

238		Mondays to Fridays																
Barking Station	0000	0015	Then every 30 minutes until	0515	0535	0549	0603	0618	Then	0922	Then every 10 minutes until	1102	1112	Then every 10 minutes until	1422			
East Ham Newham Town Hall	0007	0022		0522	0542	0556	0611	0626	about	0932		1112	1122		1432			
East Ham Station	0011	0026		0526	0546	0601	0616	0631	every	0939		1119	1130		1440			
Plashet Road Green Street	0016	0031		0531	0551	0606	0621	0636	10	0946		1126	1137		1447			
Portway Plashet Road	0020	0035		0535	0555	0611	0626	0641	mins.	0952		1132	1143		1453			
Stratford Bus Station	0027	0042	0542	0602	0619	0634	0649	until	1002	1142	1153	1503						
Barking Station	1432	Then about every 10 minutes until	1740	1751	1802	1812	1822	1833	1843	1853	1904	1914	1924	1934	1945	2000	2015	
East Ham Newham Town Hall	1442		1752	1803	1813	1823	1833	1844	1854	1904	1914	1924	1934	1944	1955	2010	2024	
East Ham Station	1450		1801	1812	1822	1832	1842	1853	1903	1913	1923	1933	1943	1953	2003	2017	2031	
Plashet Road Green Street	1458		1808	1819	1829	1839	1849	1900	1910	1920	1930	1940	1950	2000	2009	2023	2037	
Portway Plashet Road	1504		1815	1825	1835	1845	1855	1906	1916	1926	1936	1946	1956	2005	2014	2028	2042	
Stratford Bus Station	1514	1826	1836	1846	1856	1906	1916	1925	1935	1945	1955	2004	2013	2022	2036	2050		
Barking Station	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345				
East Ham Newham Town Hall	2039	2054	2109	2123	2138	2153	2207	2222	2237	2252	2307	2322	2337	2352				
East Ham Station	2045	2100	2114	2128	2143	2158	2212	2227	2242	2256	2311	2326	2341	2356				
Plashet Road Green Street	2051	2105	2119	2133	2148	2203	2217	2232	2247	2301	2316	2331	2346	0001				
Portway Plashet Road	2056	2110	2124	2138	2153	2207	2221	2236	2251	2305	2320	2335	2350	0005				
Stratford Bus Station	2104	2117	2131	2145	2200	2214	2228	2243	2258	2312	2327	2342	2357	0012				
238		Saturdays (also Good Friday)																
Barking Station	0000	0015	Then every 30 minutes until	0515	0535	0555	0615	0635	0655	0715	0735	0750	0805	0820	0835	0849	0859	
East Ham Newham Town Hall	0007	0022		0522	0542	0602	0622	0642	0702	0723	0743	0758	0813	0828	0843	0857	0907	
East Ham Station	0011	0026		0526	0546	0606	0626	0646	0706	0727	0747	0802	0818	0833	0848	0903	0913	
Plashet Road Green Street	0016	0031		0531	0551	0611	0631	0651	0711	0732	0752	0806	0822	0837	0852	0908	0918	
Portway Plashet Road	0020	0035		0535	0555	0616	0636	0656	0716	0737	0757	0811	0827	0842	0857	0913	0923	
Stratford Bus Station	0027	0042	0542	0602	0623	0643	0703	0723	0744	0804	0819	0835	0850	0905	0921	0931		
Barking Station	0908	Then about every 10 minutes until	1752	1803	1813	1823	1833	1844	1854	1905	1915	1930	1945	2000	2015	2030	2045	
East Ham Newham Town Hall	0917		1805	1815	1825	1835	1845	1856	1906	1916	1926	1941	1956	2010	2025	2039	2054	
East Ham Station	0923		1814	1824	1834	1844	1854	1905	1915	1925	1935	1950	2005	2018	2032	2046	2101	
Plashet Road Green Street	0928		1822	1832	1842	1852	1902	1911	1921	1931	1941	1956	2011	2024	2038	2052	2107	
