THE NATION'S TOP TRUCK BOTTLENECKS 2026

ATRI American Transportation Research Institute

For nearly 25 years, the American Transportation Research Institute (ATRI) has collected and processed truck GPS data in support of the U.S. Department of Transportation Freight Mobility Initiative. Utilizing an extensive database of freight truck GPS data, ATRI develops and monitors a series of key performance measures on the nation's freight transportation system. Among its many GPS analyses, ATRI converts its truck GPS dataset into an ongoing truck bottleneck analysis that is used to quantify the impact of traffic congestion on truck-borne freight at over 325 specific locations. While other outside analyses may identify congested corridors, no dataset available today specifically identifies granular chokepoints in the nation's truck freight transportation system.

Measuring the performance of freight movement across our nation's highways is critical to understanding where and at what level investments should be made. The information provided through this research empowers decision-making in both the private and public sectors by helping stakeholders better understand how congestion and delays constrain mobility on the U.S. highway transportation system. ATRI's annual bottleneck list provides a clear roadmap for reducing supply chain impediments and guiding investment decisions as Congress directs its attention to the next transportation investment reauthorization bill.

ATRI's bottleneck analysis incorporates and synthesizes several unique components, including a massive database of truck GPS data at freight-significant locations throughout the U.S., and a speed/volume algorithm that quantifies the impact of congestion on truck-based freight. In addition, the annual reports provide a chronological repository of mobility profiles, allowing congestion changes to be assessed over time. This allows both transportation analysts and planners to conduct performance benchmarking and identify influential factors contributing to congestion and the requisite consequences on freight mobility.

BY THE NUMBERS
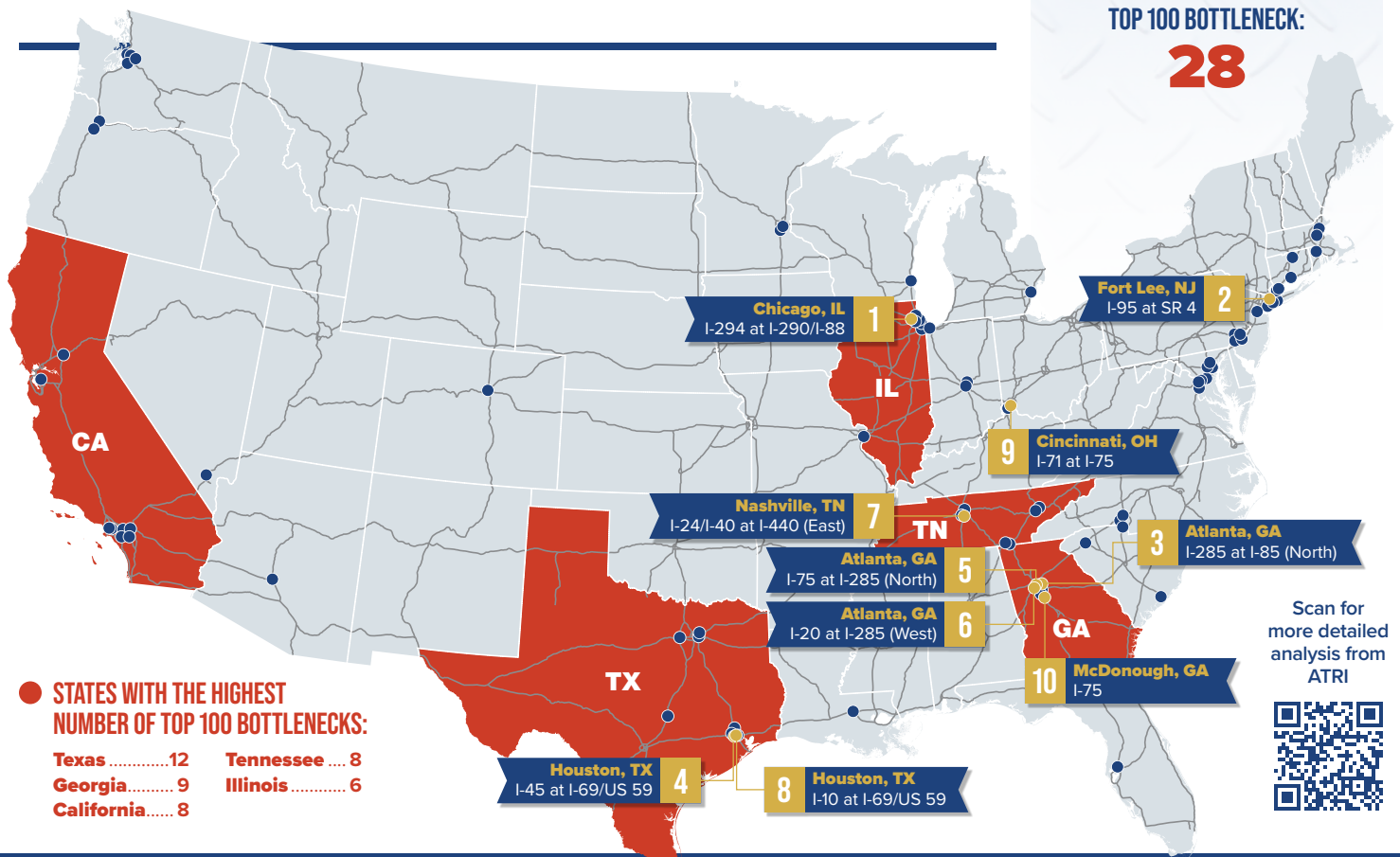
AVERAGE PEAK HOUR TRUCK SPEED:
33.2 mph
▼ **DOWN 2.8% YEAR-OVER-YEAR**

