

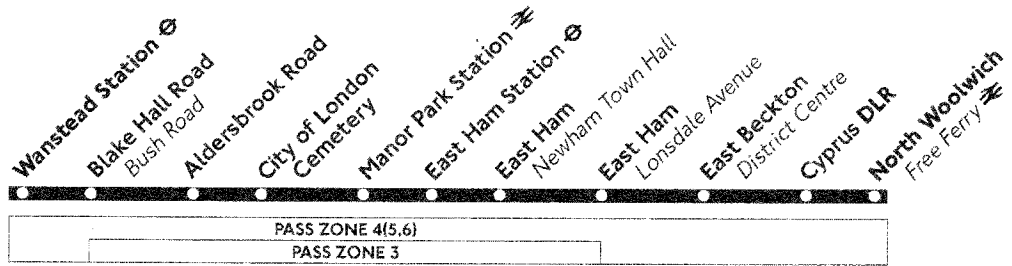
101

Low Floor Bus

Daily



Wanstead – East Ham – North Woolwich



Monday - Friday

Wanstead Station ⇄	---	---	---	---	0606	0626	---	0646	---	---	0708	---	0724	---	0739	0747	0755	0803
Aldersbrook Park Road	---	---	---	---	0612	0632	---	0652	0659a	0707a	0716	0723a	0732	0739a	0748	0756	0804	0812
Manor Park Station ⇄	B	B	0538	0557	0616	0636	0646	0656	0705	0714	0722	0730	0738	0746	0754	0802	0810	0818
East Ham Station ⇄	0503	0523	0542	0601	0620	0640	0650	0700	0710	0720	0730	0738	0746	0754	0802	0810	0818	0826
East Ham Newham Town Hall	0508	0528	0547	0606	0625	0645	0655	0705	0715	0725	0735	0745	0753	0801	0809	0817	0825	0833
East Beckton District Centre	0515	0535	0554	0613	0632	0652	0702	0713	0723	0733	0743	0753	0801	0809	0817	0825	0833	0841
Cyprus Station DLR	0517	0537	0556	0615	0634	0654	0704	0716	0726	0736	0746	0756	0804	0812	0820	0828	0836	0844
North Woolwich Free Ferry ⇄	0523	0543	0602	0621	0640	0700	0710	0722	0733	0743	0753	0803	0811	0819	0827	0835	0843	0851

Wanstead Station ⇄	0811	0819			1818	1826	1834	1841	1849	1855	1903	1911	1920	1935	1951	2007	2022	2037
Aldersbrook Park Road	0820	0828	Then		1827	1835	1843	1850	1858	1904	1912	1920	1927	1942	1958	2014	2029	2044
Manor Park Station ⇄	0826	0834	about		1831	1839	1847	1854	1902	1908	1916	1924	1931	1946	2002	2018	2033	2048
East Ham Station ⇄	0834	0842	every		1841	1848	1856	1902	1910	1916	1924	1931	1938	1953	2009	2025	2040	2055
East Ham Newham Town Hall	0841	0849	8		1850	1855	1903	1908	1916	1921	1929	1936	1943	1958	2014	2030	2045	2100
East Beckton District Centre	0849	0857	minutes		1858	G	1911	G	1924	G	1937	G	1951	2006	2022	2038	2053	2108
Cyprus Station DLR	0852	0900	until		1901	---	1914	---	1927	---	1940	---	1954	2009	2025	2041	2056	2111
North Woolwich Free Ferry ⇄	0859	0907			1907	---	1920	---	1933	---	1946	---	2000	2015	2031	2047	2102	2117

Wanstead Station ⇄	2052	2107	2122	2137	2152	2207	2222	2236	2256	2316	2336	2356	0016					
Aldersbrook Park Road	2059	2114	2129	2143	2158	2213	2228	2242	2302	2322	2342	0002	0022					
Manor Park Station ⇄	2103	2118	2133	2147	2202	2217	2232	2246	2306	2326	2346	0006	0026					
East Ham Station ⇄	2110	2125	2138	2152	2207	2222	2237	2251	2310	2330	2350	0010	0030					
East Ham Newham Town Hall	2115	2130	2143	2157	2212	2227	2242	2256	2315	2335	2355	0015	0035					
East Beckton District Centre	2123	2137	2150	2204	2219	2234	2249	2303	2322	2342	0002	G	G					
Cyprus Station DLR	2126	2140	2153	2207	2222	2237	2252	2305	2324	2344	0004	---	---					
North Woolwich Free Ferry ⇄	2132	2146	2159	2213	2228	2243	2258	2311	2330	2350	0010	---	---					

