

370

Lakeside – Upminster – Romford

370 Mondays to Fridays (Summer school holidays)																			
Lakeside Bus Station	0524	0542	0559	0616	0630	0643	0656	0709			0839	0854	0908	0923	0938	0953	1009	1324	
South Ockendon Royal Oak	0536	0554	0611	0628	0643	0656	0709	0722	Then		0852	0907	0921	0936	0951	1006	1021	Then	1336
Corbets Tey Huntsman & Hounds	0544	0602	0620	0637	0652	0705	0718	0731	every		0901	0916	0930	0945	1000	1015	1030	every	1345
Upminster Station Station Road	0551	0610	0628	0645	0700	0714	0728	0741	15		0911	0927	0941	0956	1011	1026	1041	15	1356
Hornchurch Town Centre	0556	0615	0634	0651	0706	0721	0735	0748	mins.		0918	0934	0949	1004	1019	1034	1049	mins.	1404
Gidea Park The Drill	0601	0620	0640	0657	0713	0728	0742	0756	until		0926	0942	0957	1012	1027	1042	1057	until	1412
Romford Station	0605	0625	0645	0702	0719	0734	0749	0803			0933	0948	1003	1018	1033	1048	1103		1418
Romford Market Mercury Gardens	0607	0627	0647	0704	0721	0736	0751	0805			0935	0950	1005	1020	1035	1050	1105		1420
Lakeside Bus Station	1338	1351	1404	1418	1432	1445	1459				1714	1729	1744	1759	1814	1829	1845	1905	1925
South Ockendon Royal Oak	1350	1404	1418	1433	1447	1500	1514				1729	1744	1759	1813	1828	1843	1858	1917	1937
Corbets Tey Huntsman & Hounds	1359	1413	1427	1442	1456	1510	1524		Then		1739	1754	1808	1822	1837	1852	1907	1926	1946
Upminster Station Station Road	1410	1424	1438	1453	1507	1522	1537		every 15		1752	1807	1820	1833	1847	1902	1916	1935	1954
Hornchurch Town Centre	1418	1432	1446	1501	1515	1530	1545		minutes		1800	1815	1828	1841	1855	1910	1924	1942	2000
Gidea Park The Drill	1426	1440	1455	1510	1524	1539	1554		until		1809	1824	1836	1849	1903	1918	1931	1949	2006
Romford Station	1432	1446	1501	1516	1531	1546	1601				1816	1830	1842	1854	1908	1923	1936	1954	2011
Romford Market Mercury Gardens	1434	1448	1503	1518	1533	1548	1603				1818	1832	1844	1856	1910	1925	1938	1956	2013
Lakeside Bus Station	1945	2015	2045	2115	2145	2215	2245	2315	2345										
South Ockendon Royal Oak	1957	2026	2056	2126	2156	2226	2255	2325	2355										
Corbets Tey Huntsman & Hounds	2006	2035	2104	2134	2204	2234	2303	2333	0003										
Upminster Station Station Road	2013	2042	2111	2141	2211	2241	2310	2339	0009										
Hornchurch Town Centre	2019	2048	2117	2147	2217	2247	2316	2345	0015										
Gidea Park The Drill	2025	2054	2123	2153	2223	2253	2321	2350	0020										
Romford Station	2030	2059	2128	2158	2228	2258	2326	2354	0024										
Romford Market Mercury Gardens	2032	2101	2130	2200	2230	2300	2328	2356	0026										
370 Saturdays (also Good Friday)																			
Lakeside Bus Station	0525	0545	0605	0625	0645	0705	0725	0745	0805	0820	0834	0849	0904	0918	0932	0946	1000	1013	
South Ockendon Royal Oak	0535	0555	0616	0636	0656	0716	0736	0756	0816	0831	0845	0900	0915	0929	0944	0958	1012	1025	
Corbets Tey Huntsman & Hounds	0543	0603	0624	0644	0704	0724	0744	0804	0824	0839	0853	0908	0923	0938	0953	1007	1021	1034	
