

473		Mondays to Fridays																
North Woolwich Free Ferry	0425	0440	0455	0510	0522	0534	0544	0554	0604	0615	0626	0637	0648	0659	0709	0719	0730	0741
London City Airport	0431	0446	0501	0516	0528	0540	0551	0601	0611	0622	0633	0644	0655	0706	0717	0727	0738	0749
Prince Regent Station Bus Station	0435	0450	0505	0520	0532	0544	0556	0606	0616	0627	0638	0649	0700	0711	0722	0732	0743	0754
Prince Regent Lane Bennett Road	0438	0453	0508	0523	0535	0547	0559	0609	0619	0630	0641	0652	0703	0714	0725	0735	0746	0757
Plaistow Greengate	0443	0458	0513	0528	0540	0552	0604	0615	0625	0636	0647	0658	0709	0720	0731	0742	0753	0804
Plaistow Station	0446	0501	0516	0531	0543	0555	0607	0618	0629	0640	0651	0702	0713	0724	0735	0746	0757	0808
Stratford Bus Station	0453	0508	0523	0538	0550	0602	0614	0626	0637	0648	0659	0710	0721	0732	0744	0755	0806	0817
North Woolwich Free Ferry	0751	0801			0856	0907	0918	0929	0940	0951	1002			1258	1309	1320	1331	1342
London City Airport	0759	0809	Then every 11 minutes until		0904	0914	0925	0936	0947	0958	1009	Then every 11 minutes until		1305	1316	1327	1338	1349
Prince Regent Station Bus Station	0804	0814			0909	0919	0930	0941	0952	1003	1014			1310	1321	1332	1343	1354
Prince Regent Lane Bennett Road	0808	0818			0913	0923	0934	0945	0956	1007	1017			1313	1324	1335	1346	1357
Plaistow Greengate	0815	0826			0921	0931	0941	0952	1003	1014	1024			1320	1332	1343	1354	1405
Plaistow Station	0819	0831			0926	0936	0946	0956	1007	1018	1028			1324	1336	1347	1358	1409
Stratford Bus Station	0829	0841			0936	0946	0956	1006	1016	1027	1037			1333	1345	1356	1407	1418
North Woolwich Free Ferry	1353	1404	1415	1426			1850	1901	1912	1923	1934	1946	1958	2013	2028	2043	2058	2113
London City Airport	1400	1411	1422	1433	Then every 11 minutes until		1857	1908	1919	1930	1941	1953	2005	2019	2034	2049	2104	2119
Prince Regent Station Bus Station	1405	1416	1427	1438			1902	1913	1924	1935	1946	1958	2010	2024	2038	2053	2108	2123
Prince Regent Lane Bennett Road	1408	1420	1431	1442			1906	1916	1927	1938	1949	2001	2013	2027	2041	2056	2111	2126
Plaistow Greengate	1417	1429	1440	1452			1916	1926	1936	1946	1957	2009	2020	2034	2048	2102	2116	2131
Plaistow Station	1421	1433	1444	1456			1920	1930	1940	1950	2001	2012	2023	2037	2051	2105	2119	2134
Stratford Bus Station	1430	1442	1454	1506			1930	1940	1950	2000	2010	2020	2030	2044	2058	2112	2126	2141
North Woolwich Free Ferry	2128	2143	2159	2215	2230	2245	2300	2315	2330	2345	0000	0015						
London City Airport	2134	2149	2205	2220	2235	2250	2305	2320	2335	2350	0005	0020						
Prince Regent Station Bus Station	2138	2153	2209	2224	2239	2254	2309	2324	2339	2354	0009	0024						
Prince Regent Lane Bennett Road	2141	2156	2211	2226	2241	2256	2311	2326	2341	2356	0011	0026						
Plaistow Greengate	2146	2201	2216	2231	2246	2301	2315	2330	2345	0000	0015	0030						
Plaistow Station	2149	2204	2219	2234	2249	2304	2318	2333	2348	0003	0018	0033						
Stratford Bus Station	2156	2211	2226	2241	2256	2311	2325	2339	2354	0009	0024	0039						
473		Saturdays (also Good Friday)																
North Woolwich Free Ferry	0425			0710	0722	0734	0746	0757	0808	0819	0830	0840	0850	0900	0911	0922	0933	0943
London City Airport	0431	Then every 15 minutes until		0716	0728	0740	0752	0803	0814	0825	0836	0846	0856	0906	0917	0928	0939	0949
Prince Regent Station Bus Station	0435			0720	0732	0744	0756	0807	0818	0829	0840	0850	0900	0910	0921	0932	0943	0953
