

167		Mondays to Fridays																
Loughton Station	0610	0630	0648	0705	0722	0739	0755	0812	0832	0852	0912	0933	0954	1015	1036	Then every 20 minutes until	1416	
Buckhurst Hill Station Forecourt	0617	0637	0655	0712	0730	0748	0804	0823	0843	0903	0923	0944	1005	1025	1045		1425	
Chigwell Station	0623	0643	0701	0718	0737	0755	0812	0832	0852	0912	0931	0952	1012	1032	1052		1432	
Barkingside Fullwell Cross	0631	0651	0709	0728	0747	0805	0824	0845	0904	0922	0941	1002	1022	1042	1102		1442	
Gants Hill Station Cranbrook Road (S)	0638	0658	0718	0738	0757	0816	0835	0856	0915	0933	0952	1013	1033	1053	1113		1453	
Ilford Station	0643	0703	0724	0745	0805	0825	0844	0904	0922	0940	0959	1019	1039	1059	1119		1459	
Ilford High Road Hainault Street	0646	0707	0728	0749	0809	0829	0848	0908	0926	0944	1003	1023	1043	1103	1123	1503		
Loughton Station	1434	1452	1510	1528	1548	Then every 20 minutes until	1728	1748	1808	1828	1848	1908	1928	1948	2009	2039	2110	
Buckhurst Hill Station Forecourt	1443	1501	1519	1539	1559		1739	1759	1819	1839	1859	1917	1936	1956	2017	2046	2116	
Chigwell Station	1450	1508	1528	1548	1608		1748	1808	1828	1848	1907	1924	1943	2003	2023	2052	2122	
Barkingside Fullwell Cross	1500	1519	1539	1559	1619		1759	1819	1838	1858	1916	1933	1952	2011	2031	2100	2129	
Gants Hill Station Cranbrook Road (S)	1512	1532	1552	1612	1631		1811	1830	1849	1909	1927	1943	2001	2020	2040	2108	2137	
Ilford Station	1520	1540	1600	1619	1638		1818	1837	1856	1915	1933	1949	2007	2026	2046	2113	2142	
Ilford High Road Hainault Street	1524	1544	1604	1623	1642	1822	1841	1900	1919	1937	1953	2011	2030	2050	2116	2145		
Loughton Station	2140	2210	2240	2310	2340	0010												
Buckhurst Hill Station Forecourt	2146	2216	2246	2316	2346	0016												
Chigwell Station	2152	2222	2251	2321	2351	0021												
Barkingside Fullwell Cross	2159	2229	2258	2328	2358	0027												
Gants Hill Station Cranbrook Road (S)	2207	2236	2305	2334	0004	0033												
Ilford Station	2212	2241	2310	2339	0008	0037												
Ilford High Road Hainault Street	2215	2244	2313	2342	0011	0040												
167		Saturdays (also Good Friday)																
Loughton Station	0610	0630	0650	0710	0730	0750	0810	0829	0847	0905	0923	0941	0959	1018	1037	1057	1117	1137
Buckhurst Hill Station Forecourt	0616	0636	0656	0716	0736	0756	0817	0836	0854	0913	0932	0950	1008	1028	1048	1108	1128	1148
Chigwell Station	0621	0641	0701	0722	0742	0803	0824	0843	0901	0921	0940	0958	1017	1037	1057	1117	1137	1157
Barkingside Fullwell Cross	0629	0649	0709	0730	0750	0811	0832	0851	0910	0930	0950	1008	1027	1047	1108	1128	1148	1208
Gants Hill Station Cranbrook Road (S)	0636	0656	0716	0737	0757	0818	0840	0900	0920	0940	1000	1020	1040	1100	1121	1141	1201	1221
Ilford Station	0640	0700	0720	0741	0802	0823	0845	0906	0926	0946	1006	1027	1048	1109	1130	1150	1210	1230
Ilford High Road Hainault Street	0643	0703	0723	0744	0805	0826	0848	0909	0930	0950	1010	1031	1053	1115	1136	1156	1216	1236
Loughton Station	1157	1217	1237	1257	1317	1337	1357	1417	1437	Then every 20 minutes until	1637	1657	1717	1737	1757	1817	1837	