Saturday

Wanstead Station ⇄	---	---	---	---	0626	---	0646	---	0706	0726	---	0746	0803	0819	0834	0848	0902	0915
Aldersbrook Park Road	---	---	---	---	0632	---	0652	---	0712	0732	---	0752	0809	0825	0840	0854	0908	0921
Manor Park Station ⇄	B	B	B	0616	0636	0646	0656	0708	0716	0736	B	0756	0813	0829	0844	0858	0912	0925
East Ham Station ⇄	0523	0543	0603	0620	0640	0650	0700	0712	0720	0740	0750	0803	0820	0836	0851	0905	0919	0932
East Ham Newham Town Hall	0528	0548	0608	0625	0645	0655	0705	0717	0725	0745	0755	0808	0825	0841	0856	0910	0924	0937
East Beckton District Centre	0535	0555	0615	0632	0652	---	0712	0724	0732	0752	0802	0815	0832	0848	0903	0917	0931	0944
Cyprus Station DLR	0537	0557	0617	0634	0654	---	0714	0726	0734	0754	0805	0818	0835	0851	0906	0920	0934	0947
North Woolwich Free Ferry ⇄	0543	0603	0623	0640	0700	---	0720	0732	0740	0800	0811	0824	0841	0857	0912	0926	0940	0953

Wanstead Station ⇄	---	0929	0938			1708	1713	1718			1800	1810	1820	1827	1835	1851	1907	1922
Aldersbrook Park Road	0927a	0935	0944	Then		1715	1720	1725	Then		1807	1817	1827	1834	1842	1858	1914	1929
Manor Park Station ⇄	0932	0939	0948	about		1720	1725	1730	about		1811	1821	1831	1838	1846	1902	1918	1933
East Ham Station ⇄	0939	0946	0955	every		1729	1734	1739	every		1818	1828	1838	1845	1853	1909	1925	1940
East Ham Newham Town Hall	0944	0952	1001	7-8		1737	1742	1747	8		1823	1833	1843	1850	1858	1914	1930	1945
East Beckton District Centre	0951	1000	1009	minutes		1745	G	1755	minutes		1831	1841	1851	G	1906	1922	1938	1953
Cyprus Station DLR	0954	1003	1012	until		1748	---	1758	until		1834	1844	1854	---	1909	1925	1941	1956
North Woolwich Free Ferry ⇄	1001	1010	1019			1755	---	1804			1840	1850	1900	---	1915	1931	1947	2002

Wanstead Station ⇄	1937	1952	2007	2022	2037	2052	2107	2122	2137	2152	2207	2222	2236	2256	2316	2336	2356	0016
Aldersbrook Park Road	1944	1959	2014	2029	2044	2059	2114	2129	2143	2158	2213	2228	2242	2302	2322	2342	0002	0022
Manor Park Station ⇄	1948	2003	2018	2033	2048	2103	2118	2133	2147	2202	2217	2232	2246	2306	2326	2346	0006	0026
East Ham Station ⇄	1955	2010	2025	2040	2055	2110	2125	2138	2152	2207	2222	2237	2251	2310	2330	2350	0010	0030
East Ham Newham Town Hall	2000	2015	2030	2045	2100	2115	2130	2143	2157	2212	2227	2242	2256	2315	2335	2355	0015	0035
East Beckton District Centre	2008	2023	2038	2053	2108	2123	2137	2150	2204	2219	2234	2249	2303	2322	2342	0002	G	G
Cyprus Station DLR	2011	2026	2041	2056	2111	2126	2140	2153	2207	2222	2237	2252	2305	2324	2344	0004	---	---
North Woolwich Free Ferry ⇄	2017	2032	2047	2102	2117	2132	2146	2159	2213	2228	2243	2258	2311	2330	2350	0010	---	---

