

# Romford to Upminster

## Key to symbols

- Interchange stations
- ♿ Step-free access from street to platform
- ≡ National Rail

Romford ≡



TfL Rail

Emerson Park



Upminster ≡



District

## Eastbound towards Upminster

### Mondays to Saturdays

Romford	0611	0641	then at the same time past each hour until	2141
Emerson Park	0615	0645		2145
Upminster	0620	0650		2150

### Sundays

Romford	0841	0911	then at the same time past each hour until	1941
Emerson Park	0845	0915		1945
Upminster	0850	0920		1950

## Westbound towards Romford

### Mondays to Saturdays

Upminster	0624	0654	then at the same time past each hour until	2154
Emerson Park	0628	0658		2158
Romford	0633	0703		2203

### Sundays

Upminster	0854	0924	then at the same time past each hour until	1954
Emerson Park	0858	0928		1958
Romford	0903	0933		2003