

238		Mondays to Fridays																
Barking Station	0000	0015	Then every 30 minutes until	0515	0535	0549	0603	0618	Then	0915	Then every 12 minutes until	1039	1051	Then every 12 minutes until	1427			
East Ham Newham Town Hall	0007	0022		0522	0542	0556	0611	0626	about	0925		1049	1101		1437			
East Ham Station	0011	0026		0526	0546	0600	0616	0631	every	0932		1056	1109		1445			
Plashet Road Green Street	0016	0031		0531	0551	0605	0621	0636	12	0939		1103	1116		1452			
Portway Plashet Road	0020	0035		0535	0555	0610	0626	0641	mins.	0956		1120	1133		1509			
Stratford Bus Station	0027	0042	0542	0602	0618	0634	0649	until	1006	1130	1143	1519						
Barking Station	1438	Then about every 12 minutes until	1924	1934	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	
East Ham Newham Town Hall	1448		1934	1944	1955	2010	2024	2039	2054	2109	2123	2138	2153	2207	2222	2237	2252	
East Ham Station	1456		1943	1953	2004	2017	2031	2045	2100	2114	2128	2143	2158	2212	2227	2242	2256	
Plashet Road Green Street	1504		1950	2000	2010	2023	2037	2051	2105	2119	2133	2148	2203	2217	2232	2247	2301	
Portway Plashet Road	1521		1955	2005	2015	2028	2042	2056	2110	2124	2138	2153	2207	2221	2236	2251	2305	
Stratford Bus Station	1531	2004	2014	2024	2036	2050	2104	2117	2131	2145	2200	2214	2228	2243	2258	2312		
Barking Station	2300	2315	2330	2345														
East Ham Newham Town Hall	2307	2322	2337	2352														
East Ham Station	2311	2326	2341	2356														
Plashet Road Green Street	2316	2331	2346	0001														
Portway Plashet Road	2320	2335	2350	0005														
Stratford Bus Station	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 12 minutes until	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	
East Ham Newham Town Hall	0917		1926	1941	1956	2010	2025	2039	2054	2109	2123	2138	2153	2208	2223	2238	2253	
East Ham Station	0923		1935	1950	2005	2018	2032	2046	2101	2115	2129	2144	2159	2213	2227	2242	2257	
Plashet Road Green Street	0928		1941	1956	2011	2024	2038	2052	2107	2120	2134	2149	2204	2218	2232	2247	2302	
Portway Plashet Road	0933		1948	2003	2018	2031	2045	2059	2113	2126	2140	2155	2209	2223	2237	2252	2307	
Stratford Bus Station	0941	1958	2012	2026	2039	2053	2107	2120	2133	2147	2202	2216	2230	2244	2259	2314		
Barking Station	2300	2315	2330	2345														
East Ham Newham Town Hall	2307	2322	2337	2352														
East Ham Station	2311	2326	2341	2356														
Plashet Road Green Street	2316	2331	2346	0001														
Portway Plashet Road	2321	2336	2351	0005														
Stratford Bus Station	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	1008	1025	1042	1059	1116	1133	
East Ham Newham Town Hall	0007	0022		0752	0822	0847	0902	0918	0933	0948	1001	1017	1034	1051	1108	1125	1142	
East Ham Station	0011	0026		0756	0827	0852	0907	0923	0938	0953	1007	1023	1040	1057	1115	1132	1149	
Plashet Road Green Street	0016	0031		0801	0831	0856	0912	0928	0943	0958	1013	1029	1046	1103	1121	1138	1155	
Portway Plashet Road	0020	0035		0805	0835	0900	0917	0933	0948	1003	1020	1038	1056	1113	1132	1150	1208	
Stratford Bus Station	0027	0042	0812	0842	0907	0924	0940	0955	1011	1028	1046	1104	1122	1141	1159	1217		
Barking Station	1150	1207	1224	1241	1257	1313	1329	1346	1403	1420	1437	1454	1511	1528	1545	1602	1619	1636
East Ham Newham Town Hall	1159	1217	1234	1251	1307	1323	1340	1357	1414	1431	1448	1505	1522	1539	1556	1613	1629	1646
