

Bus 145 Dagenham - Ilford - Leytonstone

[Go to website](#)

Direction

Dagenham Asda — Leytonstone Station

60 stops

[Open route schedule](#)

Dagenham Asda

Merriellands Crescent

Ballards Road /Princess Parade

Oval Road South

Oval Road North

Ridgewell Close

Farm Close

St Giles Avenue

Vicarage Road (Rm10)

Ford Road (Rm10)

Heathway Dagenham

Talbot Road / Goresbrook Park

Hatfield Road

Lullington Road

Gale Street

Becontree

Rusper Road

Ilchester Road / Future Youth Zone

Marlborough Road (RM8)

Parsloes Avenue

Martins Corner /Valence Avenue

Route schedule

Dagenham Asda — Leytonstone Station

Monday 00:00-23:45

Tuesday 00:00-23:45

Wednesday 00:00-23:45

Thursday 00:00-23:45

Friday 00:00-23:45

Saturday 00:00-23:45

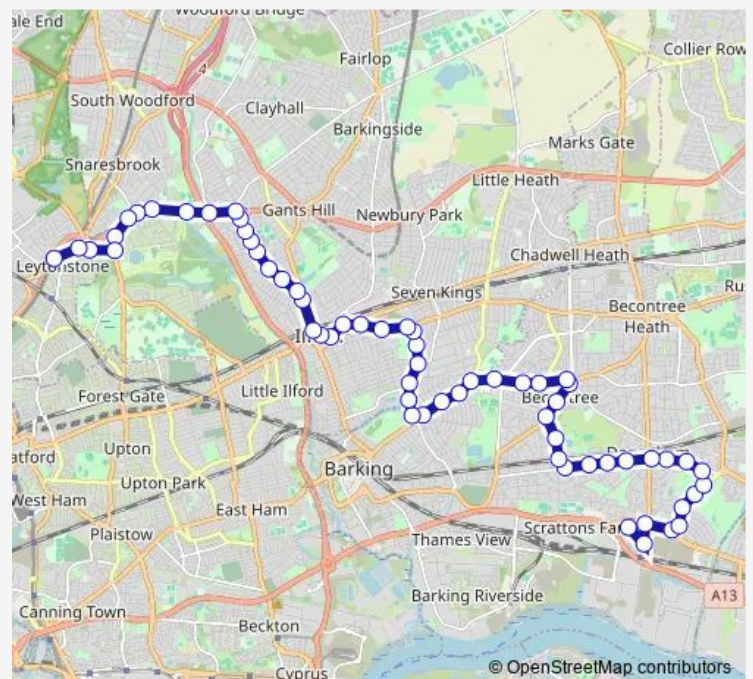
Sunday 00:00-23:45

Route info

Direction: Dagenham Asda

Stops: 60

Trip Duration: 0 hour 55 min



Bennetts Castle Lane Fair Cross

Lindsey Road

Lodge Avenue (RM8)

St Thomas More Catholic Church

Capel Gardens

Thurlestone Avenue

Barking Bus Garage

Longbridge Road Faircross

Ashburton Avenue

Loxford Lane

Eton Road (IG1)

Frimley Road

South Park Crescent

South Park Drive

Gordon Road

Winston Way Primary School

Hainault Street

Redbridge Central Library

High Road Ilford

Ilford Station

Beal Road

Northbrook Road

De Vere Gardens

Seymour Gardens

St Andrew's Church (IG1)

Cranbrook Primary School

Wanstead Lane

Castleview Gardens

The Drive (IG1)

Redbridge Station

Redbridge Lane West

Wigram Road

Wanstead Station

Wanstead Station

Felstead Road (E11)

Bush Road (E11)

Bush Road / Green Man Rbt

Green Man Roundabout

Leytonstone Station

Direction

Dagenham Asda — Leytonstone Station

61 stops

[Open route schedule](#)

Dagenham Asda

Dagenham Dock Station

Merriellands Crescent

Ballards Road /Princess Parade

Oval Road South

Oval Road North

Ridgewell Close

Farm Close

St Giles Avenue

Vicarage Road (Rm10)

Ford Road (Rm10)

Heathway Dagenham

Talbot Road / Goresbrook Park

Hatfield Road

Lullington Road

Gale Street

Becontree

Rusper Road

Ilchester Road / Future Youth Zone

Marlborough Road (RM8)

