

Route 169A

★ Service between Mile End Gate and Bow rush hours only every 10 minutes, from 7.3 am to 9.41 am and from 4.43 pm to 6.23 pm.

TO BARKINGSIDE

MONDAY TO FRIDAY

First Buses

	am	am	am	am	am	am	am	am	am	am	am	am	am	am	am	am												
Mile End Gate Cambridge Road	7	31	13	7	23	7	33	7	43	7	53	8	3							
Mile End Burdett Road	7	9	19	7	29	7	39	7	49	7	59	8	9							
Bow Road Fairfield Road	6	0	6	13	6	23	6	33	6	43	6	53	7	3	7	13	7	23	7	33	7	43	7	53	8	3		
Stratford Broadway	6	7	6	20	6	30	6	35	6	40	6	50	7	0	7	10	7	20	7	30	7	40	7	50	8	0	10	20
Green Street Romford Road	6	14	6	27	6	37	6	42	6	47	6	57	7	7	7	17	7	27	7	37	7	47	7	57	8	7	18	27
Manor Park Broadway	6	17	6	30	6	40	6	45	6	50	7	0	7	10	7	20	7	30	7	40	7	50	8	0	8	10	20	30
Ilford Broadway	6	25	6	36	6	46	6	53	6	56	7	6	7	16	7	26	7	36	7	46	7	56	8	6	8	16	26	36
Ilford Perth Road	†	6	42	6	52	†	7	2	7	12	7	22	7	32	7	42	7	52	8	2	8	12	8	22	8	32	42	46
Newbury Park Horns	...	6	45	6	55	...	7	5	7	15	7	25	7	35	7	45	7	55	8	5	8	15	8	25	8	35	45	45
Barkingside Forest Road	...	6	51	7	1	...	7	11	7	21	7	31	7	41	7	51	8	1	8	11	8	21	8	31	8	41	8	51

Last Buses

	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm												
Mile End Gate Cambridge Road	6	23												
Mile End Burdett Road	6	29												
Bow Road Fairfield Road	6	33	7	28	7	48	8	8	8	28	8	48	9	8	9	28	9	48	10	8	10	28	10	54
Stratford Broadway	6	40	7	35	7	55	8	15	8	35	8	55	9	15	9	35	9	55	10	15	10	35	11	1	11	27
Green Street Romford Road	6	47	7	42	8	28	8	22	8	42	9	29	9	22	9	42	10	2	10	22	10	42	11	8	11	34
Manor Park Broadway	6	50	7	45	8	25	8	25	8	45	9	25	9	25	9	45	10	5	10	25	10	45	11	11	11	37
Ilford Broadway	6	56	7	51	8	18	8	31	8	51	9	19	9	31	9	51	10	11	10	31	10	51	11	17	11	43
Ilford Perth Road	7	2	7	57	8	17	8	37	8	57	9	17	9	37	9	57	10	17	10	37	10	57
Newbury Park Horns	7	5	8	0	8	20	8	40	9	0	9	20	9	40	10	0	10	20	10	40	11	0
Barkingside Forest Road	7	11	8	6	8	26	8	46	9	6	9	26	9	46	10	6	10	26	10	46	11	6

Route 169A

TO BARKINGSIDE

SATURDAY

First Buses

	am	am	am	am	am	am	am	am	am	am	am	am	am	am	am	am	am														
Bow Road Fairfield Road	5	7	5	22	5	37	5	52	6	7	6	14	6	20	6	26	6	32	6	38	6	50	7	2	7	14	7	26	7	38	...
Stratford Broadway	5	14	5	29	5	44	5	59	6	14	6	21	6	27	6	33	6	39	6	45	6	57	7	9	7	21	7	33	7	45	...
Green Street Romford Road	5	21	5	36	5	51	6	6	6	21	6	28	6	34	6	40	6	46	6	52	7	4	7	16	7	28	7	40	7	52	...
Manor Park Broadway	5	24	5	39	5	54	6	9	6	24	6	31	6	37	6	43	6	49	6	55	7	7	19	7	31	7	43	7	55	...	
Ilford Broadway	5	32	5	47	6	2	6	17	6	32	6	37	6	45	6	49	6	57	7	1	7	13	7	25	7	37	7	49	8	1	...
Ilford Perth Road	†	6	43	6	53	†	7	3	7	43	†	6	55	†	7	7	7	19	7	31	7	43	7	55	8	7	
Newbury Park Horns	6	46	...	6	58	...	7	10	7	22	7	34	7	46	7	58	8	10	
Barkingside Forest Road	6	52	...	7	4	...	7	16	7	28	7	40	7	52	8	4	8	16	

