

318		Mondays to Fridays																	
North Middlesex Hospital Outpatient:	0545	0600	0615	0630	0644	0658	0708	0718	0728	0738	0749	0800	0812	0824	0836	0848	0900	0913	
White Hart Lane Great Cambridge Rd.	0550	0605	0620	0635	0650	0704	0714	0725	0735	0746	0757	0809	0821	0833	0845	0857	0909	0921	
Shelbourne Road Lansdowne Road	0557	0612	0627	0643	0658	0712	0723	0735	0746	0757	0809	0821	0833	0845	0857	0909	0920	0932	
Tottenham The Swan (High Road)	0605	0621	0636	0652	0707	0722	0733	0745	0757	0808	0820	0832	0844	0856	0908	0920	0931	0942	
Grovelands Road	0611	0628	0643	0700	0716	0731	0743	0755	0807	0819	0831	0843	0855	0907	0918	0929	0940	0951	
Stamford Hill Rookwood Road	0615	0632	0648	0705	0721	0736	0748	0801	0813	0825	0837	0849	0901	0912	0923	0934	0945	0956	
North Middlesex Hospital Outpatient:	0926	Then every 12 minutes until	1350	1402	1414	1426	1438	1450	1501	1512	1524	1536	1548	1600	Then every 12 minutes until	1748			
White Hart Lane Great Cambridge Rd.	0933		1357	1409	1421	1433	1446	1458	1509	1520	1532	1544	1556	1608		1756			
Shelbourne Road Lansdowne Road	0943		1407	1419	1431	1443	1456	1508	1520	1532	1544	1556	1608	1619		1807			
Tottenham The Swan (High Road)	0953		1417	1430	1442	1454	1507	1519	1531	1543	1555	1607	1619	1631		1819			
Grovelands Road	1002		1426	1439	1451	1503	1516	1528	1540	1552	1604	1616	1628	1640		1828			
Stamford Hill Rookwood Road	1007	1431	1444	1456	1508	1521	1533	1545	1557	1609	1621	1633	1645	1833					
North Middlesex Hospital Outpatient:	1800	1812	1824	1836	1848	1900	1915	1930	1945	2000	2020	2040	2100	2120	2140	2200	2220	2240	
White Hart Lane Great Cambridge Rd.	1808	1819	1831	1843	1855	1907	1922	1936	1951	2006	2025	2045	2105	2125	2145	2205	2225	2245	
Shelbourne Road Lansdowne Road	1818	1829	1841	1853	1904	1916	1931	1945	2000	2015	2034	2054	2113	2133	2153	2213	2232	2252	
Tottenham The Swan (High Road)	1830	1841	1853	1903	1914	1926	1941	1955	2009	2024	2043	2102	2121	2140	2200	2220	2239	2259	
Grovelands Road	1839	1850	1902	1912	1923	1935	1949	2003	2017	2032	2051	2110	2129	2148	2207	2227	2246	2306	
Stamford Hill Rookwood Road	1844	1855	1906	1916	1927	1939	1953	2007	2021	2036	2055	2114	2133	2152	2211	2231	2250	2310	
North Middlesex Hospital Outpatient:	2300	2320	2340	0000	0020														
White Hart Lane Great Cambridge Rd.	2305	2325	2345	0005	0025														
Shelbourne Road Lansdowne Road	2312	2332	2352	0012	0032														
Tottenham The Swan (High Road)	2319	2339	2359	0019	0039														
Grovelands Road	2326	2345	0005	0025	0045														
Stamford Hill Rookwood Road	2330	2349	0009	0029	0049														
318		Saturdays (also Good Friday)																	
North Middlesex Hospital Outpatient:	0545	0615	0645	0705	0725	0745	0800	0815	0830	0845	0856	0907	0918	0930	0942	0954	1006	1018	
White Hart Lane Great Cambridge Rd.	0550	0620	0650	0710	0730	0750	0805	0820	0835	0850	0901	0913	0924	0936	0948	1000	1012	1024	
Shelbourne Road Lansdowne Road	0557	0627	0657	0718	0738	0758	0813	0828	0843	0858	0909	0921	0933	0945	0957	1009	1021	1033	
Tottenham The Swan (High Road)	0604	0634	0704	0725	0745	0806	0821	0837	0852	0907	0919	0931	0943	0955	1007	1019	1031	1043	
Grovelands Road	0610	0640	0711	0732	0752	0813	0828	0844	0859	0914	0926	0938	0950	1002	1014	1026	1039	1051	
Stamford Hill Rookwood Road	0614	0644	0715	0736	0756	0817	0832	0848	0903	0918	0930	0942	0954	1006	1018	1030	1043	1055	
North Middlesex Hospital Outpatient:	1030	1042	1054	1106	1118	1130	1142	1153	1205	1216	1227	Then every 12 minutes until	1727	1741	1756	1811	1826		
