

# 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                                  | Then<br>every 12<br>minutes<br>until | 0850                                 | 0901                                  | 0913 | 0925 |
| Forest Gate Post Office                                      | 0457 | 0517                                 | 0537 | 0549                                 | 0600                                 | 0612 | 0624                                 | 0636 | 0646 | 0657 | 0708                                 | 0718                                  |                                      | 0854                                 | 0905                                  | 0917 | 0929 |
| Upton Park Station   | 0502 | 0522                                 | 0542 | 0554                                 | 0606                                 | 0618 | 0630                                 | 0642 | 0652 | 0703 | 0715                                 | 0726                                  |                                      | 0902                                 | 0913                                  | 0925 | 0937 |
| Upton Park The Boleyn (Green Street)                         | 0503 | 0523                                 | 0543 | 0556                                 | 0608                                 | 0620 | 0632                                 | 0644 | 0655 | 0706 | 0718                                 | 0729                                  |                                      | 0905                                 | 0916                                  | 0928 | 0940 |
| Plaistow Greengate   | 0506 | 0526                                 | 0546 | 0559                                 | 0611                                 | 0623 | 0635                                 | 0647 | 0658 | 0709 | 0721                                 | 0733                                  |                                      | 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 | Then<br>every 12<br>minutes<br>until | 1126 | 1138                                 | 1150                                 | 1202 | Then<br>every 12<br>minutes<br>until | 1414 | 1426 | 1438 | 1450                                 | Then<br>every<br>12<br>mins.<br>until | 1614                                 | 1626                                 | Then<br>every<br>12<br>mins.<br>until | 1726 |      |
| Forest Gate Post Office                                      | 0941 |                                      | 1129 | 1141                                 | 1153                                 | 1205 |                                      | 1417 | 1429 | 1441 | 1453                                 |                                       | 1617                                 | 1629                                 |                                       | 1729 |      |
| Upton Park Station   | 0948 |                                      | 1136 | 1149                                 | 1202                                 | 1215 |                                      | 1427 | 1439 | 1451 | 1503                                 |                                       | 1627                                 | 1639                                 |                                       | 1739 |      |
| Upton Park The Boleyn (Green Street)                         | 0951 |                                      | 1139 | 1152                                 | 1205                                 | 1218 |                                      | 1430 | 1443 | 1455 | 1507                                 |                                       | 1631                                 | 1642                                 |                                       | 1742 |      |
| Plaistow Greengate   | 0956 |                                      | 1144 | 1157                                 | 1210                                 | 1223 |                                      | 1435 | 1448 | 1500 | 1513                                 |                                       | 1637                                 | 1648                                 |                                       | 1748 |      |
| Canning Town Bus Station                                     | 1006 | 1154                                 | 1207 | 1220                                 | 1233                                 | 1445 | 1458                                 | 1510 | 1522 | 1646 | 1658                                 | 1758                                  |                                      |                                      |                                       |      |      |
| Wanstead Park Station  | 1738 | Then<br>every 12<br>minutes<br>until | 1826 | 1839                                 | 1852                                 | 1905 | 1920                                 | 1935 | 1950 | 2005 | 2025                                 | 2045                                  | 2105                                 | Then<br>every 20<br>minutes<br>until | 0005                                  |      |      |
| Forest Gate Post Office                                      | 1741 |                                      | 1829 | 1842                                 | 1855                                 | 1908 | 1923                                 | 1938 | 1953 | 2008 | 2028                                 | 2048                                  | 2108                                 |                                      | 0008                                  |      |      |
| Upton Park Station   | 1751 |                                      | 1839 | 1852                                 | 1905                                 | 1918 | 1933                                 | 1947 | 2001 | 2016 | 2036                                 | 2056                                  | 2114                                 |                                      | 0014                                  |      |      |
| Upton Park The Boleyn (Green Street)                         | 1754 |                                      | 1842 | 1855                                 | 1908                                 | 1921 | 1935                                 | 1949 | 2003 | 2018 | 2038                                 | 2058                                  | 2116                                 |                                      | 0016                                  |      |      |
| Plaistow Greengate   | 1800 |                                      | 1848 | 1900                                 | 1913                                 | 1926 | 1939                                 | 1953 | 2007 | 2022 | 2042                                 | 2101                                  | 2119                                 |                                      | 0019                                  |      |      |
