

167		Mondays to Fridays																	
Loughton Station	0620	0640	0659	0714	0729	0744	0800	0820	0838	0858	0918	0938	Then every 20 minutes until	1418	1438	1458	1518		
Buckhurst Hill Station Forecourt	0626	0647	0706	0722	0738	0754	0812	0832	0850	0910	0928	0947		1427	1447	1508	1529		
Chigwell Station	0631	0652	0711	0728	0744	0801	0820	0840	0858	0917	0935	0953		1433	1454	1515	1537		
Barkingside Fullwell Cross	0637	0658	0718	0737	0753	0812	0832	0850	0907	0926	0944	1002		1442	1503	1524	1547		
Gants Hill Station Cranbrook Road (S)	0644	0706	0727	0747	0804	0823	0843	0901	0918	0937	0955	1013		1453	1515	1537	1559		
Ilford Station	0648	0710	0732	0753	0812	0832	0852	0909	0925	0943	1001	1019		1459	1522	1545	1607		
Ilford High Road Hainault Street	0651	0713	0735	0757	0817	0837	0857	0913	0929	0947	1005	1023	1503	1526	1549	1611			
Loughton Station	1538	1558	1618	1638	1658	1715	1732	1752	1812	1832	1852	1912	1932	1952	2012	2040	2110	2140	
Buckhurst Hill Station Forecourt	1549	1609	1628	1648	1708	1725	1742	1802	1821	1841	1900	1920	1940	2000	2020	2047	2116	2146	
Chigwell Station	1557	1617	1636	1656	1716	1732	1749	1809	1828	1848	1906	1926	1946	2006	2026	2052	2121	2151	
Barkingside Fullwell Cross	1607	1627	1645	1705	1725	1741	1758	1818	1837	1857	1915	1935	1954	2014	2033	2059	2127	2157	
Gants Hill Station Cranbrook Road (S)	1619	1638	1656	1716	1736	1752	1808	1828	1847	1907	1925	1944	2003	2023	2040	2106	2134	2203	
Ilford Station	1627	1645	1703	1723	1743	1759	1815	1835	1854	1913	1931	1950	2008	2028	2045	2111	2139	2207	
Ilford High Road Hainault Street	1631	1649	1707	1727	1747	1803	1819	1839	1858	1917	1935	1954	2012	2032	2048	2114	2142	2210	
Loughton Station	2210	2240	2310	2340	0010														
Buckhurst Hill Station Forecourt	2216	2246	2316	2346	0016														
Chigwell Station	2221	2251	2321	2351	0021														
Barkingside Fullwell Cross	2227	2257	2327	2357	0027														
Gants Hill Station Cranbrook Road (S)	2233	2303	2333	0003	0033														
Ilford Station	2237	2307	2337	0007	0037														
Ilford High Road Hainault Street	2240	2310	2340	0010	0040														
167		Saturdays (also Good Friday)																	
Loughton Station	0613	0633	0653	0713	0733	0752	0812	0831	0849	0907	0925	0942	0959	1016	1033	1053	1113	1131	
Buckhurst Hill Station Forecourt	0619	0639	0659	0719	0739	0758	0818	0838	0856	0914	0933	0950	1008	1025	1042	1102	1122	1141	
Chigwell Station	0624	0644	0704	0724	0744	0804	0824	0844	0902	0920	0939	0957	1015	1032	1049	1109	1129	1148	
Barkingside Fullwell Cross	0630	0650	0710	0730	0750	0810	0830	0850	0909	0927	0947	1005	1023	1041	1058	1118	1138	1158	
Gants Hill Station Cranbrook Road (S)	0636	0656	0716	0736	0756	0816	0837	0858	0917	0936	0956	1016	1034	1052	1110	1130	1150	1210	
Ilford Station	0639	0659	0720	0740	0800	0820	0842	0903	0922	0942	1002	1022	1040	1059	1118	1138	1158	1218	
Ilford High Road Hainault Street	0642	0702	0723	0743	0803	0823	0845	0906	0926	0946	1006	1026	1044	1103	1122	1142	1202	1222	
Loughton Station	1147	1207	1228	1250	1311	1331	1351	1411	1431	1449	1506	1526	1546	1606	1626	1646	1706	1726	