East Ham Station	1206	1225	1242	1259	1316	1333	1350	1407	1424	1441	1458	1516	1533	1550	1607	1622	1638	1655
Plashet Road Green Street	1213	1232	1249	1306	1324	1341	1358	1415	1432	1449	1506	1524	1541	1558	1615	1630	1646	1703
Portway Plashet Road	1226	1244	1301	1319	1337	1355	1412	1429	1446	1503	1520	1538	1555	1612	1629	1645	1701	1718
Stratford Bus Station	1235	1253	1311	1329	1347	1405	1422	1439	1456	1513	1530	1547	1604	1621	1638	1654	1710	1727
Barking Station	1653	1710	1727	1744	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115
East Ham Newham Town Hall	1703	1720	1737	1754	1810	1824	1839	1854	1908	1923	1938	1953	2008	2023	2038	2053	2107	2122
East Ham Station	1712	1729	1746	1803	1817	1831	1846	1901	1914	1929	1944	1959	2013	2028	2043	2058	2112	2127
Plashet Road Green Street	1720	1737	1754	1810	1824	1838	1853	1907	1920	1935	1950	2005	2019	2034	2049	2104	2117	2132
Portway Plashet Road	1735	1752	1805	1817	1831	1845	1900	1913	1926	1941	1956	2011	2025	2040	2055	2109	2122	2137
Stratford Bus Station	1744	1801	1813	1825	1839	1853	1908	1921	1934	1949	2004	2018	2032	2047	2102	2116	2129	2144
Barking Station	2130	2145	2200				2345											
East Ham Newham Town Hall	2137	2152	2207	Then every 15 minutes until				2352										
East Ham Station	2142	2157	2211					2356										
Plashet Road Green Street	2147	2202	2216					0001										
Portway Plashet Road	2152	2206	2220					0005										
Stratford Bus Station	2159	2213	2227					0012										

238		Mondays to Fridays															
Stratford Bus Station	0005 0020 0035 0050	Then every 30 minutes until	0520	0543	0558	0613	0628	0638	0648	0658	0709	0721	0733	0745			
Plashet Road Portway	0013 0028 0043 0057		0527	0550	0605	0620	0635	0645	0655	0705	0718	0730	0742	0754			
Plashet Road Green Street	0016 0031 0046 0100		0530	0553	0608	0623	0638	0650	0702	0716	0729	0741	0753	0805			
East Ham Station	0022 0037 0052 0106		0536	0559	0614	0629	0644	0656	0709	0723	0736	0748	0800	0813			
East Ham Newham Town Hall	0026 0041 0056 0110	0540	0603	0618	0633	0648	0700	0714	0728	0741	0754	0807	0820				
Barking Station	0033 0048 0103 0118	0548	0611	0626	0641	0656	0709	0723	0737	0750	0803	0816	0829				
Stratford Bus Station	0757 0809 0821 0834 0846 0858 0911	Then every 12 minutes until	1047	1059	1110	1121	1133	1145	Then every 12 minutes until	1309							
Plashet Road Portway	0806 0819 0832 0845 0857 0908 0920		1056	1108	1120	1131	1143	1155		1319							
Plashet Road Green Street	0817 0830 0843 0856 0910 0922 0934		1110	1123	1135	1146	1158	1210		1334							
East Ham Station	0825 0838 0851 0904 0918 0930 0942		1118	1131	1143	1154	1206	1219		1343							
East Ham Newham Town Hall	0832 0845 0858 0911 0925 0937 0949	1125	1138	1150	1202	1214	1227	1351									
Barking Station	0842 0855 0908 0921 0934 0946 0958	1134	1147	1159	1211	1223	1236	1400									
Stratford Bus Station	1321	Then about every 12 minutes until	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350
Plashet Road Portway	1331	2029	2044	2059	2114	2128	2143	2158	2213	2228	2243	2258	2313	2328	2343	2358	
Plashet Road Green Street	1346	2033	2048	2103	2117	2131	2146	2201	2216	2231	2246	2301	2316	2331	2346	0001	
East Ham Station	1355	2041	2056	2110	2124	2138	2153	2207	2222	2237	2252	2307	2322	2337	2352	0007	
East Ham Newham Town Hall	1403	2047	2101	2115	2129	2143	2158	2212	2227	2242	2257	2311	2326	2341	2356	0011	
