

262		Mondays to Fridays																
Gallions Reach Shopping Park	0435	0450	0505	0517	0529	0541	0553	0604	0615	0626	0637	0648	0658	0709	0720	0731	0741	0750
Winsor Park Woolwich Manor Way	0440	0455	0510	0522	0534	0546	0558	0610	0621	0632	0643	0654	0704	0715	0726	0737	0747	0756
Beckton Bus Station	0442	0457	0512	0524	0536	0548	0600	0612	0623	0634	0645	0656	0706	0717	0728	0739	0749	0758
Prince Regent Lane Bennett Road	0450	0505	0520	0532	0544	0556	0609	0621	0632	0643	0654	0705	0716	0727	0738	0749	0759	0809
Plaistow Greengate	0453	0508	0523	0535	0547	0559	0613	0625	0636	0647	0658	0709	0720	0731	0742	0753	0803	0814
Plaistow Station	0456	0511	0526	0538	0550	0602	0617	0629	0640	0651	0702	0713	0724	0735	0746	0757	0808	0819
Stratford Bus Station	0503	0518	0533	0545	0557	0610	0625	0637	0648	0659	0711	0722	0733	0744	0755	0806	0818	0829
Gallions Reach Shopping Park	0759	0809	0820	0831	0842	0853	0904	Then every 11 minutes until	1412	1424	1435	1444	1453	1503	Then every 11 minutes until	1631		
Winsor Park Woolwich Manor Way	0805	0816	0827	0838	0849	0900	0910		1418	1430	1441	1450	1459	1510		1638		
Beckton Bus Station	0808	0819	0830	0841	0852	0903	0913		1421	1433	1444	1453	1502	1513		1641		
Prince Regent Lane Bennett Road	0820	0831	0842	0853	0903	0913	0923		1431	1443	1454	1504	1514	1525		1653		
Plaistow Greengate	0825	0836	0847	0858	0908	0918	0928		1436	1448	1500	1511	1522	1533		1701		
Plaistow Station	0830	0841	0852	0903	0912	0922	0932		1440	1452	1504	1515	1526	1537		1705		
Stratford Bus Station	0840	0851	0902	0912	0921	0931	0941		1449	1501	1514	1525	1536	1547		1715		
Gallions Reach Shopping Park	1642	1653	1704	1715	1726	1737	1748	1759	1810	1821	1832	1843	1854	1905	1916	1927	1939	1951
Winsor Park Woolwich Manor Way	1649	1700	1711	1722	1733	1744	1755	1806	1817	1828	1839	1850	1901	1911	1922	1933	1945	1957
Beckton Bus Station	1652	1704	1715	1726	1737	1748	1759	1809	1820	1831	1842	1853	1904	1914	1925	1936	1948	2000
Prince Regent Lane Bennett Road	1704	1716	1727	1738	1749	1800	1811	1820	1831	1842	1853	1904	1914	1924	1935	1946	1958	2009
Plaistow Greengate	1713	1725	1736	1747	1758	1808	1818	1827	1838	1849	1859	1909	1919	1929	1940	1951	2003	2014
Plaistow Station	1717	1729	1740	1751	1802	1812	1822	1831	1842	1853	1903	1913	1923	1933	1944	1955	2006	2017
Stratford Bus Station	1727	1739	1750	1801	1812	1822	1832	1841	1852	1902	1911	1921	1931	1941	1952	2003	2013	2024
Gallions Reach Shopping Park	2005	2020	2035	2050	2105	Then every 15 minutes until	2235	2250	2305	Then every 15 minutes until	0020							
Winsor Park Woolwich Manor Way	2011	2026	2041	2056	2110		2240	2255	2310		0025							
Beckton Bus Station	2014	2029	2044	2059	2112		2242	2257	2312		0027							
Prince Regent Lane Bennett Road	2023	2038	2053	2108	2120		2250	2305	2319		0034							
Plaistow Greengate	2028	2043	2058	2113	2125		2255	2309	2323		0038							
Plaistow Station	2031	2046	2101	2116	2128		2258	2312	2326		0041							
Stratford Bus Station	2038	2053	2108	2123	2135		2305	2318	2332		0047							
262		Saturdays (also Good Friday)																
Gallions Reach Shopping Park	0435	Then every 15 minutes until	0720	0732	0744	0755	0806	0817	0828	0839	0849	0859	0909	Then every 11 minutes until	1026	1036		