White Hart Lane Great Cambridge Rd.	1036	1048	1100	1112	1124	1136	1148	1200	1212	1223	1234		1734	1748	1803	1818	1833		
Shelbourne Road Lansdowne Road	1045	1057	1109	1122	1134	1146	1158	1210	1222	1233	1244		1744	1758	1813	1828	1843		
Tottenham The Swan (High Road)	1055	1107	1119	1132	1144	1156	1208	1220	1232	1244	1256		1756	1809	1824	1839	1854		
Grovelands Road	1103	1115	1127	1140	1152	1204	1216	1228	1240	1252	1304		1804	1817	1832	1847	1902		
Stamford Hill Rookwood Road	1107	1119	1131	1144	1156	1208	1220	1232	1244	1256	1308	1808	1822	1837	1852	1907			
North Middlesex Hospital Outpatient:	1841	1858	1919	1939	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000	0020	
White Hart Lane Great Cambridge Rd.	1848	1905	1925	1945	2006	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025	
Shelbourne Road Lansdowne Road	1858	1914	1934	1954	2015	2034	2054	2114	2133	2153	2213	2233	2253	2313	2333	2353	0012	0032	
Tottenham The Swan (High Road)	1909	1924	1944	2004	2024	2043	2103	2123	2142	2201	2221	2241	2301	2321	2340	0000	0019	0039	
Grovelands Road	1917	1932	1952	2012	2032	2051	2111	2131	2150	2209	2229	2248	2308	2328	2347	0007	0026	0045	
Stamford Hill Rookwood Road	1922	1937	1957	2016	2036	2055	2115	2135	2154	2213	2233	2252	2312	2332	2351	0011	0030	0049	
318		Sundays and other Public Holidays (except Christmas Day)																	
North Middlesex Hospital Outpatient:	0645	0715	0745	0805	0825	0845	0900	0915	0930	0945	1000	1015	1030	1045	1100	1114	1129	1144	
White Hart Lane Great Cambridge Rd.	0650	0720	0750	0810	0830	0850	0905	0920	0935	0951	1006	1021	1036	1051	1106	1120	1135	1150	
Shelbourne Road Lansdowne Road	0657	0727	0757	0818	0838	0858	0913	0928	0943	0959	1014	1029	1044	1059	1114	1129	1144	1159	
Tottenham The Swan (High Road)	0704	0734	0804	0825	0845	0906	0921	0936	0952	1008	1023	1038	1053	1108	1123	1138	1153	1208	
Grovelands Road	0710	0740	0811	0832	0852	0913	0928	0943	0959	1015	1030	1045	1101	1116	1131	1146	1202	1217	
Stamford Hill Rookwood Road	0714	0744	0815	0836	0856	0917	0932	0948	1004	1020	1035	1050	1106	1121	1136	1151	1207	1222	
North Middlesex Hospital Outpatient:	1159	1214	1229	1244	Then every 15 minutes until	1359	1414	Then every 15 minutes until	1529	1544	1559	1614	1629	1644	1659	1715			
White Hart Lane Great Cambridge Rd.	1205	1220	1235	1251		1406	1421		1536	1551	1606	1620	1635	1650	1705	1721			
Shelbourne Road Lansdowne Road	1214	1229	1244	1300		1415	1430		1545	1600	1615	1629	1644	1659	1714	1730			
Tottenham The Swan (High Road)	1223	1238	1254	1310		1425	1441		1556	1610	1625	1639	1654	1709	1724	1739			
Grovelands Road	1232	1247	1303	1319		1434	1450		1605	1619	1634	1648	1703	1718	1733	1748			
Stamford Hill Rookwood Road	1237	1252	1308	1324	1439	1455	1610	1624	1639	1653	1708	1723	1738	1753					
North Middlesex Hospital Outpatient:	1730	1745	1800	1820	1840	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	Then every 20 mins. until	0020	
White Hart Lane Great Cambridge Rd.	1736	1751	1806	1826	1846	1906	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225		0025	
Shelbourne Road Lansdowne Road	1745	1800	1815	1835	1855	1915	1934	1953	2013	2033	2053	2113	2133	2152	2212	2232		0032	
Tottenham The Swan (High Road)	1754	1809	1824	1844	1904	1924	1943	2002	2022	2042	2101	2121	2140	2159	2219	2239		0039	
Grovelands Road	1803	1818	1833	1852	1912	1932	1951	2010	2030	2050	2109	2128	2147	2206	2226	2245		0045	
