

370

Lakeside – Upminster – Romford

| 370 | | Mondays to Fridays | | | | | | | | | | | | | | | | |
|--------------------------------|------|--------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Lakeside Bus Station | 0525 | 0545 | 0605 | 0620 | 0635 | 0646 | 0701 | 0713 | 0724 | 0736 | 0750 | 0805 | 0820 | 0835 | 0850 | 0905 | 0920 | 0935 |
| Chafford Hundred Sainsbury's | 0528 | 0548 | 0608 | 0623 | 0638 | 0649 | 0704 | 0716 | 0727 | 0739 | 0753 | 0808 | 0823 | 0838 | 0853 | 0908 | 0923 | 0938 |
| South Ockendon Royal Oak | 0536 | 0556 | 0616 | 0631 | 0646 | 0657 | 0712 | 0724 | 0735 | 0749 | 0803 | 0818 | 0833 | 0848 | 0903 | 0918 | 0931 | 0946 |
| North Ockendon Fen Lane | 0539 | 0559 | 0619 | 0634 | 0649 | 0700 | 0715 | 0728 | 0739 | 0753 | 0807 | 0822 | 0837 | 0852 | 0907 | 0921 | 0934 | 0949 |
| Corbets Tey Huntsman & Hounds | 0545 | 0605 | 0625 | 0640 | 0655 | 0706 | 0721 | 0734 | 0745 | 0759 | 0813 | 0828 | 0843 | 0858 | 0913 | 0927 | 0940 | 0955 |
| Upminster Station Station Road | 0551 | 0611 | 0631 | 0646 | 0701 | 0715 | 0730 | 0743 | 0757 | 0812 | 0826 | 0841 | 0856 | 0910 | 0925 | 0938 | 0949 | 1004 |
| Upminster Bridge Station | 0554 | 0614 | 0634 | 0649 | 0704 | 0719 | 0734 | 0749 | 0804 | 0819 | 0833 | 0847 | 0901 | 0915 | 0929 | 0942 | 0953 | 1008 |
| Hornchurch Town Centre | 0557 | 0617 | 0637 | 0652 | 0707 | 0724 | 0739 | 0754 | 0809 | 0824 | 0838 | 0852 | 0906 | 0920 | 0933 | 0946 | 0957 | 1012 |
| Gidea Park The Drill | 0602 | 0622 | 0642 | 0657 | 0713 | 0731 | 0748 | 0803 | 0819 | 0834 | 0848 | 0902 | 0914 | 0928 | 0940 | 0953 | 1004 | 1019 |
| Romford Station | 0606 | 0626 | 0646 | 0701 | 0718 | 0739 | 0756 | 0811 | 0828 | 0843 | 0856 | 0910 | 0921 | 0934 | 0945 | 0958 | 1009 | 1024 |
| Romford Market Mercury Gardens | 0608 | 0628 | 0648 | 0703 | 0720 | 0741 | 0758 | 0813 | 0830 | 0845 | 0858 | 0912 | 0923 | 0936 | 0947 | 1000 | 1011 | 1026 |
| | | SD | | | | | | | | | | | | | | | | |
| Lakeside Bus Station | 0950 | | | 1350 | 1400 | 1411 | 1426 | 1442 | 1451 | 1505 | -- | 1520 | 1535 | 1550 | 1605 | 1620 | 1635 | 1650 |
| Chafford Hundred Sainsbury's | 0953 | | | 1353 | 1403 | 1414 | 1429 | 1445 | 1454 | 1508 | -- | 1523 | 1538 | 1553 | 1608 | 1623 | 1638 | 1653 |
| South Ockendon Royal Oak | 1001 | | | 1401 | 1411 | 1422 | 1437 | 1453 | 1502 | 1516 | -- | 1531 | 1546 | 1601 | 1616 | 1631 | 1646 | 1701 |
| North Ockendon Fen Lane | 1004 | | | 1404 | 1414 | 1425 | 1440 | 1456 | 1505 | 1519 | -- | 1534 | 1549 | 1604 | 1619 | 1634 | 1649 | 1704 |