Upminster Station Station Road	0549	0609	0630	0650	0710	0731	0751	0811	0832	0847	0902	0918	0933	0948	1003	1017	1032	1046	
Hornchurch Town Centre	0554	0614	0635	0655	0715	0736	0757	0817	0838	0853	0908	0925	0940	0956	1011	1025	1040	1055	
Gidea Park The Drill	0559	0619	0640	0700	0721	0742	0803	0823	0844	0859	0914	0932	0948	1004	1019	1033	1048	1103	
Romford Station	0603	0623	0644	0704	0725	0746	0807	0828	0849	0905	0920	0938	0954	1010	1026	1040	1055	1110	
Romford Market Mercury Gardens	0605	0625	0646	0706	0727	0748	0809	0830	0851	0907	0922	0940	0956	1012	1028	1042	1057	1112	
Lakeside Bus Station	1026	1039	1052	1106	1121	1136	1151	1206	1222	1238	1255	1311	1327	1343	1359	1414	1430	1445	
South Ockendon Royal Oak	1038	1051	1104	1119	1134	1149	1204	1219	1235	1251	1308	1324	1340	1356	1412	1427	1443	1458	
Corbets Tey Huntsman & Hounds	1047	1100	1113	1128	1143	1158	1213	1228	1244	1300	1317	1333	1349	1405	1421	1436	1452	1507	
Upminster Station Station Road	1100	1114	1128	1143	1158	1213	1228	1243	1259	1314	1331	1346	1401	1416	1432	1447	1503	1518	
Hornchurch Town Centre	1109	1123	1138	1153	1208	1223	1238	1253	1308	1323	1340	1355	1410	1425	1441	1455	1511	1526	
Gidea Park The Drill	1118	1132	1147	1202	1217	1232	1247	1302	1317	1332	1348	1403	1418	1433	1449	1503	1519	1534	
Romford Station	1125	1140	1155	1210	1225	1240	1255	1310	1325	1340	1355	1410	1425	1440	1455	1509	1524	1539	
Romford Market Mercury Gardens	1127	1142	1157	1212	1227	1242	1257	1312	1327	1342	1357	1412	1427	1442	1457	1511	1526	1541	
Lakeside Bus Station	1500			1745	1805	1825	1845	1905	1925	1945	2015	2045	2115	2145	2215	2245	2315	2345	
South Ockendon Royal Oak	1513			1758	1818	1838	1857	1917	1937	1957	2027	2056	2126	2156	2226	2255	2325	2355	
Corbets Tey Huntsman & Hounds	1522	Then		1807	1827	1847	1906	1926	1946	2006	2035	2104	2134	2204	2234	2303	2333	0003	
Upminster Station Station Road	1533	every 15		1818	1837	1856	1914	1934	1954	2013	2042	2111	2141	2211	2241	2310	2340	0010	
Hornchurch Town Centre	1541	minutes		1826	1844	1903	1921	1941	2001	2019	2048	2117	2147	2217	2247	2316	2346	0016	
Gidea Park The Drill	1549	until		1834	1852	1910	1928	1948	2007	2025	2054	2123	2153	2223	2253	2321	2351	0021	
Romford Station	1554			1839	1857	1915	1933	1953	2012	2030	2059	2128	2158	2228	2258	2326	2355	0025	
Romford Market Mercury Gardens	1556			1841	1859	1917	1935	1955	2014	2032	2101	2130	2200	2230	2300	2328	2357	0027	
370 Sundays and other Public Holidays (except Christmas Day)																			
Lakeside Bus Station	0614	0644	0714	0746	0816	0846	0910	0934	1003	1032	1100	1130	1200	1230	1300	1330	1400	1430	
South Ockendon Royal Oak	0624	0654	0724	0756	0826	0856	0920	0945	1014	1044	1112	1142	1212	1242	1312	1342	1412	1442	
Corbets Tey Huntsman & Hounds	0632	0702	0732	0804	0834	0904	0928	0954	1023	1053	1121	1151	1221	1251	1321	1351	1421	1451	
Upminster Station Station Road	0638	0708	0738	0810	0840	0911	0936	1002	1031	1102	1131	1202	1232	1302	1332	1401	1431	1500	
