

488	Mondays to Fridays																		
Bromley-by-Bow <i>Tesco</i>	0449	0509	0529	0549	0609	0622	0635	0649	0704	0721	0738	0752	0809	0828	0847	0905	0923	0941	
Bromley-by-Bow Station	0451	0511	0531	0551	0611	0624	0637	0651	0707	0724	0741	0755	0812	0831	0850	0908	0926	0944	
Bow Church	0454	0514	0534	0554	0614	0627	0640	0654	0711	0728	0745	0759	0816	0835	0854	0912	0930	0948	
Old Ford <i>Parnell Road</i>	0457	0517	0537	0558	0618	0631	0644	0658	0716	0733	0750	0804	0822	0841	0900	0918	0936	0954	
Hackney Wick <i>Chapman Road</i>	0501	0521	0541	0602	0623	0636	0649	0703	0721	0739	0756	0811	0829	0848	0906	0924	0942	1000	
Homerton Hospital <i>Homerton Grove</i>	0506	0526	0546	0609	0630	0643	0656	0712	0730	0748	0805	0820	0839	0858	0916	0934	0952	1009	
Clapton <i>Pond</i>	0513	0533	0553	0618	0639	0652	0705	0723	0741	0759	0817	0835	0853	0911	0930	0947	1005	1022	
Shacklewell Lane <i>Kingsland High St.</i>	0521	0541	0601	0627	0648	0702	0717	0735	0754	0812	0830	0848	0906	0924	0943	1000	1017	1034	
Dalston Junction <i>Kingsland Road</i>	0524	0544	0605	0631	0652	0707	0722	0740	0759	0817	0836	0854	0911	0929	0948	1005	1022	1039	
Bromley-by-Bow <i>Tesco</i>	0959	1017	1035	1053	1111	1129	1147	1205	1223	1241	1259	1315	1331	1348	1406	1423	1441	1457	
Bromley-by-Bow Station	1002	1020	1038	1056	1114	1132	1150	1208	1226	1244	1302	1318	1334	1351	1409	1426	1444	1500	
Bow Church	1006	1024	1042	1100	1118	1136	1154	1212	1230	1248	1306	1322	1338	1355	1413	1430	1448	1504	
Old Ford <i>Parnell Road</i>	1012	1030	1048	1106	1124	1142	1200	1218	1236	1254	1312	1328	1344	1401	1419	1436	1454	1511	
Hackney Wick <i>Chapman Road</i>	1018	1036	1054	1112	1130	1148	1206	1224	1242	1300	1318	1334	1350	1407	1425	1442	1500	1518	
Homerton Hospital <i>Homerton Grove</i>	1027	1045	1103	1121	1139	1157	1215	1233	1251	1309	1327	1343	1359	1416	1434	1451	1509	1527	
Clapton <i>Pond</i>	1040	1058	1116	1134	1152	1210	1228	1246	1304	1322	1340	1357	1415	1432	1450	1507	1525	1543	
Shacklewell Lane <i>Kingsland High St.</i>	1052	1110	1128	1146	1204	1222	1240	1258	1316	1334	1352	1410	1428	1446	1504	1522	1540	1558	
Dalston Junction <i>Kingsland Road</i>	1057	1115	1133	1151	1209	1227	1245	1303	1321	1339	1357	1415	1433	1451	1509	1527	1545	1603	
Bromley-by-Bow <i>Tesco</i>	1513	1531	1549	1607	1625	1643	1701	1719	1737	1755	1814	1834	1853	1911	1926	1941	1956	2016	
Bromley-by-Bow Station	1517	1535	1553	1611	1629	1647	1705	1723	1741	1759	1817	1837	1856	1914	1929	1944	1959	2018	
Bow Church	1521	1539	1557	1615	1633	1651	1709	1727	1745	1803	1821	1841	1900	1917	1932	1947	2002	2021	
Old Ford <i>Parnell Road</i>	1528	1546	1604	1622	1640	1658	1716	1734	1752	1809	1827	1847	1906	1923	1938	1953	2007	2026	
Hackney Wick <i>Chapman Road</i>	1535	1553	1611	1629	1647	1705	1723	1741	1759	1816	1834	1854	1912	1929	1944	1959	2012	2031	
Homerton Hospital <i>Homerton Grove</i>	1545	1603	1621	1639	1657	1715	1733	1751	1809	1826	1844	1903	1921	1938	1953	2008	2021	2038	
Clapton <i>Pond</i>	1601	1619	1637	1655	1713	1731	1749	1807	1825	1842	1900	1918	1931	1947	2002	2018	2031	2046	
Shacklewell Lane <i>Kingsland High St.</i>	1616	1634	1652	1710	1728	1746	1803	1820	1837	1854	1910	1926	1939	1955	2010	2026	2039	2054	
Dalston Junction <i>Kingsland Road</i>	1621	1639	1657	1715	1733	1751	1808	1825	1842	1859	1915	1931	1944	2000	2014	2030	2043	2058	