Sunday and Public Holidays

Wanstead Station ⇄	---	---	---	0645		0845	0903	0920	0936	0951	---	1007			22	37	52	07	1622	
Aldersbrook Park Road	---	---	---	0651	Then	0851	0909	0926	0942	0957	1005a	1014	Then		29	44	59	14	u	1629
Manor Park Station ⇄	---	B	0635	0655	every	0855	0913	0930	0946	1001	1010	1020	every		35	50	05	20	n	1635
East Ham Station ⇄	G	0619	0639	0659	20	0859	0917	0934	0950	1005	1015	1027	15 mins		42	57	12	27	t	1642
East Ham Newham Town Hall	0548	0623	0643	0703	mins	0903	0921	0938	0954	1009	1020	1032	at these		47	02	17	32	i	1647
East Beckton District Centre	0555	0630	0650	0710	until	0910	0928	0945	1001	1016	1028	1041	mins past		56	11	26	41	l	1656
Cyprus Station DLR	0557	0632	0652	0712		0912	0930	0948	1004	1019	1031	1044	the hour		59	14	29	44		1659
North Woolwich Free Ferry ⇄	0602	0637	0657	0717		0917	0935	0953	1009	1024	1038	1051			06	21	36	51		1706

Wanstead Station ⇄	1637	1652	1708	1722	1737	1752		1952	2007	2022		2222	2236	2256	2316	2336	2356	0016
Aldersbrook Park Road	1644	1659	1715	1729	1744	1759	Then	1959	2014	2028	Then	2228	2242	2302	2322	2342	0002	0022
Manor Park Station ⇄	1650	1705	1721	1735	1750	1804	every	2004	2019	2032	every	2232	2246	2306	2326	2346	0006	0026
East Ham Station ⇄	1657	1712	1728	1742	1756	1810	15	2010	2024	2037	15	2237	2251	2310	2330	2350	0010	0030
East Ham Newham Town Hall	1702	1717	1733	1747	1801	1815	mins	2015	2029	2042	mins	2242	2256	2315	2335	2355	0015	0035
East Beckton District Centre	1711	1726	1742	1755	1808	1822	until	2022	2036	2049	until	2249	2303	2322	2342	0002	G	G
Cyprus Station DLR	1714	1729	1745	1758	1811	1825		2025	2039	2052		2252	2305	2324	2344	0004	---	---
North Woolwich Free Ferry ⇄	1721	1736	1751	1804	1817	1831		2031	2045	2058		2258	2311	2330	2350	0010	---	---

a - Time at Aldersbrook Road Queenswood Gardens B - Starts from Upton Park Garage via Plashet Grove
 G - Starts from or continues to Upton Park Garage via Barking Road

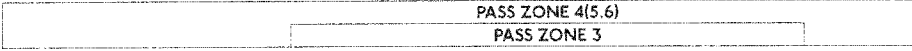
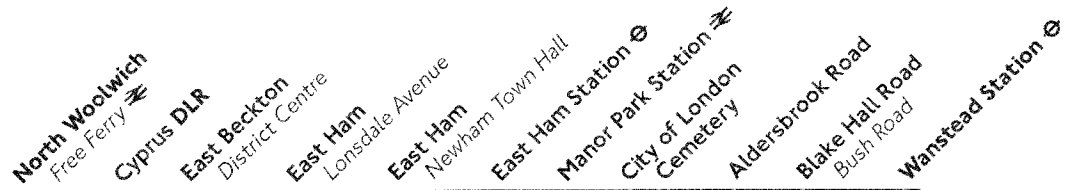
101

Low Floor Bus

Daily



North Woolwich – East Ham – Wanstead



Monday - Friday

North Woolwich Free Ferry	0508	0528	0548	0608	0626	0640	0654	---	0706	0715		1828	1837	1844	1851	1906	1922
Cyprus Station DLR	0513	0533	0553	0613	0631	0645	0659	---	0712	0721	Then	1834	1843	1850	1857	1912	1927
East Beckton District Centre	0516	0536	0556	0616	0634	0648	0702	G	0715	0724	about	1837	1846	1853	1900	1915	1930
East Ham Newham Town Hall	0522	0542	0602	0622	0640	0654	0708	0717	0725	0734	every	1847	1856	1903	1910	1923	1938
East Ham Station	0526	0546	0606	0626	0644	0659	0713	0722	0731	0740	8	1853	1902	G	1916	1928	1943
Manor Park Station	0531	0551	0611	0631	0649	0704	0718	0727	0737	0746	minutes	1901	1910	---	1922	1934	1949
Aldersbrook Park Road	---	0554	0614	0634	0652	0707	0722	0732	0742	0751	until	1906	1915	---	1926	1938	1953
Wanstead Station	---	0601	0621	0641	0659	0715	0730	0740	0750	0801		1918	1927	---	1937	1947	2002

