	0539	0601	0624	0639	0653	0705		2050	2100
Canning Town Bus Station	2020	2030	2042	2055	2107	2119	2131	2143	2155	2208	2220	2233	2246	2259	2311	2324	2337	2350
Plaistow Station	2030	2040	2052	2105	2117	2129	2141	2153	2205	2217	2229	2242	2255	2308	2320	2333	2346	2359
Stratford Bus Station	2039	2049	2101	2113	2125	2137	2149	2201	2212	2224	2236	2249	2302	2315	2327	2340	2353	0006
Leytonstone Thatched House	2047	2057	2108	2120	2132	2144	2156	2208	2219	2231	2243	2256	2308	2321	2333	2346	2359	0011
Leyton Station	2053	2103	2114	2125	2137	2149	2201	2213	2224	2236	2248	2301	2313	2326	2338	2350	0003	0015
Leyton Baker's Arms (High Rd. Leyton)	2104	2113	2124	2135	2147	2159	2210	2222	2233	2245	2257	2309	2321	2333	2345	2357	0010	0022
Walthamstow Central Station	2110	2119	2130	2141	2153	2205	2216	2228	2239	2251	2303	2314	2326	2338	2350	0002	0014	0026
69		Saturdays																
Canning Town Bus Station	0002	0014	0026	0038	0050	0122	0152	0222	0252	0322	0352	0422	0445	0505	0525	0545	0557	0609
Plaistow Station	0011	0023	0035	0047	0059	0131	0201	0230	0300	0330	0400	0430	0453	0513	0533	0553	0606	0618
Stratford Bus Station	0018	0030	0042	0054	0106	0139	0209	0238	0307	0337	0407	0437	0500	0520	0540	0600	0613	0625
Leytonstone Thatched House	0023	0035	0047	0059	0111	0145	0215	0244	0312	0342	0412	0442	0505	0525	0545	0605	0618	0630
Leyton Station	0027	0039	0051	0103	0115	0149	0219	0248	0316	0346	0416	0446	0509	0529	0549	0609	0622	0634
Leyton Baker's Arms (High Rd. Leyton)	0034	0046	0058	0110	0122	0157	0226	0255	0323	0353	0423	0453	0515	0535	0556	0616	0629	0641
Walthamstow Central Station	0038	0050	0102	0114	0126	0202	0231	0300	0328	0358	0428	0458	0519	0539	0600	0620	0633	0645
Canning Town Bus Station	0621	0633	0644	0655	0706	0718	0728	0738	Then about every 8-9 minutes until	1944	1954	2005	2017	2029	2042	2055	2107	
Plaistow Station	0630	0642	0653	0704	0716	0728	0738	0748		1955	2005	2015	2027	2039	2052	2105	2117	
Stratford Bus Station	0637	0649	0700	0712	0724	0736	0746	0756		2005	2014	2024	2036	2048	2101	2113	2125	
Leytonstone Thatched House	0642	0654	0706	0718	0730	0742	0752	0802		2013	2022	2032	2044	2056	2108	2120	2132	
Leyton Station	0646	0658	0710	0722	0734	0746	0756	0806		2019	2028	2038	2050	2102	2114	2125	2137	
Leyton Baker's Arms (High Rd. Leyton)	0653	0705	0718	0730	0742	0754	0804	0815		2030	2039	2049	2101	2112	2124	2135	2147	
Walthamstow Central Station	0657	0710	0723	0735	0747	0759	0810	0821		2036	2045	2055	2107	2118	2130	2141	2153	
Canning Town Bus Station	2119	2131	2143	2155	2208	2220	2233	2246	2259	2311	2324	2337	2350					
Plaistow Station	2129	2141	2153	2205	2217	2229	2242	2255	2308	2320	2333	2346	2359					
Stratford Bus Station	2137	2149	2201	2212	2224	2236	2249	2302	2315	2327	2340	2353	0006					
Leytonstone Thatched House	2144	2156	2208	2219	2231	2243	2256	2308	2321	2333	2346	2359	0011					
Leyton Station	2149	2201	2213	2224	2236	2248	2301	2313	2326	2338	2350	0003	0015					
Leyton Baker's Arms (High Rd. Leyton)	2159	2210	2222	2233	2245	2257	2309	2321	2333	2345	2357	0010	0022					
Walthamstow Central Station	2205	2216	2228	2239	2251	2303	2314	2326	2338	2350	0002	0014	0026					
69		Sundays																
