

473		Mondays to Fridays																
North Woolwich Free Ferry	0430	0445	0500	0512	0524	0536	0547	0558	0609	0620	0631	0642	0653	0703	0712	0721	0730	0740
London City Airport	0436	0451	0506	0518	0530	0542	0553	0604	0615	0626	0637	0648	0659	0710	0719	0728	0737	0747
Prince Regent Station Bus Station	0440	0455	0510	0522	0534	0546	0557	0609	0620	0631	0642	0653	0704	0715	0724	0733	0742	0752
Prince Regent Lane Bennett Road	0442	0457	0512	0524	0536	0548	0600	0612	0623	0634	0645	0656	0707	0718	0727	0736	0745	0755
Plaistow Greengate	0447	0502	0517	0529	0541	0553	0605	0618	0629	0640	0651	0702	0713	0724	0734	0744	0754	0805
Plaistow Station	0450	0505	0520	0532	0544	0556	0608	0621	0632	0644	0655	0706	0717	0728	0738	0748	0759	0810
Stratford Bus Station	0457	0512	0527	0539	0551	0603	0615	0628	0640	0652	0703	0714	0725	0736	0747	0758	0809	0820
North Woolwich Free Ferry	0750	0801	0812	0823	0834	0845	0857	0908	0919	0930	Then every 11 minutes until	1204	1215	Then every 11 minutes until	1405	1415		
London City Airport	0757	0808	0819	0830	0841	0852	0903	0914	0925	0936		1210	1221		1411	1421		
Prince Regent Station Bus Station	0802	0813	0824	0835	0846	0857	0908	0919	0930	0941		1215	1226		1416	1426		
Prince Regent Lane Bennett Road	0806	0817	0828	0839	0850	0901	0912	0923	0934	0944		1218	1229		1419	1429		
Plaistow Greengate	0816	0827	0838	0849	0859	0910	0921	0931	0941	0951		1225	1237		1427	1437		
Plaistow Station	0821	0832	0843	0854	0904	0914	0925	0935	0945	0955		1229	1241		1431	1441		
Stratford Bus Station	0831	0842	0853	0904	0914	0924	0935	0945	0955	1004	1238	1250	1440	1451				
North Woolwich Free Ferry	1425	1435	1446	1456	1507	1518	1529	1540	1551	1602	1612	Then every 11 minutes until	1729	1740	1751	1802	1813	
London City Airport	1431	1441	1452	1502	1513	1524	1535	1546	1557	1608	1618		1735	1746	1757	1808	1819	
Prince Regent Station Bus Station	1436	1446	1457	1507	1518	1529	1540	1551	1602	1613	1623		1740	1751	1802	1813	1824	
Prince Regent Lane Bennett Road	1439	1449	1500	1511	1522	1533	1544	1555	1606	1617	1627		1744	1755	1806	1817	1827	
Plaistow Greengate	1448	1459	1510	1521	1532	1543	1554	1605	1616	1627	1638		1755	1805	1816	1827	1837	
Plaistow Station	1452	1504	1515	1526	1537	1548	1559	1609	1620	1631	1642		1759	1809	1820	1831	1841	
Stratford Bus Station	1502	1514	1525	1536	1547	1558	1609	1619	1630	1641	1652	1809	1819	1830	1841	1851		
North Woolwich Free Ferry	1824	1835	1847	1858	1910	1922	1935	1947	1959	2014	2029	2044	2059	2114	2129	2144	2159	2214
London City Airport	1830	1841	1853	1904	1916	1928	1941	1953	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220
Prince Regent Station Bus Station	1835	1846	1858	1909	1921	1933	1946	1958	2010	2025	2039	2054	2109	2124	2139	2154	2209	2224
Prince Regent Lane Bennett Road	1838	1849	1901	1912	1924	1936	1949	2001	2013	2028	2042	2057	2112	2127	2142	2157	2211	2226
Plaistow Greengate	1848	1858	1909	1920	1932	1944	1956	2008	2020	2034	2048	2103	2117	2132	2147	2202	2216	2231
Plaistow Station	1852	1902	1913	1924	1936	1948	2000	2012	2024	2037	2051	2106	2120	2135	2150	2205	2219	2234