North Woolwich Free Ferry	1937	1952	2007	2022	2037	2052	2109	2126	2141	2156	2211	2226	2241	2258	2316	2336	2356	0016
Cyprus Station DLR	1942	1957	2012	2027	2042	2057	2114	2131	2146	2201	2216	2231	2246	2303	2321	2341	0001	0021
East Beckton District Centre	1945	2000	2015	2030	2045	2100	2117	2134	2149	2204	2219	2234	2249	2306	2324	2344	0004	0024
East Ham Newham Town Hall	1953	2008	2023	2038	2053	2108	2125	2141	2156	2211	2226	2241	2256	2312	2330	2350	0010	0030
East Ham Station	1958	2013	2028	2043	2058	2113	2130	2146	2201	2216	2231	2246	2301	2316	2334	2354	G	G
Manor Park Station	2004	2019	2034	2049	2104	2119	2136	2151	2206	2221	2236	2251	2306	2321	2339	2359	---	---
Aldersbrook Park Road	2008	2023	2038	2053	2108	2123	2139	2154	2209	2224	2239	2254	2309	2324	2342	0002	---	---
Wanstead Station	2017	2032	2047	2102	2117	2132	2146	2201	2216	2231	2246	2301	2316	2331	2349	0009	---	---

Saturday

North Woolwich Free Ferry	0548	0608	0628	0648	0708	0725	0738	0753	0805	0818	0832	0846	---	0902	0911	0921	0931	0939
Cyprus Station DLR	0553	0613	0633	0653	0713	0730	0743	0758	0810	0823	0837	0851	---	0907	0917	0927	0937	0945
East Beckton District Centre	0556	0616	0636	0656	0716	0733	0746	0801	0813	0826	0840	0854	G	0910	0920	0930	0940	0948
East Ham Newham Town Hall	0602	0622	0642	0702	0722	0739	0752	0807	0821	0834	0848	0902	0910	0918	0928	0938	0948	0956
East Ham Station	0606	0626	0646	0706	0726	0743	0757	0812	0826	0839	0853	0907	0915	0923	0933	0943	0953	1002
Manor Park Station	0611	0631	0651	0711	0731	0748	0802	0817	0831	0844	0858	0912	0920	0930	0940	0950	1000	1009
Aldersbrook Park Road	0614	0634	0654	0714	0734	0751	0807	0822	0836	0849	0903	0917	0925	0935	0945	0955	1005	1014
Wanstead Station	0621	0641	0701	0721	0741	0758	0814	0829	0843	0856	0910	0924	0933	0943	0953	1003	1013	1022

North Woolwich Free Ferry	0947			1717	1726	1735	1745	1755	1805	1814	1823	1837			52	07	22	37	2052	
Cyprus Station DLR	0953	Then		1723	1732	1741	1751	1801	1811	1819	1828	1842	Then		57	12	27	42	u	2057
East Beckton District Centre	0956	about		1726	1735	1744	1754	1804	1814	1822	1831	1845	every		00	15	30	45	n	2100
East Ham Newham Town Hall	1004	every		1734	1743	1752	1802	1812	1822	1830	1839	1853	15 mins		08	23	38	53	t	2108
East Ham Station	1011	7-8		1742	1751	1759	1809	1819	1828	1836	1844	1858	at these		13	28	43	58	i	2113
Manor Park Station	1018	minutes		1749	1757	1805	1815	1825	1834	1842	1850	1904	mins past		19	34	49	04	l	2119
Aldersbrook Park Road	1023	until		1753	1801	1809	1819	1829	1838	1847a	1854	1908	the hour		23	38	53	08		2123
Wanstead Station	1031			1801	1809	1817	1827	1837	1846	---	1902	1916			31	46	01	16		2131

