

**Yoga Express/19032 - Exp - WR**  
**YNRK/Yog Nagari Rishikesh to DEC/Delhi Cantt.**

**7h 58m - 286 km - 14 halts - Departs Daily**

| #         | Code        | Station Name                   | Arrives      | Avg | Depart<br>s  | Avg | Halt | PF  | Day | Km   | Spd | Elv | Zone |
|-----------|-------------|--------------------------------|--------------|-----|--------------|-----|------|-----|-----|------|-----|-----|------|
| <b>1</b>  | <b>YNRK</b> | <b>Yog Nagari Rishikesh</b>    |              |     | <b>14:55</b> |     |      | 1   | 1   | 0    | 25  | 386 | NR   |
| 2         | HW          | Haridwar                       | 15:50        |     | 16:00        |     | 10m  | 2   | 1   | 23   | 43  | 314 | NR   |
| 3         | RK          | Roorkee                        | 16:58        |     | 17:03        |     | 5m   | 3   | 1   | 64   | 44  | 269 | NR   |
| 4         | TPZ         | Tapri Junction<br>(Saharanpur) | 17:47        |     | 17:49        |     | 2m   | 1   | 1   | 97   | 87  | 272 | NR   |
| 5         | DBD         | Deoband                        | 18:08        |     | 18:10        |     | 2m   | 1   | 1   | 124  | 80  | 255 | NR   |
| 6         | MOZ         | Muzaffarnagar                  | 18:28        |     | 18:30        |     | 2m   | 2   | 1   | 148  | 83  | 247 | NR   |
| 7         | KAT         | Khatauli                       | 18:46        |     | 18:48        |     | 2m   | 1   | 1   | 170  | 61  | 242 | NR   |
| 8         | SKF         | Sakhoti Tanda                  | 18:57        |     | 18:58        |     | 1m   | 1   | 1   | 180  | 75  | 237 | NR   |
| 9         | MUT         | Meerut Cantt.                  | 19:14        |     | 19:16        |     | 2m   | 1   | 1   | 199  | 65  | 230 | NR   |
| 10        | MTC         | Meerut City Junction           | 19:20        |     | 19:25        |     | 5m   | 2   | 1   | 204  | 65  | 224 | NR   |
| 11        | MDNR        | Modinagar                      | 19:43        |     | 19:45        |     | 2m   | 2   | 1   | 223  | 73  | 222 | NR   |
| 12        | GZN         | New Ghaziabad                  | 20:03        |     | 20:04        |     | 1m   | 2   | 1   | 245  | 7   | 216 | NR   |
| 13        | GZB         | Ghaziabad Junction             | 20:56        |     | 20:58        |     | 2m   | 3,4 | 1   | 251  | 30  | 217 | NR   |
| 14        | DSA         | Delhi Shahdara Junction        | 21:26        |     | 21:28        |     | 2m   | 4   | 1   | 265  | 12  | 213 | NR   |
| 15        | DLI         | Old Delhi Junction             | 22:00        |     | 22:25        |     | 25m  | 5   | 1   | 271  | 30  | 219 | NR   |
| <b>16</b> | <b>DEC</b>  | <b>Delhi Cantt.</b>            | <b>22:53</b> |     | <b>22:55</b> |     | 2m   | 1   | 1   | 286  | 64  | 217 | NR   |
| 17        | GGN         | Gurgaon                        | 23:11        |     | 23:13        |     | 2m   | 1   | 1   | 303  | 86  | 214 | NR   |
| 18        | PTRD        | Pataudi Road                   | 23:34        |     | 23:36        |     | 2m   | 1   | 1   | 333  | 44  | 228 | NR   |
| 19        | RE          | Rewari Junction                | 00:05        |     | 00:07        |     | 2m   | 4   | 2   | 354  | 67  | 242 | NWR  |
| 20        | KRH         | Khairthal                      | 00:50        |     | 00:52        |     | 2m   | 2   | 2   | 402  | 80  | 308 | NWR  |
| 21        | AWR         | Alwar Junction                 | 01:12        |     | 01:15        |     | 3m   | 2   | 2   | 428  | 79  | 272 | NWR  |
