

145

Leytonstone - Dagenham, Asda

Get The App

The 145 bus line (Leytonstone - Dagenham, Asda) has 2 routes. For regular weekdays, their operation hours are:  
 (1) Dagenham, Asda: 12:00 AM - 11:45 PM(2) Leytonstone: 12:00 AM - 11:45 PM  
 Use the Moovit App to find the closest 145 bus station near you and find out when is the next 145 bus arriving.

**Direction: Dagenham, Asda**

59 stops

[VIEW LINE SCHEDULE](#)

- Leytonstone Station (T)
- Green Man Roundabout (N)
- Cambridge Road (H)
- Blake Hall Road (K)
- Wanstead (B)
- Nutter Lane (R)
- Redbridge Station (RH)
- The Drive Methodist Church (RK)
- Wanstead Lane
- Cranbrook Primary School (VZ)
- St Andrew's Church (VU)
- Seymour Gardens (VV)
- De Vere Gardens (VX)
- Cranbrook Road (VY)
- Coventry Road (VH)
- Iford Station (K)
- Redbridge Central Library (R)
- Hainault Street (T)
- Park Road (P)
- Buckingham Road (R)
- South Park Drive (A)
- South Park Crescent (E)

**145 bus Time Schedule**

Dagenham, Asda Route Timetable:

Sunday	12:00 AM - 10:45 PM
Monday	12:00 AM - 11:45 PM
Tuesday	12:00 AM - 11:45 PM
Wednesday	12:00 AM - 11:45 PM
Thursday	12:00 AM - 11:45 PM
Friday	12:00 AM - 11:45 PM
Saturday	12:00 AM - 11:45 PM

**145 bus Info**

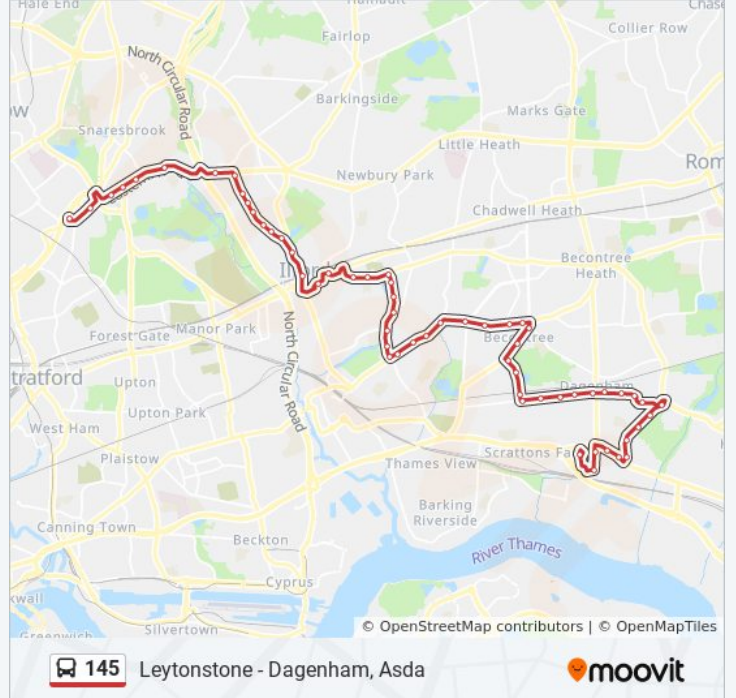
**Direction:** Dagenham, Asda

**Stops:** 59

**Trip Duration:** 74 min

**Line Summary:**

Frimley Road (F)  
Eton Road (S)  
Loxford Lane (BD)  
Abbey School (BE)  
Longbridge Road (BF)  
Barking Bus Garage (BC)  
Thurlestone Avenue (UE)  
Capel Gardens (UF)  
St. Thomas More Catholic Church (UH)  
Becontree Avenue (UI)  
Lindsey Road (UJ)  
Bennetts Castle Lane (EC)  
Martins Corner / Valence Avenue (ED)  
Parsloes Avenue (SD)  
Marlborough Road (SE)  
Wroxall Road / Future Youth Zone (SF)  
Rusper Road (SH)  
Becontree Station (SJ)  
Gale Street (EB)  
Lullington Road (E)  
Hatfield Road (E)  
Talbot Road / Goresbrook Park (E)  
Heathway (F)  
Heathway (L)  
Rectory Road (E)  
Hollidge Way (S)  
St Giles Avenue (T)  
Church Lane (U)  
Farm Close (V)  
Ridgewell Close (K)  
Oval Road North (L)  
Oval Road South (M)  
Ballards Road (Q)