Buckhurst Hill Station Forecourt	1159	1219	1240	1301	1321	1341	1401	1421	1441	1458	1515	1535	1555	1615	1635	1655	1715	1735	
Chigwell Station	1207	1227	1247	1308	1328	1348	1408	1428	1448	1505	1521	1541	1601	1621	1641	1701	1721	1741	
Barkingside Fullwell Cross	1217	1237	1256	1317	1337	1357	1417	1437	1457	1514	1529	1549	1609	1629	1649	1709	1729	1749	
Gants Hill Station Cranbrook Road (S)	1229	1249	1308	1328	1348	1408	1428	1448	1508	1525	1540	1600	1620	1640	1700	1720	1739	1759	
Ilford Station	1238	1258	1318	1338	1358	1418	1438	1458	1518	1533	1548	1608	1628	1648	1708	1726	1745	1805	
Ilford High Road Hainault Street	1242	1302	1322	1342	1402	1422	1442	1502	1522	1537	1552	1612	1632	1652	1712	1730	1749	1809	
Loughton Station	1746	1806	1826	1846	1907	1928	1949	2010	2040	2110	2140	2210	2240	2310	2340	0010			
Buckhurst Hill Station Forecourt	1754	1814	1833	1853	1914	1935	1956	2017	2047	2117	2146	2216	2246	2316	2346	0016			
Chigwell Station	1800	1820	1839	1859	1919	1940	2001	2022	2052	2122	2151	2221	2251	2321	2351	0021			
Barkingside Fullwell Cross	1808	1828	1847	1907	1926	1947	2008	2029	2058	2128	2157	2227	2257	2327	2357	0027			
Gants Hill Station Cranbrook Road (S)	1818	1838	1857	1917	1936	1956	2017	2037	2105	2135	2204	2234	2304	2334	0003	0033			
Ilford Station	1824	1843	1902	1922	1941	2001	2022	2042	2110	2140	2209	2239	2308	2338	0007	0037			
Ilford High Road Hainault Street	1828	1847	1906	1926	1945	2005	2025	2045	2113	2143	2212	2242	2311	2341	0010	0040			
167		Sundays and other Public Holidays (except Christmas Day)																	
Loughton Station	0723	0753	0823	0853	0923	0953	1023	1053	1123	1153	1223	1254	1324	1354	1424	1454	1524	1554	
Buckhurst Hill Station Forecourt	0729	0759	0829	0859	0929	0959	1030	1100	1130	1200	1231	1302	1332	1402	1432	1501	1531	1601	
Chigwell Station	0734	0804	0834	0904	0934	1005	1036	1106	1136	1206	1237	1308	1338	1408	1438	1507	1537	1607	
Barkingside Fullwell Cross	0740	0810	0840	0910	0941	1012	1043	1113	1144	1215	1246	1316	1346	1416	1446	1515	1545	1615	
Gants Hill Station Cranbrook Road (S)	0746	0816	0847	0917	0949	1021	1052	1123	1154	1226	1257	1327	1357	1427	1457	1526	1555	1624	
Ilford Station	0750	0820	0851	0921	0953	1025	1057	1128	1200	1232	1303	1333	1403	1434	1504	1533	1601	1630	
Ilford High Road Hainault Street	0753	0823	0854	0924	0956	1028	1100	1132	1204	1236	1307	1337	1407	1438	1508	1537	1605	1634	
Loughton Station	1624	1654	1724	1751	1816	1840	1910	1940	2010	2040	2110	2140	2210	2240	2310	2340	0010		
Buckhurst Hill Station Forecourt	1631	1701	1731	1758	1822	1846	1916	1946	2016	2046	2116	2146	2216	2245	2315	2345	0015		
Chigwell Station	1637	1707	1737	1804	1827	1851	1921	1951	2021	2051	2121	2151	2221	2250	2320	2350	0020		
Barkingside Fullwell Cross	1645	1715	1744	1811	1834	1858	1928	1958	2028	2057	2127	2157	2227	2256	2326	2355	0025		
Gants Hill Station Cranbrook Road (S)	1654	1724	1752	1819	1842	1906	1936	2005	2035	2104	2133	2203	2233	2302	2332	0001	0031		
Ilford Station	1700	1730	1758	1824	1847	1911	1941	2010	2040	2109	2137	2207	2237	2306	2336	0005	0035		
Ilford High Road Hainault Street	1704	1734	1802	1828	1851	1914	1944	2013	2043	2112	2140	2210	2240	2309	2339	0008	0038		

