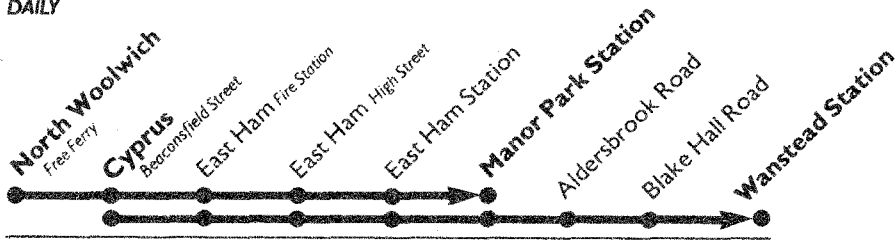


Please have your fare ready to **PAY THE DRIVER**



Through buses run on Monday to Saturday (early morning and evening), and all day Sunday.

Mondays to Fridays

North Woolwich Free Ferry	0508	0533	0545	0603	0618	0633	0648	0655	0700	0706	0710	0715
Cyprus Beaconsfield Street	0511	0536	0552	0610	0625	0635	0640	0658	0703	0709	0713	0718
East Beckton District Centre	0513	0538	0557	0613	0628	0638	0643	0651	0700	0705	0710	0715
East Ham Manor Way/Newham Way	0518	0543	0558	0615	0630	0640	0645	0653	0700	0705	0710	0715
East Ham Newham Town Hall	0521	0546	0601	0617	0632	0642	0647	0655	0702	0707	0712	0717
East Ham Station	0527	0552	0607	0623	0638	0648	0653	0701	0705	0710	0715	0720
Manor Park Station	0527	0552	0607	0623	0638	0648	0653	0701	0705	0710	0715	0720
Aldersbrook Road Blake Hall Road	0527	0552	0607	0623	0638	0648	0653	0701	0705	0710	0715	0720
Wanstead Station	0527	0552	0607	0623	0638	0648	0653	0701	0705	0710	0715	0720
North Woolwich Free Ferry	0713	0725	0722	0732	0742	0751	0802	0812	0820	0826	0831	0833
Cyprus Beaconsfield Street	0720	0725	0729	0735	0740	0745	0750	0755	0759	0805	0810	0815
East Beckton District Centre	0723	0728	0732	0738	0743	0748	0753	0758	0802	0808	0813	0818
East Ham Manor Way/Newham Way	0725	0730	0735	0741	0746	0751	0756	0801	0805	0811	0816	0821
East Ham Newham Town Hall	0730	0735	0740	0746	0751	0756	0801	0806	0811	0816	0821	0826
East Ham Station	0733	0738	0743	0749	0754	0759	0804	0809	0813	0819	0824	0829
East Ham Station	0733	0738	0743	0749	0754	0759	0804	0809	0813	0819	0824	0829
Manor Park Station	0740	0745	0750	0756	0801	0806	0811	0815	0820	0826	0831	0836
Aldersbrook Road Blake Hall Road	0740	0745	0750	0756	0801	0806	0811	0815	0820	0826	0831	0836
Wanstead Station	0740	0745	0750	0756	0801	0806	0811	0815	0820	0826	0831	0836
North Woolwich Free Ferry	0844	0854	0903	0914	0924	0932	0939	0946	0950	1001	1009	1016
Cyprus Beaconsfield Street	0852	0857	0902	0907	0911	0917	0922	0927	0932	0939	0946	0950
East Beckton District Centre	0850	0900	0905	0910	0915	0920	0925	0930	0935	0942	0949	0953
East Ham Manor Way/Newham Way	0858	0903	0908	0913	0917	0923	0928	0933	0938	0945	0951	0955
East Ham Newham Town Hall	0903	0908	0913	0918	0922	0928	0933	0938	0943	0950	0957	1001
East Ham Station	0906	G	0916	G	0925	0931	0937	G	0947	0954	1001	G
Manor Park Station	0913	G	0923	G	0932	0938	0945	G	0955	1002	1009	G
Aldersbrook Road Blake Hall Road	0913	G	0923	G	0932	0938	0945	G	0955	1002	1009	G
Wanstead Station	0913	G	0923	G	0932	0938	0945	G	0955	1002	1009	G
North Woolwich Free Ferry	1031	1046	Then at these minutes	46	01	09	16	24	31	39	46	51
Cyprus Beaconsfield Street	1039	1044	These minutes	54	01	09	16	24	31	39	46	51
East Beckton District Centre	1042	1049	past	59	06	14	21	29	36	44	51	57
East Ham Manor Way/Newham Way	1044	1051	hour	05	12	20	27	35	42	50	57	UNTIL
East Ham Newham Town Hall	1050	1057	past	09	16	24	31	39	46	54	01	UNTIL
East Ham Station	1054	1101	hour	17	24	32	39	47	54	02	09	UNTIL
Manor Park Station	1102	1109	hour	32	42	51	02	11	17	25	32	UNTIL
