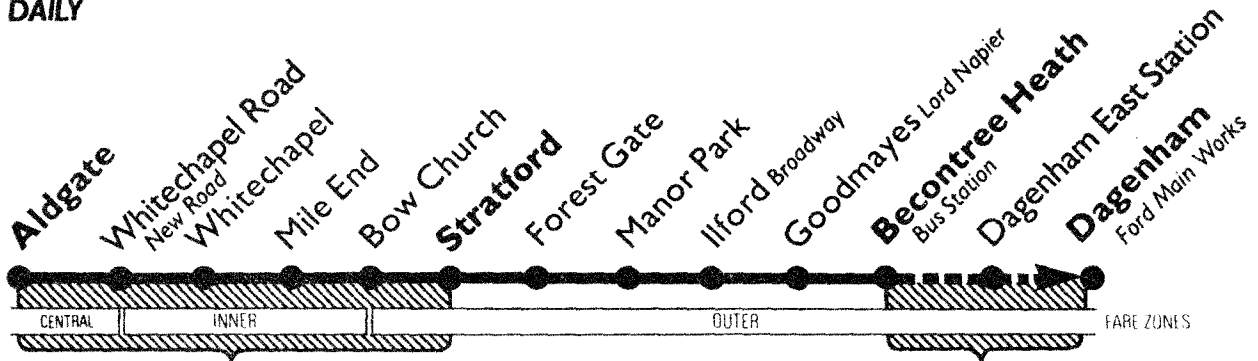




Please have your fare ready to **PAY THE DRIVER**



No evening service

Mon-Fri special journeys only

## Mondays to Fridays

|                             |       |       |       |       |       |       |      |      |      |      |      |                             |      |      |                             |      |
|-----------------------------|-------|-------|-------|-------|-------|-------|------|------|------|------|------|-----------------------------|------|------|-----------------------------|------|
| Aldgate Station ⊕           | ...   | ...   | ...   | ...   | ...   | ...   | ...  | ...  | 0652 | 0712 | 0728 | ...                         | 0928 | 0948 | ...                         | 1408 |
| Mile End Gate               | ...   | ...   | ...   | ...   | ...   | ...   | ...  | ...  | 0700 | 0720 | 0736 | ...                         | 0936 | 0957 | ...                         | 1417 |
| Mile End Station ⊕          | ...   | ...   | ...   | ...   | ...   | ...   | ...  | ...  | 0704 | 0724 | 0740 | Then every 20 minutes until | 0940 | 1003 | Then every 20 minutes until | 1423 |
| Bow Church                  | ...   | ...   | ...   | ...   | ...   | ...   | ...  | ...  | 0707 | 0727 | 0745 | ...                         | 0945 | 1007 | ...                         | 1427 |
| Stratford Broadway          | ...   | ...   | ...   | ...   | ...   | ...   | ...  | ...  | 0638 | 0658 | 0713 | 0733                        | 0751 | ...  | ...                         | 1433 |
| Forest Gate Green Street    | 0502  | ...   | ...   | ...   | ...   | ...   | ...  | ...  | 0646 | 0706 | 0721 | 0741                        | 0759 | ...  | ...                         | 1441 |
| Manor Park Broadway         | 0504  | ...   | ...   | ...   | ...   | ...   | ...  | ...  | 0648 | 0708 | 0723 | 0744                        | 0802 | 1002 | 1024                        | 1444 |
| Ilford Broadway             | 0511  | G     | G     | 0600  | G     | G     | ...  | ...  | 0655 | 0715 | 0730 | 0751                        | 0809 | 1009 | 1031                        | 1451 |
| Goodmayes Lord Napier       | 0521  | 0540f | 0600f | 0610  | 0633f | 0658f | ...  | ...  | 0705 | 0725 | 0740 | 0801                        | 0819 | 1019 | 1041                        | 1501 |
| Becontree Heath Bus Station | 0529d | 0549  | 0609  | 0618d | 0642  | 0707  | 0714 | 0734 | 0750 | 0811 | 0829 | ...                         | 1029 | 1051 | ...                         | 1511 |
| Dagenham East Station ⊕     | 0538  | ...   | ...   | 0627  | ...   | ...   | ...  | ...  | ...  | ...  | ...  | ...                         | ...  | ...  | ...                         | ...  |
| Dagenham Fords Main Works   | 0548  | ...   | ...   | 0637  | ...   | ...   | ...  | ...  | ...  | ...  | ...  | ...                         | ...  | ...  | ...                         | ...  |

