

Amritha Express (PT)/16344 - Exp - SR
POY/Pollachi Junction to TCR/Thrissur (Trichur)
3h 30m - 133 km - 4 halts - Departs Daily

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|-----------|------------|---|--------------|-----|--------------|-----|------|----|-----|-----|-----|-----|------|
| 1 | MDU | Madurai Junction | | | 16:10 | | | 4 | 1 | 0 | 72 | | SR |
| 2 | DG | Dindigul Junction | 17:02 | | 17:05 | | 3m | 1 | 1 | 62 | 85 | 280 | SR |
| 3 | ODC | Oddanchatram | 17:28 | | 17:30 | | 2m | | 1 | 95 | 57 | 300 | SR |
| 4 | PLNI | Palani | 17:57 | | 18:00 | | 3m | 3 | 1 | 120 | 67 | 322 | SR |
| 5 | UDT | Udumalaipettai | 18:30 | | 18:32 | | 2m | | 1 | 154 | 58 | 371 | SR |
| 6 | POY | Pollachi Junction | 19:02 | | 19:05 | | 3m | 0 | 1 | 183 | 88 | | SR |
| 7 | KLGD | Kollengode | 19:29 | | 19:30 | | 1m | 0 | 1 | 218 | 56 | | SR |
| 8 | PGTN | Palakkad Town (Palghat) | 19:50 | | 19:55 | | 5m | 0 | 1 | 237 | 7 | 84 | SR |
| 9 | PGT | Palakkad Junction (Palghat) | 20:30 | | 20:55 | | 25m | | 1 | 241 | 49 | | SR |
| 10 | OTP | Ottappalam | 21:33 | | 21:35 | | 2m | 0 | 1 | 272 | 44 | 33 | SR |
| 11 | TCR | Thrissur (Trichur) | 22:35 | | 22:38 | | 3m | 0 | 1 | 316 | 65 | 3 | SR |
| 12 | AWY | Aluva (Alwaye) | 23:28 | | 23:30 | | 2m | 0 | 1 | 371 | 38 | 14 | SR |
| 13 | IPL | Idappally | 23:47 | | 23:48 | | 1m | | 1 | 382 | 73 | | SR |
| 14 | ERN | Ernakulam Town (North) | 23:53 | | 23:58 | | 5m | 0 | 1 | 388 | 56 | 2 | SR |
| 15 | KTYM | Kottayam | 01:02 | | 01:05 | | 3m | 0 | 2 | 448 | 59 | 4 | SR |
| 16 | CGY | Changanassery | 01:23 | | 01:24 | | 1m | 0 | 2 | 466 | 61 | | SR |
| 17 | CNGR | Chengannur | 01:41 | | 01:43 | | 2m | 0 | 2 | 483 | 62 | 9 | SR |
| 18 | MVLK | Mavelikara | 01:55 | | 01:56 | | 1m | 0 | 2 | 495 | 52 | | SR |
| 19 | KYJ | Kayamkulam Junction | 02:05 | | 02:07 | | 2m | 0 | 2 | 503 | 55 | 9 | SR |
| 20 | KPY | Karunagappalli | 02:22 | | 02:23 | | 1m | | 2 | 516 | 68 | 13 | SR |
| 21 | QLN | Kollam Junction (Quilon) | 02:47 | | 02:50 | | 3m | | 2 | 544 | 68 | 11 | SR |
| 22 | VAK | Varkala Sivagiri | 03:11 | | 03:12 | | 1m | | 2 | 567 | 59 | 57 | SR |
| 23 | KXP | Kaniyapuram | 03:36 | | 03:37 | | 1m | | 2 | 591 | 13 | | SR |
| 24 | TVC | Thiruvananthapuram Central (Trivandrum) | 04:55 | | | | | 0 | 2 | 608 | - | 7 | SR |