

**Yoga Express (PT)/19031 - Exp - WR**  
**DEC/Delhi Cantt. to YNRK/Yog Nagari Rishikesh**  
**8h 20m - 286 km - 14 halts - Departs Daily**

| #         | Code        | Station Name                   | Arrives      | Avg | Depart<br>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   |
| <b>30</b> | <b>DEC</b>  | <b>Delhi Cantt.</b>            | <b>04:03</b> |     | <b>04:05</b> |     | 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<br>(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   |
| <b>45</b> | <b>YNRK</b> | <b>Yog Nagari Rishikesh</b>    | <b>12:25</b> |     |              |     |      | 0   | 2   | 1228 | -   | 386 | NR   |