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East Ham – Poplar – Aldgate

115 Mondays to Fridays																						
East Ham White Horse	0445			0525	0535	0544	0554	0602	0610	0618			1857	1907	1917	1927	1937	1947				
East Ham Newham Town Hall	0447			0527	0537	0546	0556	0604	0612	0620			1900	1910	1920	1930	1940	1949				
Upton Park The Boleyn (Barking Road)	0451	Then		0531	0541	0550	0600	0609	0617	0625	Then		1907	1917	1927	1937	1947	1956				
Plaistow Greengate	0454	every 10		0534	0544	0553	0603	0612	0620	0628	about		1912	1922	1932	1942	1952	2001				
Canning Town Bus Station	0500	minutes		0540	0550	0559	0609	0618	0626	0635	every 8		1920	1930	1940	1950	2000	2008				
Poplar All Saints (DLR) Station	0504	until		0544	0554	0603	0613	0623	0632	0642	minutes		1927	1937	1947	1957	2007	2015				
Limehouse East India Dock Road	0508			0548	0558	0607	0617	0627	0637	0647	until		1931	1941	1951	2001	2011	2019				
Limehouse Station	0511			0551	0601	0611	0621	0631	0641	0651			1935	1945	1955	2005	2015	2023				
Aldgate Station Aldgate High Street	0519			0559	0610	0620	0630	0641	0651	0702			1947	1956	2005	2015	2025	2033				
East Ham White Horse	1959	2011	2023	2035	2047	2059	2112				Then		2224	2237	2249	2301	2313		0025			
East Ham Newham Town Hall	2001	2013	2025	2037	2049	2101	2114				every 12		2226	2239	2251	2303	2315		0027			
Upton Park The Boleyn (Barking Road)	2007	2019	2031	2043	2055	2107	2119				minutes		2231	2244	2256	2308	2319	Then	0031			
Plaistow Greengate	2012	2023	2035	2047	2059	2111	2123				until		2235	2248	2300	2311	2322	every 12	0034			
Canning Town Bus Station	2019	2030	2042	2054	2106	2118	2129						2241	2254	2306	2317	2328	minutes	0040			
Poplar All Saints (DLR) Station	2026	2037	2049	2101	2112	2123	2134						2246	2259	2310	2321	2332	until	0044			
Limehouse East India Dock Road	2030	2041	2053	2105	2116	2127	2138						2250	2303	2314	2325	2336		0048			
Limehouse Station	2034	2045	2057	2109	2120	2131	2142						2254	2306	2317	2328	2339		0051			
Aldgate Station Aldgate High Street	2044	2055	2107	2119	2130	2141	2152						2304	2315	2326	2337	2348		0100			
115 Saturdays (also Good Friday)																						
East Ham White Horse	0445	0455	0505	0515	0525			0625	0635	0645	0655	0705	0715	0725	0734	0744	0753	0803				
East Ham Newham Town Hall	0447	0457	0507	0517	0527			0627	0637	0647	0657	0707	0717	0727	0736	0746	0755	0805				
Upton Park The Boleyn (Barking Road)	0451	0501	0511	0521	0531	Then		0631	0642	0652	0702	0712	0722	0732	0741	0751	0800	0810				
Plaistow Greengate	0454	0504	0514	0524	0534	every 10		0634	0645	0655	0705	0715	0725	0735	0745	0755	0804	0814				
Canning Town Bus Station	0459	0509	0519	0529	0540	minutes		0640	0651	0701	0711	0722	0732	0742	0752	0802	0812	0822				
Poplar All Saints (DLR) Station	0503	0513	0523	0533	0544	until		0644	0655	0705	0716	0728	0738	0748	0758	0808	0818	0828				
Limehouse East India Dock Road	0507	0517	0527	0537	0548			0648	0659	0709	0720	0732	0742	0752	0802	0812	0822	0832				
Limehouse Station	0510	0520	0530	0540	0551			0651	0702	0712	0723	0735	0745	0755	0806	0816	0826	0836				
Aldgate Station Aldgate High Street	0517	0527	0538	0548	0559			0659	0710	0720	0732	0744	0754	0804	0816	0826	0836	0846				
East Ham White Horse	0813	0823	0833	0843	0853			1801	1810				1920	1931	1942	1954	2007	2019	2031			
East Ham Newham Town Hall	0815	0825	0835	0845	0855			1803	1812				1922	1933	1944	1956	2009	2021	2033			
Upton Park The Boleyn (Barking Road)	0820	0830	0840	0850	0900	Then		1810	1819	Then			1929	1940	1951	2003	2015	2027	2039			
Plaistow Greengate	0824	0834	0844	0854	0904	about		1815	1824	every 10			1934	1945	1956	2008	2020	2032	2044			
