

# 330

## Wanstead Park Station – Upton Park – Canning Town

330 Mondays to Fridays																			
Wanstead Park Station	0455	0515	0535	0547	0558	0610	0622	0634	0644	0654	0704	0714			0850	0901	0913	0925	
Forest Gate Post Office	0457	0517	0537	0549	0600	0612	0624	0636	0646	0657	0708	0718	Then		0854	0905	0917	0929	
Upton Park Station	0502	0522	0542	0554	0606	0618	0630	0642	0652	0703	0715	0726	every 12		0902	0913	0925	0937	
Upton Park The Boleyn (Green Street)	0503	0523	0543	0556	0608	0620	0632	0644	0655	0706	0718	0729	minutes		0905	0916	0928	0940	
Plaistow Greengate	0506	0526	0546	0559	0611	0623	0635	0647	0658	0709	0721	0733	until		0909	0920	0932	0944	
Canning Town Bus Station	0512	0532	0552	0605	0618	0630	0642	0654	0706	0718	0730	0742			0918	0930	0942	0954	
Wanstead Park Station	0938			1126	1138	1150	1202			1426	1438	1450	Then		1614	1626	Then	1726	
Forest Gate Post Office	0941	Then		1129	1141	1153	1205	Then		1429	1441	1453	Then		1617	1629	every	1729	
Upton Park Station	0948	every 12		1136	1149	1202	1215	every 12		1439	1451	1503	every 12		1627	1639	12	1739	
Upton Park The Boleyn (Green Street)	0951	minutes		1139	1152	1205	1218	minutes		1442	1455	1507	minutes		1631	1642	mins.	1742	
Plaistow Greengate	0956	until		1144	1157	1210	1223	until		1447	1500	1513	until		1637	1648	until	1748	
Canning Town Bus Station	1006			1154	1207	1220	1233			1457	1510	1522			1646	1658		1758	
Wanstead Park Station	1738	1750	1802	1814	1826	1839	1852	1905	1920	1935	1950	2005	2025	2045	2105		Then	0005	
Forest Gate Post Office	1741	1753	1805	1817	1829	1842	1855	1908	1923	1938	1953	2008	2028	2048	2108		every 20	0008	
Upton Park Station	1751	1803	1815	1827	1839	1852	1905	1918	1933	1947	2001	2016	2036	2056	2114		minutes	0014	
Upton Park The Boleyn (Green Street)	1754	1806	1818	1830	1842	1855	1908	1921	1935	1949	2003	2018	2038	2058	2116		until	0016	
Plaistow Greengate	1800	1812	1824	1836	1848	1900	1913	1926	1939	1953	2007	2022	2042	2101	2119			0019	
Canning Town Bus Station	1809	1821	1833	1845	1857	1909	1921	1934	1947	2000	2014	2029	2049	2107	2125			0025	
330 Saturdays (also Good Friday)																			
Wanstead Park Station	0455	0515	0535	0555	0615	0635	0655	0715	0735	0755	0810	0825	0840	0852	0904	0916	0928	0939	
Forest Gate Post Office	0457	0517	0537	0557	0617	0637	0657	0717	0737	0757	0812	0827	0842	0855	0907	0919	0931	0942	
Upton Park Station	0502	0522	0542	0602	0622	0643	0703	0723	0743	0803	0820	0835	0850	0903	0916	0928	0940	0952	
Upton Park The Boleyn (Green Street)	0503	0523	0543	0603	0624	0645	0705	0725	0745	0805	0823	0838	0853	0906	0919	0931	0943	0955	
