

300		Mondays to Fridays																			
East Ham Wordsworth Avenue		0445	0505	0525	0545	0605	0625	0639	0653	0707	0720	0732	0743	0757	0812	0827	0843	0858	0913	0928	0943
East Ham Newham Town Hall		0450	0510	0530	0550	0610	0630	0644	0658	0713	0726	0740	0752	0807	0822	0837	0852	0907	0922	0937	0952
Folkestone Road Gooseley Lane		0454	0514	0534	0554	0614	0635	0649	0703	0718	0732	0746	0759	0814	0829	0844	0859	0914	0929	0944	0959
Beckton Bus Station		0501	0521	0541	0601	0622	0643	0657	0712	0727	0742	0757	0811	0826	0841	0855	0910	0925	0940	0954	1009
Prince Regent Station Bus Station		0509	0529	0549	0610	0631	0653	0708	0723	0738	0753	0808	0823	0838	0852	0906	0921	0936	0951	1005	1020
Plaistow Greengate		0515	0535	0555	0617	0639	0701	0716	0732	0748	0804	0820	0835	0850	0904	0916	0931	0946	1001	1015	1030
Canning Town Bus Station		0521	0541	0601	0624	0647	0710	0725	0742	0758	0814	0830	0845	0900	0913	0925	0940	0955	1010	1024	1039
East Ham Wordsworth Avenue		0958		1143	1158		1258	1313	1328	1343	1358	1411	1423	1436	1450	1503	1518	1533	1549	1605	1621
East Ham Newham Town Hall		1007	Then	1152	1208	Then	1308	1324	1339	1354	1409	1422	1434	1447	1501	1516	1531	1546	1602	1618	1634
Folkestone Road Gooseley Lane		1014	every	1159	1215	every	1315	1331	1346	1401	1416	1429	1441	1454	1509	1524	1539	1554	1610	1626	1642
Beckton Bus Station		1024	15	1209	1226	15	1326	1342	1357	1413	1428	1441	1453	1506	1521	1536	1551	1606	1622	1638	1654
Prince Regent Station Bus Station		1035	mins.	1220	1237	mins.	1337	1353	1408	1424	1439	1452	1504	1518	1533	1548	1603	1618	1634	1650	1706
Plaistow Greengate		1045	until	1230	1247	until	1347	1403	1418	1434	1449	1503	1517	1531	1546	1601	1616	1631	1647	1703	1719
Canning Town Bus Station		1054		1239	1256		1356	1412	1427	1443	1458	1513	1527	1541	1556	1611	1626	1641	1657	1713	1729
East Ham Wordsworth Avenue		1636	1651	1707	1724	1739	1754	1809	1824	1839	1854	1909	1929	1949	2009	2029	2049	2109	2129	2149	2209
East Ham Newham Town Hall		1649	1704	1719	1736	1751	1806	1821	1836	1850	1905	1920	1939	1959	2018	2038	2058	2117	2137	2157	2216
Folkestone Road Gooseley Lane		1657	1712	1727	1744	1759	1813	1828	1843	1857	1912	1927	1946	2005	2024	2044	2103	2122	2142	2202	2221
Beckton Bus Station		1709	1724	1739	1756	1811	1824	1839	1854	1907	1922	1937	1956	2014	2033	2053	2111	2130	2150	2209	2228
Prince Regent Station Bus Station		1721	1736	1751	1807	1821	1834	1849	1904	1917	1932	1946	2005	2023	2042	2101	2119	2138	2158	2217	2236
Plaistow Greengate		1734	1749	1804	1820	1834	1845	1900	1914	1927	1941	1955	2014	2032	2051	2108	2126	2145	2204	2223	2242
Canning Town Bus Station		1744	1759	1813	1829	1843	1854	1908	1922	1935	1949	2003	2021	2039	2058	2115	2133	2152	2210	2229	2248
300		Mondays to Fridays (cont.)										Saturdays (also Good Friday)									
East Ham Wordsworth Avenue		2229	2249	2309	2331	Then	0031	0445	0505	0525	0545	0605	0625	0645	0705	0725	0740	0755	0809	0824	0839
East Ham Newham Town Hall		2236	2256	2316	2337	Then	0037	0450	0510	0530	0550	0610	0630	0650	0711	0731	0746	0801	0816	0831	0846
Folkestone Road Gooseley Lane		2241	2301	2321	2341	every	0041	0454	0514	0534	0554	0614	0634	0654	0715	0735	0750	0805	0820	0835	0850
Beckton Bus Station		2248	2308	2328	2347	20	0047	0501	0521	0541	0601	0621	0641	0701	0722	0742	0757	0813	0828	0843	0858
Prince Regent Station Bus Station		2256	2316	2335	2354	mins.	0054	0509	0529	0549	0609	0629	0649	0709	0730	0750	0806	0822	0837	0852	0907
Plaistow Greengate		2302	2322	2340	2359	until	0059	0515	0535	0555	0615	0635	0655	0716	0737	0757	0813	0829	0844	0859	0915
Canning Town Bus Station		2308	2328	2345	0004		0104	0520	0540	0600	0621	0641	0701	0722	0743	0803	0820	0836	0851	0906	0922