Barking Station	1413	2055	2109	2123	2137	2151	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 12 minutes until	1820	Then about every 10 minutes until	1950	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	
Plashet Road Portway	0905	1831	2000	2015	2030	2045	2100	2114	2129	2144	2159	2214	2228	2243			
Plashet Road Green Street	0908	1835	2004	2019	2034	2049	2104	2118	2133	2148	2203	2217	2231	2246			
East Ham Station	0915	1844	2013	2028	2043	2057	2112	2126	2141	2156	2210	2224	2238	2252			
East Ham Newham Town Hall	0921	1854	2020	2035	2050	2104	2118	2132	2146	2201	2215	2229	2243	2257			
Barking Station	0929	1905	2029	2044	2059	2113	2127	2141	2155	2209	2223	2237	2251	2305			
Stratford Bus Station	2250 2305 2320 2335 2350																
Plashet Road Portway	2258 2313 2328 2343 2358																
Plashet Road Green Street	2301 2316 2331 2346 0001																
East Ham Station	2307 2322 2337 2352 0007																
East Ham Newham Town Hall	2312 2327 2342 2357 0012																
Barking Station	2320 2335 2350 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	0949											
Stratford Bus Station	0935 0950 1005 1022 1039 1056 1114 1131 1148 1205 1222 1239 1256 1313 1330 1347 1404 1421																
Plashet Road Portway	0942 0957 1013 1030 1047 1105 1123 1140 1157 1215 1232 1249 1306 1323 1340 1357 1415 1432																
Plashet Road Green Street	0945 1002 1021 1039 1056 1114 1132 1149 1206 1225 1243 1301 1318 1335 1351 1408 1426 1443																
East Ham Station	0951 1009 1028 1046 1103 1122 1140 1158 1215 1234 1252 1310 1327 1344 1400 1417 1435 1452																
East Ham Newham Town Hall	0956 1015 1034 1052 1110 1129 1147 1205 1224 1243 1301 1320 1337 1354 1411 1428 1446 1503																
Barking Station	1004 1023 1042 1100 1119 1138 1156 1214 1233 1252 1311 1330 1347 1404 1421 1438 1456 1513																
Stratford Bus Station	1438 1455 1512 1529 1546 1603 1620 1637 1654 1710 1727 1744 1801 1818 1835 1850 1905 1920																
Plashet Road Portway	1449 1506 1523 1540 1557 1614 1631 1648 1705 1721 1738 1755 1811 1828 1845 1900 1914 1929																
Plashet Road Green Street	1500 1517 1534 1551 1608 1626 1643 1700 1717 1733 1750 1803 1815 1832 1849 1904 1918 1933																
East Ham Station	1509 1526 1543 1600 1617 1635 1652 1709 1726 1742 1759 1812 1824 1841 1858 1912 1926 1941																
East Ham Newham Town Hall	1520 1537 1554 1611 1627 1644 1701 1717 1734 1750 1807 1819 1831 1848 1905 1919 1933 1948																
Barking Station	1530 1547 1604 1620 1636 1653 1710 1726 1743 1759 1816 1828 1840 1857 1913 1927 1941 1956																
Stratford Bus Station	1935 1950 2005 2020 2035 2050 2105 2120 2135 2150 2205 2220 2235 2250 2305 2320 2335 2350																
Plashet Road Portway	1944 1959 2014 2029 2044 2059 2113 2128 2143 2158 2213 2228 2243 2258 2313 2328 2343 2358																
Plashet Road Green Street	1948 2003 2018 2033 2048 2103 2116 2131 2146 2201 2216 2231 2246 2301 2316 2331 2346 0001																
East Ham Station	1956 2011 2025 2040 2055 2110 2123 2138 2153 2207 2222 2237 2252 2307 2322 2337 2352 0007																
East Ham Newham Town Hall	2003 2017 2031 2046 2101 2115 2128 2143 2158 2212 2227 2242 2257 2311 2326 2341 2356 0011																
Barking Station	2011 2025 2039 2054 2108 2122 2135 2150 2205 2219 2234 2249 2304 2318 2333 2348 0003 0018																