

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
South Ockendon Royal Oak	0536	0556	0616	0631	0646	0657	0712	0724	0735	0749	0803	0818	0833	0848	0903	0918	0931	0946
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
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	
South Ockendon Royal Oak	1001		1401	1411	1422	1437	1453	1502	1516	--	1531	1546	1601	1616	1631	1646	1701	
Corbets Tey Huntsman & Hounds	1010	Then every 15 minutes until	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	
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	1945	2015	2045						2345
South Ockendon Royal Oak	1716	1731	1746	1801	1816	1830	1845	1905	1925	1955	2025	2055						2355
Corbets Tey Huntsman & Hounds	1725	1740	1755	1809	1824	1838	1853	1913	1933	2003	2033	2103	Then every 30 minutes until					0003
Upminster Station Station Road	1734	1749	1804	1818	1833	1847	1900	1919	1939	2009	2039	2109		0009				
Hornchurch Town Centre	1742	1757	1812	1826	1841	1855	1907	1925	1945	2015	2045	2115		0015				
Gidea Park The Drill	1749	1804	1819	1833	1848	1901	1913	1930	1950	2020	2050	2120		0020				
Romford Station	1755	1810	1825	1838	1853	1906	1917	1934	1954	2024	2054	2124		0024				
Romford Market Mercury Gardens	1757	1812	1827	1840	1855	1908	1919	1936	1956	2026	2056	2126		0026				
370		Saturdays (also Good Friday)																
Lakeside Bus Station	0525	Then every 20 minutes until	0745	0805	0820	0832	0847	0900	0915	0930	0945	1000	1015	1030	1043	1058	1113	
South Ockendon Royal Oak	0535		0755	0815	0830	0842	0857	0911	0926	0941	0956	1011	1026	1041	1054	1110	1125	
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	
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	Then every 15 minutes until	1344	1401	Then every 15 minutes until	1546	1602	1617	1632	1647	1703	1719		
South Ockendon Royal Oak	1140	1155	1210	1225	1241		1356	1413		1558	1614	1629	1644	1659	1715	1731		
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		
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			
South Ockendon Royal Oak	1747	1807	1827	1847	1906	1926	1956	2026	2056	2126	2155	2225	2255	2325	2355			
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			
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
South Ockendon Royal Oak	0630	0700	0730	0800	0830	0900	0930	0952	1022	1052	1122	1152	1222	1252	1322	1352	1422	1452
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
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	1915	1945	2015	2045						2345
South Ockendon Royal Oak	1522	1552	1622	1652	1722	1752	1822	1855	1925	1955	2025	2055						2355
Corbets Tey Huntsman & Hounds	1530	1600	1630	1700	1730	1800	1830	1903	1933	2003	2033	2103	Then every 30 minutes until					0003
Upminster Station Station Road	1539	1608	1638	1708	1737	1807	1837	1909	1939	2009	2039	2109		0009				
Hornchurch Town Centre	1547	1616	1646	1716	1743	1813	1843	1915	1945	2015	2045	2115		0015				
Gidea Park The Drill	1553	1622	1652	1722	1748	1818	1848	1920	1950	2020	2050	2120		0020				
Romford Station	1558	1627	1657	1727	1753	1822	1852	1924	1954	2024	2054	2124		0024				
Romford Market Mercury Gardens	1600	1629	1659	1729	1755	1824	1854	1926	1956	2026	2056	2126		0026				
Note:	SD - Operates on school days only																	

