



Federal Highway Administration (FHWA) Office of Operations National Travel Time Dashboard: Interstate Highways, January 2026

Trends below compare January 2026 with January 2025

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

National	All Interstates	Urban Interstates	Rural Interstates
Percent Change in Travel Time for January 2026 (Year over Year)	0%	0%	0%
Planning Time Index * for Interstates: January 2026	1.72	2.01	1.20
Change in Planning Time Index on Interstates from January 2025	+3 ↑	+5 ↑	0

State numbers compare percent change in travel times for January 2026 with January 2025.

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

State	All Interstates	Urban Interstates	Rural Interstates
Alabama	-2%	-2%	-3%
Alaska	+3%	+6%	+1%
Arizona	-1%	-1%	-1%
Arkansas	+1%	+1%	+1%
California	+1%	+1%	-1%
Colorado	-1%	0	-4%
Connecticut	+2%	+2%	+4%
Delaware	+1%	+1%	N/A
District of Columbia	0	0	N/A
Florida	-1%	0	-4%
Georgia	-3%	-2%	-3%
Hawaii	+3%	+3%	N/A
Idaho	0	+1%	0
Illinois	0	0	-1%
Indiana	0	0	0
Iowa	-1%	-1%	0
Kansas	-5%	-5%	-5%
Kentucky	0	-2%	+1%
Louisiana	0	-1%	+1%
Maine	+2%	+2%	+2%
Maryland	+2%	+2%	0
Massachusetts	+2%	+2%	0
Michigan	+6%	+8%	+3%



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State	All Interstates	Urban Interstates	Rural Interstates
Minnesota	0	0	0
Mississippi	+1%	-2%	+4%
Missouri	-3%	-3%	-2%
Montana	-5%	-2%	-5%
Nebraska	0	+2%	-2%
Nevada	-4%	-5%	0
New Hampshire	+4%	+3%	+5%
New Jersey	+10%	+10%	+4%
New Mexico	-1%	-1%	-1%
New York	+3%	+3%	+1%
North Carolina	+1%	+1%	0
North Dakota	-1%	+1%	-2%
Ohio	0	+1%	0
Oklahoma	0	-1%	0
Oregon	0	-1%	0
Pennsylvania	+1%	+2%	0
Rhode Island	+3%	+3%	+2%
South Carolina	-1%	0	-1%
South Dakota	-1%	0	-1%
Tennessee	+2%	0	+3%
Texas	-6%	-9%	+1%
Utah	-1%	-1%	-1%
Vermont	+1%	+1%	+1%
Virginia	-1%	-1%	0
Washington	+1%	+2%	-1%
West Virginia	-2%	-2%	-3%
Wisconsin	+1%	+2%	0
Wyoming	-4%	-5%	-4%

**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 x 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/.