



Federal Highway Administration (FHWA) Office of Operations

National Travel Time Dashboard: Interstate Highways, October 2025

Trends below compare October 2025 with October 2024

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 October 2025 (Year over Year)	+1% ↑	+1% ↑	0%
Planning Time Index * for Interstates: October 2025	1.79	2.14	1.15
Change in Planning Time Index on Interstates from October 2024	+1 ↑	+1 ↑	0

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

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

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



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State	All Interstates	Urban Interstates	Rural Interstates
Minnesota	+2%	+3%	0
Mississippi	+3%	+3%	+2%
Missouri	+2%	+4%	0
Montana	+1%	+1%	+1%
Nebraska	+2%	+7%	0
Nevada	-7%	-10%	+1%
New Hampshire	-1%	-1%	0
New Jersey	+12%	+13%	+1%
New Mexico	+1%	+2%	0
New York	+3%	+4%	0
North Carolina	-1%	-1%	-1%
North Dakota	0	+1%	-1%
Ohio	+2%	+3%	0
Oklahoma	+1%	+2%	0
Oregon	0	+1%	0
Pennsylvania	+4%	+4%	+4%
Rhode Island	+2%	+2%	-1%
South Carolina	-1%	+2%	-3%
South Dakota	0	+1%	-1%
Tennessee	+1%	+2%	-1%
Texas	-5%	-6%	+1%
Utah	+2%	+3%	-1%
Vermont	-1%	+1%	-2%
Virginia	+1%	+1%	-1%
Washington	-1%	-2%	-1%
West Virginia	-2%	-2%	-1%
Wisconsin	+2%	+4%	-1%
Wyoming	0	0	0

***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/.