Buckhurst Hill Station Forecourt	1208	1229	1249	1309	1329	1349	1409	1428	1446		1646	1706	1725	1745	1805	1825	1845	
Chigwell Station	1217	1237	1257	1317	1337	1357	1417	1435	1453		1653	1713	1732	1752	1811	1831	1851	
Barkingside Fullwell Cross	1228	1248	1308	1328	1348	1408	1428	1445	1503		1703	1723	1742	1801	1820	1840	1900	
Gants Hill Station Cranbrook Road (S)	1241	1301	1321	1341	1401	1421	1441	1458	1515		1715	1735	1754	1813	1832	1852	1912	
Ilford Station	1250	1310	1329	1349	1409	1429	1449	1506	1523		1723	1742	1801	1820	1839	1859	1919	
Ilford High Road Hainault Street	1255	1314	1333	1353	1413	1433	1453	1510	1527	1727	1746	1805	1824	1843	1903	1923		
Loughton Station	1857	1917	1937	2007	2038	2109	2140	2210	2240	2310	2340	0010						
Buckhurst Hill Station Forecourt	1905	1925	1944	2014	2044	2115	2146	2216	2246	2316	2346	0016						
Chigwell Station	1911	1931	1950	2020	2050	2120	2151	2221	2251	2321	2351	0021						
Barkingside Fullwell Cross	1920	1939	1958	2028	2058	2127	2158	2228	2258	2328	2358	0027						
Gants Hill Station Cranbrook Road (S)	1931	1950	2009	2038	2107	2136	2206	2236	2305	2335	0005	0033						
Ilford Station	1938	1957	2016	2044	2113	2142	2211	2241	2310	2340	0009	0037						
Ilford High Road Hainault Street	1942	2001	2020	2048	2117	2146	2215	2244	2313	2343	0012	0040						
167		Sundays and other Public Holidays (except Christmas Day)																
Loughton Station	0740	0810	0840	0908	0936	1004	1032	1100	1129	1158	Then every 30 minutes until	1428	1459	1530	1601	1632	1702	
Buckhurst Hill Station Forecourt	0746	0816	0846	0914	0943	1011	1039	1108	1137	1206		1436	1507	1538	1609	1639	1709	
Chigwell Station	0751	0821	0851	0920	0949	1017	1045	1114	1143	1213		1443	1513	1544	1615	1645	1715	
Barkingside Fullwell Cross	0758	0828	0858	0928	0957	1025	1054	1123	1152	1222		1452	1522	1553	1624	1654	1724	
Gants Hill Station Cranbrook Road (S)	0804	0835	0906	0936	1005	1035	1104	1134	1204	1234		1504	1534	1605	1635	1705	1735	
Ilford Station	0809	0840	0911	0941	1011	1041	1111	1141	1211	1241		1511	1541	1611	1641	1711	1741	
Ilford High Road Hainault Street	0812	0843	0914	0945	1015	1045	1115	1145	1215	1245	1515	1545	1615	1645	1715	1745		
Loughton Station	1733	1804	1835	1906	1937	2008	2039	2110	2140	2210	2240	2310	2340	0010				
Buckhurst Hill Station Forecourt	1740	1811	1841	1912	1943	2014	2045	2116	2146	2216	2246	2316	2346	0016				
Chigwell Station	1746	1817	1847	1918	1949	2020	2050	2121	2151	2221	2251	2321	2351	0021				
Barkingside Fullwell Cross	1754	1825	1855	1926	1957	2027	2057	2128	2158	2228	2258	2327	2357	0027				
Gants Hill Station Cranbrook Road (S)	1805	1835	1905	1935	2005	2035	2105	2135	2205	2234	2304	2333	0003	0033				
Ilford Station	1811	1841	1911	1941	2011	2041	2111	2140	2210	2239	2308	2337	0007	0037				
Ilford High Road Hainault Street	1815	1845	1915	1945	2015	2045	2114	2143	2213	2242	2311	2340	0010	0040				

167		Mondays to Fridays																
Ilford High Road <i>Hainault Street</i>	0625	0645	0704	0722	0740	0759	0819	0839	0859	0919	0939	0959	1019	1039	1059	1119	1139	1159
Ilford Station	0629	0649	0708	0727	0745	0804	0824	0844	0904	0924	0944	1004	1024	1044	1104	1124	1144	1204
