490

London to Norwich

National Express bus timetable for the **London to Norwich** route (Route **490**). Current timetable valid from **Saturday 5th of September 2026**. To keep the timetable handy and check your journey anytime, download this PDF. Services may vary during Bank Holidays.

Friday

Stops	*Times*
London Victoria Coach Station, Departures Hall	11:00
London (Stratford) Montfichet Rd, Stop U, nr Stratford City Bus Stn	12:00
Thetford Bus Interchange, Minstergate	13:45
Norwich Bus Station (off Queens Road/Surrey Street)	14:35
University of East Anglia Chancellors Drive, lay-by near ZICER Building	–

Saturday–Sunday

Stops	*Times*
London Victoria Coach Station, Departures Hall	11:00
London (Stratford) Montfichet Rd, Stop U, nr Stratford City Bus Stn	11:50
Thetford Bus Interchange, Minstergate	13:30
Norwich Bus Station (off Queens Road/Surrey Street)	A 14:20 D 14:25
University of East Anglia Chancellors Drive, lay-by near ZICER Building	14:40

Key

A The coach will arrive at the first time. After a short break
D at this stop, it will depart again at the second time.

– The coach does not stop here on this service.