167		Mondays to Fridays																	
Ilford High Road <i>Hainault Street</i>	0630	0648	0706	0722	0739	0757	0817	0839	0900	0921	0942			1102	1121			1401	
Ilford Station	0633	0651	0710	0726	0744	0802	0822	0844	0905	0926	0947	Then every 20 minutes until		1107	1126	Then every 20 minutes until		1406	
Gants Hill Station <i>Cranbrook Road (S)</i>	0638	0656	0715	0732	0750	0810	0830	0852	0913	0933	0954			1114	1133			1413	
Barkingside <i>Fullwell Cross</i>	0645	0703	0723	0741	0759	0819	0839	0901	0922	0942	1003			1123	1143			1423	
Chigwell Station	0652	0711	0731	0749	0808	0828	0848	0910	0931	0951	1012			1132	1152			1432	
Buckhurst Hill Station <i>Forecourt</i>	0658	0718	0738	0757	0816	0836	0856	0917	0938	0958	1018			1138	1158			1438	
Loughton Station	0706	0726	0746	0806	0826	0846	0906	0926	0946	1006	1026		1146	1206		1446			
Ilford High Road <i>Hainault Street</i>	1420	1438	1456	1512	1529	1549	1610	1630	1650	1710	1730	1750	1810	1831	1852	1914	1934	1955	
Ilford Station	1425	1443	1501	1517	1534	1554	1615	1635	1655	1715	1735	1755	1815	1836	1857	1918	1938	1959	
Gants Hill Station <i>Cranbrook Road (S)</i>	1432	1451	1509	1526	1543	1603	1624	1644	1704	1724	1744	1804	1823	1844	1905	1926	1946	2006	
Barkingside <i>Fullwell Cross</i>	1442	1501	1520	1538	1555	1615	1635	1655	1715	1735	1755	1814	1833	1854	1915	1935	1955	2014	
Chigwell Station	1451	1510	1530	1548	1605	1624	1644	1704	1724	1744	1804	1823	1842	1903	1923	1943	2002	2021	
Buckhurst Hill Station <i>Forecourt</i>	1457	1517	1537	1555	1612	1631	1650	1710	1730	1750	1810	1829	1848	1909	1929	1948	2007	2026	
Loughton Station	1506	1526	1546	1604	1621	1640	1659	1719	1739	1759	1819	1838	1857	1917	1937	1956	2015	2033	
Ilford High Road <i>Hainault Street</i>	2015	2035	2055	2125	2155	2225	2255	2325	2355										
Ilford Station	2019	2039	2059	2129	2159	2228	2258	2328	2358										
Gants Hill Station <i>Cranbrook Road (S)</i>	2025	2045	2105	2135	2205	2233	2303	2333	0003										
Barkingside <i>Fullwell Cross</i>	2033	2053	2112	2142	2212	2239	2309	2339	0009										
Chigwell Station	2040	2100	2119	2149	2219	2245	2315	2345	0015										
Buckhurst Hill Station <i>Forecourt</i>	2045	2105	2124	2154	2224	2250	2320	2350	0020										
Loughton Station	2051	2111	2130	2200	2230	2256	2326	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	1029	1049	1106	1125	1145	1205	
Ilford Station	0633	0653	0713	0733	0753	0813	0834	0854	0913	0933	0953	1013	1033	1053	1111	1130	1150	1210	
Gants Hill Station <i>Cranbrook Road (S)</i>	0637	0657	0718	0738	0758	0818	0839	0859	0919	0939	0959	1019	1039	1059	1118	1137	1157	1217	
Barkingside <i>Fullwell Cross</i>	0642	0703	0724	0744	0805	0825	0846	0907	0928	0948	1008	1028	1048	1108	1128	1147	1207	1227	
Chigwell Station	0648	0709	0731	0751	0812	0833	0854	0915	0936	0956	1016	1036	1056	1116	1136	1156	1216	1236	
Buckhurst Hill Station <i>Forecourt</i>	0654	0715	0737	0757	0818	0839	0900	0921	0942	1002	1022	1042	1102	1122	1142	1202	1222	1242	
Loughton Station	0700	0721	0743	0804	0825	0846	0907	0928	0950	1011	1031	1051	1111	1131	1151	1211	1231	1251	