Bromley-by-Bow <i>Tesco</i>	2038	2059	2119	2139	2200	2220	2240	2300	2320	2340	0000	0020	0040						
Bromley-by-Bow Station	2040	2101	2121	2141	2202	2222	2242	2302	2322	2342	0002	0022	0042						
Bow Church	2043	2104	2124	2144	2205	2225	2245	2305	2325	2345	0005	0025	0045						
Old Ford <i>Parnell Road</i>	2048	2109	2129	2149	2209	2229	2249	2309	2329	2349	0009	0029	0049						
Hackney Wick <i>Chapman Road</i>	2053	2114	2134	2154	2213	2233	2253	2313	2333	2353	0013	0033	0053						
Homerton Hospital <i>Homerton Grove</i>	2100	2120	2140	2200	2219	2239	2259	2318	2338	2358	0018	0038	0058						
Clapton <i>Pond</i>	2107	2127	2147	2207	2226	2246	2306	2324	2343	0003	0023	0043	0103						
Shacklewell Lane <i>Kingsland High St.</i>	2114	2134	2154	2214	2233	2253	2312	2330	2349	0009	0029	0049	0109						
Dalston Junction <i>Kingsland Road</i>	2118	2138	2158	2217	2236	2256	2315	2333	2352	0012	0032	0052	0112						

488	Mondays to Fridays																	
Dalston Junction Bus Station	0430	0450	0510	0530	0550	0605	0619	0634	0648	0702	0717	0733	0751	0809	0827	0845	0904	0922
Shacklewell Lane Kingsland High St.	0433	0453	0513	0533	0553	0608	0622	0637	0651	0706	0721	0737	0755	0813	0831	0850	0909	0927
Clapton Pond	0441	0501	0521	0541	0601	0618	0633	0648	0702	0718	0736	0752	0810	0828	0846	0905	0923	0941
Homerton Hospital Homerton Grove	0447	0507	0527	0547	0608	0625	0640	0655	0710	0728	0746	0804	0822	0840	0858	0917	0934	0952
Hackney Wick Chapman Road	0452	0512	0532	0552	0614	0631	0646	0701	0718	0736	0754	0813	0831	0849	0907	0925	0942	1000
Old Ford Parnell Road	0456	0516	0536	0556	0618	0635	0650	0707	0724	0742	0800	0819	0838	0856	0913	0931	0948	1006
Bromley-by-Bow Tesco	0501	0521	0541	0601	0623	0640	0655	0713	0730	0748	0807	0826	0845	0903	0919	0937	0954	1012
Dalston Junction Bus Station	0940	0958	1016	1034	1052	1110	1128	1146	1204	1222	1240	1258	1316	1334	1352	1410	1428	1444
Shacklewell Lane Kingsland High St.	0945	1003	1021	1039	1057	1115	1133	1151	1209	1227	1245	1303	1322	1340	1358	1416	1434	1450
Clapton Pond	0959	1017	1035	1053	1111	1129	1147	1205	1224	1242	1300	1319	1338	1356	1414	1432	1450	1506
Homerton Hospital Homerton Grove	1010	1028	1046	1104	1122	1140	1158	1216	1235	1253	1312	1332	1351	1409	1427	1445	1503	1521
Hackney Wick Chapman Road	1018	1036	1054	1113	1132	1150	1208	1226	1245	1303	1322	1342	1401	1419	1437	1455	1514	1532
Old Ford Parnell Road	1024	1042	1100	1119	1138	1156	1214	1232	1251	1309	1328	1348	1407	1425	1443	1501	1521	1539
Bromley-by-Bow Tesco	1030	1048	1106	1125	1144	1202	1221	1239	1258	1316	1335	1355	1414	1433	1451	1509	1529	1547
Dalston Junction Bus Station	1501	1519	1537	1555	1614	1632	1650	1708	1726	1744	1802	1820	1838	1856	1913	1931	1952	2013
Shacklewell Lane Kingsland High St.	1507	1525	1543	1601	1620	1638	1656	1714	1732	1750	1808	1826	1844	1902	1918	1936	1957	2018
Clapton Pond	1524	1542	1600	1618	1637	1655	1713	1731	1749	1807	1823	1841	1859	1916	1931	1947	2007	2027
Homerton Hospital Homerton Grove	1538	1556	1614	1632	1651	1709	1727	1745	1803	1819	1835	1853	1911	1926	1938	1954	2013	2033
Hackney Wick Chapman Road	1550	1608	1626	1644	1702	1719	1736	1754	1812	1828	1844	1902	1919	1934	1946	2002	2020	2040
Old Ford Parnell Road	1557	1614	1632	1650	1708	1725	1742	1800	1818	1834	1850	1908	1925	1940	1952	2008	2025	2045
