



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

Trends below compare June 2026 with June 2025

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

National	All Interstates	Urban Interstates	Rural Interstates
Percent Change in Travel Time for June 2026 (Year over Year)	-2% ↓	-3% ↓	-1% ↓
Planning Time Index * for Interstates: June 2026	1.70	2.00	1.15
Change in Planning Time Index on Interstates from June 2025	-4 ↓	-6 ↓	0

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

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

State	All Interstates	Urban Interstates	Rural Interstates
Alabama	-1%	-1%	-1%
Alaska	-3%	-3%	-3%
Arizona	-1%	-1%	-2%
Arkansas	-2%	-2%	-2%
California	0	0	-1%
Colorado	-1%	0	-3%
Connecticut	-1%	0	-1%
Delaware	-8%	-8%	N/A
District of Columbia	-9%	-9%	N/A
Florida	-1%	-1%	-1%
Georgia	-2%	-3%	0
Hawaii	+2%	+2%	N/A
Idaho	-1%	0	-2%
Illinois	-5%	-6%	-1%
Indiana	-3%	-5%	0
Iowa	-1%	-2%	-1%
Kansas	-3%	-4%	-2%
Kentucky	+1%	+2%	+1%
Louisiana	-2%	-4%	0
Maine	-1%	-1%	-1%
Maryland	-2%	-1%	-4%
Massachusetts	-4%	-4%	-2%
Michigan	0	0	-2%



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

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State	All Interstates	Urban Interstates	Rural Interstates
Minnesota	-4%	-6%	-1%
Mississippi	-3%	-6%	-1%
Missouri	-2%	-2%	0
Montana	-2%	-2%	-2%
Nebraska	-3%	-6%	-1%
Nevada	-4%	-5%	-2%
New Hampshire	+1%	0	+2%
New Jersey	+2%	+2%	-2%
New Mexico	-3%	-3%	-2%
New York	-1%	-1%	0
North Carolina	-2%	-3%	-1%
North Dakota	-2%	-3%	-2%
Ohio	-2%	-2%	-1%
Oklahoma	-4%	-6%	-3%
Oregon	-3%	-4%	-1%
Pennsylvania	-2%	-3%	-2%
Rhode Island	-2%	-2%	-2%
South Carolina	-2%	-2%	-1%
South Dakota	-2%	-4%	-2%
Tennessee	-1%	-2%	0
Texas	-9%	-12%	-2%
Utah	-2%	-1%	-3%
Vermont	0	-1%	0
Virginia	-3%	-4%	-1%
Washington	-5%	-5%	-3%
West Virginia	-3%	-3%	-2%
Wisconsin	0	-1%	+1%
Wyoming	-2%	-2%	-2%

***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/.