Canning Town Bus Station	0832	0842	0852	0902	0912	every 8		1823	1832	minutes			1942	1953	2004	2016	2028	2040	2052			
Poplar All Saints (DLR) Station	0838	0848	0858	0908	0918	minutes		1830	1839	until			1949	2000	2011	2023	2035	2047	2059			
Limehouse East India Dock Road	0842	0852	0902	0912	0922	until		1834	1843				1953	2004	2015	2027	2039	2051	2103			
Limehouse Station	0846	0856	0906	0916	0926			1838	1847				1957	2008	2019	2031	2043	2055	2107			
Aldgate Station Aldgate High Street	0856	0906	0916	0927	0937			1850	1859				2009	2019	2030	2042	2054	2106	2118			
East Ham White Horse	2043	2056	2109	2121	2133	2145	2157	2210	2223	2235			2323	2336	2348	0001	0013	0025				
East Ham Newham Town Hall	2045	2058	2111	2123	2135	2147	2159	2212	2225	2237			2325	2338	2350	0003	0015	0027				
Upton Park The Boleyn (Barking Road)	2051	2104	2117	2129	2141	2153	2205	2218	2230	2242	Then		2330	2343	2355	0007	0019	0031				
Plaistow Greengate	2056	2109	2121	2133	2145	2157	2209	2222	2234	2246	every 12		2334	2347	2359	0011	0023	0035				
Canning Town Bus Station	2104	2116	2128	2140	2152	2204	2216	2228	2240	2252	minutes		2340	2353	0005	0017	0029	0041				
Poplar All Saints (DLR) Station	2110	2121	2133	2145	2157	2209	2221	2233	2245	2257	until		2345	2358	0010	0022	0034	0046				
Limehouse East India Dock Road	2114	2125	2137	2149	2201	2213	2225	2237	2249	2301			2349	0002	0014	0026	0038	0050				
Limehouse Station	2118	2129	2141	2153	2205	2217	2229	2241	2253	2304			2352	0005	0017	0029	0041	0053				
Aldgate Station Aldgate High Street	2129	2140	2152	2204	2216	2227	2239	2251	2303	2314			0002	0014	0026	0038	0050	0102				
115 Sundays and other Public Holidays (except Christmas Day)																						
East Ham White Horse	0445			0709	0721	0733	0745	0757	0809	0821	0833	0845	0857	0909	0920	0930	0940	0950				
East Ham Newham Town Hall	0447			0711	0723	0735	0747	0759	0811	0823	0835	0847	0859	0911	0922	0932	0942	0952				
Upton Park The Boleyn (Barking Road)	0451	Then		0715	0727	0739	0751	0804	0816	0828	0840	0852	0904	0916	0927	0937	0947	0957				
Plaistow Greengate	0454	every 12		0718	0730	0742	0754	0807	0819	0831	0843	0856	0908	0920	0931	0941	0951	1001				
Canning Town Bus Station	0459	minutes		0723	0736	0748	0800	0813	0825	0837	0850	0903	0915	0927	0938	0948	0958	1009				
Poplar All Saints (DLR) Station	0503	until		0727	0740	0753	0805	0818	0830	0842	0855	0908	0920	0932	0943	0953	1004	1016				
Limehouse East India Dock Road	0506			0730	0743	0756	0808	0821	0833	0845	0858	0911	0923	0935	0946	0956	1008	1020				
Limehouse Station	0509			0733	0746	0759	0811	0824	0836	0848	0901	0914	0926	0938	0950	1000	1012	1024				
Aldgate Station Aldgate High Street	0517			0741	0754	0807	0820	0833	0845	0858	0911	0924	0936	0948	1001	1011	1023	1035				
East Ham White Horse	1000			1757	1810	1822	1834	1847			Then		2035	2047	2100	2112	Then	2236	2248	2301		0025
East Ham Newham Town Hall	1002	Then		1759	1812	1824	1836	1849			about		2037	2049	2102	2114	about	2238	2250	2303		0027
Upton Park The Boleyn (Barking Road)	1007	about		1806	1819	1831	1843	1855			every		2043	2055	2108	2119	about	2243	2255	2307	Then	0031
Plaistow Greengate	1011	every		1811	1824	1836	1848	1900			12		2048	2100	2112	2123	every	2247	2259	2310	every	0034
Canning Town Bus Station	1019	10		1819	1832	1844	1855	1907			mins.		2055	2106	2118	2129	12	2253	2305	2316	12	0040
Poplar All Saints (DLR) Station	1026	mins.		1826	1839	1851	1902	1914			until		2102	2112	2123	2134	mins.	2258	2309	2320	mins.	0044
Limehouse East India Dock Road	1030	until		1830	1843	1855	1906	1918					2106	2116	2127	2138	until	2302	2313	2324	until	0048
Limehouse Station	1034			1834	1847	1859	1910	1922					2109	2119	2130	2141		2305	2316	2327		0051