| Corbets Tey Huntsman & Hounds | 1010 | | | 1410 | 1420 | 1431 | 1446 | 1502 | 1511 | 1525 | 1525 | 1540 | 1555 | 1610 | 1625 | 1640 | 1655 | 1710 |
| Upminster Station Station Road | 1019 | | | 1419 | 1429 | 1440 | 1455 | 1511 | 1525 | 1539 | 1539 | 1554 | 1609 | 1619 | 1634 | 1649 | 1704 | 1719 |
| Upminster Bridge Station | 1023 | | | 1423 | 1433 | 1444 | 1459 | 1515 | 1530 | 1545 | 1545 | 1600 | 1615 | 1624 | 1639 | 1653 | 1708 | 1723 |
| Hornchurch Town Centre | 1027 | | | 1427 | 1438 | 1449 | 1504 | 1520 | 1535 | 1550 | 1550 | 1605 | 1620 | 1629 | 1644 | 1658 | 1713 | 1727 |
| Gidea Park The Drill | 1034 | | | 1434 | 1445 | 1457 | 1512 | 1528 | 1543 | 1558 | 1558 | 1613 | 1628 | 1637 | 1652 | 1706 | 1721 | 1735 |
| Romford Station | 1039 | | | 1439 | 1450 | 1503 | 1518 | 1534 | 1549 | 1604 | 1604 | 1619 | 1634 | 1643 | 1658 | 1712 | 1727 | 1741 |
| Romford Market Mercury Gardens | 1041 | | | 1441 | 1452 | 1505 | 1520 | 1536 | 1551 | 1606 | 1606 | 1621 | 1636 | 1645 | 1700 | 1714 | 1729 | 1743 |
| Lakeside Bus Station | 1705 | 1720 | 1735 | 1750 | 1805 | 1820 | 1835 | 1855 | 1915 | | | 2345 | | | | | | |
| Chafford Hundred Sainsbury's | 1708 | 1723 | 1738 | 1753 | 1808 | 1823 | 1838 | 1858 | 1918 | | | 2348 | | | | | | |
| South Ockendon Royal Oak | 1716 | 1731 | 1746 | 1801 | 1816 | 1830 | 1845 | 1905 | 1925 | | | 2355 | | | | | | |
| North Ockendon Fen Lane | 1719 | 1734 | 1749 | 1804 | 1819 | 1833 | 1848 | 1908 | 1928 | | | 2358 | | | | | | |
| Corbets Tey Huntsman & Hounds | 1725 | 1740 | 1755 | 1809 | 1824 | 1838 | 1853 | 1913 | 1933 | | | 0003 | | | | | | |
| Upminster Station Station Road | 1734 | 1749 | 1804 | 1818 | 1833 | 1847 | 1900 | 1919 | 1939 | | | 0009 | | | | | | |
| Upminster Bridge Station | 1738 | 1753 | 1808 | 1822 | 1837 | 1851 | 1903 | 1922 | 1942 | | | 0012 | | | | | | |
| Hornchurch Town Centre | 1742 | 1757 | 1812 | 1826 | 1841 | 1855 | 1907 | 1925 | 1945 | | | 0015 | | | | | | |
| Gidea Park The Drill | 1749 | 1804 | 1819 | 1833 | 1848 | 1901 | 1913 | 1930 | 1950 | | | 0020 | | | | | | |
| Romford Station | 1755 | 1810 | 1825 | 1838 | 1853 | 1906 | 1917 | 1934 | 1954 | | | 0024 | | | | | | |
| Romford Market Mercury Gardens | 1757 | 1812 | 1827 | 1840 | 1855 | 1908 | 1919 | 1936 | 1956 | | | 0026 | | | | | | |

| 370 | | Saturdays (also Good Friday) | | | | | | | | | | | | | | | | |
|--------------------------------|------|--|------|------|------|--------------------------------------|------|------|--------------------------------------|------|------|------|------|------|------|------|------|------|
