



115 Saturdays (also Good Friday)																	
East Ham White Horse	0445		0655	0705	0715	0725	0735		0845	0855	0903	0911	0919	0927	0935	0943	
East Ham Newham Town Hall	0447		0657	0707	0717	0727	0737		0847	0857	0905	0913	0921	0929	0937	0945	
Upton Park The Boleyn (Barking Road)	0451	Then	0701	0711	0721	0731	0741	Then	0851	0901	0909	0917	0925	0933	0941	0949	
Plaistow Greengate	0453	every 10	0703	0713	0723	0734	0745	every 10	0855	0905	0913	0921	0929	0937	0945	0953	
Canning Town Bus Station	0459	minutes	0709	0719	0730	0742	0753	minutes	0903	0913	0921	0929	0937	0945	0953	1001	
Poplar All Saints (DLR) Station	0504	until	0714	0725	0736	0748	0759	until	0909	0920	0928	0936	0944	0952	1000	1008	
Limehouse East India Dock Road	0507		0717	0728	0740	0752	0803		0913	0924	0932	0940	0948	0956	1004	1012	
Limehouse Station	0510		0720	0731	0743	0755	0806		0916	0927	0935	0943	0951	0959	1007	1015	
Aldgate Station Aldgate High Street	0516		0726	0738	0750	0802	0813		0923	0934	0943	0952	1003	1014	1025	1033	
East Ham White Horse	0951	0959	1008		1720	1729	1738	1747	1756	1805	1815	1825	1835	1845	1855	1905	1915
East Ham Newham Town Hall	0953	1001	1011		1723	1732	1741	1750	1759	1808	1818	1828	1838	1848	1858	1908	1918
Upton Park The Boleyn (Barking Road)	0957	1006	1018	Then	1730	1739	1748	1757	1805	1813	1823	1833	1843	1853	1903	1913	1923
Plaistow Greengate	1001	1010	1022	every 9	1734	1743	1752	1801	1809	1817	1827	1837	1847	1857	1907	1917	1927
Canning Town Bus Station	1010	1021	1032	minutes	1744	1753	1802	1809	1817	1825	1835	1845	1855	1905	1915	1925	1935
Poplar All Saints (DLR) Station	1017	1028	1039	until	1751	1800	1809	1816	1824	1832	1842	1852	1902	1912	1922	1932	1942
Limehouse East India Dock Road	1021	1032	1043		1755	1804	1813	1820	1828	1836	1846	1856	1906	1916	1926	1936	1946
Limehouse Station	1024	1035	1046		1758	1807	1816	1823	1831	1839	1849	1859	1909	1919	1929	1939	1949
Aldgate Station Aldgate High Street	1042	1053	1104		1816	1823	1830	1837	1845	1853	1903	1913	1920	1929	1939	1949	1958
East Ham White Horse	1925	1937	1949	2001	2013	2025	2037	2049	2101		2237	2249	2301				0025
East Ham Newham Town Hall	1928	1939	1951	2003	2015	2027	2039	2051	2103		2239	2251	2303				0027
Upton Park The Boleyn (Barking Road)	1933	1944	1956	2008	2020	2032	2044	2056	2108	Then	2244	2256	2307	Then			0031
Plaistow Greengate	1937	1948	2000	2012	2024	2036	2048	2100	2111	every 12	2247	2259	2309	every 12			0033
Canning Town Bus Station	1945	1956	2008	2020	2032	2044	2056	2107	2118	minutes	2254	2306	2316	minutes			0040
Poplar All Saints (DLR) Station	1952	2003	2015	2027	2039	2051	2103	2113	2123	until	2259	2312	2322	until			0046
Limehouse East India Dock Road	1956	2007	2019	2031	2043	2055	2107	2117	2127		2303	2315	2325				0049
Limehouse Station	1959	2010	2022	2034	2046	2058	2110	2120	2130		2306	2318	2328				0052
Aldgate Station Aldgate High Street	2008	2019	2031	2043	2055	2107	2117	2125	2137		2313	2325	2335				0059