Aldgate Station Aldgate High Street	1046			1846	1858	1910	1921	1933					2118	2128	2139	2150		2313	2324	2335		0059

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Aldgate – Poplar – East Ham

115 Mondays to Fridays																							
Aldgate Station Bus Station	0530	0540	0550	0600	0610	0620	0630	0638	0646	0654	0701	0709		1950	2000	2010	2020						
Limehouse Station	0538	0548	0558	0608	0618	0628	0638	0647	0655	0703	0711	0719		2001	2011	2021	2031						
Limehouse Commercial Road	0540	0550	0600	0610	0620	0630	0641	0650	0658	0706	0714	0722	Then	2004	2014	2024	2034						
Poplar All Saints (DLR) Station	0543	0553	0603	0613	0623	0633	0644	0653	0701	0710	0718	0726	about	2008	2018	2028	2038						
Canning Town Bus Station	0548	0558	0608	0618	0628	0639	0651	0700	0709	0718	0727	0735	every 8	2017	2027	2037	2047						
Plaistow Greengate	0554	0604	0614	0624	0634	0646	0658	0708	0717	0726	0735	0744	minutes	2026	2036	2046	2056						
Upton Park The Boleyn (Barking Road)	0556	0606	0616	0626	0636	0648	0700	0710	0719	0728	0737	0747	until	2029	2039	2049	2059						
East Ham Newham Town Hall	0600	0610	0620	0630	0641	0653	0705	0715	0724	0733	0742	0753		2035	2045	2055	2105						
East Ham White Horse	0602	0612	0622	0632	0643	0655	0707	0717	0726	0735	0744	0755		2037	2047	2057	2107						
Aldgate Station Bus Station	2030	2042	2054	2106	2119	2131	2143	2155	2207	2219	2231	2243	2255	2307	2319		0055						
Limehouse Station	2041	2053	2105	2116	2128	2140	2152	2204	2216	2228	2240	2252	2304	2315	2327		0103						
Limehouse Commercial Road	2044	2056	2108	2119	2131	2143	2155	2207	2219	2231	2242	2254	2306	2317	2329	Then	0105						
Poplar All Saints (DLR) Station	2048	2100	2112	2123	2135	2147	2159	2211	2223	2235	2246	2258	2310	2321	2333	every 12	0109						
Canning Town Bus Station	2057	2108	2119	2129	2141	2153	2205	2217	2229	2241	2252	2304	2316	2327	2339	minutes	0115						
Plaistow Greengate	2106	2117	2127	2137	2149	2201	2213	2225	2237	2249	2300	2311	2323	2334	2346	until	0122						
Upton Park The Boleyn (Barking Road)	2109	2119	2129	2139	2151	2203	2215	2227	2239	2251	2302	2313	2325	2336	2348		0124						
East Ham Newham Town Hall	2115	2125	2135	2145	2157	2209	2221	2233	2244	2256	2307	2318	2330	2341	2352		0128						
East Ham White Horse	2117	2127	2137	2147	2159	2211	2223	2235	2246	2258	2309	2320	2332	2343	2354		0130						
115 Saturdays (also Good Friday)																							
Aldgate Station Bus Station	0528	0538			0658	0708	0718	0728	0738	0748	0758	0808	0818	0828	0838	0848	0858	0908					
Limehouse Station	0536	0546			0706	0716	0726	0737	0747	0757	0807	0817	0827	0838	0848	0858	0908	0918					
Limehouse Commercial Road	0538	0548	Then		0708	0718	0728	0739	0749	0759	0809	0819	0829	0840	0850	0900	0910	0920					
Poplar All Saints (DLR) Station	0541	0551	every 10		0711	0721	0732	0743	0753	0803	0813	0823	0833	0844	0854	0904	0914	0924					
Canning Town Bus Station	0546	0556	minutes		0716	0727	0739	0750	0800	0810	0820	0830	0840	0851	0901	0911	0921	0931					
Plaistow Greengate	0552	0602	until		0722	0734	0746	0757	0807	0817	0827	0838	0848	0859	0909	0920	0930	0941					
Upton Park The Boleyn (Barking Road)	0554	0604			0724	0736	0748	0759	0809	0819	0829	0840	0850	0901	0911	0922	0933	0944					
East Ham Newham Town Hall	0557	0608			0728	0740	0752	0803	0813	0823	0834	0845	0855	0906	0917	0928	0939	0950					
East Ham White Horse	0559	0610			0730	0742	0754	0805	0815	0825	0836	0847	0857	0908	0919	0930	0941	0952					
Aldgate Station Bus Station	0918	0928			1931	1940	1950	2000	2010	2020	2031	2043	2055	2107	2119	2131		2231					
Limehouse Station	0928	0938			1942	1951	2001	2011	2021	2031	2041	2053	2105	2117	2129	2141		2241					
