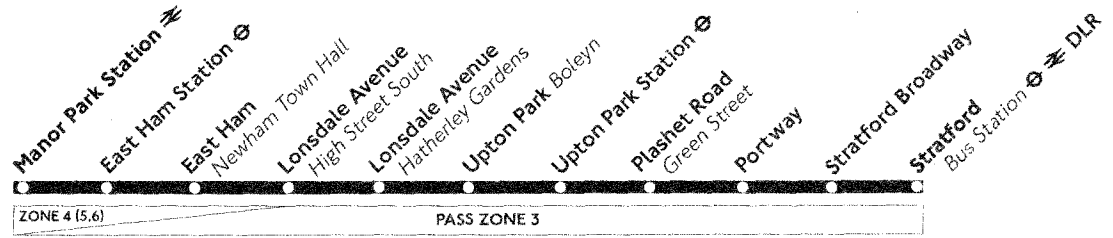


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Manor Park - Upton Park - Stratford

Daily



Mondays to Fridays															
Manor Park Station	0519	0539	0559	0614	0629	0640	0650								
Manor Park Station	0519	0539	0559	0614	0629	0640	0650								
East Ham Station	0524	0544	0604	0619	0634	0645	0655								
East Ham Newham Town Hall	0529	0549	0609	0624	0639	0650	0700	Then							
Lonsdale Avenue Hatherley Gardens	0535	0555	0615	0630	0645	0656	0708	about							
Upton Park Boleyn	0538	0558	0618	0633	0648	0659	0711	every							
Upton Park Station	0540	0600	0620	0635	0650	0701	0713	10 minutes							
Plashtet Road Green Street	0541	0601	0621	0636	0651	0703	0715	until							
Portway Plashtet Road	0543	0603	0623	0638	0653	0705	0717								
Stratford Bus Station DLR	0550	0610	0630	0645	0701	0714	0726								
Manor Park Station	2025	2040	2055	2110	2125	2140	2155	2211	2227	2243	2259	2315	2330	2345	
East Ham Station	2033	2048	2103	2118	2133	2148	2203	2218	2233	2249	2304	2320	2335	2350	
East Ham Newham Town Hall	2038	2053	2108	2123	2138	2153	2208	2223	2238	2254	2309	2325	2340	2355	
Lonsdale Avenue Hatherley Gardens	2044	2059	2114	2129	2144	2159	2214	2229	2244	2300	2315	2331	2346	0001	
Upton Park Boleyn	2047	2102	2117	2132	2147	2202	2217	2232	2247	2303	2318	2334	2349	0004	
Upton Park Station	2049	2104	2119	2134	2149	2204	2219	2234	2249	2305	2320	2336	2351	0006	
Plashtet Road Green Street	2050	2105	2120	2135	2150	2205	2220	2235	2250	2306	2321	2337	2352	0007	
Portway Plashtet Road	2052	2107	2222	2137	2152	2207	2222	2237	2252	2308	2323	2339	2354	0009	
Stratford Bus Station DLR	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2346	0001	0016	
Saturdays															
Manor Park Station	0519	0539	0559	0619	0639	0659	0717	0732	0747	0802	0817	0832	0844	0854	0904
East Ham Station	0524	0544	0604	0624	0644	0704	0722	0737	0754	0810	0825	0840	0852	0902	0913
East Ham Newham Town Hall	0529	0549	0609	0629	0649	0709	0727	0742	0759	0815	0830	0845	0857	0908	0919
Lonsdale Avenue Hatherley Gardens	0535	0555	0615	0635	0655	0715	0733	0748	0805	0821	0836	0851	0904	0915	0926
Upton Park Boleyn	0538	0558	0618	0638	0658	0718	0736	0751	0808	0824	0839	0854	0907	0918	0929
Upton Park Station	0540	0600	0620	0640	0700	0720	0738	0753	0810	0826	0841	0856	0909	0920	0931
Plashtet Road Green Street	0541	0601	0621	0641	0701	0721	0739	0754	0811	0827	0842	0857	0911	0922	0933
Portway Plashtet Road	0543	0603	0623	0643	0703	0723	0741	0756	0813	0829	0844	0859	0913	0924	0935
Stratford Bus Station DLR	0550	0610	0630	0650	0710	0730	0748	0804	0821	0837	0852	0907	0921	0933	0944
Manor Park Station	0944	0954		1755	1807	1819	1831	1843	1855	1910	1925	1940	1955	2010	2025
East Ham Station	0953	1004		1806	1818	1829	1841	1853	1905	1918	1933	1948	2003	2018	2033
East Ham Newham Town Hall	1000	1011	Then	1814	1825	1836	1847	1858	1910	1923	1938	1953	2008	2023	2038
Lonsdale Avenue Hatherley Gardens	1007	1018	about	1821	1831	1842	1853	1904	1916	1929	1944	1959	2014	2029	2044
