

474		Mondays to Fridays																	
		MX									MO								
Manor Park Station	0005	0020	0020	0040	0110	0140	0210	0240	0310	0340	0410	0430	0450	0510	0530	0545	0600	0612	
East Ham Station	0010	0024	0025	0044	0114	0144	0214	0244	0314	0344	0414	0434	0454	0514	0535	0550	0605	0617	
East Ham Newham Town Hall	0014	0028	0029	0048	0118	0148	0218	0248	0318	0348	0418	0438	0458	0518	0539	0554	0609	0621	
Beckton Bus Station	0020	0034	0035	0054	0124	0154	0224	0254	0324	0354	0424	0444	0504	0524	0545	0600	0616	0628	
North Woolwich Free Ferry	0028	0042	0043	0102	0132	0202	0232	0302	0333	0403	0433	0453	0513	0533	0554	0609	0625	0637	
London City Airport	0033	0047	0048	0107	0137	0207	0237	0308	0339	0409	0439	0459	0519	0539	0601	0616	0632	0644	
Canning Town Bus Station	0040	0054	0055	0114	0144	0214	0245	0316	0347	0417	0447	0507	0527	0547	0609	0624	0642	0654	
Manor Park Station	0624	Then	2005	2020	2035	2050	2106	2121	2136	2151	2206	2221	2235	2250	2305	2320	2335	2350	
East Ham Station	0629	about	2012	2027	2042	2057	2112	2127	2142	2157	2212	2227	2241	2256	2310	2325	2340	2355	
East Ham Newham Town Hall	0633	every	2020	2035	2050	2105	2119	2134	2149	2204	2219	2233	2246	2301	2315	2330	2344	2359	
Beckton Bus Station	0640	12	2029	2044	2059	2113	2126	2141	2156	2211	2226	2240	2253	2307	2321	2336	2350	0005	
North Woolwich Free Ferry	0649	mins.	2039	2053	2108	2122	2135	2150	2205	2220	2235	2249	2302	2316	2330	2345	2359	0014	
London City Airport	0656	until	2046	2100	2115	2128	2141	2156	2211	2226	2240	2254	2307	2321	2335	2350	0004	0019	
Canning Town Bus Station	0706		2055	2109	2123	2136	2149	2204	2219	2234	2247	2301	2314	2328	2342	2357	0011	0026	
474		Saturdays																	
Manor Park Station	0005	0020	0040	0110	0140	0210	0240	0310	0340	0410	0430	0450	0510	0530	0550	0610	0625	0640	
East Ham Station	0010	0024	0044	0114	0144	0214	0244	0314	0344	0414	0434	0454	0514	0534	0555	0615	0630	0645	
East Ham Newham Town Hall	0014	0028	0048	0118	0148	0218	0248	0318	0348	0418	0438	0458	0518	0538	0559	0619	0634	0649	
Beckton Bus Station	0020	0034	0054	0124	0154	0224	0254	0324	0354	0424	0444	0504	0524	0544	0605	0625	0640	0655	
North Woolwich Free Ferry	0028	0042	0102	0132	0202	0232	0302	0333	0403	0433	0453	0513	0533	0553	0614	0634	0649	0704	
London City Airport	0033	0047	0107	0137	0207	0237	0308	0339	0408	0438	0458	0519	0539	0559	0620	0640	0655	0710	
Canning Town Bus Station	0040	0054	0114	0144	0214	0245	0316	0347	0415	0445	0505	0527	0547	0607	0628	0648	0703	0719	
Manor Park Station	0655	0710	0725	0740	0755	0810		Then	1905	1920	1935	1950	2005	2020	2035	2050	2105	2120	
East Ham Station	0700	0715	0730	0745	0800	0815		about	1913	1928	1943	1958	2013	2028	2042	2057	2112	2126	
East Ham Newham Town Hall	0705	0720	0735	0750	0805	0820		every 12	1922	1937	1952	2007	2021	2036	2049	2104	2118	2132	
Beckton Bus Station	0711	0726	0741	0756	0812	0827		minutes	1930	1945	2000	2015	2028	2043	2056	2111	2125	2139	
North Woolwich Free Ferry	0720	0735	0750	0805	0821	0836		until	1940	1955	2010	2024	2037	2052	2105	2120	2134	2148	
London City Airport	0726	0741	0756	0811	0827	0842			1946	2001	2016	2030	2043	2058	2111	2126	2140	2154	
Canning Town Bus Station	0735	0750	0805	0820	0836	0851			1955	2010	2025	2038	2051	2106	2119	2133	2147	2201	
Manor Park Station	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350									
East Ham Station	2141	2156	2211	2226	2241	2256	2311	2325	2340	2355									
East Ham Newham Town Hall	2147	2202	2217	2232	2246	2301	2316	2330	2345	0000									
