

167		Mondays to Fridays																	
Loughton Station	0620	0640	0658	0714	0729	0745	0801	0820	0840	0859	0918	0938	Then every 20 minutes until	1358	1418	1437	1456		
Buckhurst Hill Station Forecourt	0627	0647	0705	0722	0738	0755	0812	0832	0852	0911	0928	0947		1407	1427	1446	1506		
Chigwell Station	0632	0652	0711	0729	0745	0803	0821	0841	0901	0919	0935	0954		1414	1435	1454	1514		
Barkingside Fullwell Cross	0639	0659	0719	0738	0755	0814	0833	0853	0912	0929	0945	1004		1424	1445	1504	1524		
Gants Hill Station Cranbrook Road (S)	0646	0707	0729	0748	0806	0825	0844	0904	0923	0940	0956	1015		1435	1457	1517	1537		
Ilford Station	0651	0712	0734	0754	0814	0834	0853	0912	0931	0946	1002	1021		1441	1503	1524	1545		
Ilford High Road Hainault Street	0654	0715	0737	0758	0819	0839	0857	0916	0935	0950	1006	1025	1445	1507	1528	1549			
Loughton Station	1514	1534	1553	1613	1633	1653	1713	1732	1752	1812	1832	1852	1912	1932	1952	2012	2040	2110	
Buckhurst Hill Station Forecourt	1525	1545	1604	1624	1644	1704	1724	1743	1803	1822	1842	1902	1921	1940	2000	2020	2048	2117	
Chigwell Station	1534	1554	1613	1633	1653	1713	1733	1751	1811	1830	1850	1909	1927	1946	2006	2026	2054	2122	
Barkingside Fullwell Cross	1544	1604	1623	1643	1703	1723	1742	1800	1820	1839	1859	1918	1936	1954	2014	2034	2101	2129	
Gants Hill Station Cranbrook Road (S)	1557	1617	1636	1655	1715	1735	1754	1812	1832	1850	1910	1929	1946	2004	2023	2042	2109	2136	
Ilford Station	1605	1625	1643	1702	1722	1742	1801	1819	1839	1857	1916	1935	1952	2010	2029	2048	2114	2141	
Ilford High Road Hainault Street	1609	1629	1647	1706	1726	1746	1805	1823	1843	1901	1920	1939	1956	2014	2033	2051	2117	2144	
Loughton Station	2140	2210	2240	2310	2340	0010													
Buckhurst Hill Station Forecourt	2146	2216	2246	2316	2346	0016													
Chigwell Station	2151	2221	2251	2321	2351	0021													
Barkingside Fullwell Cross	2157	2227	2257	2327	2357	0027													
Gants Hill Station Cranbrook Road (S)	2204	2234	2304	2333	0003	0033													
Ilford Station	2209	2239	2309	2338	0008	0038													
Ilford High Road Hainault Street	2212	2242	2312	2341	0011	0041													
167		Saturdays (also Good Friday)																	
Loughton Station	0613	0632	0652	0712	0732	0752	0812	0831	0849	0907	0925	0942	0959	1016	1034	1053	1113	1132	
Buckhurst Hill Station Forecourt	0619	0638	0658	0718	0738	0758	0818	0838	0856	0915	0934	0951	1009	1026	1044	1104	1124	1143	
Chigwell Station	0624	0643	0703	0723	0743	0804	0824	0845	0904	0923	0942	0959	1017	1034	1052	1112	1132	1151	
Barkingside Fullwell Cross	0630	0650	0710	0730	0750	0812	0832	0853	0913	0932	0951	1009	1027	1044	1102	1122	1142	1201	
Gants Hill Station Cranbrook Road (S)	0636	0656	0716	0736	0756	0819	0840	0902	0923	0943	1003	1021	1039	1057	1115	1135	1155	1214	
Ilford Station	0640	0700	0720	0740	0800	0823	0845	0908	0930	0950	1010	1028	1046	1104	1123	1143	1203	1222	
Ilford High Road Hainault Street	0643	0703	0723	0743	0803	0826	0848	0911	0934	0954	1014	1032	1050	1108	1127	1147	1207	1226	
Loughton Station	1150	1210	1230	1250	1311	1331	1351	1411	1431	1449	1504	1524	1544	1604	1624	1644	1704	1724	