|                             |      |      |      |      |      |      |                           |      |      |      |      |      |      |      |      |      |      |      |     |
|-----------------------------|------|------|------|------|------|------|---------------------------|------|------|------|------|------|------|------|------|------|------|------|-----|
| Aldgate Station ⊕           | 1429 | 1450 | 1507 | 1523 | 1539 | 1551 | ...                       | ...  | 1711 | 1732 | 1747 | 1806 | 1826 | ...  | 1848 | 1909 | 1940 | 2010 | ... |
| Mile End Gate               | 1438 | 1459 | 1516 | 1532 | 1549 | 1601 | ...                       | ...  | 1721 | 1742 | 1757 | 1816 | 1834 | ...  | 1856 | 1917 | 1948 | 2018 | ... |
| Mile End Station ⊕          | 1444 | 1505 | 1522 | 1538 | 1556 | 1608 | Then every 20 mins. until | 1728 | 1749 | 1804 | 1823 | 1839 | ...  | 1901 | 1922 | 1952 | 2022 | ...  | ... |
| Bow Church                  | 1448 | 1509 | 1526 | 1543 | 1601 | 1613 | ...                       | 1733 | 1754 | 1809 | 1828 | 1843 | H    | 1905 | 1925 | 1955 | 2025 | ...  | ... |
| Stratford Broadway          | 1454 | 1515 | 1532 | 1550 | 1608 | 1621 | ...                       | 1741 | 1802 | 1817 | 1836 | 1849 | 1904 | 1911 | 1931 | 2001 | 2031 | ...  | ... |
| Forest Gate Green Street    | 1502 | 1523 | 1540 | 1558 | 1616 | 1629 | ...                       | 1749 | 1810 | 1825 | 1844 | 1857 | 1912 | 1919 | 1939 | 2009 | 2039 | 2045 | ... |
| Manor Park Broadway         | 1505 | 1526 | 1543 | 1601 | 1619 | 1634 | ...                       | 1754 | 1815 | 1830 | 1847 | 1900 | 1915 | 1921 | 1941 | 2011 | 2041 | 2047 | ... |
| Ilford Broadway             | 1512 | 1533 | 1550 | 1608 | 1626 | 1644 | ...                       | 1804 | 1825 | 1840 | 1855 | 1908 | 1923 | 1928 | 1948 | 2018 | 2048 | 2054 | ... |
| Goodmayes Lord Napier       | 1522 | 1545 | 1602 | 1620 | 1638 | 1656 | ...                       | 1816 | 1837 | 1850 | A    | 1918 | A    | 1938 | 1958 | 2028 | 2058 | A    | ... |
| Becontree Heath Bus Station | 1533 | 1556 | 1613 | 1631 | 1649 | 1707 | ...                       | 1827 | 1848 | 1859 | ...  | 1927 | ...  | 1947 | 2007 | 2037 | 2107 | ...  | ... |