Beckton Bus Station	2154	2209	2224	2238	2252	2307	2322	2336	2351	0006									
North Woolwich Free Ferry	2203	2218	2233	2247	2301	2316	2331	2345	0000	0015									
London City Airport	2209	2224	2239	2253	2306	2321	2336	2350	0005	0020									
Canning Town Bus Station	2216	2231	2246	2300	2313	2328	2343	2357	0012	0027									
474		Sundays																	
Manor Park Station	0005	0020	0040	0110	0140	0210	Then	0410	0440	0510	Then	0730	0750	0810	0830	0850	0905	0920	
East Ham Station	0010	0025	0045	0115	0145	0214	every	0414	0444	0514	every	0734	0755	0815	0835	0855	0911	0926	
East Ham Newham Town Hall	0015	0029	0049	0119	0149	0218	30	0418	0448	0518	20	0738	0759	0820	0840	0900	0916	0931	
Beckton Bus Station	0021	0035	0055	0125	0155	0224	mins.	0424	0454	0524	mins.	0744	0805	0826	0846	0906	0922	0938	
North Woolwich Free Ferry	0029	0043	0103	0133	0203	0233	until	0433	0503	0533	until	0753	0814	0835	0855	0915	0931	0947	
London City Airport	0034	0048	0108	0138	0208	0238		0438	0509	0539		0759	0820	0841	0901	0921	0937	0953	
Canning Town Bus Station	0041	0055	0115	0145	0215	0245		0445	0517	0547		0807	0828	0850	0910	0930	0946	1002	
Manor Park Station	0935	0949	1004	1017	1031	1045	1059	1111	Then	1156	1210	1225	1240	1255	1308	1322	1336	1350	
East Ham Station	0941	0955	1010	1024	1038	1052	1107	1119	every	1204	1218	1233	1248	1304	1317	1331	1345	1400	
East Ham Newham Town Hall	0947	1001	1016	1030	1045	1059	1114	1127	15	1212	1227	1242	1258	1314	1327	1341	1356	1411	
Beckton Bus Station	0954	1008	1023	1038	1053	1107	1122	1136	mins.	1221	1236	1251	1307	1323	1337	1351	1406	1421	
North Woolwich Free Ferry	1003	1017	1032	1047	1102	1117	1132	1147	until	1232	1247	1302	1318	1334	1348	1403	1418	1433	
London City Airport	1009	1024	1039	1054	1109	1124	1139	1154		1239	1254	1309	1325	1341	1355	1410	1425	1440	
Canning Town Bus Station	1018	1033	1049	1104	1119	1134	1149	1204		1249	1304	1319	1335	1350	1404	1419	1434	1449	
Manor Park Station	1405	1420	1435	1450	Then	1535	1550	Then	1635	1650	1705	1720	1735	1750	1805	Then	1850	1905	
East Ham Station	1415	1430	1445	1459	every	1544	1559	every	1644	1658	1713	1728	1743	1758	1813	about	1858	1913	
East Ham Newham Town Hall	1426	1441	1456	1510	15	1555	1609	15	1654	1708	1723	1737	1752	1807	1821	every	1906	1920	
Beckton Bus Station	1436	1451	1506	1519	mins.	1604	1618	mins.	1703	1716	1731	1745	1800	1815	1829	15	1914	1928	
North Woolwich Free Ferry	1448	1503	1518	1531	until	1616	1630	until	1715	1728	1742	1756	1811	1826	1840	mins.	1923	1937	
London City Airport	1455	1510	1525	1538		1623	1637		1722	1735	1749	1803	1818	1833	1847	until	1930	1943	
Canning Town Bus Station	1504	1519	1534	1547		1632	1646		1731	1744	1758	1812	1827	1842	1856		1939	1952	
Manor Park Station	1920	1935	Then	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350	
East Ham Station	1928	1942	about	2027	2042	2057	2112	2126	2141	2156	2211	2226	2240	2255	2310	2325	2340	2355	
East Ham Newham Town Hall	1935	1949	every	2034	2048	2103	2118	2132	2147	2201	2216	2231	2245	2300	2315	2329	2344	2359	
Beckton Bus Station	1943	1956	15	2041	2055	2110	2125	2139	2153	2207	2222	2237	2251	2306	2321	2335	2350	0005	
North Woolwich Free Ferry	1952	2005	mins.	2050	2104	2119	2134	2148	2202	2216	2231	2246	2300	2315	2330	2343	2358	0013	
London City Airport	1958	2011	until	2056	2110	2125	2140	2154	2207	2221	2236	2251	2305	2320	2335	2348	0003	0018	
Canning Town Bus Station	2007	2020		2104	2118	2133	2148	2201	2214	2228	2243	2258	2312	2327	2342	2355	0010	0025	