| Lakeside Bus Station | 0525 | | 0745 | 0805 | 0820 | 0832 | 0847 | 0900 | 0915 | 0930 | 0945 | 1000 | 1015 | 1030 | 1043 | 1058 | 1113 | |
| Chafford Hundred Sainsbury's | 0528 | | 0748 | 0808 | 0823 | 0835 | 0850 | 0903 | 0918 | 0933 | 0948 | 1003 | 1018 | 1033 | 1046 | 1101 | 1116 | |
| South Ockendon Royal Oak | 0535 | | 0755 | 0815 | 0830 | 0842 | 0857 | 0911 | 0926 | 0941 | 0956 | 1011 | 1026 | 1041 | 1054 | 1110 | 1125 | |
| North Ockendon Fen Lane | 0538 | Then every 20 minutes until | 0758 | 0818 | 0833 | 0845 | 0900 | 0914 | 0929 | 0944 | 0959 | 1014 | 1029 | 1044 | 1057 | 1113 | 1128 | |
| Corbets Tey Huntsman & Hounds | 0543 | | 0803 | 0823 | 0838 | 0850 | 0905 | 0919 | 0934 | 0949 | 1004 | 1019 | 1034 | 1049 | 1102 | 1118 | 1133 | |
| Upminster Station Station Road | 0549 | | 0809 | 0829 | 0844 | 0859 | 0914 | 0929 | 0944 | 0959 | 1014 | 1029 | 1044 | 1059 | 1114 | 1130 | 1145 | |
| Upminster Bridge Station | 0552 | | 0812 | 0832 | 0848 | 0903 | 0918 | 0933 | 0948 | 1003 | 1018 | 1033 | 1048 | 1103 | 1119 | 1135 | 1150 | |
| Hornchurch Town Centre | 0556 | | 0816 | 0836 | 0853 | 0908 | 0923 | 0938 | 0953 | 1008 | 1023 | 1038 | 1053 | 1108 | 1124 | 1140 | 1155 | |
| Gidea Park The Drill | 0601 | | 0821 | 0842 | 0859 | 0914 | 0929 | 0944 | 0959 | 1014 | 1030 | 1045 | 1100 | 1115 | 1132 | 1148 | 1203 | |
| Romford Station | 0605 | | 0825 | 0846 | 0903 | 0918 | 0934 | 0949 | 1004 | 1019 | 1035 | 1050 | 1105 | 1120 | 1137 | 1153 | 1208 | |
| Romford Market Mercury Gardens | 0607 | | 0827 | 0848 | 0905 | 0920 | 0936 | 0951 | 1006 | 1021 | 1037 | 1052 | 1107 | 1122 | 1139 | 1155 | 1210 | |
| Lakeside Bus Station | 1128 | 1143 | 1158 | 1213 | 1229 | | 1344 | 1401 | | | 1546 | 1602 | 1617 | 1632 | 1647 | 1703 | 1719 | |
| Chafford Hundred Sainsbury's | 1131 | 1146 | 1201 | 1216 | 1232 | | 1347 | 1404 | | | 1549 | 1605 | 1620 | 1635 | 1650 | 1706 | 1722 | |
| South Ockendon Royal Oak | 1140 | 1155 | 1210 | 1225 | 1241 | | 1356 | 1413 | | | 1558 | 1614 | 1629 | 1644 | 1659 | 1715 | 1731 | |
| North Ockendon Fen Lane | 1143 | 1158 | 1213 | 1228 | 1244 | Then every 15 minutes until | 1359 | 1416 | Then every 15 minutes until | | 1601 | 1617 | 1632 | 1647 | 1702 | 1718 | 1734 | |
| Corbets Tey Huntsman & Hounds | 1148 | 1203 | 1218 | 1233 | 1249 | | 1404 | 1421 | | 1606 | 1622 | 1637 | 1652 | 1707 | 1723 | 1739 | | |
| Upminster Station Station Road | 1200 | 1215 | 1230 | 1245 | 1259 | | 1414 | 1431 | | 1616 | 1632 | 1647 | 1702 | 1717 | 1733 | 1749 | | |