Plaistow Greengate	0506	0526	0546	0606	0627	0648	0708	0728	0748	0808	0826	0841	0856	0910	0923	0936	0948	1000	
Canning Town Bus Station	0512	0532	0552	0613	0634	0655	0715	0735	0755	0815	0833	0848	0903	0918	0931	0944	0957	1009	
Wanstead Park Station	0949	1000	1011			1147	1159			1735	1747	1759	1811	1823	1835	1850	1905	1925	
Forest Gate Post Office	0952	1003	1015	Then		1151	1203	Then		1739	1751	1803	1814	1826	1838	1853	1908	1928	
Upton Park Station	1003	1015	1027	every 12		1203	1216	every 12		1752	1804	1815	1826	1838	1850	1905	1920	1938	
Upton Park The Boleyn (Green Street)	1007	1019	1031	minutes		1207	1220	minutes		1756	1807	1818	1829	1841	1853	1908	1923	1941	
Plaistow Greengate	1012	1024	1036	until		1212	1225	until		1801	1812	1823	1834	1845	1857	1912	1927	1945	
Canning Town Bus Station	1021	1033	1045			1221	1234			1810	1821	1831	1842	1853	1905	1920	1935	1952	
Wanstead Park Station	1945	2005	2025	2045	2105			Then		0005									
Forest Gate Post Office	1948	2008	2028	2048	2108			every 20		0008									
Upton Park Station	1956	2016	2036	2056	2114			minutes		0014									
Upton Park The Boleyn (Green Street)	1958	2018	2038	2058	2116			until		0016									
Plaistow Greengate	2002	2022	2042	2102	2119					0019									
Canning Town Bus Station	2009	2029	2049	2108	2125					0025									
330 Sundays and other Public Holidays (except Christmas Day)																			
Wanstead Park Station	0600	0630	0700	0730	0800	0830	0900	0929	0948	1007	1025	1043	1101		Then		1721	1741	1802
Forest Gate Post Office	0602	0632	0702	0732	0802	0832	0902	0931	0950	1009	1028	1046	1104		every 20		1724	1744	1805
Upton Park Station	0607	0637	0707	0737	0807	0837	0908	0938	0958	1018	1037	1056	1115		minutes		1735	1755	1815
Upton Park The Boleyn (Green Street)	0608	0638	0708	0739	0809	0839	0910	0940	1000	1020	1039	1058	1118		until		1738	1758	1818
Plaistow Greengate	0611	0641	0711	0742	0812	0842	0913	0943	1003	1023	1042	1102	1122				1742	1802	1822
Canning Town Bus Station	0617	0647	0717	0748	0818	0848	0920	0950	1010	1030	1050	1110	1130				1750	1809	1829
Wanstead Park Station	1822	1842	1903	1924	1945	2005	2025	2045	2105	2125			Then		0005				
Forest Gate Post Office	1825	1845	1906	1927	1948	2008	2028	2048	2108	2128			every 20		0008				
Upton Park Station	1835	1855	1915	1936	1956	2016	2036	2056	2115	2134			minutes		0014				
Upton Park The Boleyn (Green Street)	1838	1858	1918	1938	1958	2018	2038	2058	2117	2136			until		0016				
Plaistow Greengate	1842	1902	1922	1942	2002	2022	2042	2102	2120	2139					0019				
Canning Town Bus Station	1849	1909	1929	1949	2009	2029	2049	2108	2126	2145					0025				