Prince Regent Lane Bennett Road	0438			0723	0735	0747	0759	0810	0821	0832	0843	0853	0903	0913	0924	0935	0946	0956
Plaistow Greengate	0443			0728	0740	0752	0804	0815	0826	0837	0848	0858	0909	0919	0930	0941	0952	1003
Plaistow Station	0446			0731	0743	0755	0807	0818	0829	0840	0851	0901	0912	0923	0934	0945	0956	1007
Stratford Bus Station	0453			0738	0750	0802	0814	0825	0836	0847	0858	0909	0920	0931	0942	0953	1004	1016
North Woolwich Free Ferry	0954	1004	1015	1026	1037	1047	1058	1109	1120	1131	1142	1153			1851	1903	1915	1928
London City Airport	1000	1011	1022	1033	1044	1054	1105	1116	1127	1138	1149	1200	Then every 11 minutes until		1858	1909	1921	1934
Prince Regent Station Bus Station	1004	1015	1026	1037	1048	1058	1109	1120	1131	1142	1153	1204			1902	1913	1925	1938
Prince Regent Lane Bennett Road	1007	1018	1029	1040	1051	1101	1112	1123	1134	1145	1156	1207			1905	1916	1928	1941
Plaistow Greengate	1014	1025	1036	1047	1058	1109	1120	1131	1142	1153	1204	1216			1914	1925	1936	1949
Plaistow Station	1018	1029	1040	1051	1102	1113	1124	1135	1146	1157	1208	1220			1918	1929	1940	1953
Stratford Bus Station	1027	1038	1049	1100	1111	1122	1133	1144	1155	1206	1218	1230			1928	1939	1950	2001
North Woolwich Free Ferry	1943	1958	2013	2028	2043	2058	2113	2128	2143	2159	2215	2230	2245	2300			0015	
London City Airport	1949	2004	2019	2034	2049	2104	2119	2134	2149	2205	2220	2235	2250	2305	Then every 15 minutes until		0020	
Prince Regent Station Bus Station	1953	2008	2023	2038	2053	2108	2123	2138	2153	2209	2224	2239	2254	2309			0024	
Prince Regent Lane Bennett Road	1956	2011	2026	2041	2056	2111	2126	2141	2156	2211	2226	2241	2256	2311			0026	
Plaistow Greengate	2004	2018	2033	2048	2103	2117	2131	2146	2201	2216	2231	2246	2301	2315			0030	
Plaistow Station	2007	2021	2036	2051	2106	2120	2134	2149	2204	2219	2234	2249	2304	2318			0033	
Stratford Bus Station	2015	2029	2044	2059	2113	2127	2141	2156	2211	2226	2241	2256	2310	2324			0039	

473		Sundays and other Public Holidays (except Christmas Day)															
North Woolwich Free Ferry	0530		0810	0825	0840	0855	0910	0925	0940	0954	1008		1138	1153	1208	1223	
London City Airport	0536	Then	0816	0831	0846	0901	0916	0931	0946	1000	1015	Then	1145	1200	1215	1230	
Prince Regent Station Bus Station	0540	every 20	0820	0835	0850	0905	0920	0935	0950	1004	1019	every 15	1149	1204	1219	1234	
Prince Regent Lane Bennett Road	0543	minutes	0823	0838	0853	0908	0923	0938	0953	1007	1022	minutes	1152	1207	1222	1237	
Plaistow Greengate	0548	until	0828	0843	0858	0913	0928	0943	0958	1013	1028	until	1158	1214	1229	1244	
Plaistow Station	0551		0831	0846	0901	0916	0931	0946	1001	1017	1032		1202	1218	1233	1248	
Stratford Bus Station	0558		0838	0853	0909	0924	0939	0954	1010	1026	1041		1211	1227	1242	1257	
North Woolwich Free Ferry	1238	1253		1838	1855	1910	1925	1941	1956	2012	2027	2042	2058	2113	2128	2143	2159
London City Airport	1245	1300	Then	1845	1902	1917	1932	1948	2003	2018	2033	2048	2104	2119	2134	2149	2205
Prince Regent Station Bus Station	1249	1304	every 15	1849	1906	1921	1936	1952	2007	2022	2037	2052	2108	2123	2138	2153	2209
Prince Regent Lane Bennett Road	1252	1307	minutes	1852	1909	1924	1939	1955	2010	2025	2040	2055	2111	2126	2141	2156	2211
Plaistow Greengate	1259	1315	until	1900	1915	1930	1945	2001	2016	2031	2046	2101	2116	2131	2146	2201	2216
