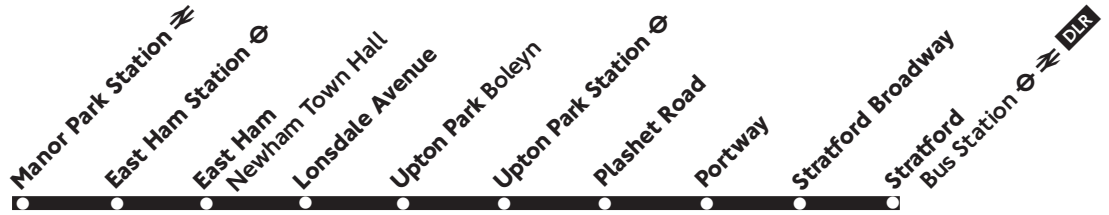


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Manor Park - Upton Park - Stratford

Daily



Monday - Friday

Manor Park Station ⇌	0459	0519	0539	0559	0614	0629	0639	0649		1913	1925		0025	0055
East Ham Station ⊕	0504	0524	0544	0604	0619	0634	0644	0654	Then	1922	1933		0033	0103
East Ham Newham Town Hall	0509	0529	0549	0609	0624	0639	0649	0659	about	1928	1938	Then	0038	0108
Lonsdale Avenue Hatherley Gardens	0515	0535	0555	0615	0630	0645	0656	0707	every	1935	1945	every	0045	0115
Upton Park Boleyn	0518	0538	0558	0618	0633	0648	0659	0710	10	1939	1949	15	0049	0119
Upton Park Station ⊕	0520	0540	0600	0620	0635	0650	0701	0712	minutes	1941	1951	minutes	0051	0121
Plashet Road Green Street	0521	0541	0601	0621	0636	0651	0703	0714	until	1943	1953	until	0053	0123
Portway Plashet Road	0525	0545	0605	0625	0638	0653	0705	0717		1945	1955		0055	0125
Stratford Bus Station ⊕ ⇌ DLR	0530	0550	0610	0630	0645	0700	0714	0727		1953	2003		0103	0133

Saturday (also Good Friday)

Manor Park Station ⇌	0459		0719	0735	0750	0805	0820	0835	0845		1855	1910		0025	0055
East Ham Station ⊕	0504		0724	0740	0755	0811	0825	0843	0853	Then	1904	1918		0033	0103
East Ham Newham Town Hall	0509	Then	0729	0745	0800	0816	0833	0848	0858	about	1909	1923	Then	0038	0108
Lonsdale Avenue Hatherley Gardens	0515	every	0735	0751	0806	0822	0839	0854	0905	every	1916	1930	every	0045	0115
Upton Park Boleyn	0518	20	0738	0754	0809	0825	0842	0857	0908	10	1920	1934	15	0049	0119
Upton Park Station ⊕	0520	minutes	0740	0756	0811	0827	0844	0859	0910	minutes	1922	1936	minutes	0051	0121
Plashet Road Green Street	0521	until	0741	0757	0812	0828	0845	0900	0912	until	1924	1938	until	0053	0123
Portway Plashet Road	0523		0743	0759	0814	0830	0847	0902	0914		1926	1940		0055	0125
Stratford Bus Station ⊕ ⇌ DLR	0530		0750	0806	0821	0838	0855	0910	0922		1934	1948		0103	0133

Sunday and other Public Holidays

Manor Park Station ⇌	0524		0754	0814	0834	0849	0904	0919	0934	0949	1001	1013	1026		1611	1626
East Ham Station ⊕	0529		0759	0819	0839	0854	0909	0925	0940	0956	1008	1022	1037		1622	1637
East Ham Newham Town Hall	0533	Then	0803	0823	0843	0858	0913	0930	0946	1002	1014	1028	1043	Then	1628	1643
Lonsdale Avenue Hatherley Gardens	0539	every	0809	0829	0849	0904	0919	0936	0952	1009	1021	1035	1050	every	1635	1650
Upton Park Boleyn	0542	30	0812	0832	0852	0907	0922	0939	0955	1012	1025	1039	1054	15	1639	1654
Upton Park Station ⊕	0543	minutes	0813	0833	0853	0908	0924	0941	0957	1014	1028	1043	1058	minutes	1643	1658
Plashet Road Green Street	0544	until	0814	0834	0854	0910	0926	0943	0959	1016	1031	1046	1101	until	1646	1701
Portway Plashet Road	0546		0816	0836	0856	0912	0928	0945	1001	1018	1033	1049	1104		1649	1703
Stratford Bus Station ⊕ ⇌ DLR	0553		0823	0843	0903	0920	0936	0953	1009	1026	1042	1058	1113		1658	1711
Manor Park Station ⇌	1641	1656	1711	1726	1741	1756	1810		0025	0055						
East Ham Station ⊕	1652	1707	1719	1734	1749	1804	1818		0033	0103						
East Ham Newham Town Hall	1658	1712	1724	1739	1754	1809	1823	Then	0038	0108						
Lonsdale Avenue Hatherley Gardens	1705	1719	1731	1746	1801	1818	1830	every	0045	0115						
Upton Park Boleyn	1709	1723	1735	1750	1805	1820	1834	15	0049	0119						
Upton Park Station ⊕	1712	1725	1737	1752	1807	1822	1836	minutes	0051	0121						
Plashet Road Green Street	1714	1727	1739	1754	1809	1824	1838	until	0053	0123						
Portway Plashet Road	1716	1729	1741	1756	1811	1826	1840		0055	0125						
Stratford Bus Station ⊕ ⇌ DLR	1724	1737	1749	1804	1819	1834	1848		0103	0133						