Hornchurch Town Centre	0643	0713	0743	0815	0845	0917	0942	1008	1038	1109	1139	1210	1240	1310	1340	1409	1438	1507	
Gidea Park The Drill	0648	0718	0748	0820	0850	0923	0948	1014	1045	1116	1146	1217	1247	1317	1347	1416	1445	1514	
Romford Station	0652	0722	0752	0824	0854	0927	0953	1020	1051	1122	1152	1223	1253	1323	1353	1422	1451	1520	
Romford Market Mercury Gardens	0654	0724	0754	0826	0856	0929	0955	1022	1053	1124	1154	1226	1256	1326	1356	1424	1453	1522	
Lakeside Bus Station	1500	1530	1600	1630	1655	1720	1745	1815			1945	2015	2045	2115	2145	2215	2245	2315	2345
South Ockendon Royal Oak	1512	1542	1612	1642	1707	1732	1757	1826	Then		1956	2025	2055	2125	2155	2225	2255	2324	2354
Corbets Tey Huntsman & Hounds	1521	1551	1621	1651	1716	1741	1805	1834	every		2004	2033	2103	2133	2203	2233	2303	2332	0002
Upminster Station Station Road	1530	1600	1629	1659	1724	1749	1813	1841	30		2011	2040	2110	2139	2209	2239	2309	2338	0008
Hornchurch Town Centre	1537	1607	1636	1706	1731	1755	1819	1847	mins.		2017	2046	2116	2145	2215	2245	2315	2344	0014
Gidea Park The Drill	1544	1614	1643	1713	1737	1801	1825	1853	until		2023	2052	2121	2150	2220	2250	2320	2349	0019
Romford Station	1549	1619	1648	1718	1742	1806	1830	1858			2028	2057	2126	2155	2225	2255	2324	2353	0023
Romford Market Mercury Gardens	1551	1621	1650	1720	1744	1808	1832	1900			2030	2059	2128	2157	2227	2257	2326	2355	0025

370

Romford – Upminster – Lakeside

370 Mondays to Fridays																				
Romford Market Mercury Gardens	0554	0614	0633	0646	0659	0712	0724	0737	0751	0806	0821	0836	0851	0906	0920	0935	0950	1005		
Romford Station Victoria Road	0557	0617	0636	0649	0702	0715	0727	0740	0755	0810	0825	0840	0855	0910	0924	0939	0954	1009		
Gidea Park The Drill	0601	0621	0641	0654	0707	0720	0732	0745	0800	0815	0830	0845	0900	0915	0929	0944	0959	1014		
Hornchurch Town Centre	0607	0627	0647	0700	0713	0726	0738	0751	0806	0821	0836	0851	0907	0923	0937	0952	1007	1022		
Upminster Station Station Road	0615	0635	0656	0710	0723	0736	0748	0801	0816	0831	0846	0901	0917	0934	0948	1003	1018	1033		
Corbets Tey Huntsman & Hounds	0619	0639	0700	0715	0728	0741	0753	0806	0821	0836	0851	0906	0922	0939	0954	1009	1024	1039		
South Ockendon Royal Oak	0628	0648	0709	0724	0737	0750	0802	0815	0830	0845	0900	0915	0931	0948	1003	1018	1033	1048		
Lakeside Bus Station	0638	0658	0719	0734	0748	0801	0813	0826	0841	0856	0911	0926	0942	0959	1014	1029	1044	1059		
Romford Market Mercury Gardens	1019			1319	1333	1348	1402	1416	1431	1445	1459			1729	1745	1800	1815	1830		
Romford Station Victoria Road	1023			1323	1337	1352	1406	1420	1435	1449	1503			1733	1749	1804	1819	1834		
Gidea Park The Drill	1028	Then		1328	1342	1357	1411	1425	1440	1454	1509	Then		1739	1755	1810	1825	1840		
Hornchurch Town Centre	1036	every 15		1336	1350	1405	1419	1433	1448	1502	1517	every 15		1747	1803	1817	1832	1847		
Upminster Station Station Road	1047	minutes		1347	1401	1416	1430	1444	1459	1513	1528	minutes		1758	1814	1828	1843	1858		
