

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 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