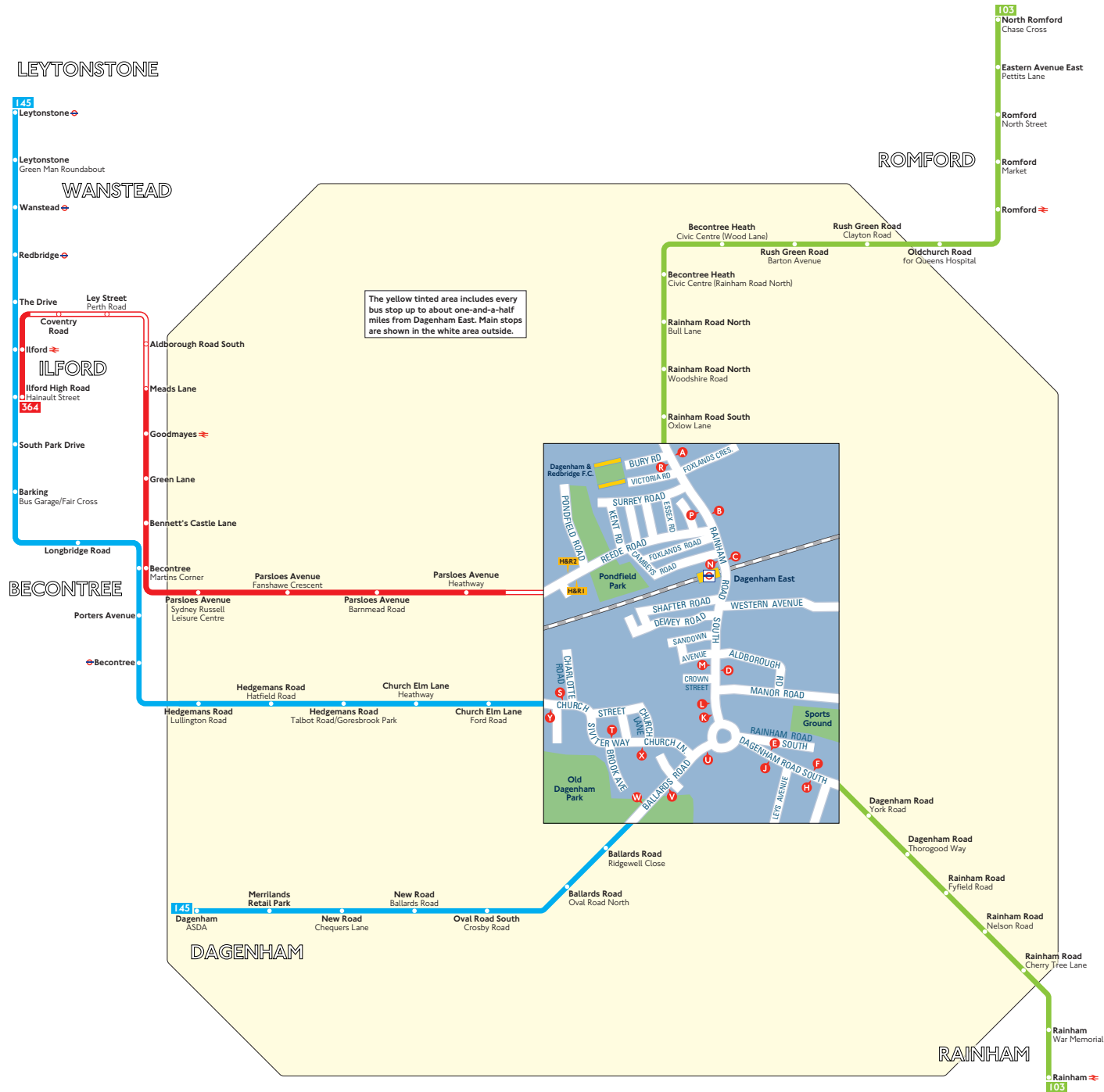


# Buses from Dagenham East



## Key

- Connections with London Underground
- Connections with National Rail

Route 364 operates as Hail & Ride on the sections of roads marked **H&R1** and **H&R2** on the map. Buses stop at any safe point along the road. There are no bus stops at these locations, but please indicate clearly to the driver when you wish to board or alight.

Red discs show the bus stop you need for your chosen bus service. The disc **A** appears on the top of the bus stop in the street (see map of town centre in centre of diagram).

## Route finder

### Day buses

Bus route	Towards	Bus stops
103	North Romford	<b>H J L M N P R</b>
	Rainham	<b>A B C D E F</b>
145	Dagenham	<b>S T U V</b>
	Leytonstone	<b>W X Y</b>
364	Iford	<b>H&amp;R1 L M N</b>