Stratford Bus Station	1902	1912	1923	1934	1945	1957	2009	2020	2032	2045	2058	2113	2127	2142	2157	2212	2226	2241
North Woolwich Free Ferry	2229	2245	2300	2315	Then every 15 minutes until	0045												
London City Airport	2235	2250	2305	2320		0050												
Prince Regent Station Bus Station	2239	2254	2309	2324		0054												
Prince Regent Lane Bennett Road	2241	2256	2311	2326		0056												
Plaistow Greengate	2246	2301	2315	2330		0100												
Plaistow Station	2249	2304	2318	2333		0103												
Stratford Bus Station	2256	2311	2325	2339	0109													

473		Saturdays (also Good Friday)																
North Woolwich Free Ferry	0430		0600	0615	0630	0645	0700	0715	0727	0739	0751	0802	0813	0824	0835	0846	0856	
London City Airport	0436	Then	0606	0621	0636	0651	0706	0721	0733	0745	0757	0808	0819	0830	0841	0852	0902	
Prince Regent Station Bus Station	0440	every 15	0610	0625	0640	0655	0710	0725	0737	0749	0801	0812	0823	0834	0845	0856	0906	
Prince Regent Lane Bennett Road	0442	minutes	0612	0628	0643	0658	0713	0728	0740	0752	0804	0815	0826	0837	0848	0859	0909	
Plaistow Greengate	0447	until	0617	0633	0648	0703	0718	0733	0745	0757	0809	0820	0831	0842	0853	0904	0915	
Plaistow Station	0450		0620	0636	0651	0706	0721	0736	0748	0800	0812	0823	0834	0845	0856	0907	0919	
Stratford Bus Station	0457		0627	0643	0658	0713	0728	0743	0755	0807	0819	0830	0841	0852	0903	0915	0927	
North Woolwich Free Ferry	0907	0918	0929	0937	0946		1209	1220		1443	1454		1812	1824	1835			
London City Airport	0913	0924	0935	0943	0952	Then	1215	1226	Then	1449	1500	Then	1818	1830	1841			
Prince Regent Station Bus Station	0917	0928	0939	0947	0957	every 11	1220	1231	every 11	1454	1505	every 11	1823	1834	1845			
Prince Regent Lane Bennett Road	0920	0931	0942	0950	1000	minutes	1223	1234	minutes	1457	1508	minutes	1826	1837	1848			
Plaistow Greengate	0926	0937	0948	0957	1008	until	1231	1243	until	1506	1516	until	1834	1845	1856			
Plaistow Station	0930	0941	0952	1001	1012		1235	1247		1510	1520		1838	1849	1900			
Stratford Bus Station	0938	0949	1000	1011	1022		1245	1257		1520	1530		1848	1859	1910			
North Woolwich Free Ferry	1846	1857	1909	1921	1933	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245
London City Airport	1852	1903	1915	1927	1939	1951	2006	2021	2036	2051	2106	2121	2136	2151	2205	2220	2235	2250
Prince Regent Station Bus Station	1856	1907	1919	1931	1943	1955	2010	2025	2040	2055	2110	2125	2140	2155	2209	2224	2239	2254
Prince Regent Lane Bennett Road	1859	1910	1922	1934	1946	1958	2013	2028	2043	2058	2113	2128	2143	2158	2212	2227	2242	2256
Plaistow Greengate	1907	1918	1930	1941	1953	2005	2020	2034	2049	2104	2119	2133	2148	2203	2217	2232	2247	2301
Plaistow Station	1911	1922	1934	1945	1957	2008	2023	2037	2052	2107	2122	2136	2151	2206	2220	2235	2250	2304
Stratford Bus Station	1921	1932	1943	1954	2006	2017	2032	2045	2100	2115	2130	2144	2159	2214	2228	2243	2258	2311
North Woolwich Free Ferry	2300		0045															
London City Airport	2305	Then	0050															
Prince Regent Station Bus Station	2309	every 15	0054															
Prince Regent Lane Bennett Road	2311	minutes	0056															