115 Sundays and other Public Holidays (except Christmas Day)																	
East Ham White Horse	0445		0733	0744	0755	0806			0906	0916	0926	0935	0944	0953	1002	1013	1024
East Ham Newham Town Hall	0447		0735	0746	0757	0808			0908	0918	0928	0937	0946	0955	1004	1015	1026
Upton Park The Boleyn (Barking Road)	0451	Then	0739	0750	0801	0812		Then	0912	0922	0932	0941	0950	0959	1011	1022	1033
Plaistow Greengate	0453	every 12	0741	0752	0803	0815		every 12	0915	0925	0935	0944	0953	1003	1016	1027	1038
Canning Town Bus Station	0459	minutes	0747	0759	0811	0823		minutes	0923	0933	0943	0952	1001	1013	1026	1037	1048
Poplar All Saints (DLR) Station	0504	until	0752	0804	0816	0828		until	0928	0938	0948	0957	1007	1020	1033	1044	1055
Limehouse East India Dock Road	0507		0755	0807	0819	0831			0931	0941	0951	1000	1011	1024	1037	1048	1059
Limehouse Station	0510		0758	0810	0822	0834			0934	0944	0954	1003	1014	1027	1040	1051	1102
Aldgate Station Aldgate High Street	0516		0804	0817	0829	0841			0941	0952	1004	1016	1028	1041	1054	1105	1116
East Ham White Horse	1035	1046	1057		1459	1510			1711	1721	1731	1741	1751	1801	1813	1825	1837
East Ham Newham Town Hall	1037	1048	1059		1501	1512			1713	1723	1733	1743	1753	1803	1815	1827	1839
Upton Park The Boleyn (Barking Road)	1044	1055	1106	Then	1508	1519		Then	1720	1730	1740	1750	1800	1809	1820	1832	1844
Plaistow Greengate	1049	1100	1111	every 11	1513	1524		every 11	1725	1735	1745	1755	1805	1813	1824	1836	1848
Canning Town Bus Station	1059	1110	1121	minutes	1523	1534		minutes	1735	1745	1755	1805	1813	1821	1832	1844	1856
Poplar All Saints (DLR) Station	1106	1117	1128	until	1530	1541		until	1742	1752	1802	1812	1820	1828	1839	1851	1903
Limehouse East India Dock Road	1110	1121	1132		1534	1545			1746	1756	1806	1816	1824	1832	1843	1855	1907
Limehouse Station	1113	1124	1135		1537	1548			1749	1759	1809	1819	1827	1835	1846	1858	1910
Aldgate Station Aldgate High Street	1127	1138	1150		1552	1602			1803	1813	1821	1829	1837	1845	1855	1907	1919
East Ham White Horse	1849		2025	2037	2049	2101			2249	2301							0025
East Ham Newham Town Hall	1851		2027	2039	2051	2103			2251	2303							0027
Upton Park The Boleyn (Barking Road)	1856	Then	2032	2044	2056	2108		Then	2256	2307	Then						0031
Plaistow Greengate	1900	every 12	2036	2048	2100	2111		every 12	2259	2309	every 12						0033
Canning Town Bus Station	1908	minutes	2044	2056	2107	2118		minutes	2306	2316	minutes						0040
Poplar All Saints (DLR) Station	1915	until	2051	2103	2113	2123		until	2311	2321	until						0045
Limehouse East India Dock Road	1919		2055	2107	2117	2127			2315	2325							0049
Limehouse Station	1922		2058	2110	2120	2130			2318	2328							0052
Aldgate Station Aldgate High Street	1931		2107	2117	2127	2137			2325	2335							0059

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## Aldgate – Poplar – East Ham