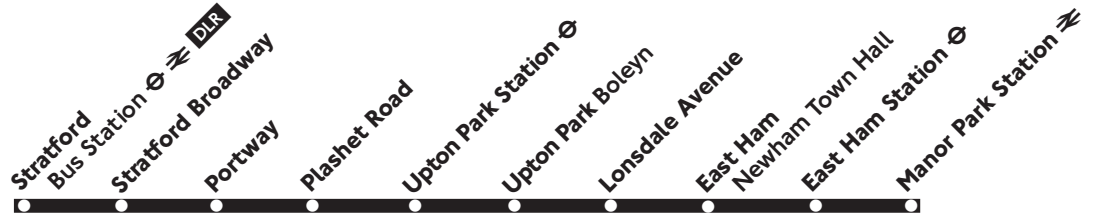
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Stratford - Upton Park - Manor Park

Daily



Monday - Friday

Stratford Bus Station	0436	0636	0648	0701	0713		2011	0041	0111		
Portway Plashet Road	0443	0643	0655	0709	0721	Then	2019	0049	0119		
Plashet Road Green Street	0445	Then	0645	0657	0711	0723	about	2021	Then	0051	0121
Upton Park Station	0447	every	0647	0659	0713	0725	every	2023	every	0053	0123
Upton Park Boleyn	0449	20	0649	0701	0716	0728	10	2025	15	0055	0125
Lonsdale Avenue Hatherley Gardens	0452	minutes	0652	0704	0719	0731	minutes	2028	minutes	0058	0128
East Ham Newham Town Hall	0458	until	0658	0712	0727	0739	until	2034	until	0104	0134
East Ham Station	0502		0702	0717	0732	0744		2039		0109	0139
Manor Park Station	0508		0708	0723	0738	0750		2047		0117	0147

Saturday (also Good Friday)

Stratford Bus Station	0436	0756	0815	0828	0841	0855		1941	0041	0111		
Portway Plashet Road	0443	0803	0822	0836	0849	0903	Then	1949	0049	0119		
Plashet Road Green Street	0445	Then	0805	0824	0838	0851	0906	about	1951	Then	0051	0121
Upton Park Station	0447	every	0807	0826	0840	0853	0908	every	1953	every	0053	0123
Upton Park Boleyn	0449	20	0809	0828	0842	0855	0910	10	1955	15	0055	0125
Lonsdale Avenue Hatherley Gardens	0452	minutes	0812	0831	0845	0858	0913	minutes	1958	minutes	0058	0128
East Ham Newham Town Hall	0458	until	0818	0837	0851	0905	0920	until	2004	until	0104	0134
East Ham Station	0502		0822	0842	0857	0911	0926		2009		0109	0139
Manor Park Station	0508		0828	0848	0903	0918	0930		2017		0117	0147

Sunday and other Public Holidays

Stratford Bus Station	0521	0751	0817	0837	0857	0917	0932	0947	1000	1013	1025	1038		1608	1623	
Portway Plashet Road	0527	0757	0823	0843	0903	0923	0938	0955	1008	1021	1033	1047		1617	1632	
Plashet Road Green Street	0529	Then	0759	0825	0845	0905	0925	0940	0958	1011	1024	1036	1051	Then	1621	1636
Upton Park Station	0530	every	0800	0826	0846	0906	0926	0942	1000	1013	1026	1039	1054	every	1624	1639
Upton Park Boleyn	0531	30	0801	0827	0847	0907	0927	0944	1002	1015	1028	1043	1058	15	1628	1643
Lonsdale Avenue Hatherley Gardens	0534	minutes	0804	0830	0850	0910	0930	0947	1005	1018	1031	1046	1101	minutes	1631	1646
East Ham Newham Town Hall	0539	until	0809	0835	0855	0915	0935	0953	1011	1024	1038	1053	1108	until	1638	1653
East Ham Station	0543		0813	0839	0859	0919	0939	0958	1017	1031	1046	1101	1116		1646	1701
Manor Park Station	0549		0819	0845	0905	0925	0946	1006	1026	1041	1056	1111	1126		1656	1709
Stratford Bus Station	1638	1654	1710	1726		0041	0111									
Portway Plashet Road	1647	1703	1719	1734		0049	0119									
Plashet Road Green Street	1651	1706	1722	1736	Then	0051	0121									
Upton Park Station	1654	1709	1724	1738	every	0053	0123									
Upton Park Boleyn	1658	1712	1726	1740	15	0055	0125									
Lonsdale Avenue Hatherley Gardens	1701	1715	1729	1743	minutes	0058	0128									
East Ham Newham Town Hall	1708	1722	1735	1749	until	0104	0134									
East Ham Station	1714	1727	1740	1754		0109	0139									
Manor Park Station	1722	1735	1748	1802		0117	0147									

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