

Jammu Tawi - Yog Nagari Rishikesh Express/14606 - Exp - NR

JAT/Jammu Tawi to SRE/Saharanpur Junction

8h 15m - 459 km - 9 halts - Departs Sun

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|-----------|------------|----------------------------|--------------|-----|--------------|-----|------|----|-----|-----|-----|-----|------|
| 1 | JAT | Jammu Tawi | | | 22:05 | | | 3 | 1 | 0 | 60 | 344 | NR |
| 2 | PTKC | Pathankot Cantt | 23:45 | | 23:50 | | 5m | 1 | 1 | 99 | 61 | 326 | NR |
| 3 | JRC | Jalandhar Cantt. Junction | 01:40 | | 01:45 | | 5m | 3 | 2 | 212 | 48 | 236 | NR |
| 4 | LDH | Ludhiana Junction | 02:50 | | 03:00 | | 10m | 5 | 2 | 264 | 58 | 257 | NR |
| 5 | KNN | Khanna | 03:44 | | 03:46 | | 2m | 2 | 2 | 307 | 66 | 264 | NR |
| 6 | SIR | Sirhind Junction | 04:02 | | 04:04 | | 2m | 2 | 2 | 324 | 102 | 267 | NR |
| 7 | RPJ | Rajpura Junction | 04:19 | | 04:21 | | 2m | 2 | 2 | 350 | 61 | 269 | NR |
| 8 | UBC | Ambala City | 04:41 | | 04:43 | | 2m | 1 | 2 | 370 | 21 | 272 | NR |
| 9 | UMB | Ambala Cantt. Junction | 05:05 | | 05:10 | | 5m | 1 | 2 | 378 | 80 | 273 | NR |
| 10 | YJUD | Yamunanagar-Jagadhri | 05:48 | | 05:50 | | 2m | 2 | 2 | 429 | 60 | 274 | NR |
| 11 | SRE | Saharanpur Junction | 06:20 | | 06:30 | | 10m | 4 | 2 | 459 | 38 | 275 | NR |
| 12 | HW | Haridwar | 08:30 | | 08:40 | | 10m | 3 | 2 | 535 | 11 | 314 | NR |
| 13 | MOTC | Motichur | 09:05 | | 09:07 | | 2m | 0 | 2 | 540 | 19 | 315 | NR |
| 14 | RWL | Raiwala Junction | 09:28 | | 09:30 | | 2m | 1 | 2 | 547 | 24 | 551 | NR |
| 15 | VRH | Virbhadra | 09:46 | | 09:48 | | 2m | 0 | 2 | 553 | 10 | | NR |
| 16 | YNRK | Yog Nagari Rishikesh | 10:20 | | | | | 0 | 2 | 558 | - | 386 | NR |