300		Saturdays (also Good Friday) (cont.)																			
East Ham Wordsworth Avenue		0853	0908	0922	0936	0951	1004	1019	1033	1046	1059	1114	1129	1144	1159	1214	1229	1244	1259	1314	1329
East Ham Newham Town Hall		0900	0915	0929	0944	0959	1013	1028	1043	1056	1110	1125	1140	1155	1210	1226	1241	1256	1311	1327	1342
Folkestone Road Gooseley Lane		0905	0920	0934	0949	1004	1019	1034	1049	1102	1116	1131	1146	1201	1216	1232	1247	1302	1318	1334	1349
Beckton Bus Station		0914	0929	0944	0959	1014	1029	1044	1059	1113	1127	1142	1157	1212	1227	1243	1258	1313	1329	1345	1400
Prince Regent Station Bus Station		0923	0938	0953	1008	1023	1038	1053	1108	1123	1137	1152	1207	1222	1237	1253	1309	1324	1340	1356	1411
Plaistow Greengate		0931	0946	1001	1017	1032	1047	1102	1118	1133	1147	1202	1219	1234	1249	1305	1322	1337	1353	1409	1424
Canning Town Bus Station		0939	0954	1009	1025	1041	1056	1111	1127	1142	1156	1211	1228	1243	1258	1314	1331	1346	1402	1418	1433
East Ham Wordsworth Avenue		1344	1359	1414	1429	1444	1459	1514	1529	Then	1659	1714	1729	1744	1759	1815	1830	1845	1900	1915	1935
East Ham Newham Town Hall		1357	1412	1426	1441	1456	1511	1526	1541	Then	1711	1726	1741	1756	1811	1826	1841	1856	1911	1926	1946
Folkestone Road Gooseley Lane		1404	1419	1433	1448	1503	1518	1533	1548	every	1718	1733	1748	1803	1818	1833	1848	1903	1918	1933	1953
Beckton Bus Station		1416	1431	1445	1500	1514	1529	1544	1559	15	1729	1744	1759	1814	1829	1844	1859	1913	1928	1943	2003
Prince Regent Station Bus Station		1427	1442	1456	1511	1525	1540	1555	1609	mins.	1739	1754	1809	1824	1839	1854	1909	1922	1937	1952	2012
Plaistow Greengate		1440	1455	1509	1524	1538	1553	1608	1622	until	1752	1807	1821	1836	1851	1906	1920	1933	1948	2003	2021
Canning Town Bus Station		1449	1504	1518	1533	1547	1602	1617	1631		1801	1815	1829	1844	1859	1914	1928	1941	1956	2011	2029
300		Saturdays (also Good Friday) (cont.)										Sundays and other Pub Hols									
East Ham Wordsworth Avenue		1955	2015	2035	2055	2113	2131	2151	2211	2231	2251	2311	2331	Then	0031	0625	Then	0745	0804	0821	0841
East Ham Newham Town Hall		2006	2024	2044	2104	2121	2139	2159	2218	2238	2258	2318	2337	Then	0037	0630	Then	0750	0809	0827	0847
Folkestone Road Gooseley Lane		2012	2030	2050	2110	2127	2145	2205	2223	2243	2303	2323	2341	every	0041	0634	every	0754	0813	0831	0851
Beckton Bus Station		2021	2039	2059	2118	2135	2153	2213	2231	2251	2311	2331	2348	20	0048	0640	20	0800	0819	0838	0858
Prince Regent Station Bus Station		2030	2048	2108	2127	2144	2202	2220	2238	2258	2318	2338	2355	mins.	0055	0647	mins.	0807	0826	0845	0905
Plaistow Greengate		2039	2057	2116	2135	2152	2209	2227	2245	2305	2325	2344	0001	until	0101	0653	until	0813	0832	0852	0912
Canning Town Bus Station		2047	2104	2122	2141	2158	2215	2233	2251	2311	2331	2349	0006		0106	0658		0818	0838	0858	0918