370

Romford – Upminster – Lakeside

370		Mondays to Fridays																
		SD																
Romford Market Mercury Gardens	0555	0615	0635	0647	0701	0711	0725	0736	0740	0750	0805	0820	0835	0850	0905	0920	0935	0950
Romford Station Victoria Road	0558	0618	0638	0650	0704	0714	0728	0739	0743	0753	0808	0823	0838	0853	0908	0923	0939	0954
Gidea Park The Drill	0602	0622	0642	0654	0708	0719	0733	0744	0748	0759	0814	0829	0844	0859	0914	0928	0944	0959
Hornchurch Town Centre	0608	0628	0648	0700	0715	0727	0741	0753	0757	0808	0823	0838	0852	0907	0922	0936	0951	1006
Upminster Station Station Road	0615	0635	0655	0709	0724	0739	0754	0809	0813	0824	0839	0854	0905	0919	0931	0945	1000	1015
Corbets Tey Huntsman & Hounds	0620	0640	0700	0715	0730	0745	0800	0815	0819	0830	0845	0900	0911	0925	0937	0951	1006	1021
South Ockendon Royal Oak	0629	0649	0709	0724	0739	0754	0809	0824	--	0839	0854	0909	0920	0934	0946	1000	1014	1029
Lakeside Bus Station	0638	0658	0718	0733	0749	0804	0819	0834	--	0849	0904	0919	0930	0944	0956	1010	1024	1039
Romford Market Mercury Gardens	1005	Then every 15 minutes until	1420	1435	1448	1500	1515	1529	1544	1600	1615	1630	1645	1700	1715	1730	1745	
Romford Station Victoria Road	1009		1424	1439	1452	1504	1519	1533	1548	1604	1619	1634	1649	1704	1719	1734	1749	
Gidea Park The Drill	1014		1429	1444	1457	1509	1524	1539	1554	1610	1625	1640	1655	1710	1725	1740	1755	
Hornchurch Town Centre	1021		1436	1452	1505	1517	1532	1547	1602	1618	1633	1648	1703	1717	1732	1747	1802	
Upminster Station Station Road	1030		1445	1501	1516	1531	1546	1601	1616	1631	1646	1701	1716	1730	1745	1800	1814	
Corbets Tey Huntsman & Hounds	1036		1451	1507	1522	1537	1552	1607	1622	1637	1652	1707	1722	1736	1751	1806	1820	
South Ockendon Royal Oak	1044		1459	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1744	1759	1814	1828	
Lakeside Bus Station	1054	1509	1525	1541	1556	1611	1626	1641	1656	1711	1726	1741	1755	1810	1825	1839		
Romford Market Mercury Gardens	1800	1815	1830	1845	1900	1920	1940	Then every 30 minutes until	0040									
Romford Station Victoria Road	1804	1819	1834	1849	1903	1923	1943		0043									
Gidea Park The Drill	1810	1825	1840	1854	1908	1927	1947		0047									
Hornchurch Town Centre	1816	1831	1846	1900	1914	1933	1953		0053									
Upminster Station Station Road	1826	1841	1856	1909	1921	1940	2000		0100									
Corbets Tey Huntsman & Hounds	1832	1847	1902	1915	1927	1945	2005		0105									
South Ockendon Royal Oak	1840	1855	1910	1923	1935	1953	2013		0113									
Lakeside Bus Station	1850	1905	1919	1932	1944	2002	2022	0122										
370		Saturdays (also Good Friday)																
Romford Market Mercury Gardens	0555	Then every 20 minutes until	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		0747	0802	0817	0832	0848	0903	0917	0932	0946	1001	1016	1031	1046	1103	1119	
Upminster Station Station Road	0614		0754	0809	0824	0839	0856	0912	0926	0941	0956	1011	1026	1041	1056	1115	1131	
Corbets Tey Huntsman & Hounds	0618		0758	0813	0828	0843	0901	0917	0932	0947	1002	1017	1032	1047	1103	1122	1138	
South Ockendon Royal Oak	0626		0806	0821	0836	0851	0910	0926	0940	0955	1010	1025	1040	1055	1111	1131	1147	
Lakeside Bus Station	0635	0815	0830	0845	0900	0919	0935	0949	1005	1020	1035	1050	1105	1123	1143	1159		
Romford Market Mercury Gardens	1115	Then every 15 minutes until	1215	1232	1247	1302	1317	1332	1347	1404	Then every 15 minutes until	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		1234	1249	1304	1319	1334	1349	1404	1420		1750	1805	1819	1835	1854		
Upminster Station Station Road	1146		1246	1301	1316	1331	1343	1358	1413	1429		1759	1814	1828	1844	1902		
Corbets Tey Huntsman & Hounds	1153		1253	1308	1323	1338	1350	1405	1420	1435		1805	1819	1833	1849	1907		
South Ockendon Royal Oak	1202		1302	1317	1332	1347	1359	1414	1429	1443		1813	1827	1841	1857	1915		
Lakeside Bus Station	1214	1314	1327	1342	1357	1409	1424	1439	1453	1823	1836	1850	1906	1924				
Romford Market Mercury Gardens	1900	1920	1940	Then every 30 minutes until	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 Station Station Road	1922	1941	2000		0100													
Corbets Tey Huntsman & Hounds	1927	1946	2005		0105													
South Ockendon Royal Oak	1935	1954	2013		0113													
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 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
South Ockendon Royal Oak	0706	0736	0806	0836	0906	0946	1020	1050	1120	1151	1221	1251	1321	1351	1420	1450	1519	1549
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	Then every 30 minutes until	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 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								
South Ockendon Royal Oak	1619	1649	1719	1746	1814	1844	1914	1944		0114								
Lakeside Bus Station	1629	1659	1729	1756	1824	1854	1924	1953	0123									
Note:	SD - Operates on school days only																	