



Federal Highway Administration (FHWA) Office of Operations

National Travel Time Dashboard: Interstate Highways, September 2025

Trends below compare September 2025 with September 2024

National Summary: Travel times and reliability mostly worsened compared to the previous year.

| National | All Interstates | Urban Interstates | Rural Interstates |
|---|-----------------|-------------------|-------------------|
| Percent Change in Travel Time for September 2025 (Year over Year) | +1.9% ↑ | +3% ↑ | 0% |
| Planning Time Index * for Interstates: September 2025 | 1.79 | 2.14 | 1.15 |
| Change in Planning Time Index on Interstates from September 2024 | +5 ↑ | +6 ↑ | +2 ↑ |

State numbers compare percent change in travel times for September 2025 with September 2024.

Negative green numbers indicate improving conditions; positive red numbers indicate worsening conditions.

| State | All Interstates | Urban Interstates | Rural Interstates |
|----------------------|-----------------|-------------------|-------------------|
| Alabama | +2% | +3% | +1% |
| Alaska | +3% | +4% | +2% |
| Arizona | 0 | 0 | +1% |
| Arkansas | 0 | 0 | -1% |
| California | 0 | 0 | +1% |
| Colorado | 0 | +1% | -1% |
| Connecticut | +3% | +3% | +2% |
| Delaware | +3% | +3% | N/A |
| District of Columbia | +5% | +5% | N/A |
| Florida | 0 | 0 | -1% |
| Georgia | +5% | +7% | 0 |
| Hawaii | +3% | +3% | N/A |
| Idaho | +1% | +4% | 0 |
| Illinois | +1% | +1% | 0 |
| Indiana | +3% | +4% | +3% |
| Iowa | +1% | +2% | 0 |
| Kansas | 0 | +1% | -1% |
| Kentucky | +3% | +2% | +3% |
| Louisiana | +2% | +1% | +2% |
| Maine | 0 | +2% | -1% |
| Maryland | +6% | +6% | +1% |
| Massachusetts | +1% | +1% | 0 |
| Michigan | +3% | +3% | +1% |



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| State | All Interstates | Urban Interstates | Rural Interstates |
|----------------|-----------------|-------------------|-------------------|
| Minnesota | +3% | +5% | 0 |
| Mississippi | +3% | +5% | +1% |
| Missouri | +2% | +3% | +1% |
| Montana | +1% | +1% | +1% |
| Nebraska | +3% | +9% | 0 |
| Nevada | -4% | -6% | +1% |
| New Hampshire | -1% | 0 | -2% |
| New Jersey | +6% | +7% | +2% |
| New Mexico | +2% | +3% | +1% |
| New York | +2% | +2% | 0 |
| North Carolina | -1% | -1% | -1% |
| North Dakota | 0 | +2% | -1% |
| Ohio | +2% | +3% | +1% |
| Oklahoma | +1% | +2% | +1% |
| Oregon | +1% | +2% | 0 |
| Pennsylvania | +5% | +6% | +5% |
| Rhode Island | +2% | +2% | 0 |
| South Carolina | 0 | +2% | -1% |
| South Dakota | +1% | +3% | 0 |
| Tennessee | +2% | +3% | 0 |
| Texas | +3% | +3% | 0 |
| Utah | +2% | +2% | 0 |
| Vermont | -1% | 0 | -1% |
| Virginia | +3% | +5% | 0 |
| Washington | -1% | -2% | +1% |
| West Virginia | -1% | 0 | -1% |
| Wisconsin | +2% | +3% | 0 |
| Wyoming | +1% | +4% | +1% |

***Planning Time Index, PTI**, is a measure of reliability and the ratio of the 95th percentile travel time to the free-flow travel time. For example, travelers making this trip are on time 95 percent of trips (e.g., late for work on one day per month). A PTI of 1.60 indicates a 20-minute free-flow trip takes more than 32 minutes (20×1.60) one day per month.

N/A = not applicable

For more information on FHWA Operations Performance Measures, visit

https://ops.fhwa.dot.gov/perf_measurement/.