| Canning Town Bus Station                                     | 1809 | 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 | Then<br>every 20<br>minutes<br>until | 0755 | 0810 | 0825 | 0840                                 | 0852                                  | 0904                                 | 0916                                 | 0928                                  | 0939 | 0949 |
| Forest Gate Post Office                                      | 0457 | 0517                                 | 0537 | 0557                                 | 0617                                 | 0637 |                                      | 0757 | 0812 | 0827 | 0842                                 | 0855                                  | 0907                                 | 0919                                 | 0931                                  | 0942 | 0952 |
| Upton Park Station   | 0502 | 0522                                 | 0542 | 0602                                 | 0622                                 | 0643 |                                      | 0803 | 0820 | 0835 | 0850                                 | 0903                                  | 0916                                 | 0928                                 | 0940                                  | 0952 | 1003 |
| Upton Park The Boleyn (Green Street)                         | 0503 | 0523                                 | 0543 | 0603                                 | 0624                                 | 0645 |                                      | 0805 | 0823 | 0838 | 0853                                 | 0906                                  | 0919                                 | 0931                                 | 0943                                  | 0955 | 1007 |
| Plaistow Greengate   | 0506 | 0526                                 | 0546 | 0606                                 | 0627                                 | 0648 |                                      | 0808 | 0826 | 0841 | 0856                                 | 0910                                  | 0923                                 | 0936                                 | 0948                                  | 1000 | 1012 |
| Canning Town Bus Station                                     | 0512 | 0532                                 | 0552 | 0613                                 | 0634                                 | 0655 | 0815                                 | 0833 | 0848 | 0903 | 0918                                 | 0931                                  | 0944                                 | 0957                                 | 1009                                  | 1021 |      |
| Wanstead Park Station  | 0959 | Then<br>every 12<br>minutes<br>until | 1147 | 1159                                 | Then<br>every 12<br>minutes<br>until | 1735 | 1747                                 | 1759 | 1811 | 1823 | 1835                                 | 1850                                  | 1905                                 | 1925                                 | 1945                                  | 2005 |      |
| Forest Gate Post Office                                      | 1003 |                                      | 1151 | 1203                                 |                                      | 1739 | 1751                                 | 1803 | 1814 | 1826 | 1838                                 | 1853                                  | 1908                                 | 1928                                 | 1948                                  | 2008 |      |
| Upton Park Station   | 1015 |                                      | 1203 | 1216                                 |                                      | 1752 | 1804                                 | 1815 | 1826 | 1838 | 1850                                 | 1905                                  | 1920                                 | 1938                                 | 1956                                  | 2016 |      |
| Upton Park The Boleyn (Green Street)                         | 1019 |                                      | 1207 | 1220                                 |                                      | 1756 | 1807                                 | 1818 | 1829 | 1841 | 1853                                 | 1908                                  | 1923                                 | 1941                                 | 1958                                  | 2018 |      |
| Plaistow Greengate   | 1024 |                                      | 1212 | 1225                                 |                                      | 1801 | 1812                                 | 1823 | 1833 | 1845 | 1857                                 | 1912                                  | 1927                                 | 1945                                 | 2002                                  | 2022 |      |
| Canning Town Bus Station                                     | 1033 | 1221                                 | 1234 | 1810                                 | 1821                                 | 1831 | 1841                                 | 1853 | 1905 | 1920 | 1935                                 | 1952                                  | 2009                                 | 2029                                 |                                       |      |      |
| Wanstead Park Station  | 2025 | 2045                                 | 2105 | Then<br>every 20<br>minutes<br>until | 0005                                 |      |                                      |      |      |      |                                      |                                       |                                      |                                      |                                       |      |      |
| Forest Gate Post Office                                      | 2028 | 2048                                 | 2108 |                                      | 0008                                 |      |                                      |      |      |      |                                      |                                       |                                      |                                      |                                       |      |      |
| Upton Park Station   | 2036 | 2056                                 | 2114 |                                      | 0014                                 |      |                                      |      |      |      |                                      |                                       |                                      |                                      |                                       |      |      |
