

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 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 | | 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 | 302 | 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 |