Bromley-by-Bow Tesco	1605	1622	1640	1658	1716	1733	1750	1807	1825	1841	1857	1915	1932	1947	1959	2014	2031	2051
Dalston Junction Bus Station	2034	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355	0015	0035					
Shacklewell Lane Kingsland High St.	2039	2100	2119	2139	2159	2219	2239	2259	2318	2338	2358	0018	0038					
Clapton Pond	2048	2109	2128	2148	2208	2227	2247	2307	2326	2345	0005	0025	0045					
Homerton Hospital Homerton Grove	2054	2115	2134	2154	2213	2232	2252	2312	2331	2350	0010	0030	0050					
Hackney Wick Chapman Road	2101	2121	2140	2200	2219	2238	2258	2317	2336	2355	0015	0035	0055					
Old Ford Parnell Road	2106	2126	2145	2205	2224	2243	2303	2321	2340	2359	0019	0039	0059					
Bromley-by-Bow Tesco	2111	2131	2150	2210	2229	2248	2308	2326	2345	0004	0024	0044	0104					
488	Saturdays (also Good Friday)																	
Dalston Junction Bus Station	0430	0450	0510	0530	0550	0610	0630	0650	0710	0725	0739	0753	0807	0821	0834	0847	0900	0913
Shacklewell Lane Kingsland High St.	0432	0452	0512	0532	0552	0612	0632	0652	0713	0728	0742	0756	0811	0825	0838	0851	0904	0917
Clapton Pond	0439	0459	0519	0539	0559	0619	0639	0659	0721	0736	0750	0804	0819	0833	0846	0859	0914	0929
Homerton Hospital Homerton Grove	0443	0503	0523	0543	0603	0623	0643	0703	0726	0741	0755	0809	0824	0840	0855	0910	0925	0940
Hackney Wick Chapman Road	0449	0509	0529	0549	0609	0629	0649	0709	0732	0747	0801	0816	0831	0847	0902	0917	0932	0947
Old Ford Parnell Road	0453	0513	0533	0553	0613	0633	0653	0713	0736	0751	0806	0821	0836	0852	0907	0922	0937	0952
Bromley-by-Bow Tesco	0458	0518	0538	0558	0618	0638	0658	0718	0741	0756	0811	0826	0841	0857	0913	0928	0943	0958
Dalston Junction Bus Station	0926	0939	0952	1007	1024	1041	1058	1116	1133	1151	1208	1226	1244	1302	1320	1338	1356	1414
Shacklewell Lane Kingsland High St.	0930	0943	0956	1012	1029	1046	1103	1121	1138	1156	1214	1232	1250	1308	1326	1344	1402	1420
Clapton Pond	0944	0959	1012	1029	1046	1103	1120	1138	1156	1214	1232	1250	1308	1326	1344	1402	1420	1438
Homerton Hospital Homerton Grove	0955	1010	1025	1043	1100	1118	1136	1154	1212	1230	1248	1306	1324	1342	1400	1418	1436	1454
Hackney Wick Chapman Road	1003	1018	1033	1051	1109	1127	1145	1203	1221	1239	1257	1315	1333	1351	1409	1427	1445	1503
Old Ford Parnell Road	1009	1024	1039	1057	1115	1133	1151	1209	1227	1245	1303	1321	1339	1357	1415	1433	1451	1509
Bromley-by-Bow Tesco	1015	1030	1045	1103	1122	1140	1158	1216	1234	1252	1310	1328	1346	1404	1422	1440	1458	1516
Dalston Junction Bus Station	1432	1450	1508	1526	1544	1602	1620	1638	1656	1714	1732	1751	1810	1829	1848	1908	1928	1949
Shacklewell Lane Kingsland High St.	1438	1456	1514	1532	1550	1608	1626	1644	1702	1720	1738	1757	1816	1835	1854	1914	1934	1955
Clapton Pond	1456	1514	1532	1550	1608	1626	1644	1702	1720	1738	1756	1814	1831	1850	1908	1926	1944	2005
Homerton Hospital Homerton Grove	1512	1530	1548	1606	1624	1642	1700	1718	1736	1754	1812	1829	1845	1904	1920	1937	1954	2012
Hackney Wick Chapman Road	1521	1539	1557	1615	1633	1651	1709	1727	1745	1803	1821	1838	1854	1912	1928	1945	2002	2020
Old Ford Parnell Road	1527	1545	1603	1621	1639	1657	1715	1733	1751	1809	1827	1844	1900	1918	1934	1951	2007	2025
Bromley-by-Bow Tesco	1534	1552	1610	1628	1646	1704	1722	1740	1758	1816	1834	1851	1906	1924	1940	1957	2013	2031
