

W19		Mondays to Fridays										
Ilford High Road Hainault Street	0555 0625 0645		0742		0841		1824 1834 1845 1856 1910 1925 1940					
Manor Park Station	0604 0637 0658		0757		0857		1839 1849 1900 1911 1925 1940 1955					
Aldersbrook Park Road	0609 0642 0703	Then	0803	Then	0903	Then	1845 1855 1906 1917 1930 1945 2000					
Leytonstone Station Plaza	0618 0653 0714	about	0814	about	0914	about	1857 1907 1918 1928 1941 1956 2009					
Whipps Cross Hospital Outpatients	0624 0700 0721	every 10	0821	every 8-9	0921	every 10	1905 1915 1925 1935 1948 2003 2015					
Leyton Baker's Arms (High Rd. Leyton)	0633 0710 0731	minutes	0832	minutes	0932	minutes	1915 1925 1935 1945 1958 2011 2023					
Walthamstow Central Station	0642 0720 0741	until	0843	until	0943	until	1924 1934 1944 1954 2007 2019 2031					
Walthamstow South Grove	0647 0725 0746		0848		0948		1929 1939 1949 1959 2011 2023 2035					
Argall Avenue Industrial Estate	0652 0729 0750		0853		0953		1934 -- -- -- -- --					
Ilford High Road Hainault Street	2000 2020 2040 2100 2120 2140 2200 2220 2240 2300 2320 2340											
Manor Park Station	2013 2033 2053 2111 2131 2151 2209 2229 2249 2309 2329 2349											
Aldersbrook Park Road	2018 2038 2058 2116 2136 2156 2214 2234 2254 2313 2333 2353											
Leytonstone Station Plaza	2027 2047 2107 2124 2144 2204 2222 2242 2302 2320 2340 0000											
Whipps Cross Hospital Outpatients	2033 2053 2113 2130 2150 2209 2227 2247 2307 2325 2345 0005											
Leyton Baker's Arms (High Rd. Leyton)	2041 2101 2120 2137 2157 2216 2234 2254 2313 2331 2351 0011											
Walthamstow Central Station	2049 2108 2127 2144 2204 2222 2240 2300 2319 2337 2357 0017											
Walthamstow South Grove	2053 2112 2131 2148 2208 2226 2244 2304 2323 2341 0001 0021											
W19		Saturdays (also Good Friday)										
Ilford High Road Hainault Street	0555 0625 0655 0725 0745		1144		1456 1508		1656 1708 1720 1732 1744 1756 1808					
Manor Park Station	0604 0634 0704 0734 0754	Then	1201	Then	1513 1526		1714 1726 1738 1750 1802 1814 1826					
Aldersbrook Park Road	0609 0639 0710 0740 0800	about	1208	about	1520 1533	Then	1721 1733 1745 1757 1808 1820 1832					
Leytonstone Station Plaza	0615 0645 0717 0747 0807	every	1218	every	1530 1543	every	1731 1743 1755 1807 1817 1829 1841					
Whipps Cross Hospital Outpatients	0621 0651 0723 0753 0813	12-13	1225	12	1537 1550	12	1738 1750 1802 1813 1823 1835 1847					
Leyton Baker's Arms (High Rd. Leyton)	0628 0658 0730 0800 0821	mins.	1235	mins.	1547 1600	mins.	1748 1800 1811 1822 1832 1844 1856					
Walthamstow Central Station	0634 0704 0736 0807 0828	until	1246	until	1556 1609	until	1757 1808 1819 1830 1840 1852 1904					
Walthamstow South Grove	0639 0709 0741 0812 0834		1256		1605 1618		1806 1816 1827 1838 1848 1900 1912					
Argall Avenue Industrial Estate	0643 0713 0745 0816 0838		1300		1609 1622		1810 1820 1831 1842 1852 1903 1915					
Ilford High Road Hainault Street	1820 1832 1844 1856 1910 1925 1940 2000 2020 2040 2100 2120 2140 2200 2220 2240											2340
Manor Park Station	1838 1850 1902 1914 1926 1941 1956 2015 2034 2054 2112 2131 2151 2211 2230 2250											2350