| Upminster Bridge Station | 1205 | 1220 | 1235 | 1250 | 1304 | | 1419 | 1435 | | 1620 | 1636 | 1651 | 1706 | 1721 | 1737 | 1753 | | |
| Hornchurch Town Centre | 1210 | 1225 | 1240 | 1255 | 1309 | | 1424 | 1440 | | 1625 | 1641 | 1656 | 1711 | 1726 | 1741 | 1757 | | |
| Gidea Park The Drill | 1218 | 1233 | 1248 | 1302 | 1316 | | 1431 | 1447 | | 1632 | 1648 | 1703 | 1718 | 1733 | 1748 | 1804 | | |
| Romford Station | 1223 | 1238 | 1253 | 1307 | 1321 | | 1436 | 1452 | | 1637 | 1653 | 1708 | 1723 | 1738 | 1753 | 1809 | | |
| Romford Market Mercury Gardens | 1225 | 1240 | 1255 | 1309 | 1323 | | 1438 | 1454 | | 1639 | 1655 | 1710 | 1725 | 1740 | 1755 | 1811 | | |
| Lakeside Bus Station | 1735 | 1755 | 1815 | 1835 | 1855 | 1915 | 1945 | 2015 | 2045 | 2115 | 2145 | 2215 | 2245 | 2315 | 2345 | | | |
| Chafford Hundred Sainsbury's | 1738 | 1758 | 1818 | 1838 | 1858 | 1918 | 1948 | 2018 | 2048 | 2118 | 2148 | 2218 | 2248 | 2318 | 2348 | | | |
| South Ockendon Royal Oak | 1747 | 1807 | 1827 | 1847 | 1906 | 1926 | 1956 | 2026 | 2056 | 2126 | 2155 | 2225 | 2255 | 2325 | 2355 | | | |
| North Ockendon Fen Lane | 1750 | 1810 | 1830 | 1850 | 1909 | 1929 | 1959 | 2029 | 2059 | 2129 | 2158 | 2228 | 2258 | 2328 | 2358 | | | |
| Corbets Tey Huntsman & Hounds | 1755 | 1815 | 1835 | 1855 | 1914 | 1934 | 2004 | 2034 | 2104 | 2134 | 2203 | 2233 | 2303 | 2333 | 0003 | | | |
| Upminster Station Station Road | 1805 | 1825 | 1843 | 1903 | 1921 | 1941 | 2010 | 2040 | 2110 | 2140 | 2209 | 2239 | 2309 | 2339 | 0009 | | | |
| Upminster Bridge Station | 1809 | 1829 | 1846 | 1906 | 1924 | 1944 | 2013 | 2043 | 2113 | 2143 | 2212 | 2242 | 2312 | 2342 | 0012 | | | |
| Hornchurch Town Centre | 1813 | 1833 | 1850 | 1910 | 1928 | 1948 | 2017 | 2047 | 2117 | 2147 | 2215 | 2245 | 2315 | 2345 | 0015 | | | |
| Gidea Park The Drill | 1820 | 1840 | 1857 | 1917 | 1934 | 1954 | 2022 | 2052 | 2122 | 2152 | 2220 | 2250 | 2320 | 2350 | 0020 | | | |
| Romford Station | 1825 | 1845 | 1902 | 1922 | 1939 | 1959 | 2027 | 2057 | 2127 | 2157 | 2224 | 2254 | 2324 | 2354 | 0024 | | | |
| Romford Market Mercury Gardens | 1827 | 1847 | 1904 | 1924 | 1941 | 2001 | 2029 | 2059 | 2129 | 2159 | 2226 | 2256 | 2326 | 2356 | 0026 | | | |
| 370 | | Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | |
| Lakeside Bus Station | 0620 | 0650 | 0720 | 0750 | 0820 | 0850 | 0920 | 0940 | 1010 | 1040 | 1110 | 1140 | 1210 | 1240 | 1310 | 1340 | 1410 | 1440 |