Winsor Park Woolwich Manor Way	0440		0725	0737	0749	0800	0811	0822	0833	0844	0854	0904	0915		1032	1042		
Beckton Bus Station	0442		0727	0739	0751	0802	0813	0824	0835	0846	0856	0906	0917		1034	1044		
Prince Regent Lane Bennett Road	0450		0735	0747	0759	0811	0822	0833	0844	0855	0905	0916	0927		1044	1054		
Plaistow Greengate	0453		0738	0750	0802	0814	0825	0836	0847	0858	0909	0920	0931		1048	1059		
Plaistow Station	0456		0741	0753	0805	0817	0828	0839	0850	0901	0913	0924	0935		1052	1103		
Stratford Bus Station	0503		0748	0800	0812	0824	0835	0846	0857	0909	0922	0933	0944		1101	1113		
Gallions Reach Shopping Park	1046	1057	Then every 11 minutes until	1342	1353	Then every 11 minutes until	1828	1839	1850	1901	1912	1923	1935	1950	2005	2020		
Winsor Park Woolwich Manor Way	1052	1103		1348	1359		1834	1845	1856	1907	1918	1929	1941	1956	2011	2026		
Beckton Bus Station	1054	1106		1351	1402		1837	1848	1859	1910	1921	1932	1944	1959	2013	2028		
Prince Regent Lane Bennett Road	1104	1117		1402	1414		1849	1900	1911	1921	1932	1943	1955	2009	2022	2037		
Plaistow Greengate	1110	1123		1408	1420		1855	1906	1917	1927	1938	1949	2001	2015	2028	2043		
Plaistow Station	1114	1127		1412	1424		1859	1910	1921	1931	1942	1953	2004	2018	2031	2046		
Stratford Bus Station	1124	1137		1422	1434		1909	1919	1930	1940	1951	2002	2012	2026	2039	2054		
Gallions Reach Shopping Park	2035	2050	2105	Then every 15 minutes until	2235	2250	2305	Then every 15 minutes until	0020									
Winsor Park Woolwich Manor Way	2041	2056	2110		2240	2255	2310		0025									
Beckton Bus Station	2043	2058	2112		2242	2257	2312		0027									
Prince Regent Lane Bennett Road	2052	2107	2120		2250	2305	2319		0034									
Plaistow Greengate	2058	2112	2125		2255	2309	2323		0038									
Plaistow Station	2101	2115	2128		2258	2312	2326		0041									
Stratford Bus Station	2108	2122	2135		2305	2318	2332		0047									

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Sundays and other Public Holidays (except Christmas Day)

Gallions Reach Shopping Park	0525		0745	0805	0820	0835	0850	0905	0920	0935	0950	1004	1019	1034	1047	1100	1115
Winsor Park Woolwich Manor Way	0530	Then	0750	0810	0825	0840	0855	0910	0925	0940	0955	1010	1025	1040	1053	1106	1121
Beckton Bus Station	0532	every 20	0752	0812	0827	0842	0857	0912	0927	0942	0957	1012	1027	1042	1055	1109	1124
Prince Regent Lane Bennett Road	0540	minutes	0800	0821	0836	0851	0906	0921	0936	0951	1006	1021	1036	1051	1105	1120	1135
Plaistow Greengate	0543	until	0803	0824	0839	0854	0910	0925	0940	0955	1010	1025	1040	1055	1110	1125	1140
Plaistow Station	0546		0806	0827	0842	0857	0913	0928	0943	0958	1014	1029	1044	1059	1114	1129	1144
Stratford Bus Station	0553		0813	0834	0849	0904	0921	0936	0951	1006	1023	1038	1053	1108	1123	1138	1153
Gallions Reach Shopping Park	1130	1145	1200	1215	1230	1245	1300		1430	1445	1500		1645	1700	1715	1730	
Winsor Park Woolwich Manor Way	1136	1151	1206	1221	1236	1251	1306	Then	1436	1451	1506	Then	1651	1706	1721	1736	
Beckton Bus Station	1139	1154	1209	1224	1239	1254	1309	every 15	1439	1454	1509	every 15	1654	1709	1724	1739	
Prince Regent Lane Bennett Road	1150	1205	1220	1235	1250	1305	1321	minutes	1451	1506	1520	minutes	1705	1719	1734	1749	