| Upton Park The Boleyn (Green Street)                         | 2038 | 2058                                 | 2116 |                                      | 0016                                 |      |                                      |      |      |      |                                      |                                       |                                      |                                      |                                       |      |      |
| Plaistow Greengate   | 2042 | 2102                                 | 2119 |                                      | 0019                                 |      |                                      |      |      |      |                                      |                                       |                                      |                                      |                                       |      |      |
| Canning Town Bus Station                                     | 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<br>every 20<br>minutes<br>until | 1721                                  | 1741 | 1802 |
| Forest Gate Post Office                                      | 0602 | 0632                                 | 0702 | 0732                                 | 0802                                 | 0832 | 0902                                 | 0931 | 0950 | 1009 | 1028                                 | 1046                                  | 1104                                 |                                      | 1724                                  | 1744 | 1805 |
| Upton Park Station   | 0607 | 0637                                 | 0707 | 0737                                 | 0807                                 | 0837 | 0908                                 | 0938 | 0958 | 1018 | 1037                                 | 1056                                  | 1115                                 |                                      | 1735                                  | 1755 | 1815 |
| Upton Park The Boleyn (Green Street)                         | 0608 | 0638                                 | 0708 | 0739                                 | 0809                                 | 0839 | 0910                                 | 0940 | 1000 | 1020 | 1039                                 | 1058                                  | 1118                                 |                                      | 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<br>every 20<br>minutes<br>until | 0005                                  |                                      |                                      |                                       |      |      |
| Forest Gate Post Office                                      | 1825 | 1845                                 | 1906 | 1927                                 | 1948                                 | 2008 | 2028                                 | 2048 | 2108 | 2128 |                                      | 0008                                  |                                      |                                      |                                       |      |      |
| Upton Park Station   | 1835 | 1855                                 | 1915 | 1936                                 | 1956                                 | 2016 | 2036                                 | 2056 | 2115 | 2134 |                                      | 0014                                  |                                      |                                      |                                       |      |      |
| Upton Park The Boleyn (Green Street)                         | 1838 | 1858                                 | 1918 | 1938                                 | 1958                                 | 2018 | 2038                                 | 2058 | 2117 | 2136 |                                      | 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 | 0736 | Then<br>every 12<br>minutes<br>until | 0900                                 | 0910                                 | 0920 | 0930  | 0942 |
| Plaistow Greengate   | 0536 | 0551                                 | 0606                                 | 0621 | 0636                                 | 0648                                 | 0659 | 0711 | 0722 | 0733 | 0745 |                                      | 0909                                 | 0919                                 | 0930 | 0941  | 0953 |
| Upton Park The Boleyn (Green Street)                         | 0538 | 0553                                 | 0608                                 | 0623 | 0638                                 | 0650                                 | 0702 | 0714 | 0725 | 0736 | 0748 |                                      | 0912                                 | 0922                                 | 0933 | 0945  | 0957 |
| Upton Park Station   | 0539 | 0554                                 | 0609                                 | 0624 | 0639                                 | 0652                                 | 0704 | 0716 | 0727 | 0738 | 0750 |                                      | 0914                                 | 0924                                 | 0936 | 0948  | 1000 |
| Forest Gate Post Office                                      | 0545 | 0600                                 | 0615                                 | 0630 | 0645                                 | 0659                                 | 0711 | 0723 | 0735 | 0747 | 0759 |                                      | 0923                                 | 0933                                 | 0945 | 0957  | 1009 |
| Wanstead Park Station  | 0548 | 0604                                 | 0619                                 | 0634 | 0650                                 | 0704                                 | 0716 | 0728 | 0740 | 0752 | 0804 | 0928                                 | 0938                                 | 0950                                 | 1002 | 1014  |      |
| Canning Town Bus Station                                     | 0954 | Then<br>every 12<br>minutes<br>until | 1130                                 | 1142 | Then<br>every 12<br>minutes<br>until | 1406                                 | 1418 | 1430 | 1442 | 1454 | 1506 | 1517                                 | 1528                                 | Then<br>every 12<br>minutes<br>until | 1804 |       |      |