| Chafford Hundred Sainsbury's | 0623 | 0653 | 0723 | 0753 | 0823 | 0853 | 0923 | 0943 | 1013 | 1043 | 1113 | 1143 | 1213 | 1243 | 1313 | 1343 | 1413 | 1443 |
| South Ockendon Royal Oak | 0630 | 0700 | 0730 | 0800 | 0830 | 0900 | 0930 | 0952 | 1022 | 1052 | 1122 | 1152 | 1222 | 1252 | 1322 | 1352 | 1422 | 1452 |
| North Ockendon Fen Lane | 0633 | 0703 | 0733 | 0803 | 0833 | 0903 | 0933 | 0955 | 1025 | 1055 | 1125 | 1155 | 1225 | 1255 | 1325 | 1355 | 1425 | 1455 |
| Corbets Tey Huntsman & Hounds | 0638 | 0708 | 0738 | 0808 | 0838 | 0908 | 0938 | 1000 | 1030 | 1100 | 1130 | 1200 | 1230 | 1300 | 1330 | 1400 | 1430 | 1500 |
| Upminster Station Station Road | 0644 | 0714 | 0744 | 0814 | 0845 | 0916 | 0946 | 1010 | 1040 | 1110 | 1140 | 1210 | 1239 | 1309 | 1339 | 1409 | 1439 | 1509 |
| Upminster Bridge Station | 0647 | 0717 | 0747 | 0817 | 0849 | 0920 | 0950 | 1014 | 1044 | 1114 | 1144 | 1214 | 1243 | 1313 | 1343 | 1413 | 1443 | 1513 |
| Hornchurch Town Centre | 0650 | 0720 | 0750 | 0820 | 0852 | 0923 | 0953 | 1018 | 1048 | 1118 | 1148 | 1218 | 1247 | 1317 | 1347 | 1417 | 1447 | 1517 |
| Gidea Park The Drill | 0655 | 0725 | 0755 | 0825 | 0858 | 0929 | 0959 | 1025 | 1055 | 1125 | 1155 | 1225 | 1254 | 1324 | 1354 | 1424 | 1454 | 1523 |
| Romford Station | 0658 | 0728 | 0758 | 0828 | 0902 | 0933 | 1003 | 1030 | 1100 | 1130 | 1200 | 1230 | 1259 | 1329 | 1359 | 1429 | 1459 | 1528 |
| Romford Market Mercury Gardens | 0700 | 0730 | 0800 | 0830 | 0904 | 0935 | 1005 | 1032 | 1102 | 1132 | 1202 | 1232 | 1301 | 1331 | 1401 | 1431 | 1501 | 1530 |
| Lakeside Bus Station | 1510 | 1540 | 1610 | 1640 | 1710 | 1740 | 1810 | 1845 | | | | | | | | | | 2345 |
| Chafford Hundred Sainsbury's | 1513 | 1543 | 1613 | 1643 | 1713 | 1743 | 1813 | 1848 | | | | | | | | | | 2348 |
| South Ockendon Royal Oak | 1522 | 1552 | 1622 | 1652 | 1722 | 1752 | 1822 | 1855 | | | | | | | | | | 2355 |
| North Ockendon Fen Lane | 1525 | 1555 | 1625 | 1655 | 1725 | 1755 | 1825 | 1858 | Then every 30 minutes until | | | | | | | | | 2358 |
| Corbets Tey Huntsman & Hounds | 1530 | 1600 | 1630 | 1700 | 1730 | 1800 | 1830 | 1903 | | 0003 | | | | | | | | |
| Upminster Station Station Road | 1539 | 1608 | 1638 | 1708 | 1737 | 1807 | 1837 | 1909 | | 0009 | | | | | | | | |
| Upminster Bridge Station | 1543 | 1612 | 1642 | 1712 | 1740 | 1810 | 1840 | 1912 | | 0012 | | | | | | | | |
| Hornchurch Town Centre | 1547 | 1616 | 1646 | 1716 | 1743 | 1813 | 1843 | 1915 | | 0015 | | | | | | | | |
| Gidea Park The Drill | 1553 | 1622 | 1652 | 1722 | 1748 | 1818 | 1848 | 1920 | | 0020 | | | | | | | | |