Stamford Hill Rookwood Road	1808	1823	1838	1857	1917	1937	1956	2015	2035	2054	2113	2132	2151	2210	2230	2249	0049		

318		Mondays to Fridays																
Stamford Hill Rookwood Road	0620	0635	0650	0705	0720	0732	0744	0756	0807	0819	0831	0843	0855	0906	0918	0930	0942	0955
Grovelands Road	0626	0641	0656	0711	0726	0739	0751	0803	0815	0827	0839	0851	0903	0914	0926	0938	0950	1003
Tottenham The Swan (High Road)	0635	0650	0705	0720	0735	0749	0801	0813	0825	0837	0849	0901	0913	0925	0937	0949	1001	1013
Shelbourne Road Lansdowne Road	0642	0657	0713	0729	0744	0758	0810	0822	0834	0846	0858	0910	0922	0934	0946	0958	1010	1022
Great Cambridge Rd. White Hart Lane	0652	0708	0725	0742	0757	0811	0824	0836	0848	0900	0912	0924	0935	0946	0958	1010	1022	1034
North Middlesex Hospital Outpatient:	0657	0714	0731	0748	0803	0817	0830	0843	0855	0907	0919	0931	0942	0953	1005	1017	1028	1040
Stamford Hill Rookwood Road	1007	1019	Then every 12 minutes until	1155	1207	Then every 12 minutes until	1355	1406	1418	1430	1442	1453	1504	1515	1526	1538	1550	1602
Grovelands Road	1015	1026		1202	1215		1403	1414	1426	1438	1450	1501	1512	1524	1535	1547		
Tottenham The Swan (High Road)	1025	1036		1212	1225		1413	1424	1437	1449	1501	1512	1523	1535	1547	1559		
Shelbourne Road Lansdowne Road	1034	1046		1222	1235		1423	1434	1447	1459	1511	1523	1534	1546	1558	1610		
Great Cambridge Rd. White Hart Lane	1046	1058		1234	1247		1435	1447	1500	1512	1524	1536	1548	1600	1612	1624		
North Middlesex Hospital Outpatient:	1052	1104	1240	1253	1441	1453	1506	1519	1531	1543	1555	1607	1619	1631				
Stamford Hill Rookwood Road	1550	Then every 12 minutes until	1702	1715	1728	1740	1753	1805	1818	1830	1842	1855	1907	1920	1935	1950	2005	
Grovelands Road	1559		1711	1723	1736	1748	1801	1813	1826	1838	1850	1903	1914	1927	1942	1957	2012	
Tottenham The Swan (High Road)	1611		1723	1735	1748	1800	1812	1824	1837	1849	1901	1914	1925	1937	1951	2006	2021	
Shelbourne Road Lansdowne Road	1622		1734	1746	1758	1810	1822	1834	1846	1858	1910	1923	1934	1946	2000	2015	2030	
Great Cambridge Rd. White Hart Lane	1636		1748	1800	1812	1823	1835	1846	1858	1910	1922	1934	1945	1957	2011	2025	2040	
North Middlesex Hospital Outpatient:	1643	1755	1806	1818	1829	1841	1852	1904	1915	1927	1939	1950	2002	2016	2030	2045		
Stamford Hill Rookwood Road	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340	0000						
Grovelands Road	2027	2047	2107	2127	2146	2206	2226	2246	2306	2326	2346	0005						
Tottenham The Swan (High Road)	2036	2056	2116	2136	2154	2214	2234	2254	2314	2334	2354	0013						
Shelbourne Road Lansdowne Road	2045	2105	2125	2143	2201	2221	2241	2301	2321	2341	0001	0020						
Great Cambridge Rd. White Hart Lane	2055	2115	2135	2153	2210	2230	2250	2310	2330	2350	0009	0028						
North Middlesex Hospital Outpatient:	2100	2120	2140	2158	2215	2235	2255	2315	2334	2354	0013	0032						
318		Saturdays (also Good Friday)																
Stamford Hill Rookwood Road	0620	0650	0720	0740	0800	0820	0835	0849	0903	0918	0929	0940	0952	1004	1015	1026	1037	1048
Grovelands Road	0625	0655	0725	0745	0805	0825	0840	0855	0909	0924	0935	0946	0958	1010	1021	1032	1043	1054
Tottenham The Swan (High Road)	0633	0703	0733	0753	0813	0833	0848	0903	0917	0932	0944	0955	1007	1019	1031	1042	1053	1104
Shelbourne Road Lansdowne Road	0640	0710	0740	0800	0820	0840	0855	0910	0925	0940	0952	1004	1016	1028	1040	1051	1102	1113
Great Cambridge Rd. White Hart Lane	0649	0719	0749	0809	0829	0850	0905	0920	0935	0950	1002	1014	1026	1038	1050	1102	1113	1124