| Plaistow Greengate   | 1005 |                                      | 1141                                 | 1153 |                                      | 1417                                 | 1429 | 1441 | 1453 | 1505 | 1517 | 1529                                 | 1540                                 |                                      | 1816 |       |      |
| Upton Park The Boleyn (Green Street)                         | 1009 |                                      | 1145                                 | 1157 |                                      | 1421                                 | 1433 | 1445 | 1457 | 1509 | 1521 | 1533                                 | 1544                                 |                                      | 1820 |       |      |
| Upton Park Station   | 1012 |                                      | 1148                                 | 1200 |                                      | 1424                                 | 1436 | 1448 | 1500 | 1512 | 1524 | 1536                                 | 1547                                 |                                      | 1823 |       |      |
| Forest Gate Post Office                                      | 1021 |                                      | 1157                                 | 1210 |                                      | 1434                                 | 1447 | 1459 | 1512 | 1524 | 1536 | 1548                                 | 1559                                 |                                      | 1835 |       |      |
| Wanstead Park Station  | 1026 | 1202                                 | 1215                                 | 1439 | 1452                                 | 1505                                 | 1518 | 1530 | 1542 | 1554 | 1605 | 1841                                 |                                      |                                      |      |       |      |
| Canning Town Bus Station                                     | 1817 | 1829                                 | 1842                                 | 1855 | 1910                                 | 1925                                 | 1940 | 1955 | 2015 | 2035 | 2055 | 2115                                 | Then<br>every 20<br>minutes<br>until | 0035                                 |      |       |      |
| Plaistow Greengate   | 1829 | 1840                                 | 1852                                 | 1903 | 1918                                 | 1933                                 | 1948 | 2003 | 2023 | 2043 | 2103 | 2121                                 |                                      | 0041                                 |      |       |      |
| Upton Park The Boleyn (Green Street)                         | 1833 | 1844                                 | 1856                                 | 1907 | 1921                                 | 1936                                 | 1950 | 2005 | 2025 | 2045 | 2105 | 2123                                 |                                      | 0043                                 |      |       |      |
| Upton Park Station   | 1836 | 1847                                 | 1858                                 | 1909 | 1923                                 | 1938                                 | 1952 | 2007 | 2027 | 2047 | 2106 | 2124                                 |                                      | 0044                                 |      |       |      |
| Forest Gate Post Office                                      | 1848 | 1859                                 | 1910                                 | 1921 | 1934                                 | 1947                                 | 2001 | 2016 | 2036 | 2056 | 2113 | 2131                                 |                                      | 0051                                 |      |       |      |
| Wanstead Park Station  | 1853 | 1903                                 | 1914                                 | 1926 | 1938                                 | 1951                                 | 2005 | 2020 | 2040 | 2100 | 2117 | 2134                                 | 0054                                 |                                      |      |       |      |
| 330 Saturdays (also Good Friday)                             |      |                                      |                                      |      |                                      |                                      |      |      |      |      |      |                                      |                                      |                                      |      |       |      |
| Canning Town Bus Station                                     | 0530 | 0550                                 | 0610                                 | 0630 | 0650                                 | Then<br>every 20<br>minutes<br>until | 0810 | 0825 | 0840 | 0853 | 0905 | 0917                                 | 0929                                 | 0940                                 | 0950 | Then  | 1126 |
| Plaistow Greengate   | 0535 | 0555                                 | 0615                                 | 0635 | 0656                                 |                                      | 0816 | 0831 | 0846 | 0900 | 0913 | 0925                                 | 0937                                 | 0948                                 | 1000 | every | 1136 |
| Upton Park The Boleyn (Green Street)                         | 0537 | 0557                                 | 0617                                 | 0637 | 0658                                 |                                      | 0818 | 0833 | 0848 | 0903 | 0916 | 0928                                 | 0940                                 | 0952                                 | 1004 | 12    | 1140 |
| Upton Park Station   | 0538 | 0558                                 | 0618                                 | 0638 | 0659                                 |                                      | 0819 | 0835 | 0850 | 0905 | 0918 | 0931                                 | 0943                                 | 0955                                 | 1007 | mins. | 1143 |
| Forest Gate Post Office                                      | 0544 | 0604                                 | 0625                                 | 0645 | 0706                                 |                                      | 0826 | 0843 | 0859 | 0914 | 0929 | 0942                                 | 0955                                 | 1007                                 | 1019 | until | 1155 |
| Wanstead Park Station  | 0547 | 0607                                 | 0628                                 | 0649 | 0710                                 | 0830                                 | 0847 | 0903 | 0918 | 0933 | 0946 | 0959                                 | 1012                                 | 1024                                 |      | 1200  |      |
