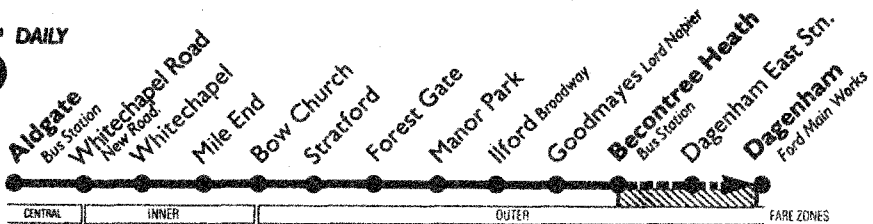




Pay as you enter bus, please have your fare ready.



### Mondays to Fridays

Aldgate Station	0652	0712	0728	0908	0928	0948	1408
Mile End Gate	0700	0720	0736	0916	0937	0957	1417
Mile End Station	0704	0724	0740	Then every 0920	0942	1003	Then every 1423
Bow Church	0707	0727	0745	0925	0946	1007	1427
Stratford Broadway	0543	0638	0658	0713	0733	0751	20 0931
Forest Gate Green Street	0502	0551	0646	0706	0721	0741	0759
Manor Park Broadway	0504	0553	0648	0708	0723	0744	0802
Ilford Broadway	0511	G 0600	0655	0715	0730	0751	0809
Goodmayes Lord Napier	0521	0540f	0600f	0610	0633f	0658f	0705
Becontree Heath Bus Station	0529	0549	0609	0618d	0642	0707	0714
Dagenham East Station	0538	0627	0714	0734	0750	0811	0829
Dagenham Ford Main Works	0548	0637	0724	0744	0760	0781	0799
Aldgate Station	1429	1448	1508	1526	1539	1548	1728
Mile End Gate	1438	1457	1517	1535	1549	1558	1738
Mile End Station	1444	1503	1523	1541	1556	1605	Then every 1745
Bow Church	1448	1507	1527	1546	1601	1610	1750
Stratford Broadway	1454	1513	1533	1553	1608	1618	20 1758
Forest Gate Green Street	1502	1521	1541	1601	1616	1626	1806
Manor Park Broadway	1505	1524	1544	1604	1619	1631	1811
Ilford Broadway	1512	1531	1551	1611	1626	1641	1822
Goodmayes Lord Napier	1522	1543	1603	1623	1638	1653	1833
Becontree Heath Bus Station	1533	1554	1614	1634	1649	1704	1844
Stratford Broadway	2036	2056	2121	2141	2156	2201	1747
Forest Gate Green Street	2044	2104	2129	2149	2164	2179	1757
Manor Park Broadway	2046	2106	2131	2151	2206	2221	1807
Ilford Broadway	2053	2113	2138	2158	2213	2228	1817

### Saturdays

Aldgate Station	0907	0926	0940	0955	1007	1022	1037
Mile End Gate	0915	0934	0948	1003	1018	1033	1048
Mile End Station	0919	0938	0952	1007	1022	1037	1052
Bow Church	0922	0941	0955	1010	1025	1040	1055
Stratford Broadway	0857	0914	0929	0948	1002	1017	1032
Forest Gate Green Street	0905	0922	0937	0956	1010	1025	1040
Manor Park Broadway	0907	0924	0939	0958	1012	1027	1042
Ilford Broadway	0914	0931	0946	1005	1020	1035	1050
Goodmayes Lord Napier	0850f	0610f	0630f	0650	0710	0730	0750
Becontree Heath Bus Station	0558	0618	0638	0658	0718	0738	0758
Aldgate Station	1010	1025	1040	1055	1110	1125	1140
Mile End Gate	1018	1033	1048	1103	1118	1133	1148
Mile End Station	1022	1037	1052	1107	1122	1137	1152
Bow Church	1025	1040	1055	1110	1125	1140	1155
Stratford Broadway	1032	1047	1102	15 1717	1732	1748	1803
Forest Gate Green Street	1040	1055	1110	mins. 1725	1740	1744	1756
Manor Park Broadway	1043	1058	1113	1728	1743	1747	1759
Ilford Broadway	1050	1105	G 1120	1735	1750	1754	1806
Goodmayes Lord Napier	1102	1117	1127	1132	1147	A 1816	A 1840
Becontree Heath Bus Station	1112	1127	1137	1142	1157	A 1825	A 1849

Additional buses, Saturdays: Aldgate Station to Ilford Broadway (continuing to Seven Kings Garage via Ilford High Road) at 1447; Stratford Broadway to Becontree Heath Bus Station at 1240; Goodmayes Green Lane/Airline Road (starting from Seven Kings Garage via Goodmayes Road) to Becontree Heath Bus Station at 1127.

### Sundays (and National Public Holidays)

Aldgate Station	0829	0849	0909	0927	0945	1345	1406	1846
Mile End Gate	0835	0855	0915	0933	0953	1353	1414	1854
Mile End Station	0839	0859	0919	0938	0958	1358	1418	Then every 1858
Bow Church	0842	0902	0922	0941	1001	1401	1421	Then every 1901
Stratford Broadway	0607	0647	0727	0807	0827	0813	0828	1407
Forest Gate Green Street	0613	0653	0733	0813	0833	0853	0913	1413
Manor Park Broadway	0615	0655	0735	0815	0835	0855	0915	1415
Ilford Broadway	0621	0701	G 0741	0821	0841	0901	0921	1421
Goodmayes Lord Napier	0628	0708	0728f	0748	0812f	0828	0848	1428
Becontree Heath Bus Station	0637	0717	0737	0757	0821	0837	0857	1437
Stratford Broadway	1912	1927	1947	1957	2007	2027	2047	2107
Forest Gate Green Street	1918	1933	1953	2003	2013	2033	2053	2113
Manor Park Broadway	1921	1936	1956	2006	2016	2036	2056	2116
Ilford Broadway	G 1928c	1942	2002	2012	2022	2042	2102	2122
Goodmayes Lord Napier	1940f	1950	2010	A 2030	2050	2110	A 2130	2150
Becontree Heath Bus Station	1949	1959	2019	2039	2059	2119	2139	2159

A - Continues to Seven Kings Garage via Ilford High Road. c - Time at Ilford Station Ley Street. d - Starts at Becontree Heath Merry Fiddlers.  
 E - Starts from West Ham Garage via West Ham Lane. f - Time at Goodmayes Green Lane/Airline Road. G - Starts from Seven Kings Garage via Goodmayes Road.