490

Norwich to London

National Express bus timetable for the **Norwich to London** route (Route **490**). Current timetable valid from **Saturday 14th of November 2026**. To keep the timetable handy and check your journey anytime, download this PDF. Services may vary during Bank Holidays.

Friday

Stops	*Times*
University of East Anglia Chancellors Drive, lay-by near ZICER Building	–
Norwich Bus Station (off Queens Road/Surrey Street)	15:15
Thetford Bus Interchange, Minstergate	16:15
London (Stratford) Montfichet Rd, Stop X, opp Stratford City Bus Stn	18:15
London Victoria Coach Station, Arrivals Hall	19:20

Saturday–Sunday

Stops	*Times*
University of East Anglia Chancellors Drive, lay-by near ZICER Building	15:20
Norwich Bus Station (off Queens Road/Surrey Street)	A 15:35 D 15:45
Thetford Bus Interchange, Minstergate	16:30
London (Stratford) Montfichet Rd, Stop X, opp Stratford City Bus Stn	18:20
London Victoria Coach Station, Arrivals Hall	19:20

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.