# 330

## Canning Town – Upton Park – Wanstead Park Station

330 Mondays to Fridays																		
Canning Town Bus Station	0530	0545	0600	0615	0630	0642	0653	0704	0715	0726	0737	0748	Then every 12 minutes until	0900	0910	0920	0930	
Plaistow Greengate	0536	0551	0606	0621	0636	0648	0659	0711	0722	0733	0745	0757		0909	0919	0930	0941	
Upton Park The Boleyn (Green Street)	0538	0553	0608	0623	0638	0650	0702	0714	0725	0736	0748	0800		0912	0922	0933	0945	
Upton Park Station	0539	0554	0609	0624	0639	0652	0704	0716	0727	0738	0750	0802		0914	0924	0936	0948	
Forest Gate Post Office	0545	0600	0615	0630	0645	0659	0711	0723	0735	0747	0759	0811	0923	0933	0945	0957		
Wanstead Park Station	0548	0604	0619	0634	0649	0704	0716	0728	0740	0752	0804	0816	0928	0938	0950	1002		
Canning Town Bus Station	0942	Then every 12 minutes until	1130	1142	Then every 12 minutes until	1406	1418	1430	1442	1454	1506	1517	1528	Then every 12 minutes until	1804			
Plaistow Greengate	0953		1141	1153		1417	1429	1441	1453	1505	1517	1529	1540		1816			
Upton Park The Boleyn (Green Street)	0957		1145	1157		1421	1433	1445	1457	1509	1521	1533	1544		1820			
Upton Park Station	1000		1148	1200		1424	1436	1448	1500	1512	1524	1536	1547		1823			
Forest Gate Post Office	1009	1157	1210	1434	1447	1459	1512	1524	1536	1548	1559	1835						
Wanstead Park Station	1014	1202	1215	1439	1452	1505	1518	1530	1542	1554	1605	1841						
Canning Town Bus Station	1816	1829	1842	1855	1910	1925	1940	1955	2015	2035	2055	2115	2135	Then every 20 minutes until	0035			
Plaistow Greengate	1828	1841	1852	1903	1918	1933	1948	2003	2023	2043	2103	2122	2141		0041			
Upton Park The Boleyn (Green Street)	1832	1845	1856	1907	1921	1936	1950	2005	2025	2045	2105	2124	2143		0043			
Upton Park Station	1835	1847	1858	1909	1923	1938	1952	2007	2027	2047	2106	2125	2144		0044			
Forest Gate Post Office	1847	1859	1910	1921	1934	1947	2001	2016	2036	2056	2113	2132	2151	0051				
Wanstead Park Station	1852	1903	1914	1926	1938	1951	2005	2020	2040	2100	2117	2135	2154	0054				
330 Saturdays (also Good Friday)																		
Canning Town Bus Station	0530	0550	0610	0630	0650	0710	0730	0750	0810	0825	0840	0853	0905	0917	0929	0940	0951	1002
Plaistow Greengate	0535	0555	0615	0635	0656	0716	0736	0756	0816	0831	0846	0900	0913	0925	0937	0948	1000	1012
Upton Park The Boleyn (Green Street)	0537	0557	0617	0637	0658	0718	0738	0758	0818	0833	0848	0903	0916	0928	0940	0952	1004	1016
Upton Park Station	0538	0558	0618	0638	0659	0719	0739	0759	0819	0835	0850	0905	0918	0931	0943	0955	1007	1019
Forest Gate Post Office	0544	0604	0625	0645	0706	0726	0746	0806	0826	0843	0859	0914	0929	0942	0955	1007	1019	1031
Wanstead Park Station	0547	0607	0628	0649	0710	0730	0750	0810	0830	0847	0903	0918	0933	0946	0959	1012	1024	1036
Canning Town Bus Station	1014	Then every 12 minutes until	1126	1138	1150	Then every 12 minutes until	1738	1750	1802	1814	1826	1841	1856	1915	1935	1955		
Plaistow Greengate	1024		1136	1148	1200		1748	1800	1812	1824	1835	1850	1905	1924	1943	2003		
Upton Park The Boleyn (Green Street)	1028		1140	1152	1204		1752	1804	1816	1828	1839	1854	1909	1928	1946	2005		
Upton Park Station	1031		1143	1155	1207		1755	1807	1819	1831	1842	1857	1912	1931	1948	2007		
Forest Gate Post Office	1043	1155	1208	1221	1809	1821	1832	1843	1854	1909	1924	1941	1958	2016				
Wanstead Park Station	1048	1200	1213	1226	1814	1825	1836	1847	1858	1913	1928	1945	2002	2020				
Canning Town Bus Station	2015	2035	2055	2115	2135	Then every 20 minutes until	0035											
Plaistow Greengate	2023	2043	2103	2122	2141		0041											
Upton Park The Boleyn (Green Street)	2025	2045	2105	2124	2143		0043											
Upton Park Station	2027	2046	2106	2125	2144		0044											
Forest Gate Post Office	2036	2054	2114	2132	2151	0051												
Wanstead Park Station	2039	2058	2117	2135	2154	0054												
330 Sundays and other Public Holidays (except Christmas Day)																		
Canning Town Bus Station	0625	0655	0725	0753	0823	0853	0918	0938	0958	1018	1038	Then every 20 minutes until	1738	1758	1817	1836	1855	
Plaistow Greengate	0630	0700	0730	0759	0829	0859	0924	0944	1005	1026	1046		1746	1806	1825	1844	1903	
Upton Park The Boleyn (Green Street)	0632	0702	0732	0801	0831	0901	0926	0946	1008	1030	1050		1750	1809	1828	1847	1906	
Upton Park Station	0633	0703	0733	0802	0832	0902	0927	0949	1011	1033	1053		1753	1812	1831	1850	1908	
Forest Gate Post Office	0639	0709	0739	0809	0839	0909	0934	0958	1021	1043	1104	1804	1822	1841	1859	1917		
Wanstead Park Station	0642	0712	0743	0813	0843	0913	0938	1003	1026	1048	1109	1809	1827	1845	1903	1921		
Canning Town Bus Station	1915	1935	1955	2015	2035	2055	2115	Then every 20 minutes until	0035									
Plaistow Greengate	1922	1942	2002	2022	2042	2102	2121		0041									
Upton Park The Boleyn (Green Street)	1924	1944	2004	2024	2044	2104	2123		0043									
Upton Park Station	1926	1946	2006	2026	2046	2105	2124		0044									
Forest Gate Post Office	1935	1955	2015	2035	2055	2113	2131	0051										
Wanstead Park Station	1939	1959	2019	2039	2059	2116	2134	0054										