Plaistow Greengate	2315	until	0100															
Plaistow Station	2318		0103															
Stratford Bus Station	2325		0110															
473		Sundays and other Public Holidays (except Christmas Day)																
North Woolwich Free Ferry	0535		0815	0830	0845	0900	0915	0930	0945	0959	1014	1029	1044	1059	1114	1129	1144	
London City Airport	0541	Then	0821	0836	0851	0906	0921	0936	0951	1005	1020	1035	1050	1105	1120	1135	1150	
Prince Regent Station Bus Station	0545	every 20	0825	0840	0855	0910	0925	0940	0955	1010	1025	1040	1055	1110	1125	1140	1155	
Prince Regent Lane Bennett Road	0547	minutes	0827	0842	0857	0913	0928	0943	0958	1013	1028	1043	1058	1113	1128	1143	1158	
Plaistow Greengate	0552	until	0832	0847	0902	0918	0933	0949	1004	1019	1034	1049	1104	1119	1134	1149	1204	
Plaistow Station	0555		0835	0850	0905	0921	0936	0952	1008	1023	1038	1053	1108	1123	1138	1153	1208	
Stratford Bus Station	0602		0842	0857	0912	0928	0944	1000	1016	1031	1046	1101	1116	1132	1147	1202	1217	
North Woolwich Free Ferry	1159	1214	1229	1244	1259		1414	1429		1644	1659	1714	1729	1744	1759	1814		
London City Airport	1205	1220	1235	1250	1305	Then	1420	1435	Then	1650	1705	1720	1735	1750	1805	1820		
Prince Regent Station Bus Station	1210	1225	1240	1255	1310	every 15	1425	1440	every 15	1655	1710	1725	1740	1755	1810	1825		
Prince Regent Lane Bennett Road	1213	1228	1243	1258	1313	minutes	1428	1443	minutes	1658	1713	1728	1743	1758	1813	1828		
Plaistow Greengate	1220	1235	1250	1305	1321	until	1436	1450	until	1705	1719	1734	1749	1804	1819	1834		
Plaistow Station	1224	1239	1254	1309	1325		1440	1454		1709	1723	1738	1753	1808	1823	1838		
Stratford Bus Station	1233	1248	1303	1318	1334		1449	1503		1718	1732	1747	1802	1817	1832	1846		
North Woolwich Free Ferry	1829	1844	1859	1914	1929	1944	2000	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245
London City Airport	1835	1850	1905	1920	1935	1950	2006	2021	2036	2051	2106	2121	2136	2151	2205	2220	2235	2250
Prince Regent Station Bus Station	1840	1855	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2209	2224	2239	2254
Prince Regent Lane Bennett Road	1843	1858	1913	1928	1943	1958	2013	2028	2043	2058	2113	2128	2143	2157	2211	2226	2241	2256
Plaistow Greengate	1849	1904	1919	1934	1949	2004	2019	2034	2049	2104	2118	2133	2148	2202	2216	2231	2246	2301
Plaistow Station	1853	1908	1923	1938	1953	2008	2022	2037	2052	2107	2121	2136	2151	2205	2219	2234	2249	2304
Stratford Bus Station	1901	1916	1931	1946	2001	2015	2029	2044	2059	2114	2128	2143	2158	2212	2226	2241	2256	2310
North Woolwich Free Ferry	2300		0045															
London City Airport	2305	Then	0050															
Prince Regent Station Bus Station	2309	every 15	0054															
Prince Regent Lane Bennett Road	2311	minutes	0056															
Plaistow Greengate	2315	until	0100															
Plaistow Station	2318		0103															
Stratford Bus Station	2324		0109															

473	Mondays to Fridays																		
Stratford Bus Station	0505	0520	0535	0550	0602	0614	0626	0638	0650	0700	0710	0719	0729	0739	0748	0758	0809	0820	
Plaistow Station	0511	0526	0541	0556	0608	0620	0632	0644	0656	0706	0716	0726	0736	0746	0756	0806	0817	0828	