Dalston Junction Bus Station	2010	2031	2053	2114	2134	2154	2215	2235	2255	2315	2335	2355	0015	0035				
Shacklewell Lane Kingsland High St.	2015	2036	2058	2118	2138	2158	2219	2239	2259	2318	2338	2358	0018	0038				
Clapton Pond	2025	2046	2108	2128	2148	2208	2227	2247	2307	2325	2345	0005	0025	0045				
Homerton Hospital Homerton Grove	2032	2053	2114	2134	2154	2214	2233	2253	2312	2330	2350	0010	0030	0050				
Hackney Wick Chapman Road	2040	2101	2121	2141	2201	2220	2239	2259	2318	2336	2356	0016	0036	0056				
Old Ford Parnell Road	2045	2106	2126	2146	2206	2225	2244	2304	2322	2340	0000	0020	0040	0100				
Bromley-by-Bow Tesco	2051	2112	2132	2152	2211	2230	2249	2309	2327	2345	0005	0025	0045	0105				

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Sundays and other Public Holidays (except Christmas Day)

Dalston Junction Bus Station	0531	0601	0631	0651	0711	0731	0751	0811	0831	0851	0910	0930	0949	1008	1031	1053	1115	1136
Shacklewell Lane Kingsland High St.	0533	0603	0633	0653	0714	0734	0754	0814	0834	0854	0913	0933	0952	1012	1035	1057	1119	1140
Clapton Pond	0540	0610	0640	0700	0721	0741	0801	0822	0842	0902	0922	0944	1004	1027	1050	1112	1135	1156
Homerton Hospital Homerton Grove	0544	0614	0644	0705	0726	0746	0806	0827	0847	0908	0930	0952	1014	1037	1100	1123	1146	1207
Hackney Wick Chapman Road	0548	0618	0648	0710	0731	0751	0811	0832	0852	0914	0936	0958	1021	1044	1108	1131	1154	1216
Old Ford Parnell Road	0552	0622	0652	0714	0735	0755	0816	0837	0857	0919	0941	1003	1026	1049	1113	1136	1159	1221
Bromley-by-Bow Tesco	0557	0627	0657	0719	0740	0800	0821	0842	0902	0924	0946	1009	1032	1055	1119	1142	1205	1228
Dalston Junction Bus Station	1159	1220	1242	1305	1328	1351	1414	1437	1500	1523	1546	1609	1632	1655	1718	1741	1805	1828
Shacklewell Lane Kingsland High St.	1203	1225	1247	1310	1333	1356	1419	1442	1505	1528	1551	1614	1637	1700	1723	1746	1809	1832
Clapton Pond	1219	1241	1303	1326	1349	1412	1435	1458	1521	1544	1606	1629	1652	1714	1737	1800	1819	1842
Homerton Hospital Homerton Grove	1230	1252	1315	1338	1401	1424	1447	1510	1533	1556	1618	1641	1704	1725	1748	1810	1829	1852
Hackney Wick Chapman Road	1239	1301	1324	1347	1410	1433	1456	1519	1542	1605	1627	1650	1713	1734	1757	1818	1837	1900
Old Ford Parnell Road	1244	1307	1330	1353	1416	1439	1502	1525	1548	1611	1633	1656	1719	1740	1803	1824	1843	1905
Bromley-by-Bow Tesco	1251	1314	1337	1400	1423	1446	1509	1532	1555	1618	1640	1703	1726	1747	1810	1831	1850	1911
Dalston Junction Bus Station	1851	1912	1932	1952	2012	2033	2054	2114	2134	2154	2215	2235	2255	2315	2335	2355	0015	0035
Shacklewell Lane Kingsland High St.	1855	1916	1936	1956	2016	2037	2058	2118	2138	2158	2218	2238	2258	2318	2338	2358	0018	0038
Clapton Pond	1905	1926	1946	2006	2024	2045	2106	2126	2146	2206	2226	2246	2306	2325	2345	0005	0025	0045
Homerton Hospital Homerton Grove	1912	1932	1952	2012	2030	2051	2111	2131	2151	2211	2231	2251	2311	2330	2350	0010	0030	0050
Hackney Wick Chapman Road	1920	1940	2000	2019	2037	2058	2117	2137	2157	2217	2237	2257	2317	2336	2356	0016	0036	0056
Old Ford Parnell Road	1925	1945	2005	2024	2042	2103	2121	2141	2201	2221	2241	2301	2321	2340	0000	0020	0040	0100
Bromley-by-Bow Tesco	1931	1951	2011	2030	2048	2108	2126	2146	2206	2226	2246	2306	2326	2345	0005	0025	0045	0105

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