Notes:	MO - Operates on Mondays only									MX - Operates on Tuesdays to Fridays only									

474		Mondays to Fridays																	
Canning Town Bus Station	0007	0022	0037	0052	0107	0127	0157	0227	0257	0327	0357	0427	0452	0512	0533	0548	0603	0618	
London City Airport	0015	0030	0045	0100	0115	0135	0205	0235	0305	0336	0406	0436	0501	0521	0542	0557	0613	0628	
North Woolwich Free Ferry	0021	0036	0051	0106	0121	0141	0211	0241	0311	0342	0412	0442	0507	0527	0548	0603	0620	0635	
Beckton Bus Station	0028	0043	0058	0113	0128	0148	0218	0248	0318	0349	0419	0449	0514	0535	0557	0613	0630	0645	
East Ham Newham Town Hall	0033	0048	0103	0118	0133	0153	0223	0253	0323	0354	0424	0454	0519	0543	0605	0621	0638	0654	
East Ham Station	0037	0052	0107	0122	0137	0157	0227	0257	0327	0358	0428	0458	0523	0547	0609	0626	0643	0659	
Manor Park Station	0041	0056	0111	0126	0141	0201	0231	0301	0331	0402	0432	0502	0527	0551	0613	0630	0647	0704	
Canning Town Bus Station	0630	Then about every 12 minutes until	2053	2108	2123	2138	2153	2207	2222	2237	2252	2307	2322	2337	2352				
London City Airport	0641		2102	2117	2132	2147	2202	2216	2231	2246	2301	2316	2330	2345	0000				
North Woolwich Free Ferry	0649		2109	2124	2139	2154	2209	2222	2237	2252	2307	2322	2336	2351	0006				
Beckton Bus Station	0659		2119	2134	2149	2204	2219	2232	2246	2301	2316	2331	2345	2358	0013				
East Ham Newham Town Hall	0708		2127	2142	2157	2212	2227	2240	2253	2307	2322	2337	2351	0003	0018				
East Ham Station	0714		2133	2148	2203	2218	2233	2246	2259	2313	2327	2342	2355	0007	0022				
Manor Park Station	0719		2139	2153	2208	2223	2238	2251	2304	2318	2332	2347	0000	0012	0026				
474		Saturdays																	
Canning Town Bus Station	0007	0022	0037	0052	0107	0127	0157	0227	0257	0327	0358	0427	0453	0513	0533	0548	0603	0618	
London City Airport	0015	0030	0045	0100	0115	0135	0205	0235	0305	0336	0407	0436	0502	0522	0542	0557	0612	0627	
North Woolwich Free Ferry	0021	0036	0051	0106	0121	0141	0211	0241	0311	0342	0413	0442	0508	0528	0548	0603	0618	0633	
Beckton Bus Station	0028	0043	0058	0113	0128	0148	0218	0248	0318	0349	0420	0449	0515	0535	0555	0610	0625	0641	
East Ham Newham Town Hall	0033	0048	0103	0118	0133	0153	0223	0253	0323	0354	0425	0454	0520	0541	0601	0617	0632	0648	
East Ham Station	0037	0052	0107	0122	0137	0157	0227	0257	0327	0358	0429	0458	0524	0545	0605	0621	0636	0653	
Manor Park Station	0041	0056	0111	0126	0141	0201	0231	0301	0331	0402	0433	0502	0528	0549	0609	0625	0640	0657	
Canning Town Bus Station	0633	0648	0703	0718	0733	0748	Then about every 12 minutes until	1834	1849	1905	1921	1936	1952	2008	2023	2038	2053		
London City Airport	0642	0657	0712	0727	0742	0757		1844	1859	1915	1931	1946	2002	2018	2033	2048	2103		
North Woolwich Free Ferry	0648	0703	0718	0733	0748	0803		1851	1906	1922	1938	1953	2009	2024	2039	2054	2109		
Beckton Bus Station	0656	0711	0727	0742	0757	0812		1903	1916	1931	1947	2002	2018	2033	2048	2103	2118		
East Ham Newham Town Hall	0703	0718	0734	0749	0804	0819		1912	1925	1939	1955	2010	2026	2041	2055	2110	2125		
East Ham Station	0708	0723	0739	0754	0809	0824		1921	1934	1948	2003	2018	2033	2047	2101	2116	2130		
Manor Park Station	0712	0727	0743	0759	0814	0829		1929	1942	1955	2010	2025	2040	2054	2108	2122	2136		
Canning Town Bus Station	2108	2123	2138	2153	2208	2223	2238	2252	2307	2322	2337	2352							
London City Airport	2117	2132	2147	2202	2216	2231	2246	2300	2315	2330	2345	0000							
North Woolwich Free Ferry	2123	2138	2153	2208	2222	2237	2252	2306	2321	2336	2351	0006							