Last Buses

	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm														
Bow Road Fairfield Road	7	1	7	16	7	31	7	46	8	18	16	8	31	8	46	9	19	9	31	9	46	10	10	10	16	10	31	
Stratford Broadway	7	8	7	23	7	38	7	53	8	23	38	8	53	8	59	9	23	9	38	9	53	10	8	10	8	10	23	38
Green Street Romford Road	7	15	7	30	7	45	8	0	15	30	45	9	0	15	30	45	10	0	10	15	30	10	15	10	30	10	45	
Manor Park Broadway	7	18	7	33	7	48	8	3	18	33	48	9	3	18	33	48	10	3	10	18	33	10	18	10	33	10	48	
Ilford Broadway	7	24	7	39	7	54	8	9	24	39	54	9	9	24	39	54	10	9	10	24	39	10	24	10	39	10	54	
Ilford Perth Road	7	30	7	45	8	0	15	30	45	9	0	15	30	45	9	15	30	45	10	0	15	10	30	10	45	11	0	
Newbury Park Horns	7	33	7	48	8	3	18	33	48	9	3	18	33	48	10	3	18	33	10	18	10	33	10	48	11	1
Barkingside Forest Road	7	39	7	54	8	9	24	39	54	9	9	24	39	54	10	9	24	10	24	10	39	10	39	10	54	11	9	

SERVICE INTERVAL: Monday to Friday Normally 15 minutes, rush hours 10 minutes, evening 20 minutes.
 SATURDAY: Normally 8 minutes (before 9.0 am 12 minutes, after 7.30 pm 15 minutes).
 † Time at Ilford Thorold Road.

Route 169A

★ Service between Bow and Mile End Gate rush hours only every 10 minutes, from 6.47 am to 9.17 am and from 4.25 pm to 6.9 pm.

TO MILE END GATE**MONDAY TO FRIDAY****First Buses**

Barkingside Forest Road	am	am	am	am	am	am	am	am	am	am	am	am	am	am	am	...
Newbury Park Horns	6 59	7 9	7 19	7 29	7 39	7 49	7 59	8 9	...
Ilford Perth Road	7 5	7 15	7 25	7 35	7 45	7 55	8 15	8 15	...
Ilford Broadway	7 8	7 18	7 28	7 38	7 48	7 58	8 8	8 18	...
Manor Park Broadway	6 4	6 14	6 24	6 30	6 44	6 54	7 0	7 14	7 24	7 34	7 44	7 54	8 14	8 24
Green Street Romford Road	6 10	6 20	6 30	6 40	6 50	7 0	7 10	7 20	7 30	7 40	7 50	8 0	8 10	8 20	8 30	★
Straford Broadway	6 13	6 23	6 33	6 43	6 53	7 0	7 13	7 23	7 33	7 43	7 53	8 13	8 23	8 33
Bow Road Fairfield Road	6 20	6 30	6 40	6 50	7 0	7 10	7 20	7 30	7 40	7 50	8 0	8 10	8 20	8 30	8 40	...
Mile End Burdett Road	6 27	6 37	6 47	6 57	7 7	7 17	7 27	7 37	7 47	7 57	8 7	8 17	8 27	8 37	8 47	...
Mile End Gate Cambridge Road	6 51	7 1	7 11	7 21	7 31	7 41	7 51	8 1	8 11	8 21	8 31	8 41	8 51	...
	6 57	7 7	7 17	7 27	7 37	7 47	7 57	8 7	8 17	8 27	8 37	8 47	8 57	...