Gants Hill Station <i>Cranbrook Road (S)</i>	0635	0655	0715	0734	0752	0812	0832	0852	0912	0931	0951	1011	1031	1051	1111	1131	1151	1212
Barkingside <i>Fullwell Cross</i>	0642	0702	0723	0742	0801	0821	0841	0901	0921	0940	1000	1020	1040	1100	1121	1141	1201	1222
Chigwell Station	0651	0711	0732	0751	0811	0831	0851	0911	0931	0950	1009	1029	1049	1109	1130	1150	1210	1231
Buckhurst Hill Station <i>Forecourt</i>	0659	0720	0741	0801	0821	0841	0901	0920	0938	0957	1016	1036	1056	1116	1137	1157	1217	1238
Loughton Station	0706	0727	0748	0809	0830	0850	0910	0928	0946	1005	1024	1044	1104	1124	1145	1205	1225	1245
Ilford High Road <i>Hainault Street</i>	1219	1239	1259	1319	1339	1359	1419	1439	1457	1517	1537	1557	1617	1637	1657	1717	1737	1757
Ilford Station	1224	1244	1304	1324	1344	1404	1424	1444	1502	1522	1542	1602	1622	1642	1702	1722	1742	1802
Gants Hill Station <i>Cranbrook Road (S)</i>	1232	1252	1312	1332	1352	1413	1433	1453	1511	1531	1552	1612	1631	1651	1712	1732	1752	1812
Barkingside <i>Fullwell Cross</i>	1242	1302	1322	1342	1402	1423	1443	1503	1523	1543	1604	1623	1642	1702	1723	1743	1803	1822
Chigwell Station	1251	1311	1331	1351	1411	1432	1453	1514	1534	1554	1614	1633	1652	1712	1733	1753	1813	1832
Buckhurst Hill Station <i>Forecourt</i>	1258	1318	1338	1358	1418	1439	1500	1521	1542	1602	1622	1641	1700	1720	1740	1800	1820	1839
Loughton Station	1305	1325	1345	1405	1426	1447	1508	1529	1550	1610	1630	1649	1708	1728	1748	1808	1827	1846
Ilford High Road <i>Hainault Street</i>	1817	1837	1858	1919	1940	2001	2022	2053	2124	2155	2226	2256	2326	2356				
Ilford Station	1822	1842	1903	1924	1945	2006	2026	2057	2128	2159	2230	2300	2330	0000				
Gants Hill Station <i>Cranbrook Road (S)</i>	1832	1852	1913	1932	1952	2013	2033	2104	2134	2205	2236	2305	2335	0005				
Barkingside <i>Fullwell Cross</i>	1842	1902	1922	1941	2001	2021	2041	2112	2142	2213	2242	2311	2341	0011				
Chigwell Station	1852	1912	1931	1949	2009	2029	2049	2120	2150	2220	2249	2318	2347	0017				
Buckhurst Hill Station <i>Forecourt</i>	1859	1919	1937	1955	2014	2034	2054	2125	2155	2225	2254	2323	2352	0021				
Loughton Station	1906	1926	1943	2001	2020	2040	2100	2130	2200	2230	2259	2328	2357	0026				
167		Saturdays (also Good Friday)																
Ilford High Road <i>Hainault Street</i>	0625	0645	0705	0725	0745	0805	0825	0844	0902	0922	0942	1001	1020	1040	1059	1118	1137	1156
Ilford Station	0629	0649	0709	0729	0749	0809	0829	0848	0906	0926	0946	1006	1025	1045	1104	1123	1142	1201
Gants Hill Station <i>Cranbrook Road (S)</i>	0634	0654	0715	0735	0755	0815	0835	0854	0913	0933	0953	1013	1032	1052	1111	1131	1151	1210
Barkingside <i>Fullwell Cross</i>	0641	0701	0722	0742	0802	0822	0843	0902	0922	0942	1002	1022	1041	1101	1121	1141	1201	1221
Chigwell Station	0648	0709	0730	0750	0810	0830	0851	0911	0931	0951	1011	1031	1051	1111	1131	1151	1211	1231
Buckhurst Hill Station <i>Forecourt</i>	0654	0715	0736	0756	0816	0837	0858	0918	0938	0959	1019	1039	1100	1120	1140	1200	1220	1239
Loughton Station	0659	0720	0741	0801	0822	0843	0904	0925	0945	1006	1026	1047	1108	1128	1148	1208	1228	1247
Ilford High Road <i>Hainault Street</i>	1215	1235	1255	1315	1335	1355	1415	1435	1456	1516	1537	1558	1618	1638	1659	1720	1740	1800