300		Sundays and other Public Holidays (except Christmas Day) (cont.)																			
East Ham Wordsworth Avenue		0901	0920	0939	0958	1015	1034	1054	1114	1133	Then	1233	1253	Then	1453	1513	Then	1613	1633	1653	1713
East Ham Newham Town Hall		0907	0926	0945	1005	1023	1043	1103	1123	1142	Then	1242	1303	Then	1503	1522	Then	1622	1642	1702	1722
Folkestone Road Gooseley Lane		0911	0931	0950	1010	1028	1048	1108	1128	1148	every	1248	1309	every	1509	1528	every	1628	1648	1708	1728
Beckton Bus Station		0918	0939	0958	1018	1037	1057	1117	1137	1157	20	1257	1319	20	1519	1538	20	1638	1658	1717	1737
Prince Regent Station Bus Station		0925	0947	1006	1026	1046	1106	1126	1146	1206	mins.	1306	1328	mins.	1528	1547	mins.	1647	1707	1726	1746
Plaistow Greengate		0932	0955	1014	1034	1054	1114	1135	1155	1215	until	1315	1337	until	1537	1556	until	1656	1715	1734	1754
Canning Town Bus Station		0938	1001	1020	1041	1101	1121	1142	1202	1222		1322	1344		1544	1603		1703	1722	1741	1801
East Ham Wordsworth Avenue		1732	1751	1810	1830	1850	1910	Then	2030	2050	2110	2130	2151	2211	2231	2251	2311	2331	2351	0011	0031
East Ham Newham Town Hall		1741	1800	1818	1837	1857	1917	Then	2037	2057	2116	2136	2157	2217	2237	2257	2317	2336	2356	0016	0036
Folkestone Road Gooseley Lane		1747	1806	1824	1842	1902	1922	every	2042	2102	2121	2141	2202	2221	2241	2301	2321	2340	0000	0020	0040
Beckton Bus Station		175																			

# 300

## Canning Town – Beckton – East Ham

300		Mondays to Fridays																		
Canning Town Bus Station	0525 0545 0605 0625 0639 0651 0702 0713 0725 0739 0752 0807 0822 0837 0853 0909																		1154 1209 1224	
Plaistow Greengate	0530 0550 0610 0630 0645 0657 0708 0721 0733 0747 0801 0816 0831 0846 0902 0917	Then																	1202 1218 1233	
Prince Regent Station Bus Station	0536 0556 0617 0638 0653 0705 0717 0731 0745 0759 0814 0829 0844 0859 0913 0928	every																	1213 1229 1244	
Beckton Bus Station	0543 0603 0625 0646 0701 0714 0727 0742 0756 0810 0825 0840 0855 0910 0924 0939	15																	1224 1240 1255	
Folkestone Road Gooseley Lane	0551 0611 0633 0654 0709 0723 0736 0751 0806 0821 0836 0851 0906 0920 0934 0949	mins.																	1234 1250 1305	
East Ham Newham Town Hall	0556 0617 0639 0700 0715 0729 0743 0758 0813 0828 0843 0858 0912 0926 0940 0955	until																	1240 1256 1311	
East Ham Wordsworth Avenue	0601 0622 0645 0706 0721 0736 0750 0806 0821 0836 0851 0906 0920 0934 0948 1003																		1248 1304 1319	
Canning Town Bus Station	1239 1254 1309 1324 1339 1354 1409 1424 1438 1452 1507 1522 1537 1552 1607 1622 1637 1652 1707 1722																		1637 1652 1707 1722	
Plaistow Greengate	1248 1303 1318 1333 1348 1403 1418 1433 1447 1501 1517 1532 1547 1602 1618 1633 1648 1703 1718 1733																		1703 1718 1733	