Portway Plashet Road	0933		1829	1839	1849	1859	1909	1918	1928	1938	1948	2003	2018	2031	2045	2059	2113	
Stratford Bus Station	0941	1839	1849	1859	1909	1919	1928	1938	1948	1958	2012	2026	2039	2053	2107	2120		
Barking Station	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345						
East Ham Newham Town Hall	2109	2123	2138	2153	2208	2223	2238	2253	2307	2322	2337	2352						
East Ham Station	2115	2129	2144	2159	2213	2227	2242	2257	2311	2326	2341	2356						
Plashet Road Green Street	2120	2134	2149	2204	2218	2232	2247	2302	2316	2331	2346	0001						
Portway Plashet Road	2126	2140	2155	2209	2223	2237	2252	2307	2321	2336	2351	0005						
Stratford Bus Station	2133	2147	2202	2216	2230	2244	2259	2314	2328	2343	2358	0012						
238		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Barking Station	0000	0015	Then every 30 minutes until	0745	0815	0840	0855	0910	0925	0940	0953	1007	1022	1037	1051	1106	1121	
East Ham Newham Town Hall	0007	0022		0752	0822	0847	0902	0918	0933	0948	1001	1016	1031	1046	1100	1115	1130	
East Ham Station	0011	0026		0756	0827	0852	0907	0923	0938	0953	1007	1022	1037	1052	1107	1122	1137	
Plashet Road Green Street	0016	0031		0801	0831	0856	0912	0928	0943	0958	1013	1028	1043	1058	1113	1128	1143	
Portway Plashet Road	0020	0035		0805	0835	0900	0917	0933	0948	1003	1018	1033	1048	1104	1120	1135	1150	
Stratford Bus Station	0027	0042	0812	0842	0907	0924	0940	0956	1011	1026	1041	1057	1113	1129	1144	1159		
Barking Station	1135	1149	1203	1217	1231	1245	1259	1313	1328	1343	1358	1413	1428	Then every 15 minutes until	1543	1559	1615	
East Ham Newham Town Hall	1144	1158	1213	1227	1241	1255	1309	1324	1339	1354	1409	1424	1439		1554	1610	1625	
East Ham Station	1151	1206	1221	1236	1250	1304	1319	1334	1349	1404	1419	1434	1450		1605	1620	1635	
Plashet Road Green Street	1158	1213	1228	1243	1257	1312	1327	1342	1357	1412	1427	1442	1458		1613	1628	1643	
Portway Plashet Road	1205	1220	1235	1250	1304	1319	1334	1349	1404	1419	1434	1449	1505		1620	1635	1650	
Stratford Bus Station	1214	1229	1244	1259	1314	1329	1344	1359	1414	1429	1444	1459	1514	1629	1644	1659		
Barking Station	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045
East Ham Newham Town Hall	1640	1655	1710	1725	1740	1755	1810	1824	1839	1854	1909	1923	1938	1953	2008	2023	2038	2053
East Ham Station	1649	1704	1719	1734	1749	1804	1817	1831	1846	1901	1915	1929	1944	1959	2013	2028	2043	2058
Plashet Road Green Street	1657	1712	1727	1742	1757	1811	1824	1838	1853	1907	1921	1935	1950	2005	2019	2034	2049	2104
Portway Plashet Road	1704	1719	1734	1749	1804	1818	1831	1845	1900	1913	1927	1941	1956	2011	2025	2040	2055	2109
Stratford Bus Station	1713	1728	1743	1758	1812	1826	1839	1853	1908	1921	1935	1949	2004	2018	2032	2047	2102	2116
Barking Station	2100	2115	2130	2145	2200													
East Ham Newham Town Hall	2107	2122	2137	2152	2207	Then every 15 minutes until												
East Ham Station	2112	2127	2142	2157	2211													
Plashet Road Green Street	2117	2132	2147	2202	2216													
Portway Plashet Road	2122	2137	2152	2206	2220													
Stratford Bus Station	2129	2144	2159	2213	2227													