Plaistow Greengate	1155	1210	1225	1240	1255	1311	1327	until	1457	1511	1525	until	1710	1724	1739	1754	
Plaistow Station	1159	1214	1229	1244	1259	1315	1331		1501	1515	1529		1714	1728	1743	1758	
Stratford Bus Station	1208	1223	1238	1253	1308	1324	1340		1510	1524	1538		1723	1737	1752	1807	
Gallions Reach Shopping Park	1745	1801	1816	1831	1846	1902	1917	1932	1947	2003		2233	2249	2305		0020	
Winsor Park Woolwich Manor Way	1751	1807	1822	1837	1852	1907	1922	1937	1952	2008	Then	2238	2254	2310	Then	0025	
Beckton Bus Station	1754	1809	1824	1839	1854	1909	1924	1939	1954	2010	every 15	2240	2256	2312	every 15	0027	
Prince Regent Lane Bennett Road	1804	1818	1833	1848	1903	1918	1933	1948	2003	2018	minutes	2248	2304	2319	minutes	0034	
Plaistow Greengate	1809	1823	1838	1853	1908	1923	1938	1953	2008	2023	until	2253	2308	2323	until	0038	
Plaistow Station	1813	1827	1842	1857	1912	1927	1942	1957	2011	2026		2256	2311	2326		0041	
Stratford Bus Station	1821	1835	1850	1905	1919	1934	1949	2004	2018	2033		2303	2317	2332		0047	

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Stratford – Plaistow – Gallions Reach

262		Mondays to Fridays																						
Stratford Bus Station	0510	0525	0540	0555	0610	0622	0634	0644	0652	0701	0712	0723	0733	0743	0750	0800	0810	0821						
Plaistow Station	0516	0531	0546	0601	0616	0629	0641	0651	0659	0709	0720	0731	0741	0751	0759	0809	0820	0831						
Plaistow Greengate	0519	0534	0549	0604	0619	0632	0644	0654	0702	0713	0724	0735	0745	0755	0803	0814	0825	0836						
Prince Regent Lane Bennett Road	0521	0536	0551	0606	0621	0635	0647	0657	0706	0717	0728	0739	0749	0759	0808	0819	0830	0841						
Beckton Bus Station	0528	0543	0558	0613	0628	0643	0655	0706	0716	0727	0738	0749	0759	0810	0820	0831	0842	0853						
Winsor Park Woolwich Manor Way	0531	0546	0601	0616	0631	0646	0658	0709	0719	0730	0741	0752	0802	0813	0823	0834	0845	0856						
Gallions Reach Shopping Park	0537	0552	0607	0622	0637	0652	0704	0715	0725	0736	0747	0758	0808	0819	0829	0840	0851	0902						
Stratford Bus Station	0832	0843	0854	0905	0916	0927	0940	0950	Then every 11 minutes until	1341	1352	1403	1414	1425	1436	1445	1455							
Plaistow Station	0842	0853	0904	0914	0925	0936	0949	0959		1350	1401	1413	1424	1435	1446	1455	1505							
Plaistow Greengate	0847	0858	0909	0919	0930	0941	0954	1004		1355	1406	1418	1429	1440	1451	1500	1511							
Prince Regent Lane Bennett Road	0852	0903	0913	0923	0934	0945	0958	1008		1359	1411	1423	1434	1445	1456	1506	1517							
Beckton Bus Station	0904	0914	0924	0934	0945	0956	1009	1019		1410	1423	1435	1446	1457	1508	1519	1530							
Winsor Park Woolwich Manor Way	0907	0917	0927	0937	0948	0959	1012	1022		1413	1426	1438	1449	1500	1511	1522	1533							
Gallions Reach Shopping Park	0913	0923	0933	0943	0954	1005	1018	1028		1419	1432	1444	1455	1506	1517	1528	1539							
Stratford Bus Station	1505	Then every 11 minutes until	1728	1739	1750	Then every 11 minutes until	1856	1908	1919	1930	1942	1954	2007	2019	2034	2049								
Plaistow Station	1516		1739	1750	1801		1907	1918	1929	1940	1952	2004	2016	2028	2043	2058								
Plaistow Greengate	1522		1745	1756	1807		1913	1924	1935	1946	1958	2009	2021	2033	2048	2103								