115		Mondays to Fridays																	
Aldgate Station Bus Station	0529	0539	0549	0559	0609	0619	0629	0637	0645	0653	0702	0711	0720	0728	0735	0743	0750	0758	
Limehouse Station	0536	0546	0556	0606	0616	0626	0636	0644	0653	0701	0710	0720	0730	0738	0747	0757	0804	0812	
Limehouse Commercial Road	0539	0549	0559	0609	0619	0629	0639	0647	0656	0704	0713	0723	0733	0742	0751	0801	0808	0816	
Poplar All Saints (DLR) Station	0542	0552	0602	0612	0622	0632	0643	0651	0700	0709	0718	0728	0738	0748	0757	0807	0814	0822	
Canning Town Bus Station	0549	0559	0609	0619	0629	0639	0650	0659	0709	0719	0728	0738	0748	0758	0807	0817	0824	0832	
Plaistow Greengate	0556	0606	0616	0626	0636	0647	0658	0707	0717	0727	0736	0747	0758	0808	0817	0827	0834	0842	
Upton Park The Boleyn (Barking Road)	0559	0609	0619	0629	0639	0650	0701	0710	0720	0730	0740	0751	0802	0812	0821	0831	0838	0846	
East Ham Newham Town Hall	0603	0613	0623	0633	0644	0655	0706	0715	0725	0736	0747	0758	0809	0819	0828	0838	0845	0853	
East Ham White Horse	0605	0615	0625	0635	0646	0657	0708	0717	0727	0738	0749	0800	0811	0821	0830	0840	0847	0855	
Aldgate Station Bus Station	0805	0813	0820	0828	0835	0843	0850	0858	0905	0913	0920	0928	0935	0943	0950	0958	1005	1013	
Limehouse Station	0819	0827	0834	0842	0849	0857	0904	0912	0919	0927	0934	0942	0947	0955	1002	1010	1017	1025	
Limehouse Commercial Road	0823	0831	0838	0846	0853	0901	0908	0916	0923	0931	0938	0946	0951	0959	1006	1014	1021	1029	
Poplar All Saints (DLR) Station	0829	0837	0844	0852	0859	0907	0914	0922	0929	0937	0944	0952	0957	1005	1012	1020	1027	1034	
Canning Town Bus Station	0839	0847	0854	0902	0909	0917	0924	0932	0939	0947	0954	1002	1007	1014	1021	1028	1035	1042	
Plaistow Greengate	0849	0857	0904	0912	0919	0927	0934	0942	0949	0957	1004	1012	1017	1024	1031	1038	1045	1052	
Upton Park The Boleyn (Barking Road)	0853	0901	0908	0916	0923	0931	0938	0946	0953	1001	1008	1016	1021	1028	1035	1042	1049	1056	
East Ham Newham Town Hall	0900	0908	0915	0923	0930	0938	0945	0953	1000	1008	1015	1023	1028	1035	1042	1049	1056	1103	
East Ham White Horse	0902	0910	0917	0925	0932	0940	0947	0955	1002	1010	1017	1025	1030	1037	1044	1051	1058	1105	
Aldgate Station Bus Station	1021			1317	1324	1331	1338	1345	1352	1359	1406	1412	1418	1425	1431			1541	
Limehouse Station	1033			1329	1336	1343	1350	1357	1404	1411	1418	1424	1430	1437	1444			1554	
Limehouse Commercial Road	1037	Then		1333	1340	1347	1354	1401	1408	1415	1422	1428	1435	1442	1449	Then		1559	
Poplar All Saints (DLR) Station	1042	every 8		1338	1345	1352	1359	1406	1413	1420	1427	1433	1440	1447	1454	every 7		1604	
Canning Town Bus Station	1050	minutes		1346	1353	1400	1407	1414	1421	1428	1435	1442	1449	1456	1503	minutes		1613	
Plaistow Greengate	1100	until		1356	1403	1410	1417	1424	1431	1438	1445	1452	1459	1506	1513	until		1623	
Upton Park The Boleyn (Barking Road)	1104			1400	1407	1414	1421	1428	1435	1442	1449	1456	1503	1510	1517			1627	
