



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

Trends below compare July 2025 with July 2024

National Summary: Travel times and reliability were mixed compared to the previous year.

National	All Interstates	Urban Interstates	Rural Interstates
Percent Change in Travel Time for July 2025 (Year over Year)	0%	+1% ↑	-3% ↓
Planning Time Index * for Interstates: July 2025	1.69	1.98	1.15
Change in Planning Time Index on Interstates from July 2024	+6 ↑	+10 ↑	-1 ↓

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

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

State	All Interstates	Urban Interstates	Rural Interstates
Alabama	-1%	0	-3%
Alaska	-1%	0	-2%
Arizona	-2%	-1%	-3%
Arkansas	-3%	-1%	-4%
California	-1%	0	-3%
Colorado	-2%	-2%	-3%
Connecticut	-3%	-3%	0
Delaware	+7%	+7%	N/A
District of Columbia	+14%	+14%	N/A
Florida	0	+1%	-4%
Georgia	0	+2%	-3%
Hawaii	+2%	+2%	N/A
Idaho	-3%	+1%	-6%
Illinois	+3%	+5%	-3%
Indiana	-1%	-1%	-1%
Iowa	-2%	0	-3%
Kansas	-2%	+1%	-5%
Kentucky	-1%	+1%	-3%
Louisiana	-2%	0	-3%
Maine	-2%	+1%	-3%
Maryland	+1%	+1%	-1%
Massachusetts	+2%	+3%	-2%
Michigan	-1%	0	-2%



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