Ilford High Road <i>Hainault Street</i>	1225	1245	1305	1325	1345	1405	Then every 20 minutes until	1605	1625	1645	1705	1725	1745	1805	1825	1845	1905		
Ilford Station	1230	1250	1310	1330	1350	1411		1611	1630	1650	1710	1730	1750	1810	1830	1850	1909		
Gants Hill Station <i>Cranbrook Road (S)</i>	1238	1258	1318	1338	1359	1420		1620	1639	1659	1719	1739	1758	1818	1838	1857	1916		
Barkingside <i>Fullwell Cross</i>	1248	1308	1328	1348	1409	1430		1630	1649	1709	1729	1749	1808	1828	1848	1906	1925		
Chigwell Station	1257	1317	1337	1357	1417	1438		1638	1657	1717	1737	1757	1816	1836	1856	1914	1933		
Buckhurst Hill Station <i>Forecourt</i>	1303	1323	1343	1403	1423	1444	1644	1703	1723	1743	1803	1821	1841	1901	1919	1938			
Loughton Station	1312	1332	1351	1411	1431	1452	1652	1711	1731	1751	1810	1828	1848	1908	1926	1944			
Ilford High Road <i>Hainault Street</i>	1925	1955	2025	2055	2125	2155	2225	2255	2325	2355									
Ilford Station	1929	1959	2029	2059	2129	2159	2229	2259	2329	2358									
Gants Hill Station <i>Cranbrook Road (S)</i>	1936	2006	2036	2105	2135	2205	2234	2304	2334	0003									
Barkingside <i>Fullwell Cross</i>	1944	2014	2043	2112	2142	2212	2241	2310	2340	0009									
Chigwell Station	1952	2021	2050	2119	2149	2219	2248	2316	2346	0015									
Buckhurst Hill Station <i>Forecourt</i>	1957	2026	2055	2124	2154	2224	2253	2321	2351	0020									
Loughton Station	2003	2032	2101	2130	2200	2230	2259	2327	2357	0026									
167		Sundays and other Public Holidays (except Christmas Day)																	
Ilford High Road <i>Hainault Street</i>	0735	0805	0835	0905	0935	1005	1035	1103	1133	1202	1231	1259	1329	1359	1429	1459	1529	1559	
Ilford Station	0738	0808	0838	0908	0938	1008	1038	1107	1137	1206	1235	1304	1334	1404	1434	1504	1534	1604	
Gants Hill Station <i>Cranbrook Road (S)</i>	0743	0813	0843	0913	0943	1014	1044	1113	1143	1213	1242	1312	1342	1412	1443	1513	1543	1613	
Barkingside <i>Fullwell Cross</i>	0749	0819	0849	0920	0950	1022	1052	1122	1152	1222	1251	1321	1351	1421	1452	1522	1552	1622	
Chigwell Station	0756	0826	0856	0927	0957	1029	1059	1129	1200	1230	1259	1329	1359	1429	1500	1530	1600	1630	
Buckhurst Hill Station <i>Forecourt</i>	0801	0831	0901	0932	1002	1034	1104	1134	1205	1235	1305	1335	1405	1435	1505	1535	1605	1635	
Loughton Station	0807	0837	0907	0938	1008	1041	1111	1141	1212	1242	1312	1342	1412	1442	1512	1542	1612	1642	
Ilford High Road <i>Hainault Street</i>	1629	1659	1725	1755	1825	1855	1925	1955	2025	2055	2125	2155	2225	2255	2325	2355			
Ilford Station	1634	1704	1730	1759	1829	1859	1929	1959	2029	2059	2129	2159	2229	2258	2328	2358			
Gants Hill Station <i>Cranbrook Road (S)</i>	1643	1713	1738	1807	1836	1906	1936	2005	2035	2105	2135	2204	2234	2303	2333	0003			
Barkingside <i>Fullwell Cross</i>	1652	1721	1746	1815	1844	1914	1943	2012	2042	2112	2141	2210	2240	2309	2339	0009			
Chigwell Station	1700	1728	1753	1822	1851	1921	1950	2019	2049	2118	2147	2216	2246	2315	2345	0015			
Buckhurst Hill Station <i>Forecourt</i>	1705	1733	1758	1827	1856	1926	1955	2024	2054	2123	2152	2221	2251	2320	2350	0020			
Loughton Station	1711	1739	1804	1833	1902	1932	2001	2030	2100	2129	2158	2227	2257	2326	2356	0026			