Section 1 - taking in Romford to Upminster - 1 HOUR

Stratford (TfLRail) → Romford (TfLRail) → Upminster (District) → Barking (TfLRail)

+19 minutes +10 minutes +18 minutes

Section 2 - Barking to Kentish Town West via Watford Junction and Euston - 3 HOURS

Barking (District) → Gospel Oak (H'smith+City) → Willesden Junction (Bakerloo) → Watford Junction (Northern) → Euston (Northern) → Kentish Town (District) → Kentish Town West

+34 minutes +15 minutes +34 minutes +61 minutes +6 minutes +8 minute walk

Section 3 - Kentish Town West to West Croydon via Crystal Palace - 2 HOURS

Kentish Town West → Dalston Kingsland → Dalston Junction → New Cross Gate → Crystal Palace → Sydenham → West Croydon

+13 minutes 4 minute walk +21 minutes 7 minute walk +15 minutes +2 minutes +14 minutes
Section 4 - Fast West Croydon to Richmond then Willesden Junction - 1.5 HOUR

- West Croydon (Tramlink)
- 10 minute tram
- East Croydon (Southern)
- +8 minutes
- Clapham Junction (Southeastern)
- +8 minutes
- Richmond
- +22 minutes
- Willesden Junction

Section 5 - Willesden Junction to Cheshunt via Liverpool Street - 2.5 HOURS

- Willesden Junction
- +22 minutes
- Clapham Junction
- +43 minutes
- Shoreditch High Street
- 12 minute walk
- Liverpool Street
- +33 minutes
- Enfield Town
- +5 minutes
- Edmonton Green
- +15 minutes
- Cheshunt
- +15 minutes
- (Abellio Greater Anglia)
- To Cheshunt
- Victoria

Section 6 - Chingford to Stratford - 1 HOUR

- Tottenham Hale (Victoria)
- +4 minutes
- Walthamstow Central
- +12 minutes
- Chingford
- +18 minutes
- Hackney Downs
- 6 minute walk
- Hackney Central
- Stratford
- Jubilee
- DLR
- TFL Rail
- +10 minutes