Plaistow Greengate	0514	0529	0544	0559	0611	0623	0635	0647	0659	0709	0720	0730	0740	0750	0800	0811	0822	0833	
Prince Regent Lane Bennett Road	0518	0533	0548	0603	0616	0628	0640	0652	0704	0715	0726	0736	0747	0758	0809	0820	0831	0842	
Prince Regent Station Bus Station	0521	0536	0551	0606	0619	0631	0643	0655	0707	0718	0729	0740	0751	0802	0813	0824	0835	0846	
London City Airport	0526	0541	0556	0611	0624	0636	0648	0700	0712	0723	0734	0745	0756	0807	0818	0829	0840	0851	
North Woolwich Free Ferry	0532	0547	0602	0617	0630	0642	0654	0706	0718	0729	0740	0751	0802	0813	0824	0835	0846	0857	
Stratford Bus Station	0831	0842	0853	0904	0915	0927	Then every 11 minutes until	1245	1255	Then every 11 minutes until	1434	1445	1455	1504	1514	1525			
Plaistow Station	0839	0850	0901	0912	0923	0935		1253	1303		1442	1453	1503	1513	1523	1534			
Plaistow Greengate	0844	0855	0906	0917	0928	0940		1258	1308		1447	1458	1508	1519	1529	1540			
Prince Regent Lane Bennett Road	0853	0903	0914	0925	0936	0947		1305	1316		1455	1506	1517	1528	1539	1550			
Prince Regent Station Bus Station	0857	0907	0918	0929	0940	0951		1309	1320		1459	1510	1521	1532	1543	1554			
London City Airport	0902	0912	0923	0934	0945	0956		1314	1325		1504	1515	1526	1537	1548	1559			
North Woolwich Free Ferry	0908	0918	0929	0940	0951	1002	1320	1331	1510	1522	1533	1544	1555	1606					
Stratford Bus Station	1536	1547	1558	1609	1619	1629	1640	1651	1702	1713	1724	1735	1746	1757	1808	1819	1830	1841	
Plaistow Station	1545	1556	1607	1618	1628	1639	1650	1701	1712	1723	1734	1745	1755	1806	1817	1828	1839	1850	
Plaistow Greengate	1551	1602	1613	1624	1634	1645	1656	1707	1718	1729	1740	1751	1801	1812	1823	1834	1845	1855	
Prince Regent Lane Bennett Road	1601	1612	1623	1634	1645	1656	1707	1718	1729	1740	1751	1801	1810	1821	1832	1843	1854	1903	
Prince Regent Station Bus Station	1605	1616	1627	1638	1649	1700	1711	1722	1733	1744	1755	1805	1814	1825	1836	1847	1858	1907	
London City Airport	1610	1621	1632	1643	1654	1705	1716	1727	1738	1749	1800	1810	1819	1830	1841	1852	1903	1912	
North Woolwich Free Ferry	1617	1628	1639	1650	1701	1712	1723	1734	1745	1756	1806	1816	1825	1836	1847	1858	1909	1918	
Stratford Bus Station	1852	1903	1914	1925	1936	1947	1958	2009	2021	2033	2048	2103	2118	2133	2148	2203	2218	2233	
Plaistow Station	1901	1912	1922	1933	1944	1955	2006	2017	2029	2040	2055	2110	2125	2140	2155	2209	2224	2239	
Plaistow Greengate	1906	1917	1927	1938	1949	2000	2011	2022	2034	2045	2100	2114	2129	2144	2159	2213	2228	2243	
Prince Regent Lane Bennett Road	1914	1925	1935	1946	1957	2008	2019	2030	2041	2052	2106	2120	2135	2150	2205	2219	2233	2248	
Prince Regent Station Bus Station	1918	1929	1939	1950	2001	2011	2022	2033	2044	2055	2109	2123	2138	2153	2208	2222	2236	2251	
London City Airport	1923	1934	1944	1955	2006	2016	2027	2038	2049	2100	2114	2128	2143	2158	2213	2226	2240	2255	
North Woolwich Free Ferry	1929	1940	1950	2001	2012	2022	2033	2044	2055	2106	2120	2134	2149	2204	2219	2232	2246	2301	
Stratford Bus Station	2248	2303	2318	2333	2348	0003	0018	0033	0048	0103	0118								