Prince Regent Lane Bennett Road	1528		1751	1802	1812		1918	1929	1940	1951	2003	2014	2026	2038	2053	2107								
Beckton Bus Station	1541		1804	1814	1824		1930	1941	1952	2003	2014	2025	2037	2049	2103	2116								
Winsor Park Woolwich Manor Way	1544		1807	1817	1827		1933	1944	1955	2006	2017	2028	2040	2052	2106	2119								
Gallions Reach Shopping Park	1550		1813	1823	1833		1939	1950	2001	2011	2022	2033	2045	2057	2111	2124								
Stratford Bus Station	2105	2120	2135	2150	2205	2220	2235	2250	2305	Then every 15 minutes until	0120													
Plaistow Station	2113	2128	2143	2158	2213	2228	2243	2258	2312		0127													
Plaistow Greengate	2118	2133	2148	2203	2217	2232	2247	2302	2316		0131													
Prince Regent Lane Bennett Road	2121	2136	2151	2206	2220	2235	2250	2305	2319		0134													
Beckton Bus Station	2130	2145	2200	2215	2229	2244	2259	2313	2327		0142													
Winsor Park Woolwich Manor Way	2133	2148	2203	2218	2232	2247	2302	2316	2330		0145													
Gallions Reach Shopping Park	2138	2153	2208	2223	2237	2252	2307	2321	2335		0150													
262		Saturdays (also Good Friday)																						
Stratford Bus Station	0510	Then every 15 minutes until	0640	0655	0710	0725	0737	0749	0801	0813	0825	0836	0846	0856	0906	0917	0928							
Plaistow Station	0516		0646	0701	0717	0732	0744	0756	0808	0820	0832	0843	0853	0903	0914	0925	0936							
Plaistow Greengate	0519		0649	0704	0720	0735	0747	0759	0812	0824	0836	0847	0857	0907	0918	0929	0940							
Prince Regent Lane Bennett Road	0521		0651	0707	0724	0739	0751	0803	0817	0829	0841	0852	0902	0913	0924	0935	0946							
Beckton Bus Station	0528		0658	0715	0732	0747	0759	0812	0826	0838	0850	0901	0912	0923	0934	0945	0956							
Winsor Park Woolwich Manor Way	0531		0701	0718	0735	0750	0802	0815	0829	0841	0853	0904	0915	0926	0937	0948	0959							
Gallions Reach Shopping Park	0537		0707	0724	0741	0756	0808	0821	0835	0847	0859	0910	0921	0932	0943	0954	1005							
Stratford Bus Station	0939	0949	0959	1010	1021	1032	1043	1054	1105	1116	1127	1138	1149	1200	Then every 11 minutes until	1434	1445							
Plaistow Station	0947	0957	1007	1018	1029	1040	1051	1102	1114	1125	1136	1147	1158	1210		1444	1455							
Plaistow Greengate	0951	1001	1011	1022	1033	1044	1055	1107	1119	1130	1141	1152	1203	1215		1449	1500							
Prince Regent Lane Bennett Road	0957	1007	1018	1029	1040	1051	1102	1114	1126	1137	1148	1159	1211	1223		1457	1509							
Beckton Bus Station	1007	1018	1029	1040	1051	1102	1114	1126	1138	1149	1200	1211	1223	1235		1509	1521							
Winsor Park Woolwich Manor Way	1010	1021	1032	1043	1054	1105	1117	1129	1141	1152	1203	1214	1226	1238		1512	1524							
Gallions Reach Shopping Park	1016	1027	1038	1049	1100	1111	1123	1135	1147	1158	1209	1220	1232	1244		1518	1530							
Stratford Bus Station	1456	1507	Then every 11 minutes until	1741	1752	1804	1815	1826	1837	1848	1859	1911	1923	1935	1947	2003	2018							
Plaistow Station	1506	1518		1752	1803	1814	1825	1836	1847	1858	1909	1921	1933	1945	1957	2012	2027							
Plaistow Greengate	1511	1523		1757	1808	1819	1830	1841	1852	1903	1914	1926	1938	1950	2002	2017	2032							
Prince Regent Lane Bennett Road	1520	1532		1806	1816	1827	1838	1849	1900	1911	1922	1934	1946	1958	2009	2024	2039							