North Woolwich Free Ferry	2109	2126	2141	2156	2211	2221	2236	2256	2316	2336	2356	0016							
Cyprus Station DLR	2114	2131	2146	2201	2216	2226	2241	2301	2321	2341	0001	0021							
East Beckton District Centre	2117	2134	2149	2204	2219	2229	2244	2304	2324	2344	0004	0024							
East Ham Newham Town Hall	2125	2141	2156	2211	2226	2236	2251	2310	2330	2350	0010	0030							
East Ham Station	2130	2146	2201	2216	2231	2241	2255	2314	2334	2354	G	G							
Manor Park Station	2136	2151	2206	2221	2236	2246	2300	2319	2339	2359	---	---							
Aldersbrook Park Road	2139	2154	2209	2224	2239	2249	2303	2322	2342	0002	---	---							
Wanstead Station	2146	2201	2216	2231	2246	2256	2310	2329	2349	0009	---	---							

Sunday and Public Holidays

North Woolwich Free Ferry	0607	0647	0707	0727	0747	0807	0827	0845	0900	0915	0930	0945	1000	1015	1030	1045	1100	1115
Cyprus Station DLR	0612	0652	0712	0732	0752	0812	0832	0850	0905	0920	0935	0950	1005	1020	1036	1051	1106	1121
East Beckton District Centre	0615	0655	0715	0735	0755	0815	0835	0853	0908	0923	0938	0953	1008	1023	1039	1054	1109	1124
East Ham Newham Town Hall	0621	0701	0721	0741	0801	0821	0841	0859	0914	0929	0944	1000	1016	1032	1048	1103	1118	1133
East Ham Station	0625	0705	0725	0745	0805	0825	0845	0903	0918	0934	0950	1006	1022	1038	1054	1109	1124	1139
Manor Park Station	0630	0710	0730	0750	0810	0830	0850	0908	0924	0941	0957	1013	1029	1045	1101	1116	1131	1146
Aldersbrook Park Road	0633	0713	0733	0753	0813	0833	0853	0911	0928	0945	1001	1017	1033	1049	1105	1120	1135	1150
Wanstead Station	0640	0720	0740	0800	0820	0840	0900	0918	0936	0953	1009	1025	1041	1057	1113	1128	1143	1158

North Woolwich Free Ferry	1130	1145			00	15	30	45		1700	1715	1730	1747	1804	1821	1836	1851	1906	1921
Cyprus Station DLR	1136	1151	Then		06	21	36	51		1706	1721	1736	1753	1810	1827	1842	1857	1912	1927
East Beckton District Centre	1139	1154	every		09	24	39	54		1709	1724	1739	1756	1813	1830	1845	1900	1915	1930
East Ham Newham Town Hall	1148	1203	15 mins		18	33	48	03	Until	1718	1733	1748	1804	1821	1838	1853	1908	1923	1938
East Ham Station	1154	1209	at these		24	39	54	09		1724	1739	1754	1810	1827	1843	1858	1913	1928	1943
Manor Park Station	1201	1216	mins past		31	46	01	16		1731	1746	1801	1817	1833	1849	1904	1919	1934	1949
Aldersbrook Park Road	1205	1220	the hour		35	50	05	20		1735	1750	1805	1821	1837	1853	1908	1923	1938	1953
Wanstead Station	1213	1228			43	58	13	28		1743	1758	1813	1829	1845	1901	1916	1931	1946	2001

North Woolwich Free Ferry	1936	1951	2006	2021			36	51	06	21			2236	2256	2316	2336	2356	0016
Cyprus Station DLR	1942	1957	2012	2026	Then		41	56	11	26			2241	2301	2321	2341	0001	0021
East Beckton District Centre	1945	2000	2015	2029	every		44	59	14	29			2244	2304	2324	2344	0004	0024
East Ham Newham Town Hall	1953	2008	2022	2036	15 mins		51	06	21	36	Until		2251	2310	2330	2350	0010	0030
East Ham Station	1958	2013	2027	2041	at these		56	11	26	41			2256	2314	2334	2354	G	G
Manor Park Station	2004	2019	2032	2046	mins past		01	16	31	46			2301	2319	2339	2359	---	---
Aldersbrook Park Road	2008	2022	2035	2049	the hour		04	19	34	49			2304	2322	2342	0002	---	---
Wanstead Station	2016	2029	2042	2056			11	26	41	56			2311	2329	2349	0009	---	---

a - Time at Aldersbrook Road Queenswood Gardens
G - Starts from or continues to Upton Park Garage via Barking Road