Corbets Tey Huntsman & Hounds	1053	until		1353	1407	1422	1437	1451	1506	1520	1535	until		1805	1821	1835	1849	1904		
South Ockendon Royal Oak	1102			1402	1416	1431	1446	1500	1515	1529	1544			1814	1830	1844	1858	1913		
Lakeside Bus Station	1114			1414	1429	1444	1459	1513	1528	1543	1558			1828	1843	1857	1911	1926		
Romford Market Mercury Gardens	1845	1900	1920	1940	2010	2040	2110	2140	2210	2240	2310	2340	0010	0040						
Romford Station Victoria Road	1849	1904	1924	1944	2013	2043	2113	2143	2213	2243	2313	2343	0013	0043						
Gidea Park The Drill	1854	1909	1929	1949	2018	2048	2118	2148	2218	2247	2317	2347	0017	0047						
Hornchurch Town Centre	1901	1916	1936	1955	2023	2053	2123	2153	2223	2252	2322	2352	0022	0052						
Upminster Station Station Road	1911	1926	1945	2004	2031	2101	2131	2201	2231	2300	2329	2359	0029	0059						
Corbets Tey Huntsman & Hounds	1917	1932	1951	2010	2036	2106	2136	2206	2236	2305	2334	0003	0033	0103						
South Ockendon Royal Oak	1926	1941	1959	2018	2044	2114	2144	2214	2244	2313	2342	0011	0041	0111						
Lakeside Bus Station	1937	1952	2009	2028	2054	2124	2154	2224	2253	2322	2351	0020	0050	0120						
370 Saturdays (also Good Friday)																				
Romford Market Mercury Gardens	0555	0615	0635	0655	0714	0733	0748	0803	0818	0833	0848	0902	0916	0930	0944	0958	1012	1027		
Romford Station Victoria Road	0558	0618	0638	0658	0717	0736	0751	0806	0821	0836	0851	0905	0919	0933	0948	1002	1016	1031		
Gidea Park The Drill	0602	0622	0642	0702	0721	0741	0756	0811	0826	0841	0856	0910	0924	0938	0953	1007	1021	1036		
Hornchurch Town Centre	0607	0627	0647	0707	0726	0746	0801	0817	0832	0847	0902	0916	0931	0945	1000	1015	1029	1044		
Upminster Station Station Road	0614	0634	0654	0714	0734	0754	0810	0826	0841	0857	0912	0926	0941	0955	1011	1026	1040	1055		
Corbets Tey Huntsman & Hounds	0618	0638	0658	0718	0738	0758	0814	0830	0846	0902	0917	0931	0946	1001	1017	1032	1047	1102		
South Ockendon Royal Oak	0626	0647	0707	0727	0747	0807	0823	0839	0855	0911	0926	0940	0955	1010	1026	1041	1056	1111		
Lakeside Bus Station	0635	0656	0716	0736	0757	0817	0833	0849	0905	0921	0936	0951	1006	1022	1038	1053	1109	1124		
Romford Market Mercury Gardens	1041	1055	1110	1125	Then		1225	1240	1255	1310	1325	1340	1355	1410	Then		1640	1655	1710	1725
Romford Station Victoria Road	1045	1059	1114	1129	about		1229	1244	1259	1314	1329	1344	1359	1414	every		1644	1659	1714	1729
Gidea Park The Drill	1050	1105	1120	1135	every		1235	1250	1305	1320	1335	1350	1405	1420	15		1650	1705	1720	1735
Hornchurch Town Centre	1058	1113	1128	1143	15		1243	1258	1313	1328	1343	1358	1413	1427	mins.		1657	1712	1727	1742
Upminster Station Station Road	1110	1126	1141	1157	until		1257	1311	1326	1341	1355	1410	1424	1438	until		1708	1723	1738	1753
Corbets Tey Huntsman & Hounds	1117	1133	1148	1204			1304	1318	1333	1348	1402	1416	1430	1444			1714	1729	1743	1758
South Ockendon Royal Oak	1126	1142	1157	1213			1313	1327	1342	1357	1411	1425	1439	1453			1723	1738	1752	1807