Aldersbrook Park Road	1844 1856 1908 1920 1932 1947 2002 2021 2040 2100 2118 2137 2157 2216 2235 2255	Then										2355
Leytonstone Station Plaza	1853 1905 1916 1928 1940 1955 2009 2028 2047 2107 2125 2144 2204 2222 2241 2301	every										0001
Whipps Cross Hospital Outpatients	1859 1911 1922 1934 1946 2001 2015 2034 2053 2112 2130 2149 2208 2226 2245 2305	20										0005
Leyton Baker's Arms (High Rd. Leyton)	1908 1920 1931 1943 1955 2009 2023 2042 2101 2120 2138 2157 2215 2233 2252 2312	mins.										0012
Walthamstow Central Station	1916 1928 1939 1951 2003 2016 2030 2049 2108 2127 2145 2204 2222 2240 2259 2318	until										0018
Walthamstow South Grove	1924 1936 1947 1959 2010 2023 2037 2056 2114 2133 2151 2209 2227 2245 2303 2322											0022
Argall Avenue Industrial Estate	1927 1939 1950 -- -- -- -- --											--
W19		Sundays and other Public Holidays (except Christmas Day)										
Ilford High Road Hainault Street	0705 0735 0805 0835 0855 0914 0932 0950 1008 1027 1046 1104 1123 1141 1159 1217 1237 1257											
Manor Park Station	0714 0744 0815 0845 0905 0925 0943 1001 1020 1039 1059 1119 1138 1156 1215 1235 1255 1315											
Aldersbrook Park Road	0721 0751 0822 0852 0913 0933 0951 1010 1029 1048 1108 1128 1148 1207 1227 1247 1307 1327											
Leytonstone Station Plaza	0725 0755 0826 0856 0917 0937 0955 1014 1033 1053 1113 1133 1153 1213 1233 1253 1313 1333											
Whipps Cross Hospital Outpatients	0731 0801 0832 0902 0924 0944 1002 1021 1040 1100 1120 1140 1200 1220 1240 1300 1320 1340											
Leyton Baker's Arms (High Rd. Leyton)	0738 0808 0839 0910 0932 0952 1011 1030 1050 1110 1130 1150 1210 1230 1250 1310 1330 1350											
Walthamstow Central Station	0743 0813 0844 0915 0937 0957 1018 1038 1058 1118 1138 1158 1217 1237 1257 1317 1337 1357											
Walthamstow South Grove	0747 0818 0849 0921 0943 1003 1024 1045 1105 1125 1145 1205 1224 1244 1304 1324 1344 1404											
Argall Avenue Industrial Estate	0751 0822 0853 0925 0947 1007 1028 1050 1110 1130 1150 1210 1229 1249 1309 1329 1349 1409											
Ilford High Road Hainault Street	1317 1337 1357 1417 1437 1457 1518						1718 1740 1802 1822 1842 1904 1922 1942 2002					
Manor Park Station	1335 1355 1415 1435 1455 1515 1534						1734 1756 1818 1838 1858 1918 1936 1956 2016					
Aldersbrook Park Road	1347 1407 1427 1447 1507 1526 1545	Then					1745 1806 1827 1847 1907 1925 1943 2003 2022					
Leytonstone Station Plaza	1353 1413 1433 1453 1512 1531 1550	every 20					1750 1811 1832 1852 1912 1930 1948 2008 2027					
Whipps Cross Hospital Outpatients	1400 1420 1440 1500 1519 1538 1557	minutes					1757 1817 1838 1858 1918 1936 1954 2013 2032					
Leyton Baker's Arms (High Rd. Leyton)	1410 1430 1450 1510 1529 1548 1607	until					1807 1827 1847 1907 1927 1945 2003 2021 2040					
Walthamstow Central Station	1417 1437 1457 1517 1536 1555 1614						1814 1834 1854 1913 1933 1951 2009 2027 2046					
Walthamstow South Grove	1424 1444 1504 1523 1542 1601 1620						1820 1840 1900 1919 1939 1957 2014 2032 2051					
Argall Avenue Industrial Estate	1429 1449 1509 1528 1547 1606 1625						1825 1845 1905 1924 1944 -- -- --					