Beckton Bus Station	1532	1544		1818	1828	1839	1850	1901	1911	1922	1933	1945	1957	2009	2019	2034	2049							
Winsor Park Woolwich Manor Way	1535	1547		1821	1831	1842	1853	1904	1914	1925	1936	1948	2000	2012	2022	2037	2052							
Gallions Reach Shopping Park	1541	1553		1827	1837	1848	1859	1909	1919	1930	1941	1953	2005	2017	2027	2042	2057							
Stratford Bus Station	2033	2048	2104	2119	Then every 15 minutes until	2234	2249	2305	Then every 15 minutes until	0120														
Plaistow Station	2042	2057	2112	2127		2242	2257	2312		0127														
Plaistow Greengate	2047	2102	2117	2132		2247	2302	2316		0131														
Prince Regent Lane Bennett Road	2053	2107	2121	2135		2250	2305	2319		0134														
Beckton Bus Station	2103	2116	2130	2144		2259	2313	2327		0142														
Winsor Park Woolwich Manor Way	2106	2119	2133	2147		2302	2316	2330		0145														
Gallions Reach Shopping Park	2111	2124	2138	2152		2307	2321	2335		0150														

262		Sundays and other Public Holidays (except Christmas Day)																
Stratford Bus Station	0600	0620	0640	0700	0720	0740	0800	0820	0840	0900	0920		1035	1049	1104	1119	1134	
Plaistow Station	0606	0626	0646	0706	0726	0746	0807	0827	0847	0908	0928	Then	1043	1057	1112	1127	1142	
Plaistow Greengate	0609	0629	0649	0709	0729	0750	0811	0831	0851	0912	0932	every 15	1047	1101	1116	1131	1146	
Prince Regent Lane Bennett Road	0611	0631	0651	0711	0731	0752	0814	0834	0854	0915	0935	minutes	1050	1104	1119	1134	1149	
Beckton Bus Station	0618	0638	0658	0718	0738	0759	0821	0841	0902	0924	0945	until	1100	1115	1130	1145	1200	
Winsor Park Woolwich Manor Way	0621	0641	0701	0721	0741	0802	0824	0844	0905	0927	0948		1103	1118	1133	1148	1203	
Gallions Reach Shopping Park	0627	0647	0707	0727	0747	0808	0830	0850	0911	0933	0954		1109	1124	1139	1154	1209	
Stratford Bus Station	1149	1204			1349	1404			1534	1549	1604	1619	1634	1649	1704	1719	1734	1749
Plaistow Station	1157	1213	Then		1358	1414	Then		1544	1559	1614	1629	1644	1659	1714	1729	1744	1759
Plaistow Greengate	1201	1218	every 15		1403	1419	every 15		1549	1604	1619	1634	1649	1704	1719	1734	1749	1804
Prince Regent Lane Bennett Road	1205	1222	minutes		1407	1423	minutes		1553	1608	1623	1638	1653	1708	1723	1738	1753	1808
Beckton Bus Station	1217	1234	until		1419	1435	until		1605	1619	1634	1649	1704	1719	1734	1749	1804	1818
Winsor Park Woolwich Manor Way	1220	1237			1422	1438			1608	1622	1637	1652	1707	1722	1737	1752	1807	1821
Gallions Reach Shopping Park	1226	1243			1428	1444			1614	1628	1643	1658	1712	1727	1742	1757	1812	1826
Stratford Bus Station	1804			2034	2049	2104			2234	2249	2305			0120				
Plaistow Station	1813	Then		2043	2058	2112	Then		2242	2257	2312	Then		0127				
Plaistow Greengate	1818	every 15		2048	2103	2117	every 15		2247	2302	2316	every 15		0131				
Prince Regent Lane Bennett Road	1822	minutes		2052	2106	2120	minutes		2250	2305	2319	minutes		0134				
Beckton Bus Station	1832	until		2102	2115	2129	until		2259	2313	2327	until		0142				
Winsor Park Woolwich Manor Way	1835			2105	2118	2132			2302	2316	2330			0145				
Gallions Reach Shopping Park	1840			2110	2123	2137			2307	2321	2335			0150				

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