Aldersbrook Road Blake Hall Road	1102	1109	hour	32	42	51	02	11	17	25	32	UNTIL
Wanstead Station	1102	1109	hour	32	42	51	02	11	17	25	32	UNTIL
North Woolwich Free Ferry	1547	1546	1601	1613	1624	1627	1633	1648	1654	1700	1705	1711
Cyprus Beaconsfield Street	1547	1546	1602	1610	1624	1627	1636	1642	1648	1654	1700	1705
East Beckton District Centre	1550	1558	1605	1615	1627	1630	1639	1645	1651	1657	1703	1708
East Ham Manor Way/Newham Way	A	1552	1600	1607	1615	1618	A	1629	1632	1641	1647	1653
East Ham Newham Town Hall	1553	1558	1606	1613	1621	1624	1630	1633	1638	1647	1653	1659
East Ham Station	1557	1602	1610	1617	1625	1628	1634	1639	1642	1651	1657	1703
Manor Park Station	1605	1610	1618	1625	1633	1636	1642	1647	1650	1659	1705	1711
Aldersbrook Road Blake Hall Road	1613	1618	1625	1633	1636	1642	1647	1650	1659	1705	1711	1717
Wanstead Station	1623	1628	1643	1654	1705	1705	1717	1717	1729	1741	1741	1752
North Woolwich Free Ferry	1718	1729	1740	1751	1802	1817	1813	1824	1836	1843	1846	1846
Cyprus Beaconsfield Street	1727	1733	1744	1749	1755	1800	1806	1811	1817	1822	1827	1833
East Beckton District Centre	1730	1736	1741	1747	1752	1803	1809	1814	1820	1825	1830	1836
East Ham Manor Way/Newham Way	1732	1738	1743	1749	1754	1800	1805	1811	1816	1822	1827	1832
East Ham Newham Town Hall	1738	1744	1749	1755	1800	1806	1811	1817	1822	1828	1833	1838
East Ham Station	1742	1748	1753	1759	1804	1810	1815	1821	1826	1832	1837	1842
Manor Park Station	1750	1756	1801	1807	1812	1818	1823	1829	1834	1840	1844	1849
Aldersbrook Road Blake Hall Road	1804	1814	1825	1836	1847	1857	1906	1912	1912	1912	1912	1912
Wanstead Station	1814	1825	1836	1847	1857	1906	1912	1912	1912	1912	1912	1912
North Woolwich Free Ferry	1855	1911	1926	1941	1956	2011	2026	2041	2056	2111	2126	2141
Cyprus Beaconsfield Street	1902	1913	1918	1926	1933	1942	1948	2003	2018	2033	2048	2103
East Beckton District Centre	1905	1916	1921	1929	1936	1945	1951	2006	2021	2036	2051	2106
East Ham Manor Way/Newham Way	1907	1918	1923	1931	1938	1947	1953	2008	2023	2038	2053	2108
East Ham Newham Town Hall	1912	1923	1928	1936	1943	1952	1958	2013	2028	2043	2058	2113
East Ham Station	1916	G	1931	G	1946	G	2001	2016	2031	2046	2101	2116
Manor Park Station	1923	G	1937	G	1952	G	2007	2022	2037	2052	2107	2122
Aldersbrook Road Blake Hall Road	1931	G	1945	G	2000	G	2015	2030	2045	2100	2115	2130
Wanstead Station	1937	G	1951	G	2006	G	2021	2036	2051	2106	2121	2136
North Woolwich Free Ferry	2251	2311	2326	2339	2359	0019	0029	0035	0041	0046	0051	0056
Cyprus Beaconsfield Street	2258	2318	2333	2346	0006	0026	0032	0038	0043	0048	0053	0058
East Beckton District Centre	2301	2321	2336	2349	0009	0029	0035	0041	0046	0051	0056	0061
East Ham Manor Way/Newham Way	2303	2323	2338	2351	0011	0031	0037	0043	0048	0053	0058	0063
East Ham Newham Town Hall	2308	2328	2343	2356	0016	0036	0042	0048	0053	0058	0063	0068
East Ham Station	2311	2331	2346	2359	0019	G	G	G	G	G	G	G
Manor Park Station	2317	2337	2352	0005	C
Aldersbrook Road Blake Hall Road	2325	2345	2400
Wanstead Station	2331	2351	0006

