



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

Trends below compare May 2026 with May 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 May 2026 (Year over Year)	-3% ↓	-4% ↓	-1% ↓
Planning Time Index * for Interstates: May 2026	1.72	2.03	1.15
Change in Planning Time Index on Interstates from May 2025	-9 ↓	-13 ↓	-1 ↓

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

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

State	All Interstates	Urban Interstates	Rural Interstates
Alabama	-2%	-2%	-1%
Alaska	-4%	-4%	-4%
Arizona	-2%	-2%	-1%
Arkansas	-2%	-3%	-2%
California	-4%	-5%	-2%
Colorado	-2%	-2%	-3%
Connecticut	-2%	-2%	-1%
Delaware	-7%	-7%	N/A
District of Columbia	-12%	-12%	N/A
Florida	-1%	-1%	0
Georgia	-2%	-3%	-1%
Hawaii	-2%	-2%	N/A
Idaho	-2%	-2%	-2%
Illinois	-6%	-8%	-1%
Indiana	-3%	-4%	-1%
Iowa	-1%	-2%	-1%
Kansas	-3%	-3%	-2%
Kentucky	-1%	-3%	+1%
Louisiana	-2%	-3%	-1%
Maine	-1%	-2%	-1%
Maryland	-3%	-3%	-2%
Massachusetts	-5%	-5%	-2%
Michigan	-1%	-1%	-2%



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

***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/.