Plaistow Station	1303	1319		1904	1919	1934	1949	2004	2019	2034	2049	2104	2119	2134	2149	2204	2219
Stratford Bus Station	1312	1328		1913	1928	1943	1957	2011	2026	2041	2056	2111	2126	2141	2156	2211	2226
North Woolwich Free Ferry	2215	2230	2245	2300	2315	2330	2345	0000	0015								
London City Airport	2220	2235	2250	2305	2320	2335	2350	0005	0020								
Prince Regent Station Bus Station	2224	2239	2254	2309	2324	2339	2354	0009	0024								
Prince Regent Lane Bennett Road	2226	2241	2256	2311	2326	2341	2356	0011	0026								
Plaistow Greengate	2231	2246	2301	2315	2330	2345	0000	0015	0030								
Plaistow Station	2234	2249	2304	2318	2333	2348	0003	0018	0033								
Stratford Bus Station	2241	2256	2310	2324	2339	2354	0009	0024	0039								

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473		Mondays to Fridays																		
Stratford Bus Station	0505	0520	0535	0550	0605	0617	0629	0640	0650	0700	0710	0720	0730	0741	0751	0800	0809	0819		
Plaistow Station	0511	0526	0541	0556	0611	0624	0636	0647	0657	0707	0718	0728	0738	0749	0800	0810	0820	0830		
Plaistow Greengate	0514	0529	0544	0559	0614	0628	0640	0651	0701	0711	0722	0732	0742	0753	0804	0815	0825	0835		
Prince Regent Lane Bennett Road	0518	0533	0548	0603	0618	0632	0644	0655	0706	0717	0728	0738	0748	0759	0810	0821	0832	0843		
Prince Regent Station Bus Station	0521	0536	0551	0606	0621	0635	0647	0658	0709	0720	0731	0742	0752	0803	0814	0825	0836	0847		
London City Airport	0526	0541	0556	0611	0626	0640	0652	0703	0714	0725	0736	0747	0757	0808	0819	0830	0841	0852		
North Woolwich Free Ferry	0531	0546	0601	0616	0631	0646	0658	0709	0720	0731	0742	0753	0804	0815	0826	0837	0848	0859		
Stratford Bus Station	0830	0841	0852	0903	0914	0926	Then every 11 minutes until			1350	1401	1412	1423	1434	1445	1455	1505	1515	1526	
Plaistow Station	0841	0852	0903	0914	0925	0937				1401	1412	1423	1434	1445	1456	1506	1516	1526	1537	
Plaistow Greengate	0846	0857	0908	0919	0930	0942				1406	1417	1428	1439	1450	1501	1511	1522	1532	1543	
Prince Regent Lane Bennett Road	0854	0905	0916	0927	0937	0949				1413	1425	1436	1447	1458	1509	1520	1531	1541	1552	
Prince Regent Station Bus Station	0858	0909	0920	0931	0941	0952				1416	1428	1440	1451	1502	1513	1524	1535	1545	1556	
London City Airport	0903	0914	0925	0936	0946	0957				1421	1433	1445	1456	1507	1518	1529	1540	1550	1601	
North Woolwich Free Ferry	0910	0921	0932	0942	0952	1003				1427	1439	1451	1502	1513	1524	1535	1546	1557	1608	
Stratford Bus Station	1537	1548	1558	Then every 11 minutes until			1653	1703	Then every 11 minutes until			1758	1809	1820	1831	1842	1853	1905	1916	1927
Plaistow Station	1548	1559	1609				1704	1714				1809	1820	1831	1842	1853	1904	1915	1926	1937
Plaistow Greengate	1554	1605	1615				1710	1720				1815	1826	1837	1848	1859	1910	1921	1932	1943
Prince Regent Lane Bennett Road	1603	1614	1624				1719	1730				1825	1835	1845	1856	1907	1918	1929	1940	1951
Prince Regent Station Bus Station	1607	1618	1628				1723	1734				1829	1839	1849	1900	1910	1921	1932	1943	1954
London City Airport	1612	1623	1633				1728	1739				1834	1844	1854	1905	1915	1926	1937	1948	1959
North Woolwich Free Ferry	1619	1630	1641				1736	1747				1842	1852	1902	1912	1922	1933	1944	1955	2005
Stratford Bus Station	1938	1950	2002	2014	2027	2042	2057	2112	2127	2142	2158	2214	2229	2244	2259	2315	2330	2346		
Plaistow Station	1948	2000	2011	2023	2036	2051	2106	2120	2135	2150	2206	2222	2237	2252	2307	2322	2337	2353		