Saturdays

North Woolwich Free Ferry	0547	0617	0631	0646	0701	0716	0731	0746	0801	0816	0831	0846	0901	0916	0931	0946	0957	
Cyprus Beaconsfield Street	0554	0624	0638	0653	0708	0723	0738	0753	0808	0823	0838	0853	0908	0923	0938	0953	0904	
East Beckton District Centre	0557	0627	0641	0656	0711	0726	0741	0756	0811	0826	0841	0856	0902	0917	0932	0947	0907	
East Ham Manor Way/Newham Way	0559	0629	0643	0658	0713	0728	0743	0758	0813	0828	0843	0858	0904	0919	0934	0949	0909	
East Ham Newham Town Hall	0549	0604	0610	0634	0641	0648	0703	0718	0733	0746	0803	0818	0833	0848	0858	0903	0909	0914
East Ham Station	0552	0607	0613	0637	0644	0651	0706	0721	0736	0751	0806	0821	0836	0851	0901	0906	0912	0917
Manor Park Station	0558	0613	0619	0643	0650	0657	0712	0727	0742	0757	0812	0827	0842	0857	0908	0913	0919	0924
Aldersbrook Road Blake Hall Road	0621	0651	0705	0720	0735	0750	0805	0820	0835	0850	0905	0916	0927	0938	0949	0959	0912	0917
Wanstead Station	0627	0657	0711	0726	0741	0756	0811	0826	0841	0856	0911	0922	0933	0944	0955	0966	0919	0924
North Woolwich Free Ferry	0910	Between these times buses run in	1720	1726	1731	1737	1748	1802	1818	1833	1848	1903	1918	1933	1948	1963	1918	1923
Cyprus Beaconsfield Street	0913	two overlapping sections:	1724	1730	1735	1741	1752	1806	1821	1836	1851	1906	1921	1936	1946	1961	1918	1923
East Beckton District Centre	0915	North Woolwich to Manor Park Station	1726	1732	1737	1743	1754	1808	1823	1838	1853	1908	1923	1938	1948	1963	1923	1928
East Ham Manor Way/Newham Way	0920	and Cyprus to Wanstead Station	1731	1737	1742	1748	1759	1813	1828	1843	1858	1913	1928	1938	1953	1928	1933	1938
East Ham Newham Town Hall	0923	buses run every 10-11 minutes over	1737	1743	G	1754	1805	1816	1831	1846	1901	1916	1931	1941	1956	1931	1936	1941
East Ham Station	0930	each section.	1744	1750	1801	1812	1822	1837	1852	1907	1922	1937	1947	1962	1937	1942	1947
Manor Park Station	0938	1752	1809	1820	1830	1845	1900	1915	1930	1945	1955	1940	1945	1950	1955
Aldersbrook Road Blake Hall Road	0944	1759	1815	1826	1836	1851	1906	1921	1936	1951	1961	1946	1951	1956	2001
Wanstead Station	1926	41 56 11 26	2141	2156	2211	2231	2251	2311	2326	2339	2359	0019
North Woolwich Free Ferry	1933	Then at	2148	2203	2218	2238	2258	2318	2333	2346	0006	0026	0032
Cyprus Beaconsfield Street	1936	these	2151	2206	2221	2241	2301	2321	2336	2349	0009	0029	0035
East Beckton District Centre	1938	53 08 23 38	2153	2208	2223	2243	2303	2323	2338	2351	0011	0031	0037
East Ham Manor Way/Newham Way	1943	minutes	2158	2213	2228	2248	2308	2328	2343	2356	0016	0036	0042
East Ham Newham Town Hall	1946	past	2201	2216	2231	2251	2311	2331	2346	2359	0019	G	G
East Ham Station	1952	each	2207	2222	2237	2257	2317	2337	2352	0005	C
Manor Park Station	2000	hour	2215	2230	2245	2305	2325	2345	2400
Aldersbrook Road Blake Hall Road	2006	21 36 51 06	2221	2236	2251	2311	2331	2351	0006
Wanstead Station

Sundays (and National Public Holidays)