| Romford Station | 1558 | 1627 | 1657 | 1727 | 1753 | 1822 | 1852 | 1924 | | 0024 | | | | | | | | |
| Romford Market Mercury Gardens | 1600 | 1629 | 1659 | 1729 | 1755 | 1824 | 1854 | 1926 | | 0026 | | | | | | | | |

| 370 | | Saturdays (also Good Friday) | | | | | | | | | | | | | | | | |
|--------------------------------|------|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Romford Market Mercury Gardens | 0555 | | 0735 | 0750 | 0805 | 0820 | 0835 | 0850 | 0903 | 0918 | 0931 | 0945 | 1000 | 1015 | 1030 | 1045 | 1100 | |
| Romford Station Victoria Road | 0558 | | 0738 | 0753 | 0808 | 0823 | 0838 | 0853 | 0907 | 0922 | 0935 | 0949 | 1004 | 1019 | 1034 | 1049 | 1104 | |
| Gidea Park The Drill | 0602 | | 0742 | 0757 | 0812 | 0827 | 0842 | 0857 | 0911 | 0926 | 0940 | 0954 | 1009 | 1024 | 1039 | 1054 | 1109 | |
| Hornchurch Town Centre | 0607 | Then | 0747 | 0802 | 0817 | 0832 | 0848 | 0903 | 0917 | 0932 | 0946 | 1001 | 1016 | 1031 | 1046 | 1103 | 1119 | |
| Upminster Bridge Station | 0609 | every 20 | 0749 | 0804 | 0819 | 0834 | 0850 | 0906 | 0920 | 0935 | 0949 | 1004 | 1019 | 1034 | 1049 | 1107 | 1123 | |
| Upminster Station Station Road | 0614 | minutes | 0754 | 0809 | 0824 | 0839 | 0856 | 0912 | 0926 | 0941 | 0956 | 1011 | 1026 | 1041 | 1056 | 1115 | 1131 | |
| Corbets Tey Huntsman & Hounds | 0618 | until | 0758 | 0813 | 0828 | 0843 | 0901 | 0917 | 0932 | 0947 | 1002 | 1017 | 1032 | 1047 | 1103 | 1122 | 1138 | |
| North Ockendon Fen Lane | 0623 | | 0803 | 0818 | 0833 | 0848 | 0907 | 0923 | 0937 | 0952 | 1007 | 1022 | 1037 | 1052 | 1108 | 1127 | 1143 | |
| South Ockendon Royal Oak | 0626 | | 0806 | 0821 | 0836 | 0851 | 0910 | 0926 | 0940 | 0955 | 1010 | 1025 | 1040 | 1055 | 1111 | 1131 | 1147 | |
| Chafford Hundred Sainsbury's | 0633 | | 0813 | 0828 | 0843 | 0858 | 0917 | 0933 | 0947 | 1003 | 1018 | 1033 | 1048 | 1103 | 1121 | 1141 | 1157 | |
| Lakeside Bus Station | 0635 | | 0815 | 0830 | 0845 | 0900 | 0919 | 0935 | 0949 | 1005 | 1020 | 1035 | 1050 | 1105 | 1123 | 1143 | 1159 | |
| Romford Market Mercury Gardens | 1115 | | 1215 | 1232 | 1247 | 1302 | 1317 | 1332 | 1347 | 1404 | | | 1734 | 1749 | 1804 | 1820 | 1840 | |
| Romford Station Victoria Road | 1119 | | 1219 | 1236 | 1251 | 1306 | 1321 | 1336 | 1351 | 1408 | | | 1738 | 1753 | 1808 | 1824 | 1843 | |
| Gidea Park The Drill | 1124 | | 1224 | 1241 | 1256 | 1311 | 1326 | 1341 | 1356 | 1413 | | | 1743 | 1758 | 1813 | 1829 | 1848 | |
| Hornchurch Town Centre | 1134 | Then | 1234 | 1249 | 1304 | 1319 | 1334 | 1349 | 1404 | 1420 | | | 1750 | 1805 | 1819 | 1835 | 1854 | |