Buckhurst Hill Station Forecourt	1202	1222	1242	1302	1322	1341	1401	1421	1441	1458	1513	1533	1553	1613	1633	1653	1713	1733	
Chigwell Station	1210	1230	1250	1310	1330	1349	1408	1428	1448	1505	1520	1540	1600	1620	1640	1700	1720	1739	
Barkingside Fullwell Cross	1220	1240	1300	1320	1340	1359	1418	1437	1457	1514	1529	1549	1609	1629	1649	1709	1729	1748	
Gants Hill Station Cranbrook Road (S)	1233	1253	1313	1333	1353	1412	1431	1449	1509	1526	1541	1601	1621	1641	1701	1721	1740	1759	
Ilford Station	1241	1301	1321	1341	1402	1421	1440	1458	1518	1534	1549	1609	1629	1649	1709	1727	1746	1805	
Ilford High Road Hainault Street	1245	1305	1325	1345	1406	1425	1444	1502	1522	1538	1553	1613	1633	1653	1713	1731	1750	1809	
Loughton Station	1745	1805	1826	1848	1908	1928	1948	2007	2038	2108	2139	2210	2240	2310	2340	0010			
Buckhurst Hill Station Forecourt	1753	1813	1833	1855	1915	1935	1955	2014	2045	2115	2145	2216	2246	2316	2346	0016			
Chigwell Station	1759	1819	1839	1901	1921	1941	2001	2020	2050	2120	2150	2221	2251	2321	2351	0021			
Barkingside Fullwell Cross	1808	1828	1848	1909	1929	1949	2008	2027	2057	2127	2157	2228	2258	2328	2358	0027			
Gants Hill Station Cranbrook Road (S)	1819	1839	1859	1919	1939	1959	2018	2036	2106	2136	2205	2235	2305	2335	0004	0033			
Ilford Station	1825	1845	1905	1925	1945	2005	2024	2042	2112	2142	2211	2240	2310	2340	0009	0038			
Ilford High Road Hainault Street	1829	1849	1909	1929	1949	2009	2028	2046	2116	2146	2215	2244	2314	2343	0012	0041			
167		Sundays and other Public Holidays (except Christmas Day)																	
Loughton Station	0725	0755	0825	0855	0925	0955	1023	1052	1122	1152	1222	1252	1322	1352	1422	1452	1522	1552	
Buckhurst Hill Station Forecourt	0731	0801	0831	0901	0931	1001	1030	1059	1129	1159	1230	1300	1330	1400	1430	1459	1529	1559	
Chigwell Station	0736	0806	0836	0907	0937	1007	1036	1105	1135	1205	1236	1307	1337	1407	1437	1506	1536	1606	
Barkingside Fullwell Cross	0743	0813	0843	0914	0945	1015	1045	1114	1144	1214	1245	1316	1346	1416	1446	1515	1545	1614	
Gants Hill Station Cranbrook Road (S)	0749	0819	0850	0922	0954	1025	1055	1125	1155	1225	1256	1327	1357	1427	1457	1526	1555	1624	
Ilford Station	0754	0824	0855	0927	0959	1031	1102	1132	1202	1232	1303	1334	1404	1434	1504	1533	1601	1630	
Ilford High Road Hainault Street	0757	0827	0858	0931	1003	1035	1106	1136	1206	1236	1307	1338	1408	1438	1508	1537	1605	1634	
Loughton Station	1622	1652	1722	1751	1816	1839	1910	1940	2010	2040	2110	2140	2210	2240	2310	2340	0010		
Buckhurst Hill Station Forecourt	1629	1659	1729	1758	1822	1845	1916	1946	2016	2046	2116	2146	2216	2245	2315	2345	0015		
Chigwell Station	1635	1705	1735	1804	1827	1850	1921	1951	2021	2051	2121	2151	2221	2250	2320	2350	0020		
Barkingside Fullwell Cross	1643	1713	1743	1812	1835	1857	1928	1958	2028	2057	2127	2157	2227	2256	2326	2355	0025		
Gants Hill Station Cranbrook Road (S)	1653	1723	1753	1822	1845	1907	1937	2006	2036	2104	2134	2204	2234	2302	2332	0001	0031		
Ilford Station	1659	1729	1759	1828	1851	1913	1943	2012	2042	2109	2138	2208	2238	2306	2336	0005	0035		
Ilford High Road Hainault Street	1703	1733	1803	1832	1855	1917	1946	2015	2045	2112	2141	2211	2241	2309	2339	0008	0038		

167		Mondays to Fridays																	