TOP 100 BOTTLENECKS WITH AVERAGE TRUCK SPEEDS <45 MPH: 75%

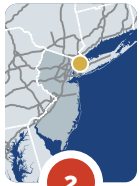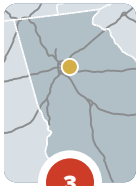**STATES WITH AT LEAST 1 TOP 100 BOTTLENECK:**
28

Map markers:
1. Chicago, IL — I-294 at I-290/I-88
2. Fort Lee, NJ — I-95 at SR 4
3. Atlanta, GA — I-285 at I-85 (North)
4. Houston, TX — I-45 at I-69/US 59
5. Atlanta, GA — I-75 at I-285 (North)
6. Atlanta, GA — I-20 at I-285 (West)
7. Nashville, TN — I-24/I-40 at I-440 (East)
8. Houston, TX — I-10 at I-69/US 59
9. Cincinnati, OH — I-71 at I-75
10. McDonough, GA — I-75

Scan for more detailed analysis from ATRI

● **STATES WITH THE HIGHEST NUMBER OF TOP 100 BOTTLENECKS:**

Texas	12	Tennessee	8
Georgia	9	Illinois	6
California	8		

2026 TOP TRUCK BOTTLENECKS

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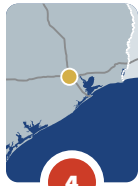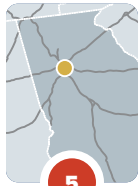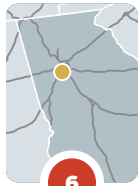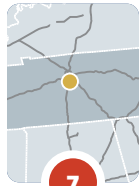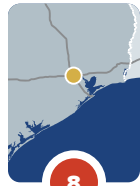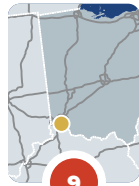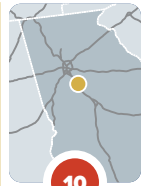|									
1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
Chicago, Illinois: I-294 at I-290/I-88	**Fort Lee, New Jersey:** I-95 at SR 4	**Atlanta, Georgia:** I-285 at I-85 (North)	**Houston, Texas:** I-45 at I-69/US 59	**Atlanta, Georgia:** I-75 at I-285 (North)	**Atlanta, Georgia:** I-20 at I-285 (West)	**Nashville, Tennessee:** I-24/I-40 at I-440 (East)	**Houston, Texas:** I-10 at I-69/US 59	**Cincinnati, Ohio:** I-71 at I-75	**McDonough, Georgia:** I-75