| 22        | BKI         | Bandikui Junction              | 02:01        |     | 02:06        |     | 5m   | 3   | 2   | 489  | 98  | 222 | NWR  |
| 23        | GADJ        | Gandhi Nagar Jaipur            | 02:58        |     | 03:01        |     | 3m   | 2   | 2   | 574  | 17  | 423 | NWR  |
| 24        | JP          | Jaipur Junction                | 03:20        |     | 03:30        |     | 10m  | 3   | 2   | 579  | 74  |     | NWR  |
| 25        | FL          | Phulera Junction               | 04:14        |     | 04:16        |     | 2m   | 4   | 2   | 634  | 84  | 386 | NWR  |
| 26        | KSG         | Kishangarh                     | 04:55        |     | 04:57        |     | 2m   | 2   | 2   | 689  | 40  | 462 | NWR  |
| 27        | AII         | Ajmer Junction                 | 05:35        |     | 05:45        |     | 10m  | 5   | 2   | 714  | 70  | 482 | NWR  |
| 28        | BER         | Beawar                         | 06:30        |     | 06:32        |     | 2m   | 1   | 2   | 766  | 68  | 447 | NWR  |
| 29        | HP          | Haripur                        | 07:01        |     | 07:03        |     | 2m   | 1   | 2   | 800  | 44  | 315 | NWR  |
| 30        | SOD         | Sojat Road                     | 07:48        |     | 07:50        |     | 2m   | 2   | 2   | 833  | 51  | 295 | NWR  |
| 31        | MJ          | Marwar Junction                | 08:15        |     | 08:20        |     | 5m   | 3   | 2   | 854  | 79  |     | NWR  |
| 32        | SOS         | Somesar                        | 08:41        |     | 08:43        |     | 2m   |     | 2   | 882  | 84  |     | NWR  |
| 33        | RANI        | Rani                           | 09:00        |     | 09:02        |     | 2m   | 1   | 2   | 906  | 68  | 282 | NWR  |
| 34        | FA          | Falna                          | 09:15        |     | 09:17        |     | 2m   | 1   | 2   | 920  | 69  | 283 | NWR  |
| 35        | JWB         | Jawai Bandh                    | 09:31        |     | 09:33        |     | 2m   | 1   | 2   | 936  | 80  | 291 | NWR  |
| 36        | PDWA        | Pindwara                       | 10:02        |     | 10:04        |     | 2m   | 2   | 2   | 975  | 73  | 372 | NWR  |
| 37        | ABR         | Abu Road                       | 10:40        |     | 10:50        |     | 10m  | 1   | 2   | 1019 | 57  | 262 | NWR  |
| 38        | PNU         | Palanpur Junction              | 11:45        |     | 11:50        |     | 5m   | 1   | 2   | 1071 | 88  | 231 | WR   |
| 39        | SID         | Siddhpur                       | 12:10        |     | 12:12        |     | 2m   | 1   | 2   | 1101 | 46  | 135 | WR   |
| 40        | UJA         | Unjha                          | 12:30        |     | 12:32        |     | 2m   | 1   | 2   | 1115 | 50  | 115 | WR   |
| 41        | MSH         | Mahesana Junction              | 12:58        |     | 13:00        |     | 2m   | 1   | 2   | 1136 | 81  | 93  | WR   |
| 42        | KLL         | Kalol Junction                 | 13:31        |     | 13:33        |     | 2m   | 2   | 2   | 1178 | 33  | 74  | WR   |
| 43        | GNC         | Gandhinagar Capital            | 14:10        |     | 14:12        |     | 2m   | 2   | 2   | 1199 | 39  | 76  | WR   |
| 44        | SBIB        | Sabarmati BG                   | 14:48        |     | 14:50        |     | 2m   | 1   | 2   | 1222 | 8   | 55  | WR   |
| 45        | ADI         | Ahmedabad Junction             | 15:35        |     |              |     |      | 6   | 2   | 1228 | -   | 52  | WR   |