Ilford High Road <i>Hainault Street</i>	0630	0648	0706	0724	0741	0800	0820	0839	0858	0919	Then every 20 minutes until	1059	1119	Then every 20 minutes until	1359	1418			
Ilford Station	0634	0652	0710	0728	0746	0805	0825	0844	0903	0924		1104	1124		1404	1423			
Gants Hill Station <i>Cranbrook Road (S)</i>	0640	0658	0716	0734	0753	0813	0833	0852	0911	0931		1111	1131		1411	1431			
Barkingside <i>Fullwell Cross</i>	0647	0705	0724	0743	0802	0822	0842	0901	0920	0940		1120	1141		1421	1441			
Chigwell Station	0654	0713	0732	0751	0811	0831	0851	0910	0929	0949		1129	1150		1430	1450			
Buckhurst Hill Station <i>Forecourt</i>	0700	0720	0740	0800	0820	0840	0900	0917	0936	0956		1136	1156		1436	1456			
Loughton Station	0707	0728	0748	0809	0829	0849	0909	0926	0944	1004	1144	1204	1444	1505					
Ilford High Road <i>Hainault Street</i>	1436	1454	1511	1528	1548	1608	1629	1649	1709	1729	1750	1810	1831	1852	1913	1933	1953	2014	
Ilford Station	1441	1459	1516	1533	1553	1613	1634	1654	1714	1734	1755	1815	1836	1857	1917	1937	1957	2018	
Gants Hill Station <i>Cranbrook Road (S)</i>	1449	1508	1525	1542	1602	1622	1643	1703	1723	1743	1804	1824	1844	1905	1925	1944	2004	2025	
Barkingside <i>Fullwell Cross</i>	1459	1519	1537	1554	1614	1634	1654	1714	1734	1754	1814	1834	1854	1914	1934	1953	2013	2033	
Chigwell Station	1509	1529	1547	1604	1624	1644	1704	1723	1743	1803	1823	1843	1903	1922	1942	2000	2020	2040	
Buckhurst Hill Station <i>Forecourt</i>	1516	1536	1554	1611	1631	1650	1710	1729	1749	1809	1829	1849	1909	1928	1947	2005	2025	2045	
Loughton Station	1525	1545	1603	1620	1640	1659	1719	1738	1758	1818	1838	1858	1917	1936	1955	2013	2032	2052	
Ilford High Road <i>Hainault Street</i>	2034	2055	2125	2155	2225	2255	2325	2355											
Ilford Station	2038	2059	2129	2159	2229	2259	2328	2358											
Gants Hill Station <i>Cranbrook Road (S)</i>	2045	2105	2135	2205	2235	2304	2333	0003											
Barkingside <i>Fullwell Cross</i>	2053	2112	2142	2212	2242	2310	2339	0009											
Chigwell Station	2100	2119	2149	2219	2248	2316	2345	0015											
Buckhurst Hill Station <i>Forecourt</i>	2105	2124	2154	2224	2253	2321	2350	0020											
Loughton Station	2111	2130	2200	2230	2259	2327	2356	0026											
167		Saturdays (also Good Friday)																	
Ilford High Road <i>Hainault Street</i>	0630	0650	0710	0730	0750	0810	0830	0850	0909	0929	0949	1009	1028	1047	1106	1125	1145	1205	
Ilford Station	0634	0654	0714	0734	0754	0814	0834	0854	0913	0933	0953	1013	1032	1051	1111	1130	1150	1210	
Gants Hill Station <i>Cranbrook Road (S)</i>	0639	0659	0719	0739	0800	0820	0840	0900	0920	0940	1000	1020	1039	1058	1118	1137	1157	1217	
Barkingside <i>Fullwell Cross</i>	0645	0706	0726	0746	0807	0828	0848	0909	0930	0950	1010	1030	1049	1109	1129	1148	1208	1228	
Chigwell Station	0651	0712	0733	0753	0814	0836	0857	0918	0939	0959	1019	1039	1059	1119	1139	1158	1218	1238	
Buckhurst Hill Station <i>Forecourt</i>	0657	0718	0739	0759	0820	0842	0903	0924	0946	1006	1026	1046	1106	1126	1146	1205	1225	1245	
Loughton Station	0702	0724	0745	0805	0827	0849	0910	0931	0954	1014	1035	1055	1115	1135	1155	1214	1234	1254	
Ilford High Road <i>Hainault Street</i>	1225	1245	1305	1325	1345	1405	1425	1445	1505	1525	1545	1605	1625	1645	1705	1725	1745	1805	