Upton Park Boleyn	1011	1022	every	1824	1834	1845	1856	1907	1919	1932	1947	2002	2017	2032	2047
Upton Park Station	1014	1025	10 minutes	1827	1837	1848	1859	1910	1921	1934	1949	2004	2019	2034	2049
Plashtet Road Green Street	1016	1027	until	1829	1839	1849	1900	1911	1922	1935	1950	2005	2020	2035	2050
Portway Plashtet Road	1019	1030		1831	1841	1851	1902	1913	1924	1937	1952	2007	2022	2037	2052
Stratford Bus Station DLR	1028	1040		1840	1850	1900	1910	1921	1932	1945	2000	2015	2030	2045	2100
Manor Park Station	2110	2125	2140	2155	2211	2227	2243	2259	2315	2330	2345				
East Ham Station	2118	2133	2148	2203	2218	2233	2249	2304	2320	2335	2350				
East Ham Newham Town Hall	2123	2138	2153	2208	2223	2238	2254	2309	2325	2340	2355				
Lonsdale Avenue Hatherley Gardens	2129	2144	2159	2214	2229	2244	2300	2315	2331	2346	0001				
Upton Park Boleyn	2132	2147	2202	2217	2232	2247	2303	2318	2334	2349	0004				
Upton Park Station	2134	2149	2204	2219	2234	2249	2305	2320	2336	2351	0006				
Plashtet Road Green Street	2135	2150	2205	2220	2235	2250	2306	2321	2337	2352	0007				
Portway Plashtet Road	2137	2152	2207	2222	2237	2252	2308	2323	2339	2354	0009				
Stratford Bus Station DLR	2145	2200	2215	2230	2245	2300	2315	2330	2346	0001	0016				
Sundays and Public Holidays															
Manor Park Station	0700	0730	0800	0820	0840	0857	0913	0929	0943	0957	1011	1025	1040	Then	55
East Ham Station	0705	0735	0805	0825	0845	0902	0918	0934	0949	1003	1018	1033	1049	every	04
East Ham Newham Town Hall	0709	0739	0809	0829	0849	0906	0922	0938	0954	1009	1024	1039	1055	15 mins,	10
Lonsdale Avenue Hatherley Gardens	0715	0745	0815	0835	0855	0912	0928	0944	1000	1015	1030	1046	1102	at	17
Upton Park Boleyn	0718	0748	0818	0838	0858	0915	0931	0947	1003	1018	1033	1050	1106	these	21
Upton Park Station	0719	0749	0819	0839	0859	0917	0933	0949	1005	1021	1037	1054	1110	mins	25
Plashtet Road Green Street	0720	0750	0820	0840	0900	0919	0935	0951	1008	1024	1041	1058	1114	past	29
Portway Plashtet Road	0722	0752	0822	0842	0902	0921	0937	0953	1010	1026	1043	1100	1116	the	31
Stratford Bus Station DLR	0729	0759	0829	0849	0909	0929	0945	1001	1018	1035	1052	1109	1125	hour	40
Manor Park Station	1625	1640	1655	1710	1725	1740	Then	55	10	25	40	2155	2211	2227	2243
East Ham Station	1634	1649	1704	1719	1734	1748	every	03	18	33	48	2203	2218	2233	2249
East Ham Newham Town Hall	1640	1655	1709	1724	1739	1753	15 mins,	08	23	38	53	u	2208	2223	2238
Lonsdale Avenue Hatherley Gardens	1647	1702	1715	1730	1745	1759	at	14	29	44	59	n	2214	2229	2244
Upton Park Boleyn	1651	1705	1718	1733	1748	1802	these	17	32	47	02	t	2217	2232	2247
Upton Park Station	1655	1709	1721	1735	1750	1804	mins	19	34	49	04	i	2219	2234	2249
Plashtet Road Green Street	1659	1712	1723	1736	1751	1805	past	20	35	50	05	i	2220	2235	2250
Portway Plashtet Road	1701	1714	1725	1738	1753	1807	the	22	37	52	07		2222	2237	2252
Stratford Bus Station DLR	1709	1722	1733	1746	1801	1815	hour	30	45	00	15		2230	2245	2300

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