Prince Regent Station Bus Station	1259 1314 1329 1344 1359 1414 1429 1445 1501 1517 1533 1548 1603 1618 1634 1649 1704 1718 1733 1748																		1718 1733 1748	
Beckton Bus Station	1310 1325 1340 1355 1411 1426 1441 1457 1513 1529 1545 1600 1615 1630 1646 1701 1716 1730 1745 1800																		1730 1745 1800	
Folkestone Road Gooseley Lane	1320 1335 1350 1405 1422 1437 1452 1509 1526 1542 1558 1613 1628 1643 1659 1715 1730 1744 1759 1813																		1759 1813	
East Ham Newham Town Hall	1326 1341 1356 1412 1429 1444 1459 1516 1533 1549 1605 1620 1635 1650 1706 1722 1737 1751 1806 1820																		1806 1820	
East Ham Wordsworth Avenue	1334 1349 1404 1421 1438 1453 1508 1525 1542 1558 1614 1629 1644 1659 1715 1731 1746 1800 1815 1829																		1815 1829	
Canning Town Bus Station	1738 1753 1808 1824 1839 1854 1909 1925 1940 1955 2010 2025 2040 2100 2120 2140 2200 2220 2240 2300																		2300	
Plaistow Greengate	1749 1804 1818 1834 1848 1903 1918 1934 1948 2003 2018 2033 2048 2108 2128 2148 2206 2226 2246 2306																		2306	
Prince Regent Station Bus Station	1804 1817 1829 1844 1858 1913 1928 1944 1958 2012 2027 2042 2057 2116 2136 2156 2213 2233 2253 2313																		2313	
Beckton Bus Station	1816 1829 1840 1854 1908 1923 1938 1953 2007 2021 2036 2051 2106 2125 2145 2205 2221 2241 2301 2321																		2321	
Folkestone Road Gooseley Lane	1829 1842 1852 1906 1918 1933 1947 2002 2015 2029 2044 2059 2114 2133 2153 2212 2228 2248 2308 2328																		2328	
East Ham Newham Town Hall	1836 1848 1858 1911 1923 1938 1952 2007 2020 2034 2049 2104 2119 2138 2158 2216 2232 2252 2312 2332																		2332	
East Ham Wordsworth Avenue	1845 1857 1907 1919 1931 1945 1959 2013 2026 2040 2055 2110 2125 2144 2204 2221 2237 2257 2317 2337																		2337	
300		Mon to Fri (cont.)									Saturdays (also Good Friday)									
Canning Town Bus Station	2315 2335		0115	0525		0645 0705 0720 0733 0748 0803 0818 0833 0847 0901 0915 0929 0943 0957														
Plaistow Greengate	2321 2340	Then	0120	0530	Then	0650 0711 0726 0739 0754 0809 0824 0839 0853 0908 0922 0936 0951 1005														
Prince Regent Station Bus Station	2328 2346	every	0126	0536	every	0656 0718 0733 0746 0801 0817 0832 0847 0901 0916 0930 0945 1000 1015														
Beckton Bus Station	2335 2353	20	0133	0543	20	0703 0726 0741 0754 0810 0826 0841 0856 0910 0925 0940 0955 1010 1025														
Folkestone Road Gooseley Lane	2341 2359	mins.	0139	0550	mins.	0710 0733 0748 0801 0818 0834 0849 0904 0919 0934 0949 1004 1019 1034														
East Ham Newham Town Hall	2344 0002	until	0142	0555	until	0715 0738 0753 0806 0823 0839 0854 0909 0924 0939 0954 1009 1024 1039														
East Ham Wordsworth Avenue	2348 0006		0146	0600		0720 0743 0758 0812 0829 0845 0900 0916 0931 0947 1002 1017 1032 1047														
