



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

Trends below compare March 2026 with March 2025

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

National	All Interstates	Urban Interstates	Rural Interstates
Percent Change in Travel Time for March 2026 (Year over Year)	-2% ↓	-2% ↓	-1% ↓
Planning Time Index * for Interstates: March 2026	1.71	2.02	1.15
Change in Planning Time Index on Interstates from March 2025	-3 ↓	-4 ↓	-1 ↓

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

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

State	All Interstates	Urban Interstates	Rural Interstates
Alabama	-2%	-2%	-2%
Alaska	0	0	-1%
Arizona	-2%	-3%	-2%
Arkansas	-3%	-4%	-2%
California	-1%	-1%	-3%
Colorado	0	+2%	-3%
Connecticut	0	0	+1%
Delaware	-5%	-5%	N/A
District of Columbia	-10%	-10%	N/A
Florida	-1%	0	-5%
Georgia	-1%	-1%	-1%
Hawaii	+1%	+1%	N/A
Idaho	-1%	-1%	-2%
Illinois	-5%	-6%	-1%
Indiana	-1%	-1%	0
Iowa	-2%	-2%	-2%
Kansas	-2%	-1%	-2%
Kentucky	0	-2%	+1%
Louisiana	-1%	-3%	0
Maine	-1%	-2%	-1%
Maryland	0	0	-1%
Massachusetts	-1%	-1%	-1%
Michigan	-1%	-1%	0



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State	All Interstates	Urban Interstates	Rural Interstates
Minnesota	-1%	-1%	-1%
Mississippi	-3%	-3%	-2%
Missouri	-1%	-2%	-1%
Montana	-1%	-1%	-1%
Nebraska	-3%	-2%	-3%
Nevada	-5%	-7%	-2%
New Hampshire	+2%	+1%	+2%
New Jersey	+4%	+4%	-1%
New Mexico	-3%	-4%	-2%
New York	+1%	+1%	0
North Carolina	-2%	-2%	-1%
North Dakota	-2%	-2%	-2%
Ohio	-1%	0	-1%
Oklahoma	-4%	-5%	-3%
Oregon	-3%	-4%	-2%
Pennsylvania	-1%	-1%	-1%
Rhode Island	0	0	-1%
South Carolina	-2%	-2%	-1%
South Dakota	-1%	-2%	-1%
Tennessee	-2%	-3%	0
Texas	-10%	-13%	-2%
Utah	-2%	-1%	-4%
Vermont	0	-1%	0
Virginia	-2%	-3%	-1%
Washington	+1%	+2%	0
West Virginia	-1%	-2%	-1%
Wisconsin	+1%	+1%	0
Wyoming	-3%	-5%	-3%

**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/.