Limehouse Commercial Road	0930	0940	Then		1944	1953	2003	2013	2023	2033	2043	2055	2107	2119	2131	2143	Then	2243					
Poplar All Saints (DLR) Station	0934	0944	about		1949	1958	2008	2018	2028	2038	2048	2100	2112	2123	2135	2147	every	2247					
Canning Town Bus Station	0941	0951	every 8		1958	2007	2017	2026	2036	2046	2056	2107	2118	2129	2141	2153	12	2253					
Plaistow Greengate	0951	1001	minutes		2008	2017	2027	2036	2046	2056	2106	2116	2127	2138	2150	2202	mins.	2302					
Upton Park The Boleyn (Barking Road)	0954	1004	until		2011	2020	2030	2039	2049	2059	2109	2119	2130	2141	2153	2204	until	2304					
East Ham Newham Town Hall	1000	1010			2018	2027	2036	2045	2055	2105	2115	2125	2136	2147	2159	2210		2310					
East Ham White Horse	1002	1012			2020	2029	2038	2047	2057	2107	2117	2127	2138	2149	2201	2212		2312					
Aldgate Station Bus Station	2243	2255	2307	2319	2331	2343	2355	0007										0055					
Limehouse Station	2253	2305	2317	2329	2341	2353	0005	0016										0104					
Limehouse Commercial Road	2255	2307	2319	2331	2343	2355	0007	0018	Then									0106					
Poplar All Saints (DLR) Station	2259	2311	2323	2335	2347	2359	0011	0022	every 12									0110					
Canning Town Bus Station	2305	2317	2329	2341	2353	0005	0017	0028	minutes									0116					
Plaistow Greengate	2313	2325	2337	2349	0001	0013	0025	0036	until									0124					
Upton Park The Boleyn (Barking Road)	2315	2327	2339	2351	0003	0015	0027	0038										0126					
East Ham Newham Town Hall	2321	2333	2344	2356	0007	0019	0031	0042										0130					
East Ham White Horse	2323	2335	2346	2358	0009	0021	0033	0044										0132					
115 Sundays and other Public Holidays (except Christmas Day)																							
Aldgate Station Bus Station	0528				0716	0728	0740	0752	0804	0816	0828	0840	0852	0904				1904	1916	1928			
Limehouse Station	0536				0724	0736	0748	0800	0812	0824	0836	0848	0900	0913				1915	1927	1939			
Limehouse Commercial Road	0539	Then			0727	0739	0751	0803	0815	0827	0839	0851	0903	0916	Then			1918	1930	1942			
Poplar All Saints (DLR) Station	0542	every 12			0730	0742	0755	0807	0819	0831	0843	0855	0907	0920	about			1922	1934	1946			
Canning Town Bus Station	0547	minutes			0735	0748	0802	0815	0827	0839	0851	0903	0915	0928	every 10			1931	1943	1955			
Plaistow Greengate	0553	until			0741	0754	0809	0822	0834	0846	0858	0911	0923	0936	minutes			1941	1953	2005			
Upton Park The Boleyn (Barking Road)	0555				0743	0756	0811	0824	0836	0848	0900	0913	0925	0938	until			1944	1956	2008			
East Ham Newham Town Hall	0559				0747	0800	0815	0828	0840	0852	0906	0919	0931	0944				1950	2002	2014			
East Ham White Horse	0601				0749	0802	0817	0830	0842	0854	0908	0921	0933	0946				1952	2004	2016			
Aldgate Station Bus Station	1940	1952	2004	2017	2029	2041	2053	2106											2218	2230	2242	2254	2307
Limehouse Station	1951	2003	2015	2027	2039	2051	2103	2116											2228	2240	2252	2304	2316
Limehouse Commercial Road	1954	2006	2018	2030	2042	2054	2106	2118	Then										2230	2242	2254	2306	2318
Poplar All Saints (DLR) Station	1958	2010	2022	2034	2046	2058	2110	2122	every 12										2234	2246	2258	2310	2322
Canning Town Bus Station	2007	2019	2030	2042	2053	2105	2116	2128	minutes										2240	2252	2304	2316	2328
Plaistow Greengate	2017	2029	2040	2052	2102	2113	2124	2136	until										2248	2300	2311	2323	2335
Upton Park The Boleyn (Barking Road)	2020	2032	2043	2055	2104	2115	2126	2138											2250	2302	2313	2325	2337
East Ham Newham Town Hall	2025	2037	2048	2100	2109	2120	2131	2143											2255	2306	2317	2329	2341
East Ham White Horse	2027	2039	2050	2102	2111	2122	2133	2145											2257	2308	2319	2331	2343