300		Saturdays (also Good Friday) (cont.)																		
Canning Town Bus Station	1010 1023 1038 1052 1106 1121 1135 1148 1203 1218 1232					1332 1347 1403 1418 1433													1633 1648	
Plaistow Greengate	1018 1031 1046 1100 1115 1130 1144 1157 1212 1227 1241	Then				1341 1356 1412 1427 1442	Then												1642 1657	
Prince Regent Station Bus Station	1028 1042 1057 1112 1127 1142 1156 1209 1225 1240 1254	every				1354 1409 1424 1439 1454	every												1654 1709	
Beckton Bus Station	1039 1053 1108 1123 1138 1153 1207 1221 1237 1252 1306	15				1406 1420 1435 1450 1505	15												1705 1719	
Folkestone Road Gooseley Lane	1049 1103 1118 1133 1148 1203 1218 1232 1248 1303 1318	mins.				1418 1432 1447 1502 1516	mins.												1716 1730	
East Ham Newham Town Hall	1054 1109 1124 1139 1154 1209 1224 1238 1254 1309 1324	until				1424 1438 1453 1508 1522	until												1722 1736	
East Ham Wordsworth Avenue	1102 1117 1132 1147 1202 1218 1233 1247 1303 1318 1333					1433 1447 1502 1517 1531													1731 1745	
Canning Town Bus Station	1703 1718		1818 1834 1850 1905 1921 1938 1958 2018 2038			2059 2119 2139 2200 2220 2240 2300 2320														
Plaistow Greengate	1712 1727	Then	1827 1843 1859 1914 1930 1947 2006 2026 2046	2107 2127 2147 2207 2227 2247 2307 2327																
Prince Regent Station Bus Station	1724 1739	every	1839 1855 1910 1925 1941 1958 2016 2036 2056	2116 2136 2156 2214 2234 2254 2314 2334																
Beckton Bus Station	1734 1749	15	1849 1904 1919 1934 1950 2007 2025 2045 2105	2125 2145 2204 2222 2242 2302 2322 2341																
Folkestone Road Gooseley Lane	1745 1800	mins.	1900 1913 1928 1943 1959 2016 2034 2054 2114	2134 2154 2212 2230 2250 2310 2330 2348																
East Ham Newham Town Hall	1751 1805	until	1905 1918 1933 1948 2003 2020 2038 2058 2118	2138 2158 2215 2233 2253 2313 2333 2351																
East Ham Wordsworth Avenue	1800 1814		1914 1927 1942 1957 2010 2027 2045 2104 2124 2144 2204 2220 2238 2258 2318 2338 2355																	
300		Saturdays (cont.)									Sundays and other Public Holidays (except Christmas Day)									
Canning Town Bus Station	2340 2357 0015 0035 0055 0115	0625				0745 0805 0825 0845 0904 0921 0939 0956 1014 1033 1053 1111														
Plaistow Greengate	2346 0003 0021 0041 0101 0121	0629	Then			0749 0809 0829 0850 0909 0926 0945 1002 1021 1040 1100 1118														
Prince Regent Station Bus Station	2352 0009 0027 0047 0107 0127	0634	every			0754 0814 0835 0856 0915 0932 0951 1009 1028 1048 1108 1126														
Beckton Bus Station	2359 0016 0034 0054 0114 0134	0641	20			0801 0821 0842 0903 0922 0940 0959 1018 1038 1058 1118 1137														
Folkestone Road Gooseley Lane	0006 0023 0041 0101 0121 0141	0646	mins.			0806 0826 0848 0909 0928 0948 1007 1026 1046 1056 1126 1146														
East Ham Newham Town Hall	0009 0026 0044 0104 0124 0144	0650	until			0810 0830 0853 0914 0933 0953 1012 1031 1051 1111 1131 1151														
East Ham Wordsworth Avenue	0013 0030 0048 0108 0128 0148	0655				0815 0836 0859 0920 0940 1000 1019 1038 1058 1118 1138 1159														
300		Sundays and other Public Holidays (except Christmas Day) (cont.)																		
Canning Town Bus Station	1129 1149 1209 1229 1247 1307 1327 1347 1407 1427 1447 1507 1527 1547 1607 1627 1648 1709 1730 1751																			
Plaistow Greengate	1137 1157 1217 1237 1255 1315 1335 1355 1415 1435 1455 1515 1535 1555 1615 1635 1656 1717 1737 1758																			
Prince Regent Station Bus Station	1146 1206 1226 1246 1305 1326 1346 1406 1426 1446 1506 1525 1545 1605 1624 1644 1705 1726 1745 1806																			
Beckton Bus Station	1157 1217 1237 1257 1316 1337 1357 1417 1437 1457 1516 1535 1555 1615 1634 1654 1715 1735 1754 1815																			
Folkestone Road Gooseley Lane	1206 1226 1246 1306 1326 1347 1407 1427 1447 1506 1525 1544 1604 1624 1643 1703 1723 1743 1802 1823																			
East Ham Newham Town Hall	1211 1231 1251 1311 1331 1352 1412 1432 1452 1512 1531 1550 1610 1630 1649 1709 1729 1749 1807 1828																			
East Ham Wordsworth Avenue	1219 1239 1259 1319 1340 1401 1421 1441 1501 1521 1540 1559 1619 1639 1658 1718 1738 1756 1814 1835																			
Canning Town Bus Station	1812 1833 1854 1915 1935 1955 2015 2035 2055 2115 2135 2155 2215 2235 2255 2315 2335	</																		