238 Mondays to Fridays																		
Stratford Bus Station	0005	0020	0035	0050	Then every 30 minutes until	0520	0543	0558	0613	0628	Then about every 10 minutes until	0913	Then every 10 minutes until	1043	1053			
Plashet Road Portway	0013	0028	0043	0057		0527	0550	0605	0620	0635		0922		1052	1102			
Plashet Road Green Street	0016	0031	0046	0100		0530	0553	0608	0623	0638		0925		1055	1106			
East Ham Station	0022	0037	0052	0106		0536	0559	0614	0629	0644		0933		1103	1114			
East Ham Newham Town Hall	0026	0041	0056	0110	0540	0603	0618	0633	0648	0940	1110	1121						
Barking Station	0033	0048	0103	0118	0548	0611	0626	0641	0656	0949	1119	1130						
Stratford Bus Station	1103	1113	1123	1133	1143	1153	1203	1212	Then every 10 minutes until	1322	Then about every 10 minutes until	2020	2035	2050	2105	2120		
Plashet Road Portway	1113	1123	1133	1143	1153	1203	1213	1222		1332		2029	2044	2059	2114	2128		
Plashet Road Green Street	1117	1127	1137	1147	1157	1207	1217	1226		1336		2033	2048	2103	2117	2131		
East Ham Station	1125	1135	1145	1155	1205	1215	1225	1235		1345		2041	2056	2110	2124	2138		
East Ham Newham Town Hall	1132	1142	1152	1202	1213	1223	1233	1243	1353	2047	2101	2115	2129	2143				
Barking Station	1141	1151	1201	1211	1222	1232	1242	1252	1402	2055	2109	2123	2137	2151				
Stratford Bus Station	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350								
Plashet Road Portway	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358								
Plashet Road Green Street	2146	2201	2216	2231	2246	2301	2316	2331	2346	0001								
East Ham Station	2153	2207	2222	2237	2252	2307	2322	2337	2352	0007								
East Ham Newham Town Hall	2158	2212	2227	2242	2257	2311	2326	2341	2356	0011								
Barking Station	2205	2219	2234	2249	2304	2318	2333	2348	0003	0018								
238 Saturdays (also Good Friday)																		
Stratford Bus Station	0005	0020	0035	0050	Then every 30 minutes until	0520	0543	0603	0623	0643	0702	0722	0742	0802	0817	0832	0847	
Plashet Road Portway	0013	0028	0043	0057		0527	0550	0610	0630	0650	0709	0729	0749	0809	0825	0840	0855	
Plashet Road Green Street	0016	0031	0046	0100		0530	0553	0613	0633	0653	0712	0732	0752	0812	0828	0843	0858	
East Ham Station	0022	0037	0052	0106		0536	0558	0618	0638	0658	0718	0738	0758	0818	0834	0849	0905	
East Ham Newham Town Hall	0026	0041	0056	0110	0540	0602	0622	0642	0702	0722	0742	0802	0823	0839	0855	0911		
Barking Station	0033	0048	0103	0118	0548	0609	0629	0649	0709	0729	0749	0810	0831	0847	0903	0919		
Stratford Bus Station	0857	Then about every 10 minutes until	1950	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	
Plashet Road Portway	0905		2000	2015	2030	2045	2100	2114	2129	2144	2159	2214	2228	2243	2258	2313	2328	
Plashet Road Green Street	0908		2004	2019	2034	2049	2104	2118	2133	2148	2203	2217	2231	2246	2301	2316	2331	
East Ham Station	0915		2013	2028	2043	2057	2112	2126	2141	2156	2210	2224	2238	2252	2307	2322	2337	
East Ham Newham Town Hall	0921	2020	2035	2050	2104	2118	2132	2146	2201	2215	2229	2243	2257	2312	2327	2342		