Plaistow Greengate	1954	2005	2016	2028	2041	2056	2111	2125	2140	2155	2211	2226	2241	2256	2311	2326	2341	2357		
Prince Regent Lane Bennett Road	2002	2013	2024	2036	2049	2104	2119	2133	2147	2201	2217	2231	2246	2301	2316	2331	2346	0002		
Prince Regent Station Bus Station	2005	2016	2027	2039	2052	2107	2122	2136	2150	2204	2220	2234	2249	2304	2319	2334	2349	0005		
London City Airport	2010	2021	2032	2044	2057	2112	2127	2141	2155	2209	2224	2238	2253	2308	2323	2338	2353	0009		
North Woolwich Free Ferry	2016	2027	2038	2050	2103	2118	2133	2147	2201	2215	2229	2243	2258	2313	2328	2343	2358	0014		
Stratford Bus Station	0001	Then every 15 minutes until		0116																
Plaistow Station	0008			0123																
Plaistow Greengate	0012			0127																
Prince Regent Lane Bennett Road	0017			0132																
Prince Regent Station Bus Station	0020			0135																
London City Airport	0024			0139																
North Woolwich Free Ferry	0029			0144																

473		Saturdays (also Good Friday)																
Stratford Bus Station	0505	Then every 15 minutes until	0635	0650	0705	0720	0735	0747	0759	0811	0822	0833	0844	0855	0905	0915	0925	
Plaistow Station	0511		0641	0656	0711	0726	0741	0754	0806	0818	0829	0840	0851	0902	0913	0923	0933	
Plaistow Greengate	0514		0644	0659	0714	0729	0744	0758	0810	0822	0833	0844	0855	0906	0917	0927	0937	
Prince Regent Lane Bennett Road	0518		0648	0703	0718	0733	0748	0803	0815	0827	0838	0849	0900	0911	0922	0932	0943	
Prince Regent Station Bus Station	0521		0651	0706	0721	0736	0751	0806	0818	0830	0841	0852	0903	0914	0925	0935	0946	
London City Airport	0526		0656	0711	0726	0741	0756	0811	0823	0835	0846	0857	0908	0919	0930	0940	0951	
North Woolwich Free Ferry	0531	0701	0717	0732	0747	0802	0817	0829	0841	0852	0903	0914	0925	0936	0946	0957		
Stratford Bus Station	0935	0945	0955	1006	1017	1028	1039	1049	1059	1109	1119	1129	1140	1151	1201	1211	1222	1233
Plaistow Station	0943	0953	1003	1014	1025	1036	1047	1057	1107	1118	1128	1138	1149	1200	1211	1221	1232	1243
Plaistow Greengate	0947	0957	1007	1018	1029	1040	1051	1101	1112	1123	1133	1143	1154	1205	1216	1226	1237	1248
Prince Regent Lane Bennett Road	0954	1004	1014	1025	1036	1047	1058	1109	1120	1131	1141	1151	1202	1213	1224	1234	1245	1256
Prince Regent Station Bus Station	0957	1007	1017	1028	1039	1050	1101	1112	1123	1134	1144	1154	1205	1216	1227	1238	1249	1300
London City Airport	1002	1012	1022	1033	1044	1055	1106	1117	1128	1139	1149	1159	1210	1221	1232	1243	1254	1305
North Woolwich Free Ferry	1008	1018	1028	1039	1050	1101	1112	1123	1134	1145	1155	1205	1216	1227	1238	1249	1300	1311
Stratford Bus Station	1244	1255	1305	Then every 11 minutes until	1539	1550	Then every 11 minutes until	1729	1740	1751	1803	1814	1825	1836	1847	1858		
Plaistow Station	1254	1305	1316		1550	1601		1740	1751	1802	1813	1824	1835	1846	1857	1908		
Plaistow Greengate	1259	1310	1321		1555	1606		1745	1756	1807	1818	1829	1840	1851	1902	1913		
Prince Regent Lane Bennett Road	1307	1318	1329		1603	1615		1754	1805	1815	1826	1837	1848	1859	1910	1921		
Prince Regent Station Bus Station	1311	1322	1333		1607	1619		1758	1808	1818	1829	1840	1851	1902	1913	1924		
London City Airport	1316	1327	1338		1612	1624		1803	1813	1823	1834	1845	1856	1907	1917	1928		
North Woolwich Free Ferry	1322	1333	1344	1618	1630	1809	1819	1829	1840	1851	1902	1913	1923	1934				