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Last Buses

Barkingside Forest Road	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
Newbury Park Horns	5 31	7 11	7 19	7 31	7 37	7 57	8 18	8 31	8 57	9 11	9 31	9 51	10 11	10 31	10 51	11 11
Ilford Perth Road	5 37	7 17	7 25	7 37	7 57	8 18	8 31	8 57	9 17	9 37	9 57	10 17	10 37	10 57	11 17	...
Ilford Broadway	5 40	7 20	7 28	7 40	8 0	8 20	8 40	9 0	9 20	9 40	10 0	10 20	10 40	11 0	11 20	...
Manor Park Broadway	5 46	7 26	7 34	7 46	8 8	8 28	8 48	9 9	9 29	9 49	10 9	10 29	10 49	11 9	11 24	...
Green Street Romford Road	5 52	7 32	7 40	7 52	8 12	8 32	8 52	9 12	9 32	9 52	10 12	10 32	10 52	11 12	11 24	A
Straford Broadway	5 55	7 35	7 43	7 55	8 15	8 35	8 55	9 15	9 35	9 55	10 15	10 35	10 55	11 15
Bow Road Fairfield Road	6 2	7 42	7 50	8 2	8 22	8 42	9 2	9 22	9 42	10 2	10 22	10 42	11 2	11 22
Mile End Burdett Road	6 9	7 49	7 57	8 9	8 29	8 49	9 9	9 29	9 49	10 9	10 29	10 49	11 9
Mile End Gate Cambridge Road	6 13
	6 19

Route 169A**TO BOW ROAD****SATURDAY****First Buses**

Barkingside Forest Road	am	am	am	am	am	am	am	am	am	am	am	am	am	am	am	...
Newbury Park Horns	7 2	7 14	7 26	7 38	7 50	8 18	8 26
Ilford Perth Road	7 8	7 20	7 32	7 44	7 56	8 8	8 32
Ilford Broadway	7 11	7 23	7 35	7 47	7 59	8 11	8 35
Manor Park Broadway	5 36	5 51	6 6	6 21	6 37	6 49	7 17	7 29	7 41	7 53	8 5	8 17	8 29	8 41
Green Street Romford Road	5 46	6 16	6 16	6 31	6 47	6 59	7 17	7 29	7 41	7 53	8 11	8 23	8 35	8 47
Straford Broadway	5 49	6 19	6 34	6 50	7 7	7 17	7 26	7 38	7 50	8 2	8 14	8 26	8 38	8 50
Bow Road Fairfield Road	5 56	6 16	6 26	6 41	6 57	7 7	7 33	7 45	7 57	8 8	8 21	8 33	8 45	8 57
	6 3	6 18	6 33	6 48	7 4	7 16	7 28	7 40	7 52	8 8	8 16	8 28	8 40	8 52	9 4	...

Last Buses

Barkingside Forest Road	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
Newbury Park Horns	7 49	8 8	8 19	8 34	8 49	9 19	9 34	9 49	10 4	10 19	10 34	10 49	11 4	11 19
Ilford Perth Road	7 55	8 18	8 28	8 43	8 58	9 28	9 43	9 58	10 13	10 28	10 43	10 58	11 13	11 28
Ilford Broadway	8 4	8 19	8 34	8 49	9 19	9 34	9 49	10 4	10 19	10 34	10 49	11 4	11 19	11 34
Manor Park Broadway	8 10	8 25	8 40	8 55	9 25	9 40	9 55	10 10	10 25	10 40	10 55	11 10	11 25	11 40
Green Street Romford Road	8 13	8 28	8 43	8 58	9 28	9 43	9 58	10 13	10 28	10 43	10 58	11 13	11 28	11 43
Straford Broadway	8 20	8 35	8 50	9 20	9 35	9 50	10 5	10 20	10 35	10 50	11 5	11 20	11 35	11 50
Bow Road Fairfield Road	8 27	8 42	8 57	9 27	9 42	9 57	10 12	10 27	10 42	10 57	11 12	11 27	11 42	11 57

SERVICE INTERVAL: Monday to Friday: Normally 15 minutes, rush hours 10 minutes, evening 20 minutes.

Saturday: Normally 8 minutes (before 9.0 am 12 minutes, after 7.30 pm 15 minutes).

A—Time at Ilford Ley Street. † Time at Ilford Thorold Road.

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