Ilford Station	1220	1240	1300	1320	1340	1401	1421	1441	1502	1522	1543	1604	1624	1644	1704	1725	1745	1805
Gants Hill Station <i>Cranbrook Road (S)</i>	1229	1249	1309	1329	1349	1411	1431	1451	1511	1531	1552	1613	1633	1653	1713	1734	1754	1815
Barkingside <i>Fullwell Cross</i>	1240	1300	1320	1340	1400	1422	1442	1502	1522	1542	1603	1623	1643	1703	1723	1744	1804	1825
Chigwell Station	1250	1310	1329	1349	1409	1431	1451	1511	1531	1551	1612	1632	1652	1712	1732	1753	1813	1834
Buckhurst Hill Station <i>Forecourt</i>	1258	1317	1336	1356	1416	1438	1458	1518	1538	1558	1618	1638	1658	1718	1738	1759	1819	1840
Loughton Station	1306	1325	1344	1404	1424	1445	1505	1525	1545	1605	1625	1645	1705	1725	1745	1805	1825	1846
Ilford High Road <i>Hainault Street</i>	1821	1842	1903	1924	1955	2026	2056	2126	2156	2226	2256	2326	2356					
Ilford Station	1826	1847	1908	1929	2000	2030	2100	2130	2200	2230	2300	2329	2359					
Gants Hill Station <i>Cranbrook Road (S)</i>	1836	1857	1918	1939	2009	2038	2107	2137	2207	2237	2306	2334	0004					
Barkingside <i>Fullwell Cross</i>	1846	1907	1927	1948	2018	2046	2115	2145	2215	2244	2313	2341	0011					
Chigwell Station	1855	1915	1935	1956	2026	2054	2123	2153	2222	2251	2320	2348	0017					
Buckhurst Hill Station <i>Forecourt</i>	1900	1920	1940	2001	2031	2059	2128	2158	2227	2256	2325	2353	0022					
Loughton Station	1906	1926	1946	2006	2036	2104	2133	2203	2232	2301	2330	2358	0027					
167		Sundays and other Public Holidays (except Christmas Day)																
Ilford High Road <i>Hainault Street</i>	0725	0755	0825	0855	0925	0955	1025	1055	1125	1155	1225	1255	1325	1355	1425	1455	1525	1555
Ilford Station	0729	0759	0829	0859	0929	0959	1029	1059	1129	1159	1229	1259	1329	1359	1430	1500	1530	1600
Gants Hill Station <i>Cranbrook Road (S)</i>	0735	0805	0835	0905	0936	1006	1036	1106	1136	1206	1237	1307	1337	1407	1438	1509	1539	1609
Barkingside <i>Fullwell Cross</i>	0742	0812	0842	0913	0945	1015	1045	1115	1145	1216	1247	1317	1347	1417	1448	1519	1549	1619
Chigwell Station	0750	0820	0850	0921	0953	1024	1054	1124	1154	1225	1256	1326	1356	1426	1457	1528	1558	1628
Buckhurst Hill Station <i>Forecourt</i>	0756	0826	0856	0927	0959	1030	1100	1130	1200	1231	1302	1332	1402	1432	1503	1534	1604	1634
Loughton Station	0801	0831	0901	0933	1005	1036	1106	1137	1207	1238	1309	1339	1409	1439	1509	1540	1610	1640
Ilford High Road <i>Hainault Street</i>	1626	1656	1726	1756	1826	1856	1926	1956	2026	2056	2126	2156	2226	2256	2326	2356		
Ilford Station	1631	1701	1731	1801	1831	1900	1930	2000	2030	2100	2130	2200	2230	2300	2330	2359		
Gants Hill Station <i>Cranbrook Road (S)</i>	1640	1710	1740	1810	1840	1908	1937	2007	2037	2107	2137	2207	2236	2306	2335	0004		
Barkingside <i>Fullwell Cross</i>	1649	1719	1749	1819	1848	1916	1944	2014	2044	2114	2144	2213	2242	2312	2341	0010		
Chigwell Station	1658	1728	1758	1827	1856	1924	1951	2021	2051	2121	2151	2220	2249	2318	2347	0016		
Buckhurst Hill Station <i>Forecourt</i>	1704	1734	1803	1832	1901	1929	1956	2026	2056	2126	2156	2225	2254	2323	2352	0021		
Loughton Station	1710	1740	1809	1838	1906	1934	2001	2031	2101	2131	2201	2230	2259	2328	2357	0026		