

Trains from Mile End

Eastbound services

to Leytonstone			
	Mondays to Fridays	Saturdays	Sundays
First train	0603	0603	0605
Last train	0045	0045	2357
Trains run every 2-5 minutes*			

to Loughton			
	Mondays to Fridays	Saturdays	Sundays
First train	0603	0603	0605
Last train	0045	0045	2352
Trains run every 4-10 minutes*			

to Epping			
	Mondays to Fridays	Saturdays	Sundays
First train	0603	0603	0605
Last train	0045	0045	2352
Trains run every 3-10 minutes*			

to Hainault via Newbury Park			
	Mondays to Fridays	Saturdays	Sundays
First train	0603x	0603x	0605x
Last train	0045x	0045x	2357
Trains run every 3-10 minutes*			
x Change at Leytonstone			

to Grange Hill via Woodford			
	Mondays to Fridays	Saturdays	Sundays
First train	0603	0603	0749
Last train	2350	2350	2336
For Roding Valley, Chigwell and Grange Hill change at Woodford for a shuttle service that runs approximately every 20 minutes			
There is a through service to Grange Hill at 1725 Monday to Friday			

*Early morning and late evening trains may run less frequently



Check before you travel. Improvement work is taking place, particularly at weekends. See contact details below.