North Woolwich Free Ferry	0605	0635	0702	0727	0752	0817	0842	0907	0927	0947	1007	1026	1046	1106	1126	1146	1166
Cyprus Beaconsfield Street	0610	0640	0707	0732	0757	0822	0847	0912	0932	0952	1012	1031	1051	1111	1131	1151	1171
East Beckton District Centre	0612	0642	0709	0734	0759	0824	0849	0914	0934	0954	1014	1033	1053	1113	1133	1153	1173
East Ham Manor Way/Newham Way	0614	A	0644	0711	0736	0801	A	0826	0851	0916	0936	1016	1035	1055	1115	1135	1155
East Ham Newham Town Hall	0618	0621	0648	0715	0740	0805	0830	0855	0920	0940	1000	1020	1039	1059	1119	1139	1159
East Ham Station	0620	0623	0650	0717	0742	0807	0832	0857	0922	0942	1002	1022	1042	1102	1122	1142	1202
Manor Park Station	0625	0628	0655	0722	0747	0812	0837	0902	0927	0947	1007	1027	1048	1108	1128	1148	1208
Aldersbrook Road Blake Hall Road	0630	0700	0727	0752	0817	0830	0842	0907	0932	0952	1012	1033	1054	1114	1134	1154	1214
Wanstead Station	0636	0706	0733	0758	0823	0836	0848	0913	0938	0958	1018	1039	1100	1120	1140	1200	1220
North Woolwich Free Ferry	1206	26 46 06	2306	2331	2354	0019
Cyprus Beaconsfield Street	1211	Then at	2311	2336	2359	0024
East Beckton District Centre	1213	31 51 11	2313	2338	0001	0026
East Ham Manor Way/Newham Way	1215	these	2315	2340	0003	0028
East Ham Newham Town Hall	1219	35 55 15	2319	2344	0007	0032
East Ham Station	1222	minutes	2322	2347	G	G
Manor Park Station	1228	past	2328	2353
Aldersbrook Road Blake Hall Road	1234	each	2334	2359
Wanstead Station	1240	hour	2340	0005

A - Starts from Upton Park Redcliffe Road via Barking Road.
 C - Continues to Upton Park Boleyn via Plasnet Grove.
 G - Continues to Upton Park Priory Road via Barking Road.

Saturdays

Wanstead Station	0632	0702	0717	0732	0747	0802	0817	0832	0846		
Aldersbrook Road Blake Hall Road	0637	0707	0722	0737	0752	0807	0822	0837	0851		
Manor Park Station	B	B	0609	0626	0642	0657	0712	0727	0742	0757	0812	0827	0842	0856	
East Ham Station	0521	0551	0604	0616	0633	0649	0704	0719	0734	0749	0804	0819	A	0834	A	0849	0903	
East Ham Newham Town Hall	0524	0554	0607	0619	0636	0652	0707	0722	0737	0752	0807	0822	0830	0837	0843	0852	0854	0906
East Ham Manor Way/Newham Way	0527	0557	0610	0622	0639	0655	0710	0725	0740	0755	0810	0825	0833	0840	0846	0855	0857	0909
East Beckton District Centre	0529	0559	0612	0624	0641	0657	0712	0727	0742	0757	0812	0827	0835	0842	0848	0857	0859	0911
Cyprus Beaconfield Street	0533	0603	0616	0628	0645	0701	0716	0731	0746	0801	0816	0831	0839	0846	0852	0901	0903	0915
North Woolwich Free Ferry	0542	0612	0625	0637	0654	0710	0725	0740	0755	0810	0825	0840	0848	0855	0910

Wanstead Station	0903	0918	1647	1658
Aldersbrook Road Blake Hall Road	0908	0923	1652	1703
Manor Park Station	0914	0929	1659	1704	1710	1717
East Ham Station	A	A	A	0922	A	A	0936	0937	1707	1712	1718	1725
East Ham Newham Town Hall	0908	0914	0916	0925	0927	0934	0936	0940	1707	1712	1718	1724	1731
East Ham Manor Way/Newham Way	0911	0917	0919	0928	0930	0937	0939	0943	1716	1721	G	1734
East Beckton District Centre	0913	0919	0921	0930	0932	0939	0941	0945	1718	1723	1736
Cyprus Beaconfield Street	0917	0923	0925	0934	0936	0943	0945	0949	1722	1727	1740
North Woolwich Free Ferry	0926	0932	0943	0954	1736	1749