| Upminster Bridge Station | 1138 | every 15 | 1238 | 1253 | 1308 | 1323 | 1337 | 1352 | 1407 | 1423 | | | 1753 | 1808 | 1822 | 1838 | 1857 | |
| Upminster Station Station Road | 1146 | minutes | 1246 | 1301 | 1316 | 1331 | 1343 | 1358 | 1413 | 1429 | | | 1759 | 1814 | 1828 | 1844 | 1902 | |
| Corbets Tey Huntsman & Hounds | 1153 | until | 1253 | 1308 | 1323 | 1338 | 1350 | 1405 | 1420 | 1435 | | | 1805 | 1819 | 1833 | 1849 | 1907 | |
| North Ockendon Fen Lane | 1158 | | 1258 | 1313 | 1328 | 1343 | 1355 | 1410 | 1425 | 1440 | | | 1810 | 1824 | 1838 | 1854 | 1912 | |
| South Ockendon Royal Oak | 1202 | | 1302 | 1317 | 1332 | 1347 | 1359 | 1414 | 1429 | 1443 | | | 1813 | 1827 | 1841 | 1857 | 1915 | |
| Chafford Hundred Sainsbury's | 1212 | | 1312 | 1325 | 1340 | 1355 | 1407 | 1422 | 1437 | 1451 | | | 1821 | 1834 | 1848 | 1904 | 1922 | |
| Lakeside Bus Station | 1214 | | 1314 | 1327 | 1342 | 1357 | 1409 | 1424 | 1439 | 1453 | | | 1823 | 1836 | 1850 | 1906 | 1924 | |
| Romford Market Mercury Gardens | 1900 | 1920 | 1940 | | | | | 0040 | | | | | | | | | | |
| Romford Station Victoria Road | 1903 | 1923 | 1943 | | | | | 0043 | | | | | | | | | | |
| Gidea Park The Drill | 1908 | 1927 | 1947 | | | | | 0047 | | | | | | | | | | |
| Hornchurch Town Centre | 1914 | 1933 | 1953 | | | | | 0053 | | | | | | | | | | |
| Upminster Bridge Station | 1917 | 1936 | 1955 | | | | | 0055 | | | | | | | | | | |
| Upminster Station Station Road | 1922 | 1941 | 2000 | | | | | 0100 | | | | | | | | | | |
| Corbets Tey Huntsman & Hounds | 1927 | 1946 | 2005 | | | | | 0105 | | | | | | | | | | |
| North Ockendon Fen Lane | 1932 | 1951 | 2010 | | | | | 0110 | | | | | | | | | | |
| South Ockendon Royal Oak | 1935 | 1954 | 2013 | | | | | 0113 | | | | | | | | | | |
| Chafford Hundred Sainsbury's | 1942 | 2001 | 2020 | | | | | 0120 | | | | | | | | | | |
| Lakeside Bus Station | 1944 | 2003 | 2022 | | | | | 0122 | | | | | | | | | | |
| 370 | | Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | |
| Romford Market Mercury Gardens | 0635 | 0705 | 0735 | 0805 | 0835 | 0910 | 0940 | 1010 | 1040 | 1110 | 1140 | 1210 | 1240 | 1310 | 1340 | 1410 | 1440 | 1510 |
| Romford Station Victoria Road | 0638 | 0708 | 0738 | 0808 | 0838 | 0913 | 0943 | 1013 | 1043 | 1113 | 1143 | 1213 | 1243 | 1313 | 1343 | 1413 | 1443 | 1513 |
| Gidea Park The Drill | 0642 | 0712 | 0742 | 0812 | 0842 | 0917 | 0948 | 1018 | 1048 | 1118 | 1148 | 1218 | 1248 | 1318 | 1348 | 1418 | 1448 | 1518 |
