

Yog Nagari Rishikesh - Kochuveli SF Express/22660 - SF - SR

GZB/Ghaziabad Junction to PNVL/Panvel Junction

19h 25m - 1417 km - 7 halts - Departs Mon

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|----|------|-----------------------------------|---------|-----|-------------|-----|------|----|-----|------|-----|-----|------|
| 1 | YNRK | Yog Nagari Rishikesh | | | 06:15 | | | 0 | 1 | 0 | 17 | 386 | NR |
| 2 | VRH | Virbhadra | 06:33 | | 06:35 | | 2m | 0 | 1 | 5 | 18 | | NR |
| 3 | HW | Haridwar | 07:35 | | 07:45 | | 10m | 1 | 1 | 23 | 58 | 314 | NR |
| 4 | RK | Roorkee | 08:28 | | 08:30 | | 2m | 3 | 1 | 64 | 28 | 269 | NR |
| 5 | TPZ | Tapri Junction (Saharanpur) | 09:38 | | 09:40 | | 2m | | 1 | 97 | 79 | 272 | NR |
| 6 | DBD | Deoband Junction | 10:01 | | 10:03 | | 2m | 1 | 1 | 124 | 80 | 255 | NR |
| 7 | MOZ | Muzaffarnagar | 10:21 | | 10:23 | | 2m | 2 | 1 | 148 | 90 | 247 | NR |
| 8 | MTC | Meerut City Junction | 11:00 | | 11:02 | | 2m | 3 | 1 | 204 | 43 | 224 | NR |
| 9 | GZB | Ghaziabad Junction | 12:08 | | 12:10 | | 2m | 4 | 1 | 251 | 28 | 217 | NR |
| 10 | NZM | Hazrat Nizamuddin | 13:00 | | 13:20 | | 20m | | 1 | 274 | 96 | 207 | NR |
| 11 | KOTA | Kota Junction | 18:05 | | 18:15 | | 10m | 2 | 1 | 732 | 82 | 253 | WCR |
| 12 | RTM | Ratlam Junction | 21:30 | | 21:35 | | 5m | | 1 | 999 | 71 | 494 | WR |
| 13 | BRC | Vadodara Junction | 01:15 | | 01:23 | | 8m | 3 | 2 | 1260 | 80 | 36 | WR |
| 14 | ST | Surat | 03:00 | | 03:05 | | 5m | 2 | 2 | 1389 | 85 | 59 | WR |
| 15 | PLG | Palghar | 05:10 | | 05:12 | | 2m | 0 | 2 | 1566 | 49 | 15 | WR |
| 16 | BSR | Vasai Road | 06:00 | | 06:05 | | 5m | 7 | 2 | 1605 | 42 | 7 | WR |
| 17 | PNVL | Panvel Junction | 07:35 | | 07:40 | | 5m | | 2 | 1669 | 49 | 12 | CR |
| 18 | RN | Ratnagiri | 13:20 | | 13:25 | | 5m | 1 | 2 | 1947 | 47 | 125 | KR |
| 19 | MAO | Madgaon Junction | 18:25 | | 18:35 | | 10m | | 2 | 2183 | 55 | 9 | KR |
| 20 | UD | Udupi | 23:10 | | 23:12 | | 2m | 1 | 2 | 2434 | 32 | 16 | KR |
| 21 | MAJN | Mangaluru Junction (Mangalore) | 01:10 | | 01:15 | | 5m | | 3 | 2496 | 73 | 8 | SR |
| 22 | KGQ | Kasaragod | 01:54 | | 01:55 | | 1m | 0 | 3 | 2543 | 72 | 9 | SR |
| 23 | CAN | Kannur (Cannanore) | 03:07 | | 03:10 | | 3m | 0 | 3 | 2629 | 65 | 12 | SR |
| 24 | CLT | Kozhikode Main (Calicut) | 04:32 | | 04:35 | | 3m | | 3 | 2718 | 49 | 4 | SR |
| 25 | SRR | Shoranur Junction | 06:20 | | 06:25 | | 5m | | 3 | 2805 | 30 | 29 | SR |
| 26 | TCR | Thrissur (Trichur) | 07:32 | | 07:35 | | 3m | 1 | 3 | 2838 | 39 | 3 | SR |
| 27 | ERS | Ernakulam Junction (South) | 09:30 | | 09:35 | | 5m | 0 | 3 | 2912 | 48 | 1 | SR |
| 28 | ALLP | Alappuzha (Alleppey) | 10:47 | | 10:50 | | 3m | 0 | 3 | 2969 | 45 | 3 | SR |
| 29 | QLN | Kollam Junction (Quilon) | 12:42 | | 12:45 | | 3m | | 3 | 3053 | 33 | 11 | SR |
| 30 | KCVL | Kochuveli | 14:30 | | | | | 0 | 3 | 3111 | - | 5 | SR |