Stratford Bus Station	1909	1921	1933	1945	1957	2012	2027	2042	2057	2112	2127	2142	2158	2214	2229	2244	2259	2315
Plaistow Station	1919	1931	1943	1955	2007	2022	2037	2051	2106	2120	2135	2150	2206	2222	2237	2252	2307	2322
Plaistow Greengate	1924	1936	1948	2000	2012	2027	2042	2056	2111	2125	2140	2155	2210	2226	2241	2256	2311	2326
Prince Regent Lane Bennett Road	1932	1944	1955	2007	2019	2034	2049	2103	2117	2131	2146	2201	2216	2231	2246	2301	2316	2331
Prince Regent Station Bus Station	1935	1947	1958	2010	2022	2037	2052	2106	2120	2134	2149	2204	2219	2234	2249	2304	2319	2334
London City Airport	1939	1951	2002	2014	2026	2041	2056	2110	2124	2138	2153	2208	2223	2238	2253	2308	2323	2338
North Woolwich Free Ferry	1945	1956	2007	2019	2031	2046	2101	2115	2129	2143	2158	2213	2228	2243	2258	2313	2328	2343
Stratford Bus Station	2330	2346	Then every 15 minutes until	0116														
Plaistow Station	2337	2353		0123														
Plaistow Greengate	2341	2357		0127														
Prince Regent Lane Bennett Road	2346	0002		0132														
Prince Regent Station Bus Station	2349	0005		0135														
London City Airport	2353	0009		0139														
North Woolwich Free Ferry	2358	0014	0144															
473		Sundays and other Public Holidays (except Christmas Day)																
Stratford Bus Station	0610	Then every 20 minutes until	0750	0810	0830	0850	0910	0925	0940	0955	Then every 15 minutes until	1140	1154	1208	1222	1237		
Plaistow Station	0616		0756	0817	0837	0857	0918	0933	0948	1003		1148	1202	1217	1231	1246		
Plaistow Greengate	0619		0759	0820	0841	0901	0922	0937	0952	1007		1152	1207	1222	1236	1251		
Prince Regent Lane Bennett Road	0623		0803	0824	0845	0906	0927	0942	0957	1013		1158	1213	1228	1242	1257		
Prince Regent Station Bus Station	0626		0806	0827	0848	0909	0930	0945	1000	1016		1201	1216	1231	1246	1301		
London City Airport	0631		0811	0832	0853	0914	0935	0950	1005	1021		1206	1221	1236	1251	1306		
North Woolwich Free Ferry	0636	0816	0837	0858	0919	0940	0955	1011	1027	1212	1227	1242	1257	1312				
Stratford Bus Station	1252	1307	Then every 15 minutes until	1837	1853	1909	1924	1939	1954	2010	2025	2041	2057	2112	2127	2142	2158	
Plaistow Station	1301	1317		1847	1903	1918	1933	1948	2003	2018	2033	2049	2105	2120	2135	2150	2206	
Plaistow Greengate	1306	1322		1852	1908	1923	1938	1953	2008	2023	2038	2054	2110	2125	2140	2155	2210	
Prince Regent Lane Bennett Road	1313	1329		1859	1915	1930	1945	2000	2015	2030	2045	2101	2116	2131	2146	2201	2216	
Prince Regent Station Bus Station	1317	1333		1903	1918	1933	1948	2003	2018	2033	2048	2104	2119	2134	2149	2204	2219	
London City Airport	1322	1338		1908	1923	1938	1953	2008	2023	2038	2053	2108	2123	2138	2153	2208	2223	
North Woolwich Free Ferry	1328	1344	1914	1929	1944	1959	2013	2028	2043	2058	2113	2128	2143	2158	2213	2228		
Stratford Bus Station	2214	2229	2244	2259	2315	2330	2346	Then every 15 minutes until	0116									
Plaistow Station	2222	2237	2252	2307	2322	2337	2353		0123									
Plaistow Greengate	2226	2241	2256	2311	2326	2341	2357		0127									
Prince Regent Lane Bennett Road	2231	2246	2301	2316	2331	2346	0002		0132									
Prince Regent Station Bus Station	2234	2249	2304	2319	2334	2349	0005		0135									
London City Airport	2238	2253	2308	2323	2338	2353	0009		0139									
North Woolwich Free Ferry	2243	2258	2313	2328	2343	2358	0014	0144										