| Canning Town Bus Station                                     | 1138 | 1150                                 | Then<br>every 12<br>minutes<br>until | 1738 | 1750                                 | 1802                                 | 1814 | 1826 | 1841 | 1856 | 1915 | 1935                                 | 1955                                 | 2015                                 | 2035 | 2055  | 2115 |
| Plaistow Greengate   | 1148 | 1200                                 |                                      | 1748 | 1800                                 | 1812                                 | 1824 | 1835 | 1850 | 1905 | 1924 | 1943                                 | 2003                                 | 2023                                 | 2043 | 2103  | 2122 |
| Upton Park The Boleyn (Green Street)                         | 1152 | 1204                                 |                                      | 1752 | 1804                                 | 1816                                 | 1828 | 1839 | 1854 | 1909 | 1928 | 1946                                 | 2005                                 | 2025                                 | 2045 | 2105  | 2124 |
| Upton Park Station   | 1155 | 1207                                 |                                      | 1755 | 1807                                 | 1819                                 | 1831 | 1842 | 1857 | 1912 | 1931 | 1948                                 | 2007                                 | 2027                                 | 2047 | 2106  | 2125 |
| Forest Gate Post Office                                      | 1208 | 1221                                 |                                      | 1809 | 1821                                 | 1832                                 | 1843 | 1854 | 1909 | 1924 | 1942 | 1959                                 | 2016                                 | 2036                                 | 2056 | 2114  | 2132 |
| Wanstead Park Station  | 1213 | 1226                                 | 1814                                 | 1825 | 1836                                 | 1847                                 | 1858 | 1913 | 1928 | 1946 | 2003 | 2020                                 | 2040                                 | 2100                                 | 2117 | 2135  |      |
| Canning Town Bus Station                                     | 2135 | Then<br>every 20<br>minutes<br>until | 0035                                 |      |                                      |                                      |      |      |      |      |      |                                      |                                      |                                      |      |       |      |
| Plaistow Greengate   | 2141 |                                      | 0041                                 |      |                                      |                                      |      |      |      |      |      |                                      |                                      |                                      |      |       |      |
| Upton Park The Boleyn (Green Street)                         | 2143 |                                      | 0043                                 |      |                                      |                                      |      |      |      |      |      |                                      |                                      |                                      |      |       |      |
| Upton Park Station   | 2144 |                                      | 0044                                 |      |                                      |                                      |      |      |      |      |      |                                      |                                      |                                      |      |       |      |
| Forest Gate Post Office                                      | 2151 |                                      | 0051                                 |      |                                      |                                      |      |      |      |      |      |                                      |                                      |                                      |      |       |      |
| Wanstead Park Station  | 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<br>every 20<br>minutes<br>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 | Then<br>every 20<br>minutes<br>until | 2035                                 | 2055 | 2115                                 | Then<br>every 20<br>minutes<br>until | 0035 |      |      |      |      |                                      |                                      |                                      |      |       |      |
| Plaistow Greengate   | 1922 |                                      | 2042                                 | 2102 | 2121                                 |                                      | 0041 |      |      |      |      |                                      |                                      |                                      |      |       |      |
| Upton Park The Boleyn (Green Street)                         | 1924 |                                      | 2044                                 | 2104 | 2123                                 |                                      | 0043 |      |      |      |      |                                      |                                      |                                      |      |       |      |
| Upton Park Station   | 1926 |                                      | 2046                                 | 2105 | 2124                                 |                                      | 0044 |      |      |      |      |                                      |                                      |                                      |      |       |      |
| Forest Gate Post Office                                      | 1935 |                                      | 2055                                 | 2113 | 2131                                 |                                      | 0051 |      |      |      |      |                                      |                                      |                                      |      |       |      |
| Wanstead Park Station  | 1939 | 2059                                 | 2116                                 | 2134 | 0054                                 |                                      |      |      |      |      |      |                                      |                                      |                                      |      |       |      |