Plaistow Station	2254	2309	2324	2339	2354	0009	0024	0038	0053	0108	0123								
Plaistow Greengate	2258	2313	2328	2343	2357	0012	0027	0041	0056	0111	0126								
Prince Regent Lane Bennett Road	2303	2318	2333	2348	0002	0017	0031	0045	0100	0115	0130								
Prince Regent Station Bus Station	2306	2321	2336	2351	0005	0020	0034	0048	0103	0118	0133								
London City Airport	2310	2325	2340	2355	0009	0024	0038	0052	0107	0122	0137								
North Woolwich Free Ferry	2316	2331	2345	0000	0014	0029	0043	0057	0112	0127	0142								

473		Saturdays (also Good Friday)															
Stratford Bus Station	0505	Then every 15 minutes until	0735	0747	0759	0811	Then every 11 minutes until	0906	0916	0926	0937	0948	0959	1009	1020	1031	
Plaistow Station	0511		0741	0753	0805	0817		0912	0922	0932	0943	0954	1005	1016	1027	1038	
Plaistow Greengate	0514		0744	0756	0808	0820		0915	0926	0936	0947	0958	1009	1020	1031	1042	
Prince Regent Lane Bennett Road	0518		0748	0801	0813	0825		0920	0931	0942	0953	1004	1015	1026	1037	1048	
Prince Regent Station Bus Station	0521		0751	0804	0816	0828		0923	0934	0945	0956	1007	1018	1029	1040	1051	
London City Airport	0526		0756	0809	0821	0833		0928	0939	0950	1001	1012	1023	1034	1045	1056	
North Woolwich Free Ferry	0532	0802	0815	0827	0839	0934	0945	0956	1007	1018	1029	1040	1051	1102			
Stratford Bus Station	1041	1052	1103	1113	1124	1135	1146	1157	1207	1218	1229	1240	1250	Then every 11 minutes until	1451	1501	1512
Plaistow Station	1048	1059	1110	1120	1131	1142	1153	1204	1215	1226	1237	1248	1258		1459	1510	1521
Plaistow Greengate	1052	1103	1114	1124	1135	1146	1157	1208	1219	1230	1241	1252	1303		1504	1515	1526
Prince Regent Lane Bennett Road	1059	1110	1121	1132	1143	1154	1205	1216	1227	1238	1249	1300	1311		1512	1523	1534
Prince Regent Station Bus Station	1102	1113	1124	1135	1146	1157	1209	1220	1231	1242	1253	1304	1315		1516	1527	1538
London City Airport	1107	1118	1129	1140	1151	1202	1214	1225	1236	1247	1258	1309	1320		1521	1532	1543
North Woolwich Free Ferry	1113	1124	1135	1146	1157	1208	1220	1231	1242	1253	1304	1315	1326	1527	1538	1549	
Stratford Bus Station	1523	1534	1545	1556	1607	1617	Then every 11 minutes until	1756	1808	1819	1830	1841	1852	1903	1915	1927	1939
Plaistow Station	1532	1543	1554	1605	1616	1626		1805	1816	1827	1838	1849	1900	1911	1923	1935	1947
Plaistow Greengate	1537	1548	1559	1610	1621	1631		1810	1821	1832	1843	1854	1905	1916	1928	1940	1952
Prince Regent Lane Bennett Road	1545	1556	1607	1618	1629	1640		1819	1830	1841	1852	1902	1913	1924	1936	1948	2000
Prince Regent Station Bus Station	1549	1600	1611	1622	1633	1644		1823	1834	1845	1856	1906	1917	1928	1940	1952	2003
London City Airport	1554	1605	1616	1627	1638	1649		1828	1839	1850	1901	1911	1921	1932	1944	1956	2007
North Woolwich Free Ferry	1600	1611	1622	1633	1644	1655	1834	1845	1857	1908	1918	1927	1938	1950	2002	2013	
Stratford Bus Station	1951	2003	2018	2033	2048	2103	2118	Then every 15 minutes until	2233	2248	2303	2318	2333	2348	0003	0018	0033
Plaistow Station	1959	2011	2026	2040	2055	2110	2125		2240	2255	2310	2325	2339	2354	0009	0024	0039
Plaistow Greengate	2004	2016	2031	2045	2100	2115	2129		2244	2259	2314	2329	2343	2358	0013	0028	0042