East Ham Newham Town Hall	1111			1407	1414	1422	1429	1437	1444	1451	1458	1505	1512	1519	1526			1636	
East Ham White Horse	1113			1409	1416	1424	1431	1439	1446	1453	1500	1507	1514	1521	1528			1638	
Aldgate Station Bus Station	1547	1554	1600	1608	1615	1623	1630	1638				1713	1721	1728	1736	1743	1751	1758	1806
Limehouse Station	1600	1607	1613	1621	1629	1637	1645	1653				1728	1736	1743	1751	1758	1806	1813	1821
Limehouse Commercial Road	1605	1612	1618	1626	1634	1642	1650	1658	Then			1733	1741	1748	1756	1803	1811	1818	1826
Poplar All Saints (DLR) Station	1610	1617	1623	1631	1639	1647	1655	1703	every 7			1738	1746	1753	1801	1808	1816	1823	1831
Canning Town Bus Station	1619	1626	1632	1641	1649	1657	1705	1713	minutes			1748	1756	1803	1811	1818	1826	1833	1841
Plaistow Greengate	1631	1638	1645	1654	1702	1710	1718	1726	until			1801	1809	1816	1824	1831	1839	1846	1854
Upton Park The Boleyn (Barking Road)	1635	1642	1649	1658	1706	1714	1722	1730				1805	1813	1820	1828	1835	1843	1850	1858
East Ham Newham Town Hall	1643	1650	1657	1705	1713	1721	1729	1737				1812	1820	1827	1835	1842	1850	1857	1905
East Ham White Horse	1645	1652	1659	1707	1715	1723	1731	1739				1814	1822	1829	1837	1844	1852	1859	1907
Aldgate Station Bus Station	1813	1821	1828	1836	1843	1851	1858	1905	1912	1919	1926	1933	1941	1951	2001	2011	2021	2032	
Limehouse Station	1828	1836	1843	1851	1858	1906	1913	1920	1927	1934	1941	1947	1954	2001	2011	2021	2031	2042	
Limehouse Commercial Road	1833	1841	1848	1856	1903	1911	1918	1925	1932	1939	1946	1952	1959	2005	2015	2025	2035	2046	
Poplar All Saints (DLR) Station	1838	1846	1853	1901	1908	1916	1923	1930	1937	1944	1951	1957	2004	2010	2020	2030	2040	2051	
Canning Town Bus Station	1848	1856	1903	1911	1918	1926	1933	1940	1947	1954	2001	2007	2013	2019	2029	2039	2049	2100	
Plaistow Greengate	1901	1909	1916	1924	1931	1939	1945	1951	1957	2003	2009	2015	2021	2027	2037	2047	2057	2107	
Upton Park The Boleyn (Barking Road)	1905	1913	1920	1928	1935	1942	1948	1954	2000	2006	2012	2018	2024	2030	2040	2050	2100	2109	
East Ham Newham Town Hall	1912	1920	1927	1935	1941	1947	1953	1959	2005	2011	2017	2023	2029	2035	2045	2055	2104	2113	
East Ham White Horse	1914	1922	1929	1937	1943	1949	1955	2001	2007	2013	2019	2025	2031	2037	2047	2057	2106	2115	
Aldgate Station Bus Station	2044	2056	2108			2256	2308					0056							
Limehouse Station	2054	2106	2116			2304	2315					0103							
Limehouse Commercial Road	2058	2109	2119	Then		2307	2318	Then				0106							
Poplar All Saints (DLR) Station	2103	2113	2123	every 12		2311	2322	every 12				0110							
Canning Town Bus Station	2110	2119	2129	minutes		2317	2328	minutes				0116							
Plaistow Greengate	2116	2125	2135	until		2323	2334	until				0122							
Upton Park The Boleyn (Barking Road)	2118	2127	2137			2325	2336					0124							