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Martins Corner /Valence Avenue

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Thursday 00:00-23:45

Friday 00:00-23:45

Saturday 00:00-23:45

Sunday 00:00-23:45

Route info

Direction: Dagenham Asda

Stops: 61

Trip Duration: 1 hour 30 min

St Thomas More Catholic Church

Capel Gardens

Thurlestone Avenue

Barking Bus Garage

Longbridge Road Faircross

Ashburton Avenue

Loxford Lane

Eton Road (IG1)

Frimley Road

South Park Crescent

South Park Drive

Gordon Road

Winston Way Primary School

Hainault Street

Redbridge Central Library

High Road Ilford

Ilford Station

Beal Road

Northbrook Road

De Vere Gardens

Seymour Gardens

St Andrew's Church (IG1)

Cranbrook Primary School

Wanstead Lane

Castleview Gardens

The Drive (IG1)

Redbridge Station

Redbridge Lane West

Wigram Road

Wanstead Station

Wanstead Station

Felstead Road (E11)

Bush Road (E11)

Bush Road / Green Man Rbt

Green Man Roundabout

Leytonstone Station

Direction

Leytonstone Station — Dagenham Asda

59 stops

[Open route schedule](#)

Leytonstone Station

Kirkdale Road

Green Man Roundabout

Cambridge Road (E11)

Blake Hall Road

Wanstead Station

Nutter Lane

Redbridge Station

The Drive Methodist Church

Wanstead Lane

Cranbrook Primary School

St Andrew's Church (IG1)

Seymour Gardens

De Vere Gardens

Cranbrook Road (IG1)

Coventry Road

Ilford Station

Redbridge Central Library

Hainault Street

Park Road Ilford

Buckingham Road Ilford

South Park Drive

South Park Crescent

Frimley Road

Eton Road (IG1)

Route schedule

Leytonstone Station — Dagenham Asda

Monday 00:00-23:45

Tuesday 00:00-23:45

Wednesday 00:00-23:45

Thursday 00:00-23:45

Friday 00:00-23:45

Saturday 00:00-23:45

Sunday 00:00-23:45

Route info

Direction: Leytonstone Station

Stops: 59

Trip Duration: 1 hour 11 min

Loxford Lane

Abbey School

Longbridge Road Faircross

Barking Bus Garage

Thurlestone Avenue

Capel Gardens

St Thomas More Catholic Church

Becontree Avene Fair Cross

Lindsey Road

Bennetts Castle Lane Fair Cross

Martins Corner /Valence Avenue

Parsloes Avenue

Marlborough Road (RM8)

Wroxall Road / Future Youth Zone

Rusper Road

Becontree

Gale Street

Lullington Road

Hatfield Road

Talbot Road / Goresbrook Park

Heathway Dagenham

Heathway Dagenham

Rectory Road Dagenham

Hollidge Way

St Giles Avenue

Church Lane (Rm10)

Farm Close

Ridgewell Close

Oval Road North

Oval Road South

Ballards Road Dagenham Dock

Chequers Lane

Merriellands Crescent

Dagenham Asda

Direction

Leytonstone Station — Dagenham Asda

60 stops

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Leytonstone Station

Kirkdale Road

Green Man Roundabout

Cambridge Road (E11)

Blake Hall Road

Wanstead Station

Nutter Lane

Redbridge Station

The Drive Methodist Church

Wanstead Lane

Cranbrook Primary School

St Andrew's Church (IG1)

Seymour Gardens

De Vere Gardens

Cranbrook Road (IG1)

Coventry Road

Ilford Station

Redbridge Central Library

Hainault Street

Park Road Ilford

Buckingham Road Ilford

South Park Drive

South Park Crescent

Frimley Road

Eton Road (IG1)

Route schedule

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Farm Close

Ridgewell Close

Oval Road North

Oval Road South

Ballards Road Dagenham Dock

Chequers Lane

Merriellands Crescent

Dagenham Dock Station

Dagenham Asda

145 Bus time schedules and route maps are available in an offline PDF at busmaps.com. Use the busmaps.com website to see live bus times, train schedule or subway schedule, and step-by-step directions for all public transit in Ilford

The schedule is provided in the local timezone. Times with "(+1)" indicate departures on the next day.

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