Wanstead Station	1709	1720	1735	1743	1753	1809	1826	1833	1841	56	11	26	41	2126
Aldersbrook Road Blake Hall Road	1714	1725	1740	1748	1758	1814	1831	1838	1846	Then	01	16	31	46	2131
Manor Park Station	1721	1725	1732	1739	1747	1751	1755	1758	1805	1821	1836	1843	1851	At	06	21	36	51	U 2136
East Ham Station	1729	1733	1740	1747	1755	1759	1803	1806	1813	1828	1843	1850	1858	these	13	28	43	58	N	2143
East Ham Newham Town Hall	1735	1739	1746	1753	1801	1805	1809	1812	1816	1831	1846	1853	1901	mins.	16	31	46	01	T	2146
East Ham Manor Way/Newham Way	G	G	1749	G	1804	G	G	1819	1834	1849	G	1904	past	19	34	49	04	I	2149	
East Beckton District Centre	1751	1806	1821	1836	1851	1906	hour	21	36	51	06	L	2151
Cyprus Beaconfield Street	1755	1810	1825	1840	1855	1910	hour	25	40	55	10	2155
North Woolwich Free Ferry	1804	1819	1834	1849	1904	1919	hour	34	49	04	19	2204

Wanstead Station	2146	2206	2211	2226	2241	2256	2316	2336	2356	0011
Aldersbrook Road Blake Hall Road	2151	2211	2216	2231	2246	2301	2321	2341	0001	0016
Manor Park Station	2156	2216	2221	2236	2251	2306	2326	2346	0006	0012	0021
East Ham Station	2203	2223	2228	2243	2258	2313	2333	2353	0013	0019	0028
East Ham Newham Town Hall	2206	2226	2231	2246	2301	2316	2336	2356	0016	0022	0031
East Ham Manor Way/Newham Way	2209	2229	G	2249	2304	2319	2339	2359	0019	G	G
East Beckton District Centre	2211	2231	2251	2306	2321	2341	0001	0021
Cyprus Beaconfield Street	2215	2235	2255	2310	2325	2345	0005	0025
North Woolwich Free Ferry	2224	2244	2304	2319	2334	2354	0014

Sundays (and National Public Holidays)

Wanstead Station	0650	0715	0740	0805	0828	0848	0908	0928	0948	1008	1026	1046	1106	1126	1146
Aldersbrook Road Blake Hall Road	0655	0720	0745	0810	0833	0853	0913	0933	0953	1013	1031	1051	1111	1131	1151
Manor Park Station	B	0635	0705	0750	0815	0838	0858	0918	0938	0958	1018	1036	1056	1116	1136	1156
East Ham Station	A	0613	0640	0705	0730	0755	0820	0843	0903	0923	0943	1003	1023	1043	1103	1123	1143	1203	
East Ham Newham Town Hall	0546	0616	0643	0708	0733	0758	0823	0846	0906	0926	0946	1006	1026	1046	1106	1126	1146	1206	
East Ham Manor Way/Newham Way	0550	0620	0647	0712	0737	0802	0827	0850	0910	0930	0950	1010	1030	1050	1110	1130	1150	1210	
East Beckton District Centre	0552	0622	0649	0714	0739	0804	0829	0852	0912	0932	0952	1012	1032	1052	1112	1132	1152	1212	
Cyprus Beaconfield Street	0554	0624	0651	0716	0741	0806	0831	0854	0914	0934	0954	1014	1034	1054	1114	1134	1154	1214	
North Woolwich Free Ferry	0600	0630	0657	0722	0747	0812	0837	0900	0920	0940	1000	1020	1041	1101	1121	1141	1201	

Wanstead Station	1206	26	46	06	2246	2311	2336	2356	0011
Aldersbrook Road Blake Hall Road	1211	Then	31	51	11	2251	2316	2341	0001	0016
Manor Park Station	1216	at	36	56	16	2256	2321	2346	0006	0021
East Ham Station	1223	these	43	03	23	2303	2328	2353	0013	0028
East Ham Newham Town Hall	1226	minutes	46	06	26	UNTIL	2306	2331	2356	0016	0031
East Ham Manor Way/Newham Way	1230	past	50	10	30	2310	2335	2400	G	G
East Beckton District Centre	1232	each	52	12	32	2312	2337	0002
Cyprus Beaconfield Street	1234	hour	54	14	34	2314	2339	0004
North Woolwich Free Ferry	1241	01	21	41	2321	2346	0011

A - Starts from Upton Park Redclyffe Road via Barking Road.
 B - Starts from Upton Park Redclyffe Road via Plashet Grove.
 G - Continues to Upton Park Priory Road via Barking Road.