## Saturdays

|                             |       |       |       |      |      |      |      |      |      |      |      |       |      |      |      |      |      |      |      |      |
|-----------------------------|-------|-------|-------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|
| Aldgate Station ⊕           | ...   | ...   | ...   | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...   | ...  | ...  | 0907 | 0926 | 0940 | 0955 | ...  |      |
| Mile End Gate               | ...   | ...   | ...   | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...   | ...  | ...  | 0915 | 0934 | 0948 | 1003 | ...  |      |
| Mile End Station ⊕          | ...   | ...   | ...   | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...   | ...  | ...  | 0919 | 0938 | 0952 | 1007 | ...  |      |
| Bow Church                  | ...   | ...   | ...   | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...   | ...  | ...  | 0922 | 0941 | 0955 | 1010 | ...  |      |
| Stratford Broadway          | ...   | ...   | ...   | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...   | ...  | ...  | 0929 | 0948 | 1002 | 1017 | ...  |      |
| Forest Gate Green Street    | ...   | ...   | ...   | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...   | ...  | ...  | 0905 | 0922 | 0937 | 0956 | 1010 | 1025 |
| Manor Park Broadway         | ...   | ...   | ...   | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...   | ...  | ...  | 0907 | 0924 | 0939 | 0958 | 1013 | 1028 |
| Ilford Broadway             | ...   | G     | G     | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...  | ...   | ...  | ...  | 0914 | 0931 | 0946 | 1005 | 1020 | 1035 |
| Goodmayes Lord Napier       | 0550f | 0610f | 0630f | 0650 | 0710 | 0730 | 0750 | 0810 | 0830 | 0850 | 0905 | 0918f | 0924 | 0941 | 0957 | 1017 | 1032 | 1047 | ...  |      |
| Becontree Heath Bus Station | 0558  | 0618  | 0638  | 0658 | 0718 | 0738 | 0758 | 0818 | 0838 | 0858 | 0914 | 0927  | 0933 | 0950 | 1007 | 1027 | 1042 | 1057 | ...  |      |

|                             |      |      |       |      |                           |      |      |      |      |      |      |      |      |      |      |      |      |      |     |
|-----------------------------|------|------|-------|------|---------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|-----|
| Aldgate Station ⊕           | 1010 | 1025 | ...   | 1040 | ...                       | 1655 | 1710 | ...  | 1726 | ...  | 1752 | ...  | 1810 | ...  | 1837 | ...  | ...  | ...  | ... |
| Mile End Gate               | 1018 | 1033 | ...   | 1048 | ...                       | 1703 | 1718 | ...  | 1734 | ...  | 1800 | ...  | 1818 | ...  | 1845 | ...  | ...  | ...  | ... |
| Mile End Station ⊕          | 1022 | 1037 | ...   | 1052 | Then every 15 mins. until | 1707 | 1722 | ...  | 1738 | ...  | 1804 | ...  | 1822 | ...  | 1849 | ...  | ...  | ...  | ... |
| Bow Church                  | 1025 | 1040 | ...   | 1055 | ...                       | 1710 | 1725 | ...  | 1741 | ...  | 1807 | ...  | 1825 | ...  | 1852 | ...  | ...  | ...  | ... |
| Stratford Broadway          | 1032 | 1047 | ...   | 1102 | ...                       | 1717 | 1732 | 1736 | 1748 | 1803 | 1813 | 1828 | 1831 | 1843 | 1858 | 1913 | 1943 | 2003 | ... |
| Forest Gate Green Street    | 1040 | 1055 | ...   | 1110 | mins. until               | 1725 | 1740 | 1744 | 1756 | 1811 | 1821 | 1836 | 1839 | 1851 | 1906 | 1921 | 1951 | 2011 | ... |
| Manor Park Broadway         | 1043 | 1058 | ...   | 1113 | ...                       | 1728 | 1743 | 1747 | 1759 | 1813 | 1823 | 1838 | 1841 | 1853 | 1908 | 1923 | 1953 | 2013 | ... |
| Ilford Broadway             | 1050 | 1105 | G     | 1120 | ...                       | 1735 | 1750 | 1754 | 1806 | 1820 | 1830 | 1845 | 1848 | 1900 | 1915 | 1930 | 2000 | 2020 | ... |
| Goodmayes Lord Napier       | 1102 | 1117 | 1127f | 1132 | ...                       | 1747 | A    | A    | 1816 | A    | 1840 | A    | A    | 1910 | A    | 1940 | A    | A    | ... |
| Becontree Heath Bus Station | 1112 | 1127 | 1137  | 1142 | ...                       | 1757 | ...  | ...  | 1825 | ...  | 1849 | ...  | ...  | 1919 | ...  | 1949 | ...  | ...  | ... |

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.