Canning Town Bus Station	0002	0014	0026	0038	0050	0122	0152	0222	0252	0322	0352	0422	0445	0515	0545	0605	0625	0645
Plaistow Station	0011	0023	0035	0047	0059	0131	0201	0230	0300	0330	0400	0430	0453	0523	0553	0613	0633	0653
Stratford Bus Station	0018	0030	0042	0054	0106	0139	0209	0238	0307	0337	0407	0437	0500	0530	0600	0620	0640	0700
Leytonstone Thatched House	0023	0035	0047	0059	0111	0145	0215	0244	0312	0342	0412	0442	0505	0535	0605	0625	0645	0705
Leyton Station	0027	0039	0051	0103	0115	0149	0219	0248	0316	0346	0416	0446	0509	0539	0609	0629	0649	0709
Leyton Baker's Arms (High Rd. Leyton)	0034	0046	0058	0110	0122	0157	0226	0255	0323	0353	0423	0453	0515	0545	0616	0636	0657	0717
Walthamstow Central Station	0038	0050	0102	0114	0126	0202	0231	0300	0328	0358	0428	0458	0519	0549	0620	0640	0701	0722
Canning Town Bus Station	0659	0714	0729	0743	0758	0813	0825	0837	0849	0901	0913	0924	0935	0946	0957	1008	1020	1031
Plaistow Station	0708	0724	0739	0753	0808	0823	0835	0847	0859	0911	0923	0934	0945	0956	1007	1019	1031	1042
Stratford Bus Station	0715	0731	0746	0800	0815	0830	0842	0854	0906	0918	0930	0941	0952	1003	1015	1027	1039	1050
Leytonstone Thatched House	0720	0736	0751	0806	0821	0836	0848	0900	0912	0924	0936	0947	0958	1010	1022	1034	1046	1057
Leyton Station	0724	0740	0755	0811	0826	0841	0853	0905	0917	0929	0941	0952	1003	1015	1027	1039	1051	1103
Leyton Baker's Arms (High Rd. Leyton)	0732	0748	0804	0820	0835	0850	0902	0915	0927	0939	0951	1002	1014	1026	1038	1050	1102	1114
Walthamstow Central Station	0737	0753	0809	0825	0840	0855	0908	0921	0933	0945	0957	1009	1021	1033	1045	1057	1109	1121
Canning Town Bus Station	1042	1053	1105	1117	1129	1141	1152	Then every 12 minutes until	1816	1828	1841	1854	1907	1919	1931	1943	1955	
Plaistow Station	1053	1104	1116	1128	1140	1152	1203		1827	1839	1852	1905	1918	1930	1942	1954	2006	
Stratford Bus Station	1101	1113	1125	1137	1149	1201	1213		1837	1849	1902	1914	1927	1939	1951	2003	2014	
Leytonstone Thatched House	1109	1121	1133	1145	1157	1209	1221		1845	1857	1909	1921	1934	1946	1958	2010	2021	
Leyton Station	1115	1127	1139	1151	1203	1215	1227		1851	1903	1914	1926	1939	1951	2003	2015	2026	
Leyton Baker's Arms (High Rd. Leyton)	1126	1138	1150	1202	1215	1227	1239		1903	1914	1925	1937	1950	2002	2014	2026	2037	
Walthamstow Central Station	1133	1145	1157	1209	1222	1234	1246		1910	1921	1932	1944	1957	2008	2020	2032	2043	
Canning Town Bus Station	2007	2019	2031	Then every 12 minutes until	2119	2131	2143	2155	2208	2220	2233	2246	2259	2311	2324	2337	2350	
Plaistow Station	2017	2029	2041		2129	2141	2153	2205	2217	2229	2242	2255	2308	2320	2333	2346	2359	
Stratford Bus Station	2025	2037	2049		2137	2149	2201	2212	2224	2236	2249	2302	2315	2327	2340	2353	0006	
Leytonstone Thatched House	2032	2044	2056		2144	2156	2208	2219	2231	2243	2256	2308	2321	2333	2346	2359	0011	
Leyton Station	2037	2049	2101		2149	2201	2213	2224	2236	2248	2301	2313	2326	2338	2350	0003	0015	
Leyton Baker's Arms (High Rd. Leyton)	2048	2100	2111		2159	2210	2222	2233	2245	2257	2309	2321	2333	2345	2357	0010	0022	
Walthamstow Central Station	2054	2106	2117		2205	2216	2228	2239	2251	2303	2314	2326	2338	2350	0002	0014	0026	