East Ham Newham Town Hall	2122	2131	2141			2329	2340					0128							
East Ham White Horse	2124	2133	2143			2331	2342					0130							

115		Saturdays (also Good Friday)															
Aldgate Station Bus Station	0529		0659	0709	0719	0729	0738		0848	0858	0908	0918	0928	0936	0944	0952	
Limehouse Station	0535		0705	0715	0725	0736	0747		0857	0907	0917	0927	0937	0945	0953	1002	
Limehouse Commercial Road	0538	Then	0708	0718	0728	0739	0750	Then	0900	0910	0920	0930	0940	0948	0956	1005	
Poplar All Saints (DLR) Station	0541	every 10	0711	0721	0731	0743	0754	every 10	0904	0914	0924	0934	0944	0952	1001	1010	
Canning Town Bus Station	0546	minutes	0716	0726	0738	0750	0801	minutes	0911	0922	0932	0942	0952	1001	1010	1019	
Plaistow Greengate	0552	until	0722	0732	0745	0757	0808	until	0918	0929	0939	0949	1000	1011	1022	1032	
Upton Park The Boleyn (Barking Road)	0554		0724	0735	0748	0800	0811		0921	0932	0942	0952	1003	1014	1025	1035	
East Ham Newham Town Hall	0558		0728	0740	0753	0805	0816		0926	0937	0947	0957	1008	1019	1030	1040	
East Ham White Horse	0600		0730	0742	0755	0807	0818		0928	0939	0949	0959	1010	1021	1032	1042	
Aldgate Station Bus Station	1000	1009		1721	1730	1739	1748	1757	1806	1815		1903	1912	1921	1931	1941	
Limehouse Station	1012	1023		1735	1744	1753	1802	1811	1818	1825		1913	1922	1931	1940	1950	
Limehouse Commercial Road	1015	1026	Then	1738	1747	1756	1805	1814	1821	1828	Then	1916	1925	1934	1943	1953	
Poplar All Saints (DLR) Station	1020	1031	every 9	1743	1752	1801	1810	1819	1826	1833	every 8	1921	1930	1939	1948	1958	
Canning Town Bus Station	1029	1040	minutes	1752	1801	1810	1819	1828	1835	1842	minutes	1930	1939	1948	1957	2007	
Plaistow Greengate	1042	1053	until	1805	1812	1819	1828	1837	1844	1851	until	1939	1947	1956	2005	2015	
Upton Park The Boleyn (Barking Road)	1045	1056		1808	1815	1822	1831	1840	1847	1854		1942	1950	1959	2008	2018	
East Ham Newham Town Hall	1050	1101		1813	1820	1827	1836	1845	1852	1859		1947	1955	2004	2013	2022	
East Ham White Horse	1052	1103		1815	1822	1829	1838	1847	1854	1901		1949	1957	2006	2015	2024	
Aldgate Station Bus Station	1951	2001	2011	2021	2031	2043	2056		2256	2308		0056					
Limehouse Station	2000	2010	2020	2029	2039	2051	2104		2304	2315		0103					
Limehouse Commercial Road	2003	2013	2023	2032	2042	2054	2107	Then	2307	2318	Then	0106					
Poplar All Saints (DLR) Station	2008	2018	2028	2037	2047	2059	2111	every 12	2311	2322	every 12	0110					
Canning Town Bus Station	2017	2026	2036	2045	2055	2107	2117	minutes	2317	2328	minutes	0116					
Plaistow Greengate	2025	2034	2044	2053	2103	2113	2123	until	2323	2334	until	0122					
Upton Park The Boleyn (Barking Road)	2027	2036	2046	2055	2105	2115	2125		2325	2336		0124					
East Ham Newham Town Hall	2031	2040	2050	2059	2109	2119	2129		2329	2340		0128					
East Ham White Horse	2033	2042	2052	2101	2111	2121	2131		2331	2342		0130					
115		Sundays and other Public Holidays (except Christmas Day)															