## Sundays (and National Public Holidays)

|                             |     |     |     |     |     |       |      |       |      |      |                                    |             |             |             |      |      |     |      |     |
|-----------------------------|-----|-----|-----|-----|-----|-------|------|-------|------|------|------------------------------------|-------------|-------------|-------------|------|------|-----|------|-----|
| Aldgate Station ⊕           | ... | ... | ... | ... | ... | 0821  | 0851 | 0920  | 0932 | 0947 | X                                  | X           | ...         | ...         | 1817 | 1832 | ... | 1847 | ... |
| Mile End Gate               | ... | ... | ... | ... | ... | 0827  | 0857 | 0926  | 0940 | 0955 | Then at these mins. past each hour | 02 17 32 47 | 10 25 40 55 | 18 33 48 03 | 1825 | 1840 | ... | 1855 | ... |
| Mile End Station ⊕          | ... | ... | ... | ... | ... | 0831  | 0901 | 0930  | 0945 | 1000 | 15 30 45 00                        | U           | 1829        | 1844        | ...  | 1859 | ... | ...  | ... |
| Bow Church                  | ... | ... | ... | ... | ... | 0834  | 0904 | 0933  | 0948 | 1003 | 24 39 54 09                        | T           | 1838        | 1853        | 1902 | 1908 | ... | ...  | ... |
| Stratford Broadway          | ... | ... | ... | ... | ... | 0649  | 0729 | 0809  | 0839 | 0909 | 30 45 00 15                        | L           | 1844        | 1859        | 1908 | 1914 | ... | ...  | ... |
| Forest Gate Green Street    | ... | ... | ... | ... | ... | 0655  | 0735 | 0815  | 0845 | 0915 | 40b 54 10b 24                      | L           | 1847        | 1902        | 1911 | 1917 | ... | ...  | ... |
| Manor Park Broadway         | ... | ... | ... | ... | ... | 0657  | 0737 | 0817  | 0847 | 0917 | 02                                 | 32          | 1901        | A           | A    | 1931 | ... | ...  | ... |
| Ilford Broadway             | ... | ... | ... | ... | ... | G     | 0703 | G     | 0743 | 0823 | 0853                               | 0923        | 0954        | 1010b       | 1024 | ...  | ... | ...  | ... |
| Goodmayes Lord Napier       | ... | ... | ... | ... | ... | 0630f | 0710 | 0733f | 0750 | 0830 | 0900                               | 0930        | 1002        | ...         | 1032 | ...  | ... | ...  | ... |
| Becontree Heath Bus Station | ... | ... | ... | ... | ... | 0639  | 0719 | 0742  | 0759 | 0839 | 0909                               | 0939        | 1011        | ...         | 1041 | ...  | ... | ...  | ... |

|                             |      |               |       |      |      |      |     |     |     |     |     |     |     |     |     |     |     |     |     |
|-----------------------------|------|---------------|-------|------|------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Stratford Broadway          | 1938 | at 08 38      | ...   | 2308 | 2338 | 0008 | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... |
| Forest Gate Green Street    | 1944 | these 14 44   | ...   | 2314 | 2344 | 0014 | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... |
| Manor Park Broadway         | 1947 | minutes 17 47 | UNTIL | 2317 | 2347 | 0017 | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... |
| Ilford Broadway             | 1953 | past 23 53    | ...   | 2323 | 2353 | 0023 | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... |
| Goodmayes Lord Napier       | 2001 | each 31 01    | ...   | 2331 | A    | A    | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... |
| Becontree Heath Bus Station | 2010 | hour 40 10    | ...   | 2340 | ...  | ...  | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... |

A - Continues to Seven Kings Garage via Ilford High Road. b - Time at Ilford Station Ley Street. C - Starts from West Ham Garage via West Ham Lane.  
 d - Time at Becontree Heath Merry Fiddlers. E - Starts from West Ham Garage via Green Street. f - Time at Goodmayes Green Lane/Airthrie Road.  
 H - Starts from Stratford Bus Station. G - Starts from Seven Kings Garage via Goodmayes Road. X - Buses departing Aldgate on Sundays at 1102, 1132, 1202, 1232, 1302, 1332, 1402, 1602, 1732 and 1802 continue to Seven Kings Garage via Ilford High Road (not calling at Ilford Station Ley Street).