

# Adam Connect

**Duty: 301**

Day(s): Every Day

Start Time: 03:25 - End Time: 23:19

**Break Times:**

|                                                                                                                          |                                                                                                                           |                                                                                                                           |
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| <b>From:</b> Lakeside Bus Station<br><b>To:</b> Upminster Station<br><b>Route:</b> 301<br>Depart: 03:25 - Arrive: 04:231 | <b>From:</b> Upminster Station<br><b>To:</b> Lakeside Bus Station<br><b>Route:</b> 301<br>Depart: 12:25 - Arrive: 13:1910 | <b>From:</b> Lakeside Bus Station<br><b>To:</b> Upminster Station<br><b>Route:</b> 301<br>Depart: 21:25 - Arrive: 22:2319 |
| <b>From:</b> Upminster Station<br><b>To:</b> Lakeside Bus Station<br><b>Route:</b> 301<br>Depart: 04:25 - Arrive: 05:192 | <b>From:</b> Lakeside Bus Station<br><b>To:</b> Upminster Station<br><b>Route:</b> 301<br>Depart: 13:25 - Arrive: 14:2311 | <b>From:</b> Upminster Station<br><b>To:</b> Lakeside Bus Station<br><b>Route:</b> 301<br>Depart: 22:25 - Arrive: 23:1920 |
| <b>From:</b> Lakeside Bus Station<br><b>To:</b> Upminster Station<br><b>Route:</b> 301<br>Depart: 05:25 - Arrive: 06:233 | <b>From:</b> Upminster Station<br><b>To:</b> Lakeside Bus Station<br><b>Route:</b> 301<br>Depart: 14:25 - Arrive: 15:1912 |                                                                                                                           |
| <b>From:</b> Upminster Station<br><b>To:</b> Lakeside Bus Station<br><b>Route:</b> 301<br>Depart: 06:25 - Arrive: 07:194 | <b>From:</b> Lakeside Bus Station<br><b>To:</b> Upminster Station<br><b>Route:</b> 301<br>Depart: 15:25 - Arrive: 16:2313 |                                                                                                                           |
| <b>From:</b> Lakeside Bus Station<br><b>To:</b> Upminster Station<br><b>Route:</b> 301<br>Depart: 07:25 - Arrive: 08:235 | <b>From:</b> Upminster Station<br><b>To:</b> Lakeside Bus Station<br><b>Route:</b> 301<br>Depart: 16:25 - Arrive: 17:1914 |                                                                                                                           |
| <b>From:</b> Upminster Station<br><b>To:</b> Lakeside Bus Station<br><b>Route:</b> 301<br>Depart: 08:25 - Arrive: 09:196 | <b>From:</b> Lakeside Bus Station<br><b>To:</b> Upminster Station<br><b>Route:</b> 301<br>Depart: 17:25 - Arrive: 18:2315 |                                                                                                                           |
| <b>From:</b> Lakeside Bus Station<br><b>To:</b> Upminster Station<br><b>Route:</b> 301<br>Depart: 09:25 - Arrive: 10:237 | <b>From:</b> Upminster Station<br><b>To:</b> Lakeside Bus Station<br><b>Route:</b> 301<br>Depart: 18:25 - Arrive: 19:1916 |                                                                                                                           |
| <b>From:</b> Upminster Station<br><b>To:</b> Lakeside Bus Station<br><b>Route:</b> 301<br>Depart: 10:25 - Arrive: 11:198 | <b>From:</b> Lakeside Bus Station<br><b>To:</b> Upminster Station<br><b>Route:</b> 301<br>Depart: 19:25 - Arrive: 20:2317 |                                                                                                                           |
| <b>From:</b> Lakeside Bus Station<br><b>To:</b> Upminster Station<br><b>Route:</b> 301<br>Depart: 11:25 - Arrive: 12:239 | <b>From:</b> Upminster Station<br><b>To:</b> Lakeside Bus Station<br><b>Route:</b> 301<br>Depart: 20:25 - Arrive: 21:1918 |                                                                                                                           |