11	**Dallas, TX:** I-45 at I-30	41	**Philadelphia, PA:** I-76 at I-676	71	**Camden, NJ:** I-76 at I-676
12	**Ontario, CA:** I-10 at I-15	42	**Gary, IN:** I-65 at I-80	72	**Oakland, CA:** I-880 at I-238
13	**Houston, TX:** I-45 at I-610 (North)	43	**Charlotte, NC:** I-85 at I-485 (West)	73	**Brooklyn, NY:** I-278 at Belt Parkway
14	**Hartford, CT:** I-84 at I-91	44	**Charlotte, NC:** I-77 at I-485 (South)	74	**Atlanta, GA:** I-75 at I-675
15	**Atlanta, GA:** I-20 at I-285 (East)	45	**Cincinnati, OH:** I-75/I-71 at I-275	75	**Washington, DC:** I-95/I-495 (South Side)
16	**Los Angeles, CA:** SR 60 at SR 57	46	**Denver, CO:** I-270	76	**Houston, TX:** I-10 at I-45
17	**Indianapolis, IN:** I-65 at I-70 (North)	47	**Federal Way, WA:** SR 18 at I-5	77	**Chicago, IL:** I-90 at I-94 (South)
18	**Washington, DC:** I-495 (West Side)	48	**Providence, RI:** I-95 at I-195	78	**Portland, OR:** I-5 at I-205 (South)
19	**Nashville, TN:** I-40 at I-65 (East)	49	**Nashville, TN:** I-65 at I-24	79	**Houston, TX:** I-45 at Sam Houston Tollway (North)
20	**Baton Rouge, LA:** I-10 at I-110	50	**Atlanta, GA:** I-20 at I-75/I-85	80	**Las Vegas, NV:** I-15 at I-515
21	**Denver, CO:** I-70 at I-25	51	**Austin, TX:** I-35	81	**Milwaukee, WI:** I-94/I-794 at I-43
22	**Atlanta, GA:** I-285 at SR 400	52	**Houston, TX:** I-610 at US 290	82	**Tampa, FL:** I-4 at I-275
23	**Denver, CO:** I-70 at I-270	53	**Tiger Mountain Summit, WA:** SR 18	83	**Denver, CO:** I-25 at I-76
24	**Chicago, IL:** I-80 at I-94	54	**Corona, CA:** I-15 at SR 91	84	**Phoenix, AZ:** I-17 at I-10
25	**Los Angeles, CA:** I-710 at I-105	55	**Ft. Worth, TX:** I-35W at I-30	85	**Washington, DC:** I-95 at I-495 (North)
26	**Chicago, IL:** I-290 at I-90/I-94	56	**Indianapolis, IN:** I-465 at I-69	86	**Charleston, SC:** I-26 at I-526
27	**Portland, OR:** I-5 at I-84	57	**Chicago, IL:** I-90 at I-94 (North)	87	**Atlanta, GA:** I-75 at I-85
28	**Houston, TX:** I-10 at I-610 (West)	58	**Philadelphia, PA:** I-76 at US 1	88	**Piscataway, NJ:** I-287
29	**Stamford, CT:** I-95	59	**Minneapolis - St. Paul, MN:** I-35W at I-494	89	**Sacramento, CA:** I-80 at I-5
30	**Chattanooga, TN:** I-75 at I-24	60	**Dallas, TX:** US 75 at I-635	90	**Los Angeles, CA:** SR 91 at SR 55
31	**Charlotte, NC:** I-77 near Lake Norman	61	**Knoxville, TN:** I-40 at I-275	91	**Seattle, WA:** I-90 at I-405
32	**Washington, DC:** I-495 at I-270 (West)	62	**Indianapolis, IN:** I-65 at I-70 (South)	92	**Los Angeles, CA:** I-110 at I-105
33	**St. Louis, MO:** I-64/I-55 at I-44	63	**Philadelphia, PA:** I-476 at I-95	93	**New Haven, CT:** I-95 at I-91
34	**Chattanooga, TN:** I-24 at US 27	64	**Houston, TX:** I-10 at I-610 (East)	94	**Norwalk, CT:** I-95
35	**Baltimore, MD:** I-695 at I-70	65	**Washington, DC:** I-495 at I-66	95	**Queens, NY:** I-495
36	**Greenville, SC:** I-85 at I-385	66	**Boston, MA:** I-95 at I-90	96	**Boston, MA:** I-95 at I-93 (North)
37	**Knoxville, TN:** I-40/I-75 at I-140	67	**Nashville, TN:** I-65 at SR 386	97	**Philadelphia, PA:** I-76 at I-476
38	**Chicago, IL:** I-55	68	**Baltimore, MD:** I-95 at I-395	98	**Baltimore, MD:** I-695 at I-83
39	**Portland, OR:** I-5 at Columbia River	69	**Auburn, WA:** SR 18 at SR 167	99	**Minneapolis - St. Paul, MN:** I-35W at I-94
40	**Detroit, MI:** I-94 at I-75	70	**Seattle, WA:** I-5 at I-90	100	**Manhasset, NY:** I-495 at Shelter Rock Road

For more information on ATRI's Top Truck Bottlenecks analysis, including a detailed description of the methodology, visit **www.TruckingResearch.org**.