Ilford High Road Hainault Street	2020 2040 2100 2120 2140 2200 2220 2240 2300 2320 2340											
Manor Park Station	2033 2053 2111 2130 2150 2210 2230 2250 2308 2328 2348											
Aldersbrook Park Road	2039 2059 2117 2136 2156 2215 2235 2255 2313 2333 2353											
Leytonstone Station Plaza	2044 2104 2122 2141 2201 2220 2240 2300 2318 2338 2358											
Whipps Cross Hospital Outpatients	2049 2109 2127 2146 2205 2224 2244 2304 2322 2342 0002											
Leyton Baker's Arms (High Rd. Leyton)	2057 2116 2134 2153 2212 2231 2251 2311 2329 2349 0009											
Walthamstow Central Station	2103 2122 2140 2159 2218 2237 2257 2317 2335 2355 0015											
Walthamstow South Grove	2108 2127 2145 2204 2223 2242 2302 2321 2339 2359 0019											

W19

Walthamstow – Leytonstone – Ilford

W19 Mondays to Fridays																	
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0754											1945
Walthamstow South Grove	0600	0631	0701	0721	0741	0800											1951
Walthamstow Central Station	0604	0636	0706	0726	0746	0805											1956
Leyton Baker's Arms (Lea Bridge Road)	0610	0643	0714	0734	0754	0813											2006
Whipps Cross Hospital Outpatients	0617	0651	0722	0742	0802	0822											2015
Leytonstone Station Plaza	0624	0659	0731	0751	0811	0831											2023
Aldersbrook Park Road	0632	0708	0740	0801	0821	0841											2030
Manor Park Station	0637	0714	0746	0806	0826	0846											2035
Ilford High Road Hainault Street	0648	0726	0758	0818	0838	0858											2046
Walthamstow South Grove	2300	2320	2340														
Walthamstow Central Station	2303	2323	2343														
Leyton Baker's Arms (Lea Bridge Road)	2310	2330	2350														
Whipps Cross Hospital Outpatients	2315	2335	2355														
Leytonstone Station Plaza	2320	2340	0000														
Aldersbrook Park Road	2326	2346	0006														
Manor Park Station	2330	2350	0010														
Ilford High Road Hainault Street	2338	2358	0018														
W19 Saturdays (also Good Friday)																	
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0755		1155									1643
Walthamstow South Grove	0600	0631	0701	0721	0741	0801		1201									1649
Walthamstow Central Station	0603	0634	0704	0724	0744	0804		1211		Then							1659
Leyton Baker's Arms (Lea Bridge Road)	0608	0639	0709	0729	0749	0809		1221		every							1709
Whipps Cross Hospital Outpatients	0614	0645	0715	0735	0755	0815		1231		12							1719
Leytonstone Station Plaza	0620	0651	0721	0741	0801	0821		1240		mins.							1728
Aldersbrook Park Road	0625	0656	0726	0746	0806	0826		1249		until							1737
Manor Park Station	0630	0701	0731	0751	0812	0832		1255									1743
Ilford High Road Hainault Street	0638	0710	0740	0800	0822	0843		1310									1758
Argall Avenue Industrial Estate	1834	1847	1900	1915	1930	1945		--	--	--	--	--	--	--	--	--	--
Walthamstow South Grove	1840	1853	1905	1920	1934	1949	2005	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320
Walthamstow Central Station	1849	1901	1913	1928	1942	1957	2011	2026	2046	2104	2124	2144	2203	2223	2243	2303	2323
Leyton Baker's Arms (Lea Bridge Road)	1858	1910	1922	1937	1949	2004	2019	2034	2054	2112	2132	2152	2210	2230	2250	2309	2329