Prince Regent Lane Bennett Road	2012	2024	2038	2052	2106	2121	2135		2250	2304	2319	2334	2348	0003	0018	0032	0046
Prince Regent Station Bus Station	2015	2027	2041	2055	2109	2124	2138		2253	2307	2322	2337	2351	0006	0021	0035	0049
London City Airport	2019	2031	2045	2059	2113	2128	2142		2257	2311	2326	2341	2355	0010	0025	0039	0053
North Woolwich Free Ferry	2024	2036	2050	2104	2118	2133	2147	2302	2316	2331	2346	0000	0015	0030	0044	0058	
Stratford Bus Station	0048	0103	0118														
Plaistow Station	0054	0109	0124														
Plaistow Greengate	0057	0112	0127														
Prince Regent Lane Bennett Road	0101	0116	0131														
Prince Regent Station Bus Station	0104	0119	0134														
London City Airport	0108	0123	0138														
North Woolwich Free Ferry	0113	0128	0143														
473		Sundays and other Public Holidays (except Christmas Day)															
Stratford Bus Station	0612	Then every 20 minutes until	0812	0832	0852	0907	0922	0937	0951	Then every 15 minutes until	1151	1205	1219	1233	1247	1302	
Plaistow Station	0618		0818	0838	0858	0913	0928	0943	0957		1157	1212	1226	1241	1255	1310	
Plaistow Greengate	0621		0821	0842	0902	0917	0932	0947	1001		1201	1216	1230	1245	1259	1314	
Prince Regent Lane Bennett Road	0625		0825	0846	0907	0922	0937	0952	1007		1207	1222	1236	1251	1306	1321	
Prince Regent Station Bus Station	0628		0828	0849	0910	0925	0940	0955	1010		1210	1225	1240	1255	1310	1325	
London City Airport	0633		0833	0854	0915	0930	0945	1000	1015		1215	1230	1245	1300	1315	1330	
North Woolwich Free Ferry	0639	0839	0900	0921	0936	0951	1006	1021	1221	1236	1251	1306	1321	1336			
Stratford Bus Station	1316	1330	Then every 15 minutes until	1830	1845	1900	1916	1932	1947	2002	2017	2032	2048	2103	2118	2133	2148
Plaistow Station	1324	1338		1838	1853	1908	1923	1939	1954	2009	2024	2039	2054	2109	2124	2139	2154
Plaistow Greengate	1328	1343		1843	1858	1913	1928	1943	1958	2013	2028	2043	2058	2113	2128	2143	2158
Prince Regent Lane Bennett Road	1336	1351		1851	1906	1921	1936	1951	2006	2020	2035	2049	2104	2119	2134	2149	2203
Prince Regent Station Bus Station	1340	1355		1855	1909	1924	1939	1954	2009	2023	2038	2052	2107	2122	2137	2152	2206
London City Airport	1345	1400		1900	1914	1929	1944	1959	2014	2028	2043	2057	2111	2126	2141	2156	2210
North Woolwich Free Ferry	1351	1406	1906	1920	1935	1950	2005	2020	2034	2049	2103	2117	2132	2147	2202	2216	
Stratford Bus Station	2203	2218	2233	2248	2303	2318	2333	2348	0003	0018	0033	0048	0103	0118			
Plaistow Station	2209	2224	2239	2254	2309	2324	2339	2354	0009	0024	0038	0053	0108	0123			
Plaistow Greengate	2213	2228	2243	2258	2313	2328	2343	2358	0012	0027	0041	0056	0111	0126			
Prince Regent Lane Bennett Road	2218	2233	2248	2303	2318	2333	2348	0003	0017	0031	0045	0100	0115	0130			
Prince Regent Station Bus Station	2221	2236	2251	2306	2321	2336	2351	0006	0020	0034	0048	0103	0118	0133			
London City Airport	2225	2240	2255	2310	2325	2340	2355	0010	0024	0038	0052	0107	0122	0137			
North Woolwich Free Ferry	2231	2246	2301	2315	2330	2345	0000	0015	0029	0043	0057	0112	0127	0142			