Lakeside Bus Station	1139	1155	1210	1226			1325	1339	1354	1409	1423	1437	1451	1505			1735	1749	1803	1818
Romford Market Mercury Gardens	1740	1755	1810	1825	1840	1900	1920	1940	2010	2040	2110	2140	2210	2240	2310	2340	0010	0040		
Romford Station Victoria Road	1744	1759	1814	1829	1844	1904	1924	1944	2013	2043	2113	2143	2213	2243	2313	2343	0013	0043		
Gidea Park The Drill	1749	1804	1819	1834	1849	1909	1929	1949	2018	2048	2118	2148	2218	2248	2318	2347	0017	0047		
Hornchurch Town Centre	1756	1811	1826	1840	1855	1915	1935	1955	2024	2054	2124	2153	2223	2253	2323	2352	0022	0052		
Upminster Station Station Road	1807	1822	1836	1850	1905	1924	1944	2004	2032	2102	2132	2201	2231	2301	2330	2359	0029	0059		
Corbets Tey Huntsman & Hounds	1812	1827	1841	1855	1910	1929	1949	2008	2036	2106	2136	2205	2235	2305	2334	0003	0033	0103		
South Ockendon Royal Oak	1821	1836	1850	1904	1919	1938	1958	2017	2045	2115	2145	2214	2244	2314	2342	0011	0041	0111		
Lakeside Bus Station	1832	1847	1901	1915	1929	1948	2008	2027	2055	2125	2155	2224	2253	2323	2351	0020	0050	0120		
370 Sundays and other Public Holidays (except Christmas Day)																				
Romford Market Mercury Gardens	0628	0700	0730	0800	0832	0902	0926	0950	1015	1040	1110	1140	1210	1240	1310	1340	1410	1440		
Romford Station Victoria Road	0631	0703	0733	0803	0835	0905	0929	0953	1018	1043	1113	1144	1214	1244	1314	1344	1414	1444		
Gidea Park The Drill	0635	0707	0737	0807	0839	0909	0933	0957	1023	1048	1118	1149	1219	1249	1319	1349	1419	1449		
Hornchurch Town Centre	0640	0712	0742	0812	0844	0914	0939	1003	1029	1055	1125	1156	1226	1256	1326	1356	1425	1455		
Upminster Station Station Road	0647	0719	0749	0819	0851	0922	0948	1012	1038	1105	1136	1207	1237	1307	1337	1406	1435	1505		
Corbets Tey Huntsman & Hounds	0651	0723	0753	0823	0855	0926	0952	1017	1043	1111	1142	1213	1243	1313	1343	1412	1441	1510		
South Ockendon Royal Oak	0700	0732	0802	0832	0904	0935	1001	1026	1052	1120	1151	1222	1252	1322	1352	1421	1450	1519		
Lakeside Bus Station	0709	0741	0811	0841	0913	0945	1011	1038	1104	1132	1203	1234	1304	1334	1403	1432	1501	1530		
Romford Market Mercury Gardens	1510	1540	1610	1640	1710	1740	1810	1840	1910	1940	2010	2040	2110	2140	2210			0040		
Romford Station Victoria Road	1514	1544	1614	1644	1714	1743	1813	1843	1913	1943	2013	2043	2113	2143	2213			0043		
Gidea Park The Drill	1519	1549	1619	1649	1719	1748	1818	1848	1918	1948	2018	2048	2118	2148	2217	Then		0047		
Hornchurch Town Centre	1525	1555	1625	1655	1725	1754	1824	1854	1923	1953	2023	2053	2123	2153	2222	every 30		0052		
Upminster Station Station Road	1534	1604	1634	1704	1734	1803	1832	1902	1931	2001	2031	2101	2130	2200	2229	minutes		0059		
Corbets Tey Huntsman & Hounds	1539	1609	1639	1709	1738	1807	1836	1906	1935	2005	2035	2105	2134	2204	2233	until		0103		
South Ockendon Royal Oak	1548	1618	1648	1718	1747	1816	1845	1915	1944	2014	2044	2114	2143	2212	2241			0111		
Lakeside Bus Station	1559	1628	1658	1728	1757	1826	1855	1925	1954	2024	2053	2123	2152	2221	2250			0120		