Ilford Station	1230	1250	1310	1330	1350	1411	1431	1451	1511	1531	1551	1611	1630	1650	1710	1730	1750	1810	
Gants Hill Station <i>Cranbrook Road (S)</i>	1238	1258	1318	1338	1359	1420	1440	1500	1520	1540	1600	1620	1639	1659	1719	1739	1758	1818	
Barkingside <i>Fullwell Cross</i>	1249	1309	1329	1349	1410	1431	1451	1511	1531	1551	1610	1630	1649	1709	1729	1749	1808	1828	
Chigwell Station	1258	1318	1338	1358	1419	1440	1500	1520	1540	1600	1619	1639	1658	1718	1737	1757	1816	1836	
Buckhurst Hill Station <i>Forecourt</i>	1305	1325	1344	1404	1425	1446	1506	1526	1546	1606	1625	1645	1704	1724	1743	1803	1821	1841	
Loughton Station	1314	1334	1352	1412	1433	1453	1513	1533	1553	1613	1632	1652	1711	1731	1750	1810	1828	1848	
Ilford High Road <i>Hainault Street</i>	1825	1845	1905	1925	1952	2023	2054	2124	2154	2225	2255	2325	2355						
Ilford Station	1830	1850	1909	1929	1956	2027	2058	2128	2158	2229	2259	2329	2358						
Gants Hill Station <i>Cranbrook Road (S)</i>	1838	1858	1917	1937	2004	2034	2104	2134	2204	2235	2305	2334	0003						
Barkingside <i>Fullwell Cross</i>	1847	1907	1926	1946	2012	2042	2112	2142	2211	2242	2312	2341	0010						
Chigwell Station	1855	1915	1934	1954	2020	2050	2119	2149	2218	2249	2319	2347	0016						
Buckhurst Hill Station <i>Forecourt</i>	1900	1920	1939	1959	2025	2055	2124	2154	2223	2254	2324	2352	0021						
Loughton Station	1907	1927	1945	2005	2031	2101	2130	2200	2229	2259	2329	2357	0026						
167		Sundays and other Public Holidays (except Christmas Day)																	
Ilford High Road <i>Hainault Street</i>	0735	0805	0835	0905	0935	1004	1033	1102	1132	1201	1231	1259	1329	1359	1429	1459	1529	1559	
Ilford Station	0739	0809	0839	0909	0939	1008	1037	1106	1136	1205	1235	1304	1334	1404	1434	1504	1534	1604	
Gants Hill Station <i>Cranbrook Road (S)</i>	0745	0815	0845	0915	0945	1014	1043	1112	1142	1212	1242	1312	1342	1412	1443	1513	1543	1613	
Barkingside <i>Fullwell Cross</i>	0752	0822	0852	0923	0953	1023	1053	1122	1152	1222	1252	1322	1352	1422	1453	1523	1553	1622	
Chigwell Station	0759	0829	0859	0931	1001	1031	1101	1131	1201	1231	1301	1331	1401	1431	1502	1531	1601	1630	
Buckhurst Hill Station <i>Forecourt</i>	0804	0834	0904	0936	1006	1036	1106	1136	1207	1237	1307	1337	1407	1437	1507	1536	1606	1635	
Loughton Station	0809	0839	0910	0942	1012	1043	1113	1143	1214	1244	1314	1344	1414	1444	1514	1543	1613	1642	
Ilford High Road <i>Hainault Street</i>	1629	1659	1725	1753	1824	1854	1925	1955	2025	2055	2125	2155	2225	2255	2325	2355			
Ilford Station	1634	1704	1730	1757	1828	1858	1929	1959	2029	2059	2129	2159	2229	2258	2328	2358			
Gants Hill Station <i>Cranbrook Road (S)</i>	1643	1713	1738	1805	1835	1905	1936	2005	2035	2105	2135	2204	2234	2303	2333	0003			
Barkingside <i>Fullwell Cross</i>	1652	1722	1747	1813	1843	1913	1943	2012	2042	2112	2142	2211	2241	2310	2339	0009			
Chigwell Station	1700	1730	1755	1821	1851	1921	1951	2019	2049	2119	2149	2218	2247	2316	2345	0015			
Buckhurst Hill Station <i>Forecourt</i>	1705	1735	1800	1826	1856	1926	1956	2024	2054	2124	2154	2223	2252	2321	2350	0020			
Loughton Station	1711	1741	1806	1832	1902	1932	2002	2030	2100	2130	2200	2229	2258	2327	2356	0026			