North Middlesex Hospital Outpatient:	0654	0724	0754	0814	0834	0855	0910	0925	0940	0955	1007	1019	1031	1043	1055	1107	1119	1130
Stamford Hill Rookwood Road	1059	1111	1122	1134	1146	1158	1210	1221	1232	1243	Then every 12 minutes until	1707	1719	1731	1743	1755	1807	
Grovelands Road	1105	1117	1128	1140	1152	1204	1216	1227	1238	1249		1713	1726	1738	1750	1802	1814	
Tottenham The Swan (High Road)	1115	1127	1138	1150	1202	1214	1226	1237	1248	1259		1723	1736	1748	1800	1812	1823	
Shelbourne Road Lansdowne Road	1124	1136	1147	1159	1211	1223	1235	1246	1258	1310		1734	1747	1759	1811	1823	1834	
Great Cambridge Rd. White Hart Lane	1136	1148	1159	1211	1223	1235	1247	1259	1311	1323		1747	1759	1811	1823	1835	1846	
North Middlesex Hospital Outpatient:	1142	1154	1205	1217	1229	1241	1253	1305	1317	1329	1753	1805	1817	1829	1841	1852		
Stamford Hill Rookwood Road	1819	1834	1849	1905	1920	1940	2000	2020	Then every 20 minutes until	2200	2220	2240	2300	2320	2340	0000		
Grovelands Road	1826	1841	1856	1912	1927	1947	2007	2027		2207	2227	2247	2306	2326	2346	0006		
Tottenham The Swan (High Road)	1835	1850	1905	1921	1936	1956	2016	2036		2216	2235	2255	2314	2334	2354	0014		
Shelbourne Road Lansdowne Road	1845	1900	1914	1930	1945	2005	2025	2045		2225	2243	2302	2321	2341	0001	0021		
Great Cambridge Rd. White Hart Lane	1856	1911	1925	1941	1956	2016	2036	2055		2235	2253	2311	2330	2350	0010	0030		
North Middlesex Hospital Outpatient:	1902	1917	1931	1946	2001	2021	2041	2100	2240	2257	2315	2334	2354	0014	0034			
318		Sundays and other Public Holidays (except Christmas Day)																
Stamford Hill Rookwood Road	0650	0720	0750	0810	0830	0849	0909	0924	0939	0953	1007	1022	1036	1050	1105	1120	1134	1148
Grovelands Road	0655	0725	0755	0816	0836	0855	0915	0930	0945	0959	1014	1029	1043	1057	1112	1127	1141	1155
Tottenham The Swan (High Road)	0703	0733	0803	0824	0844	0903	0923	0938	0953	1008	1023	1038	1052	1106	1121	1136	1150	1204
Shelbourne Road Lansdowne Road	0710	0740	0810	0831	0851	0910	0930	0945	1000	1015	1030	1045	1059	1113	1128	1143	1158	1213
Great Cambridge Rd. White Hart Lane	0719	0749	0819	0840	0900	0920	0940	0955	1010	1025	1040	1055	1110	1125	1140	1155	1210	1225
North Middlesex Hospital Outpatient:	0723	0753	0824	0845	0905	0925	0945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230
Stamford Hill Rookwood Road	1202	1217	1231	1245	Then every 15 minutes until	1700	1716	1732	1747	1803	1818	1838	1859	1920	Then every 20 minutes until	2100		
Grovelands Road	1209	1224	1238	1253		1708	1724	1739	1754	1810	1825	1845	1906	1927		2107		
Tottenham The Swan (High Road)	1218	1233	1248	1303		1718	1734	1749	1804	1820	1835	1855	1915	1936		2116		
Shelbourne Road Lansdowne Road	1227	1242	1257	1312		1727	1743	1758	1813	1829	1844	1904	1924	1945		2125		
Great Cambridge Rd. White Hart Lane	1239	1254	1309	1324		1739	1754	1809	1824	1840	1855	1915	1935	1955		2135		
North Middlesex Hospital Outpatient:	1245	1300	1315	1330	1745	1800	1815	1830	1845	1900	1920	1940	2000	2140				
Stamford Hill Rookwood Road	2120	2140	2200	2220	2240	2300	2320	2340	0000									
Grovelands Road	2127	2147	2206	2226	2246	2306	2325	2345	0005									
Tottenham The Swan (High Road)	2135	2155	2214	2234	2254	2314	2333	2353	0013									
Shelbourne Road Lansdowne Road	2143	2202	2221	2241	2301	2321	2340	0000	0020									
Great Cambridge Rd. White Hart Lane	2152	2211	2230	2250	2310	2330	2349	0008	0028									
North Middlesex Hospital Outpatient:	2157	2215	2234	2254	2314	2334	2353	0012	0032									