

115 Mondays to Fridays																		
East Ham White Horse	0445		0555		0934	0943	0952	1000		1328		1908	1917	1927				
East Ham Newham Town Hall	0447		0557		0937	0946	0955	1003		1331		1911	1920	1930				
Upton Park The Boleyn (Barking Road)	0451	Then	0601	Then	0944	0953	1002	1009	Then	1337	Then	1917	1926	1936				
Plaistow Greengate	0453	every 10	0603	about	0948	0957	1007	1014	every 8	1342	about	1922	1931	1941				
Canning Town Bus Station	0500	minutes	0610	every 7-8	0956	1005	1016	1023	minutes	1351	every 7-8	1930	1939	1949				
Poplar All Saints (DLR) Station	0505	until	0615	minutes	1004	1013	1022	1029	until	1357	minutes	1937	1946	1956				
Limehouse East India Dock Road	0508		0618	until	1011	1019	1026	1033		1401	until	1941	1950	2000				
Limehouse Station	0511		0621		1017	1023	1030	1037		1405		1945	1954	2003				
Aldgate Station Aldgate High Street	0517		0627		1027	1033	1040	1047		1415		1958	2005	2012				
East Ham White Horse	1937	1949	2001	2013	2025	2037	2049	2101		2249	2301		0025					
East Ham Newham Town Hall	1940	1951	2003	2015	2027	2039	2051	2103		2251	2303		0027					
Upton Park The Boleyn (Barking Road)	1945	1956	2008	2020	2032	2044	2056	2108	Then	2256	2307	Then	0031					
Plaistow Greengate	1950	2000	2012	2024	2036	2048	2100	2111	every 12	2259	2309	every 12	0033					
Canning Town Bus Station	1958	2008	2020	2032	2044	2056	2107	2118	minutes	2306	2316	minutes	0040					
Poplar All Saints (DLR) Station	2005	2015	2027	2039	2051	2103	2113	2123	until	2311	2321	until	0045					
Limehouse East India Dock Road	2009	2019	2031	2043	2055	2107	2117	2127		2315	2325		0049					
Limehouse Station	2012	2022	2034	2046	2058	2110	2120	2130		2318	2328		0052					
Aldgate Station Aldgate High Street	2021	2031	2043	2055	2107	2115	2125	2137		2325	2335		0059					
115 Saturdays (also Good Friday)																		
East Ham White Horse	0445		0655	0705	0715	0725	0735		0845	0855		1805	1815	1825	1835	1845	1855	1905
East Ham Newham Town Hall	0447		0657	0707	0717	0727	0737		0847	0857	Then	1808	1818	1828	1838	1848	1858	1908
Upton Park The Boleyn (Barking Road)	0451	Then	0701	0711	0721	0731	0741	Then	0851	0901	about	1813	1823	1833	1843	1853	1903	1913
Plaistow Greengate	0453	every	0703	0713	0723	0734	0745	every	0855	0905	every	1817	1827	1837	1847	1857	1907	1917
Canning Town Bus Station	0459	10	0709	0719	0730	0742	0753	10	0903	0913	9	1825	1835	1845	1855	1905	1915	1925
Poplar All Saints (DLR) Station	0504	mins.	0714	0725	0736	0748	0759	mins.	0909	0920	mins.	1832	1842	1852	1902	1912	1922	1932
Limehouse East India Dock Road	0507	until	0717	0728	0740	0752	0803	until	0913	0924	until	1836	1846	1856	1906	1916	1926	1936
Limehouse Station	0510		0720	0731	0743	0755	0806		0916	0927		1839	1849	1859	1909	1919	1929	1939
Aldgate Station Aldgate High Street	0516		0726	0738	0750	0802	0813		0923	0934		1853	1903	1913	1920	1929	1939	1949
East Ham White Horse	1915	1925	1937	1949	2001	2013	2025	2037	2049	2101		2237	2249	2301		0025		
East Ham Newham Town Hall	1918	1928	1939	1951	2003	2015	2027	2039	2051	2103		2239	2251	2303		0027		
Upton Park The Boleyn (Barking Road)	1923	1933	1944	1956	2008	2020	2032	2044	2056	2108	Then	2244	2256	2307	Then	0031		
Plaistow Greengate	1927	1937	1948	2000	2012	2024	2036	2048	2100	2111	every 12	2247	2259	2309	every 12	0033		
Canning Town Bus Station	1935	1945	1956	2008	2020	2032	2044	2056	2107	2118	minutes	2254	2306	2316	minutes	0040		
