

**Yoga Express (PT)/19031 - Exp - WR**  
**FL/Phulera Junction to YNRK/Yog Nagari Rishikesh**  
**14h 32m - 634 km - 23 halts - Departs Daily**

#	Code	Station Name	Arrives	Avg	Depart s	Avg	Halt	PF	Day	Km	Spd	Elv	Zone
1	ADI	Ahmedabad Junction			10:50			5	1	0	24	52	WR
2	SBIB	Sabarmati BG	11:05		11:07		2m	2	1	6	54	55	WR
3	GNC	Gandhinagar Capital	11:33		11:35		2m	2	1	29	59	76	WR
4	KLL	Kalol Junction	11:56		11:58		2m	3	1	50	93	74	WR
5	MSH	Mahesana Junction	12:25		12:29		4m	1	1	92	59	93	WR
6	UJA	Unjha	12:51		12:53		2m	2	1	113	55		WR
7	SID	Siddhpur	13:08		13:10		2m	1	1	127	25	133	WR
8	PNU	Palanpur Junction	14:20		14:25		5m	1	1	156	90	231	WR
9	ABR	Abu Road	15:00		15:10		10m	1	1	209	77	262	NWR
10	PDWA	Pindwara	15:44		15:46		2m	1	1	253	80	373	NWR
11	JWB	Jawai Bandh	16:15		16:17		2m	1	1	291	64	291	NWR
12	FA	Falna	16:32		16:37		5m	2	1	308	68	283	NWR
13	RANI	Rani	16:50		16:52		2m	1	1	322	80	283	NWR
14	SOS	Somesar	17:10		17:12		2m		1	346	50		NWR
15	MJ	Marwar Junction	17:45		17:50		5m	1,2	1	374	67	269	NWR
16	SOD	Sojat Road	18:09		18:11		2m	1	1	395	83	295	NWR
17	HP	Haripur	18:35		18:37		2m	1	1	428	64	315	NWR
18	BER	Beawar	19:08		19:10		2m	2	1	461	42	447	NWR
19	AII	Ajmer Junction	20:25		20:35		10m	1	1	514	54	482	NWR
20	KSG	Kishangarh	21:03		21:05		2m	1	1	539	71	462	NWR
21	FL	Phulera Junction	21:51		21:53		2m	3	1	594	70	386	NWR
22	JP	Jaipur Junction	22:40		22:50		10m	1	1	648	29	428	NWR
23	GADJ	Gandhi Nagar Jaipur	23:01		23:04		3m	1	1	654	72	423	NWR
24	BKI	Bandikui Junction	00:15		00:20		5m	1	2	739	83	222	NWR
25	AWR	Alwar Junction	01:04		01:07		3m	1	2	800	89	272	NWR
26	KRH	Khairthal	01:25		01:27		2m	1	2	826	35	308	NWR
27	RE	Rewari Junction	02:50		02:55		5m	7	2	874	45	242	NWR
28	PTRD	Pataudi Road	03:23		03:25		2m	2	2	895	86	228	NR
29	GGN	Gurgaon	03:46		03:48		2m	2	2	925	68	214	NR
30	DEC	Delhi Cantt.	04:03		04:05		2m	3	2	942	19	217	NR
31	DLI	Old Delhi Junction	04:50		05:05		15m	13	2	956	28	219	NR
32	DSA	Delhi Shahdara Junction	05:19		05:21		2m	3	2	963	24	213	NR
33	GZB	Ghaziabad Junction	05:56		05:58		2m	1	2	977	32	217	NR
34	GZN	New Ghaziabad	06:09		06:10		1m	1	2	983	87	216	NR
35	MDNR	Modinagar	06:25		06:27		2m	1	2	1004	56	222	NR
36	MTC	Meerut City Junction	06:48		06:53		5m	3	2	1024	65	224	NR
37	MUT	Meerut Cantt.	06:57		06:59		2m	3	2	1028	80	230	NR
38	SKF	Sakhoti Tanda	07:14		07:16		2m	2	2	1048	69	237	NR
39	KAT	Khatauli	07:24		07:26		2m	2	2	1057	83	242	NR
40	MOZ	Muzaffarnagar	07:42		07:44		2m	1	2	1080	80	247	NR
41	DBD	Deoband Junction	08:02		08:04		2m	2	2	1104	18	255	NR
42	TPZ	Tapri Junction (Saharanpur)	09:38		09:40		2m	1	2	1131	35	272	NR
43	RK	Roorkee	10:34		10:36		2m	1	2	1163	59	269	NR
44	HW	Haridwar	11:18		11:23		5m	2	2	1205	22	314	NR
45	YNRK	Yog Nagari Rishikesh	12:25					0	2	1228	-	386	NR