Barking Station	0929	2029	2044	2059	2113	2127	2141	2155	2209	2223	2237	2251	2305	2320	2335	2350		
Stratford Bus Station	2335	2350																
Plashet Road Portway	2343	2358																
Plashet Road Green Street	2346	0001																
East Ham Station	2352	0007																
East Ham Newham Town Hall	2357	0012																
Barking Station	0005	0019																
238 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Stratford Bus Station	0005	0020	0035	0050	0120	0150	0220	0250	0320	0350	0420	Then every 30 minutes until	0750	0820	0850	0905	0920	
Plashet Road Portway	0013	0028	0043	0058	0128	0158	0228	0258	0328	0358	0427		0757	0827	0857	0912	0927	
Plashet Road Green Street	0016	0031	0046	0101	0131	0201	0231	0301	0331	0401	0430		0800	0830	0900	0915	0930	
East Ham Station	0022	0037	0052	0107	0137	0207	0237	0307	0336	0406	0435		0805	0835	0905	0921	0936	
East Ham Newham Town Hall	0027	0042	0057	0111	0141	0211	0241	0311	0340	0410	0439	0809	0839	0910	0926	0941		
Barking Station	0034	0049	0104	0119	0149	0219	0249	0319	0348	0417	0446	0816	0847	0918	0934	0950		
Stratford Bus Station	0935	0950	1005	1020	1035	1050	1105	1119	1134	1148	1203	1218	1233	1248	1303	1318	1333	1347
Plashet Road Portway	0942	0957	1013	1028	1043	1058	1113	1128	1143	1157	1212	1228	1243	1258	1313	1328	1343	1357
Plashet Road Green Street	0945	1000	1016	1031	1046	1101	1116	1131	1146	1200	1216	1232	1247	1302	1317	1332	1347	1401
East Ham Station	0951	1007	1023	1039	1054	1109	1124	1139	1154	1209	1225	1241	1256	1311	1326	1341	1356	1410
East Ham Newham Town Hall	0957	1013	1029	1045	1100	1116	1131	1146	1202	1218	1234	1250	1305	1321	1336	1351	1406	1421
Barking Station	1006	1022	1038	1054	1109	1125	1140	1155	1211	1227	1243	1259	1315	1331	1346	1401	1416	1431
Stratford Bus Station	1401	Then every 15 minutes until	1516	1532	1548	1604	1619	1634	1650	1705	1720	1735	1750	1805	1820	1835	1850	
Plashet Road Portway	1412		1527	1543	1559	1615	1630	1645	1701	1716	1731	1746	1801	1815	1830	1845	1900	
Plashet Road Green Street	1416		1531	1547	1603	1619	1634	1649	1705	1720	1735	1750	1805	1819	1834	1849	1904	
East Ham Station	1425		1540	1556	1612	1628	1643	1658	1714	1729	1744	1759	1814	1828	1843	1858	1912	
East Ham Newham Town Hall	1436	1551	1607	1622	1637	1652	1707	1722	1737	1752	1807	1821	1835	1850	1905	1919		
Barking Station	1446	1601	1616	1631	1646	1701	1716	1731	1746	1801	1816	1830	1844	1859	1913	1927		
Stratford Bus Station	1905	1920	1935	1950	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	Then every 15 mins.	2350
Plashet Road Portway	1914	1929	1944	1959	2014	2029	2044	2059	2114	2128	2143	2158	2213	2228	2243	2258		2358
Plashet Road Green Street	1918	1933	1948	2003	2018	2033	2048	2103	2117	2131	2146	2201	2216	2231	2246	2301	15	0001
East Ham Station	1926	1941	1956	2011	2025	2040	2055	2110	2124	2138	2153	2207	2222	2237	2252	2307	until	0007
East Ham Newham Town Hall	1933	1948	2003	2017	2031	2046	2101	2115	2129	2143	2158	2212	2227	2242	2257	2311	until	0011
Barking Station	1941	1956	2011	2025	2039	2054	2108	2122	2136	2150	2205	2219	2234	2249	2304	2318		0018