




Buses from Upminster

Key

-  Connections with London Underground
-  Connections with National Rail
- ★ Mondays to Saturdays only
- Monday to Saturday daytimes off-peak

 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
248	Cranham	A D P R W X
	Romford	C M N U V
346	Upminster Park Estate ★	C F G H
347	Ockendon ●	C F G H U V
	Romford ●	A D J K L W X
370	Lakeside Shopping Centre	A B D E P R S T
	Romford	A C D E M N O

The yellow tinted area includes every bus stop up to one-and-a-half miles from Upminster. Main stops are shown in the white area outside.