Aldgate Station Bus Station	0529		0717	0727	0737	0747	0757	0807	0817	0829	0841	0853	0905	0916	0926	0936	0946
Limehouse Station	0535		0723	0733	0743	0753	0803	0815	0825	0837	0849	0901	0913	0924	0935	0945	0955
Limehouse Commercial Road	0538	Then	0726	0736	0746	0756	0806	0818	0828	0840	0852	0904	0916	0927	0938	0948	0958
Poplar All Saints (DLR) Station	0541	every 12	0729	0739	0749	0759	0811	0823	0833	0845	0857	0909	0921	0932	0943	0953	1003
Canning Town Bus Station	0546	minutes	0734	0744	0756	0807	0819	0831	0841	0853	0905	0917	0929	0940	0952	1002	1012
Plaistow Greengate	0552	until	0740	0750	0802	0814	0826	0838	0848	0900	0912	0924	0936	0948	1000	1011	1023
Upton Park The Boleyn (Barking Road)	0554		0742	0752	0804	0816	0828	0840	0850	0902	0914	0926	0938	0951	1003	1014	1027
East Ham Newham Town Hall	0558		0746	0756	0808	0820	0832	0844	0854	0906	0918	0930	0942	0955	1008	1021	1034
East Ham White Horse	0600		0748	0758	0810	0822	0834	0846	0856	0908	0920	0932	0944	0957	1010	1023	1036
Aldgate Station Bus Station	0956	1006	1017		1704	1715	1726	1737	1747	1757	1807	1817	1827	1837	1847	1857	1909
Limehouse Station	1007	1019	1031		1718	1729	1740	1751	1801	1810	1819	1828	1837	1846	1856	1906	1918
Limehouse Commercial Road	1010	1022	1034	Then	1721	1732	1743	1754	1804	1813	1822	1831	1840	1849	1859	1909	1921
Poplar All Saints (DLR) Station	1015	1027	1039	every 11	1726	1737	1748	1759	1809	1818	1827	1836	1845	1854	1904	1914	1926
Canning Town Bus Station	1024	1036	1048	minutes	1735	1746	1757	1808	1818	1827	1836	1845	1854	1903	1913	1923	1935
Plaistow Greengate	1035	1047	1059	until	1746	1757	1808	1817	1826	1835	1844	1853	1902	1911	1921	1931	1943
Upton Park The Boleyn (Barking Road)	1039	1051	1103		1750	1801	1811	1820	1829	1838	1847	1856	1905	1914	1924	1934	1946
East Ham Newham Town Hall	1046	1058	1110		1757	1807	1816	1825	1834	1843	1852	1901	1910	1919	1929	1939	1951
East Ham White Horse	1048	1100	1112		1759	1809	1818	1827	1836	1845	1854	1903	1912	1921	1931	1941	1953
Aldgate Station Bus Station	1921	1933	1945	1957	2008	2020	2031	2043	2056		2256	2308		0056			
Limehouse Station	1930	1942	1954	2006	2017	2028	2039	2051	2104		2304	2315		0103			
Limehouse Commercial Road	1933	1945	1957	2009	2020	2031	2042	2054	2107	Then	2307	2318	Then	0106			
Poplar All Saints (DLR) Station	1938	1950	2002	2014	2025	2036	2047	2059	2111	every 12	2311	2322	every 12	0110			
Canning Town Bus Station	1947	1959	2011	2023	2033	2044	2055	2107	2117	minutes	2317	2328	minutes	0116			
Plaistow Greengate	1955	2007	2019	2031	2041	2052	2103	2113	2123	until	2323	2334	until	0122			
Upton Park The Boleyn (Barking Road)	1958	2010	2021	2033	2043	2054	2105	2115	2125		2325	2336		0124			
East Ham Newham Town Hall	2003	2015	2025	2037	2047	2058	2109	2119	2129		2329	2340		0128			
East Ham White Horse	2005	2017	2027	2039	2049	2100	2111	2121	2131		2331	2342		0130			