Poplar All Saints (DLR) Station	1942	1952	2003	2015	2027	2039	2051	2103	2113	2123	until	2259	2312	2322	until	0046		
Limehouse East India Dock Road	1946	1956	2007	2019	2031	2043	2055	2107	2117	2127		2303	2315	2325		0049		
Limehouse Station	1949	1959	2010	2022	2034	2046	2058	2110	2120	2130		2306	2318	2328		0052		
Aldgate Station Aldgate High Street	1958	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						

115		Mondays to Fridays																
Aldgate Station Bus Station	0529	0539	0549	0559	0609	0619	0629	0637	0645	0653	0702	0711	0720	0728	0735	0743		1005
Limehouse Station	0536	0546	0556	0606	0616	0626	0636	0644	0653	0701	0710	0720	0730	0738	0747	0757	Then	1017
Limehouse Commercial Road	0539	0549	0559	0609	0619	0629	0639	0647	0656	0704	0713	0723	0733	0742	0751	0801	about	1021
Poplar All Saints (DLR) Station	0542	0552	0602	0612	0622	0632	0643	0651	0700	0709	0718	0728	0738	0748	0757	0807	every	1027
Canning Town Bus Station	0549	0559	0609	0619	0629	0639	0650	0659	0709	0719	0728	0738	0748	0758	0807	0817	7-8	1035
Plaistow Greengate	0556	0606	0616	0626	0636	0647	0658	0707	0717	0727	0736	0747	0758	0808	0817	0827	mins.	1045
Upton Park The Boleyn (Barking Road)	0559	0609	0619	0629	0639	0650	0701	0710	0720	0730	0740	0751	0802	0812	0821	0831	until	1049
East Ham Newham Town Hall	0603	0613	0623	0633	0644	0655	0706	0715	0725	0736	0747	0758	0809	0819	0828	0838		1056
East Ham White Horse	0605	0615	0625	0635	0646	0657	0708	0717	0727	0738	0749	0800	0811	0821	0830	0840		1058
Aldgate Station Bus Station	1013		1317		1941	1951	2001	2011	2021	2032	2044	2056	2108		2256	2308		0056
Limehouse Station	1025		1329	Then	1954	2001	2011	2021	2031	2042	2054	2106	2116		2304	2315		0103
Limehouse Commercial Road	1029	Then	1333	about	1959	2005	2015	2025	2035	2046	2058	2109	2119	Then	2307	2318	Then	0106
Poplar All Saints (DLR) Station	1034	every	1338	every	2004	2010	2020	2030	2040	2051	2103	2113	2123	every	2311	2322	every	0110
Canning Town Bus Station	1042	8	1346	7-8	2013	2019	2029	2039	2049	2100	2110	2119	2129	12	2317	2328	12	0116
Plaistow Greengate	1052	mins.	1356	mins.	2021	2027	2037	2047	2057	2107	2116	2125	2135	mins.	2323	2334	mins.	0122
Upton Park The Boleyn (Barking Road)	1056	until	1400	until	2024	2030	2040	2050	2100	2109	2118	2127	2137	until	2325	2336	until	0124
East Ham Newham Town Hall	1103		1407		2029	2035	2045	2055	2104	2113	2122	2131	2141		2329	2340		0128
East Ham White Horse	1105		1409		2031	2037	2047	2057	2106	2115	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		1921	1931	1941	1951	2001	2011	2021	2031	2043	2056		2256	2308		0056
Limehouse Station	1012	1023	Then	1931	1940	1950	2000	2010	2020	2029	2039	2051	2104		2304	2315		0103
Limehouse Commercial Road	1015	1026	about	1934	1943	1953	2003	2013	2023	2032	2042	2054	2107	Then	2307	2318	Then	0106
Poplar All Saints (DLR) Station	1020	1031	every	1939	1948	1958	2008	2018	2028	2037	2047	2059	2111	every	2311	2322	every	0110
Canning Town Bus Station	1029	1040	9	1948	1957	2007	2017	2026	2036	2045	2055	2107	2117	12	2317	2328	12	0116
Plaistow Greengate	1042	1053	mins.	1956	2005	2015	2025	2034	2044	2053	2103	2113	2123	mins.	2323	2334	mins.	0122
Upton Park The Boleyn (Barking Road)	1045	1056	until	1959	2008	2018	2027	2036	2046	2055	2105	2115	2125	until	2325	2336	until	0124
East Ham Newham Town Hall	1050	1101		2004	2013	2022	2031	2040	2050	2059	2109	2119	2129		2329	2340		0128
East Ham White Horse	1052	1103		2006	2015	2024	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				