Whipps Cross Hospital Outpatients	1907	1919	1931	1945	1957	2012	2027	2042	2102	2120	2140	2200	2216	2236	2256	2314	2334
Leytonstone Station Plaza	1914	1926	1938	1951	2003	2020	2035	2050	2110	2128	2148	2207	2223	2243	2303	2320	2340
Aldersbrook Park Road	1922	1934	1946	1959	2011	2028	2043	2058	2117	2135	2155	2214	2230	2250	2309	2326	2346
Manor Park Station	1928	1940	1952	2005	2016	2033	2048	2103	2122	2140	2200	2219	2235	2255	2313	2330	2350
Ilford High Road Hainault Street	1942	1953	2005	2016	2027	2044	2059	2113	2132	2150	2209	2228	2244	2304	2321	2338	2358
Argall Avenue Industrial Estate	0735	0805	0835	0903	0928	0945	1003	1021	1039	1056	1115	1132	1150	1210	1230	1250	1310
Walthamstow South Grove	0740	0810	0840	0908	0933	0950	1008	1026	1044	1101	1120	1137	1155	1215	1235	1255	1315
Walthamstow Central Station	0743	0813	0843	0912	0937	0954	1012	1030	1050	1109	1128	1145	1204	1224	1244	1304	1324
Leyton Baker's Arms (Lea Bridge Road)	0748	0818	0848	0918	0943	1000	1019	1038	1058	1118	1137	1154	1214	1234	1254	1314	1334
Whipps Cross Hospital Outpatients	0754	0825	0855	0925	0950	1007	1026	1046	1106	1126	1145	1202	1222	1242	1302	1322	1342
Leytonstone Station Plaza	0759	0830	0900	0930	0955	1014	1033	1053	1113	1133	1152	1210	1230	1250	1310	1330	1350
Aldersbrook Park Road	0805	0836	0907	0937	1002	1022	1042	1102	1122	1142	1201	1221	1241	1301	1321	1341	1401
Manor Park Station	0810	0841	0912	0942	1007	1027	1047	1107	1127	1147	1206	1226	1246	1306	1326	1346	1406
Ilford High Road Hainault Street	0819	0850	0921	0951	1018	1038	1101	1123	1144	1205	1226	1246	1306	1326	1346	1406	1422
Argall Avenue Industrial Estate	1350			1610	1630	1650	1712	1732	1754	1814	1834	1856	1916	1936	1956	--	--
Walthamstow South Grove	1355			1615	1635	1655	1717	1737	1759	1819	1839	1901	1921	1941	2001	2020	2040
Walthamstow Central Station	1404		Then	1624	1644	1704	1724	1744	1805	1825	1845	1905	1925	1945	2005	2024	2044
Leyton Baker's Arms (Lea Bridge Road)	1414		every 20	1634	1654	1713	1733	1753	1813	1833	1853	1912	1932	1952	2012	2031	2051
Whipps Cross Hospital Outpatients	1421		minutes	1641	1701	1720	1740	1800	1820	1840	1900	1919	1939	1959	2019	2038	2058
Leytonstone Station Plaza	1429		until	1649	1709	1728	1748	1807	1827	1847	1907	1926	1946	2006	2026	2045	2105
Aldersbrook Park Road	1438			1658	1717	1736	1756	1814	1834	1854	1913	1932	1952	2012	2032	2051	2111
Manor Park Station	1443			1703	1722	1741	1801	1819	1839	1859	1918	1937	1957	2017	2037	2056	2116
Ilford High Road Hainault Street	1459			1719	1738	1757	1816	1834	1854	1914	1931	1950	2010	2028	2048	2107	2126
Walthamstow South Grove	2120	2140	2200	2220	2240	2300	2320	2340									
Walthamstow Central Station	2124	2144	2204	2224	2243	2303	2323	2343									
Leyton Baker's Arms (Lea Bridge Road)	2130	2150	2210	2230	2249	2309	2329	2349									
Whipps Cross Hospital Outpatients	2136	2156	2216	2235	2254	2314	2334	2354									
Leytonstone Station Plaza	2142	2202	2222	2241	2300	2320	2340	0000									
Aldersbrook Park Road	2148	2208	2228	2247	2306	2326	2346	0006									
Manor Park Station	2153	2213	2233	2251	2310	2330	2350	0010									
Ilford High Road Hainault Street	2203	2223	2241	2259	2318	2338	2358	0018									