

Kochuveli - Yog Nagari Rishikesh SF Express (PT)/22659 - SF - SR

NZM/Hazrat Nizamuddin to HW/Haridwar

6h 25m - 251 km - 5 halts - Departs Sun

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|----|------|--------------------------------|---------|-----|-------------|-----|------|----|-----|------|-----|-----|------|
| 1 | KCVL | Kochuveli | | | 04:50 | | | 0 | 1 | 0 | 60 | 5 | SR |
| 2 | QLN | Kollam Junction (Quilon) | 05:47 | | 05:50 | | 3m | 2 | 1 | 57 | 50 | 11 | SR |
| 3 | ALLP | Alappuzha (Alleppey) | 07:32 | | 07:35 | | 3m | 0 | 1 | 142 | 29 | 3 | SR |
| 4 | ERS | Ernakulam Junction (South) | 09:35 | | 09:40 | | 5m | 1 | 1 | 199 | 51 | 1 | SR |
| 5 | TCR | Thrissur (Trichur) | 11:07 | | 11:10 | | 3m | 2 | 1 | 273 | 31 | 3 | SR |
| 6 | SRR | Shoranur Junction | 12:15 | | 12:20 | | 5m | 0 | 1 | 306 | 67 | 29 | SR |
| 7 | CLT | Kozhikode Main (Calicut) | 13:37 | | 13:40 | | 3m | 0 | 1 | 392 | 69 | 4 | SR |
| 8 | CAN | Kannur (Cannanore) | 14:57 | | 15:00 | | 3m | 1 | 1 | 481 | 82 | 12 | SR |
| 9 | KGQ | Kasaragod | 16:03 | | 16:05 | | 2m | 2 | 1 | 567 | 38 | 9 | SR |
| 10 | MAJN | Mangaluru Junction (Mangalore) | 17:20 | | 17:25 | | 5m | 1 | 1 | 614 | 39 | 8 | SR |
| 11 | UD | Udupi | 19:00 | | 19:02 | | 2m | 1 | 1 | 677 | 56 | 16 | KR |
| 12 | MAO | Madgaon Junction | 23:30 | | 23:40 | | 10m | 1 | 1 | 928 | 46 | 9 | KR |
| 13 | RN | Ratnagiri | 04:50 | | 04:55 | | 5m | 2 | 2 | 1164 | 46 | 125 | KR |
| 14 | PNVL | Panvel Junction | 10:55 | | 11:00 | | 5m | 5 | 2 | 1442 | 40 | 12 | CR |
| 15 | BSR | Vasai Road | 12:35 | | 12:45 | | 10m | 6 | 2 | 1505 | 79 | 7 | WR |
| 16 | PLG | Palghar | 13:15 | | 13:17 | | 2m | 0 | 2 | 1545 | 84 | 15 | WR |
| 17 | ST | Surat | 15:23 | | 15:28 | | 5m | 1 | 2 | 1721 | 86 | 59 | WR |
| 18 | BRC | Vadodara Junction | 16:59 | | 17:07 | | 8m | 4 | 2 | 1851 | 71 | 36 | WR |
| 19 | RTM | Ratlam Junction | 20:48 | | 20:53 | | 5m | 5 | 2 | 2112 | 90 | 494 | WR |
| 20 | KOTA | Kota Junction | 23:51 | | 23:56 | | 5m | 1 | 2 | 2378 | 78 | 253 | WCR |
| 21 | NZM | Hazrat Nizamuddin | 05:50 | | 06:00 | | 10m | 0 | 3 | 2836 | 30 | 207 | NR |
| 22 | GZB | Ghaziabad Junction | 06:46 | | 06:48 | | 2m | 1 | 3 | 2859 | 49 | 217 | NR |
| 23 | MTC | Meerut City Junction | 07:46 | | 07:48 | | 2m | 3 | 3 | 2907 | 76 | 224 | NR |
| 24 | MOZ | Muzaffarnagar | 08:32 | | 08:34 | | 2m | 1 | 3 | 2962 | 25 | 247 | NR |
| 25 | TPZ | Tapri Junction (Saharanpur) | 10:38 | | 10:40 | | 2m | 0 | 3 | 3014 | 42 | 272 | NR |
| 26 | RK | Roorkee | 11:26 | | 11:28 | | 2m | 1 | 3 | 3046 | 44 | 269 | NR |
| 27 | HW | Haridwar | 12:25 | | 12:35 | | 10m | 2 | 3 | 3088 | 32 | 314 | NR |
| 28 | VRH | Virbhadra | 13:08 | | 13:10 | | 2m | 0 | 3 | 3105 | 12 | | NR |
| 29 | YNRK | Yog Nagari Rishikesh | 13:35 | | | | | 3 | 3 | 3111 | - | 386 | NR |