| Hornchurch Town Centre | 0647 | 0717 | 0747 | 0817 | 0847 | 0923 | 0956 | 1026 | 1056 | 1126 | 1156 | 1226 | 1256 | 1326 | 1356 | 1426 | 1455 | 1525 |
| Upminster Bridge Station | 0649 | 0719 | 0749 | 0819 | 0849 | 0926 | 0959 | 1029 | 1059 | 1129 | 1159 | 1229 | 1259 | 1329 | 1359 | 1429 | 1458 | 1528 |
| Upminster Station Station Road | 0653 | 0723 | 0753 | 0823 | 0853 | 0931 | 1005 | 1035 | 1105 | 1136 | 1206 | 1236 | 1306 | 1336 | 1405 | 1435 | 1504 | 1534 |
| Corbets Tey Huntsman & Hounds | 0657 | 0727 | 0757 | 0827 | 0857 | 0937 | 1011 | 1041 | 1111 | 1142 | 1212 | 1242 | 1312 | 1342 | 1411 | 1441 | 1510 | 1540 |
| North Ockendon Fen Lane | 0703 | 0733 | 0803 | 0833 | 0903 | 0943 | 1017 | 1047 | 1117 | 1148 | 1218 | 1248 | 1318 | 1348 | 1417 | 1447 | 1516 | 1546 |
| South Ockendon Royal Oak | 0706 | 0736 | 0806 | 0836 | 0906 | 0946 | 1020 | 1050 | 1120 | 1151 | 1221 | 1251 | 1321 | 1351 | 1420 | 1450 | 1519 | 1549 |
| Chafford Hundred Sainsbury's | 0713 | 0743 | 0813 | 0843 | 0913 | 0953 | 1028 | 1058 | 1128 | 1159 | 1229 | 1259 | 1329 | 1359 | 1428 | 1458 | 1527 | 1557 |
| Lakeside Bus Station | 0715 | 0745 | 0815 | 0845 | 0915 | 0955 | 1030 | 1100 | 1130 | 1201 | 1231 | 1301 | 1331 | 1401 | 1430 | 1500 | 1529 | 1559 |
| Romford Market Mercury Gardens | 1540 | 1610 | 1640 | 1710 | 1740 | 1810 | 1840 | 1910 | | | | | | | | | | 0040 |
| Romford Station Victoria Road | 1543 | 1613 | 1643 | 1713 | 1743 | 1813 | 1843 | 1913 | | | | | | | | | | 0043 |
| Gidea Park The Drill | 1548 | 1618 | 1648 | 1717 | 1747 | 1817 | 1847 | 1917 | | | | | | | | | | 0047 |
| Hornchurch Town Centre | 1555 | 1625 | 1655 | 1723 | 1753 | 1823 | 1853 | 1923 | | | | | | | | | | 0053 |
| Upminster Bridge Station | 1558 | 1628 | 1658 | 1726 | 1755 | 1825 | 1855 | 1925 | | | | | | | | | | 0055 |
| Upminster Station Station Road | 1604 | 1634 | 1704 | 1732 | 1800 | 1830 | 1900 | 1930 | | | | | | | | | | 0100 |
| Corbets Tey Huntsman & Hounds | 1610 | 1640 | 1710 | 1737 | 1805 | 1835 | 1905 | 1935 | | | | | | | | | | 0105 |
| North Ockendon Fen Lane | 1616 | 1646 | 1716 | 1743 | 1811 | 1841 | 1911 | 1941 | | | | | | | | | | 0111 |
| South Ockendon Royal Oak | 1619 | 1649 | 1719 | 1746 | 1814 | 1844 | 1914 | 1944 | | | | | | | | | | 0114 |
| Chafford Hundred Sainsbury's | 1627 | 1657 | 1727 | 1754 | 1822 | 1852 | 1922 | 1951 | | | | | | | | | | 0121 |
| Lakeside Bus Station | 1629 | 1659 | 1729 | 1756 | 1824 | 1854 | 1924 | 1953 | | | | | | | | | | 0123 |
| Note: | | SD - Operates on school days only | | | | | | | | | | | | | | | | |