

**Yoga Express/19032 - Exp - WR**  
**ABR/Abu Road to ADI/Ahmedabad Junction**  
**4h 45m - 209 km - 7 halts - Departs Daily**

#	Code	Station Name	Arrives	Avg	Depart s	Avg	Halt	PF	Day	Km	Spd	Elv	Zone
1	YNRK	Yog Nagari Rishikesh			14:55			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 (Saharanpur)	17:47		17:49		2m	1	1	97	87	272	NR
5	DBD	Deoband Junction	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
16	DEC	Delhi Cantt.	22:53		22:55		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	302	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	428	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	269	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	283	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	373	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	133	WR
40	UJA	Unjha	12:30		12:32		2m	1	2	1115	50		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		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