




Romford to Upminster route

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	2141
Emerson Park	0615	0645	same time past	2145
Upminster	0620	0650	each hour until	2150

Sundays

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

Westbound towards Romford

2

Mondays to Saturdays

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

Sundays

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