



Federal Highway Administration (FHWA) Office of Operations National Travel Time Dashboard: Interstate Highways, November 2025

Trends below compare November 2025 with November 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 November 2025 (Year over Year)	+1% ↑	+1% ↑	+1% ↑
Planning Time Index * for Interstates: November 2025	1.81	2.16	1.17
Change in Planning Time Index on Interstates from November 2024	+1 ↑	+1 ↑	0

State numbers compare percent change in travel times for November 2025 with November 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	+11%	+7%	+14%
Arizona	+1%	+2%	+1%
Arkansas	0	0	-1%
California	-1%	-1%	+1%
Colorado	+1%	+3%	-3%
Connecticut	+1%	+1%	0
Delaware	-2%	-2%	N/A
District of Columbia	+3%	+3%	N/A
Florida	0	+1%	-3%
Georgia	+1%	+2%	0
Hawaii	+3%	+3%	N/A
Idaho	+2%	+4%	+1%
Illinois	+1%	0	+2%
Indiana	+3%	+4%	+2%
Iowa	+2%	+3%	+2%
Kansas	+1%	+2%	+1%
Kentucky	+3%	+4%	+2%
Louisiana	0	0	0
Maine	+1%	+3%	0
Maryland	+2%	+2%	+1%
Massachusetts	-3%	-3%	0
Michigan	+4%	+6%	+1%



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