Chequers Lane (R)

Merriellands Crescent (X)

Dagenham Dock Station (O)

Dagenham Asda (D)

### Direction: Leytonstone

61 stops

[VIEW LINE SCHEDULE](#)

Dagenham Asda (D)

Dagenham Dock Station (I)

Merriellands Crescent (Q)

Ballards Road / Princess Parade (D)

Oval Road South (G)

Oval Road North (H)

Ridgewell Close (J)

Farm Close (W)

St Giles Avenue (X)

Vicarage Road (Y)

Ford Road

Heathway (K)

Talbot Road / Goresbrook Park (W)

Hatfield Road (W)

Lullington Road (W)

Gale Street (WN)

Becontree Station (NC)

Rusper Road (ND)

Ilchester Road / Future Youth Zone (NE)

Marlborough Road (NG)

Parsloes Avenue (NH)

Martins Corner / Valence Avenue (WT)

Bennetts Castle Lane (WU)

Lindsey Road (UA)

Lodge Avenue (UB)

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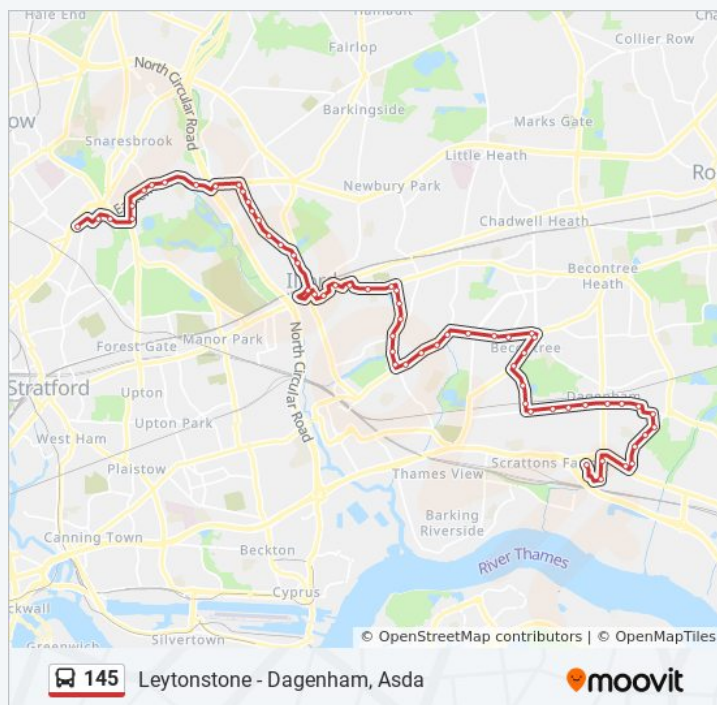
### 145 bus Info

**Direction:** Leytonstone

**Stops:** 61

**Trip Duration:** 74 min

**Line Summary:**



St. Thomas More Catholic Church (UC)

Capel Gardens (UD)

Thurlestone Avenue (UG)

Barking Bus Garage (BK)

Longbridge Road (BQ)

Ashburton Avenue (BS)

Loxford Lane (BT)

Eton Road (N)

Frimley Road (G)

South Park Crescent (H)

South Park Drive (D)

Gordon Road (Q)

Winston Way Primary School (Z)

Hainault Street (W)

Redbridge Central Library (Q)

High Road Ilford (M)

Ilford Station (G)

Beal Road (VL)

Northbrook Road (VM)

De Vere Gardens (VQ)

Seymour Gardens (VS)

St Andrew's Church (VT)

Cranbrook Primary School

Wanstead Lane (N)

Castleview Gardens (RL)

The Drive (RN)

Redbridge Station (RC)

Redbridge Lane West (RD)

Wigram Road (S)

Wanstead Station (A)

Wanstead Station / George Green (C)

Felstead Road (T)

Bush Road (U)

Bush Road / Green Man Roundabout (R)

Green Man Roundabout (P)

Leytonstone Station (X)

145 bus time schedules and route maps are available in an offline PDF at [moovitapp.com](https://moovitapp.com). Use the [Moovit App](#) to see live bus times, train schedule or subway schedule, and step-by-step directions for all public transit in London.

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