Beckton Bus Station	2132	2147	2202	2217	2231	2246	2301	2315	2330	2345	0000	0013							
East Ham Newham Town Hall	2139	2154	2208	2223	2237	2252	2307	2321	2336	2351	0005	0018							
East Ham Station	2144	2159	2213	2228	2242	2257	2311	2325	2340	2355	0009	0022							
Manor Park Station	2150	2205	2219	2234	2248	2302	2316	2330	2345	0000	0013	0026							
474		Sundays																	
Canning Town Bus Station	0007	Then every 15 mins. until	0107	0127	Then every 30 mins. until	0257	0327	0358	0428	0458	0523	0543	0603	0623	0643	0703	0723	0743	
London City Airport	0015		0115	0135		0305	0336	0406	0436	0506	0531	0551	0612	0632	0652	0712	0732	0752	
North Woolwich Free Ferry	0021		0121	0141		0311	0342	0412	0442	0512	0537	0557	0618	0638	0658	0718	0738	0758	
Beckton Bus Station	0028		0128	0148		0318	0349	0419	0449	0519	0544	0604	0626	0646	0706	0726	0747	0807	
East Ham Newham Town Hall	0033		0133	0153		0323	0354	0424	0454	0524	0550	0610	0633	0653	0713	0733	0754	0814	
East Ham Station	0037		0137	0157		0327	0358	0428	0458	0528	0554	0614	0637	0657	0717	0737	0758	0818	
Manor Park Station	0041		0141	0201		0331	0402	0432	0502	0532	0558	0618	0641	0701	0721	0742	0803	0823	
Canning Town Bus Station	0803	0823	0838	0853	0908	0923	0938	0953	Then about every 15 mins. until	1053	1108	1123	1138	1153	1208	1223	1238	1253	
London City Airport	0812	0832	0847	0902	0917	0932	0947	1002		1102	1117	1133	1148	1203	1218	1233	1248	1303	
North Woolwich Free Ferry	0818	0838	0853	0909	0924	0939	0954	1009		1109	1124	1140	1155	1211	1226	1241	1256	1311	
Beckton Bus Station	0827	0847	0902	0918	0933	0948	1003	1019		1119	1134	1150	1206	1222	1237	1252	1307	1322	
East Ham Newham Town Hall	0835	0855	0910	0926	0941	0956	1011	1027		1127	1142	1159	1215	1231	1246	1301	1316	1332	
East Ham Station	0840	0900	0915	0931	0946	1002	1017	1033		1134	1149	1206	1222	1238	1254	1309	1324	1340	
Manor Park Station	0845	0905	0920	0937	0952	1008	1023	1039		1141	1157	1213	1229	1245	1301	1316	1331	1347	
Canning Town Bus Station	1308	1323	Then every 15 mins. until	1408	1424	Then every 15 mins. until	1524	1540	Then every 15 mins. until	1655	1711	1727	1742	1758	1813	1829	1845	1901	
London City Airport	1318	1333		1418	1434		1534	1550		1705	1721	1737	1752	1808	1823	1839	1855	1911	
North Woolwich Free Ferry	1326	1341		1426	1441		1541	1557		1712	1728	1744	1759	1815	1830	1846	1902	1918	
Beckton Bus Station	1337	1352		1437	1452		1552	1608		1723	1739	1755	1810	1825	1840	1855	1911	1927	
East Ham Newham Town Hall	1347	1402		1447	1502		1602	1617		1732	1748	1803	1818	1833	1848	1903	1918	1934	
East Ham Station	1355	1411		1456	1511		1611	1625		1740	1755	1810	1825	1840	1855	1910	1925	1940	
Manor Park Station	1402	1418		1503	1518		1618	1632		1747	1802	1817	1832	1847	1902	1917	1932	1947	
Canning Town Bus Station	1916	1932	1948	2003	2018	2034	2049	2105	2121	2137	2152	2207	2222	2237	2252	Then about every 15 mins. until	2337	2352	
London City Airport	1926	1942	1958	2013	2028	2044	2059	2114	2130	2146	2201	2216	2230	2245	2300		2345	0000	
North Woolwich Free Ferry	1933	1948	2004	2019	2034	2050	2105	2120	2136	2152	2207	2222	2236	2251	2306		2351	0006	
Beckton Bus Station	1942	1957	2013	2028	2043	2059	2114	2129	2145	2201	2216	2231	2245	2300	2314		2359	0013	
East Ham Newham Town Hall	1949	2004	2020	2035	2050	2106	2121	2136	2151	2207	2222	2237	2251	2306	2320		0005	0018	
East Ham Station	1955	2010	2026	2041	2056	2111	2126	2141	2156	2212	2227	2242	2256	2310	2324		0009	0022	
Manor Park Station	2002	2017	2032	2047	2102	2117	2132	2147	2202	2217	2232	2247	2301	2315	2329		0013	0026	