



ALAMEDA COUNTY AUTO TRAVEL

FACT SHEET | MARCH 2026

Alameda County Roads Connect Region



As the geographic center of the San Francisco Bay Area, Alameda County connects the region with an extensive freeway network of almost 140 miles on six interstates and four state routes. These freeways provide critical mobility for millions of travelers each day, and they are some of the most heavily-used and congested roads in the entire Bay Area.

Data obtained from INRIX 2024 Spring Monitoring Period: Reflects typical weekday conditions, March through May, PM Peak Period (4-6 PM)

Alameda County Freeway Inventory

Freeway	Direction	Freeway Length*	Peak Daily No. of Vehicles	Congested Miles**	
				AM	PM
I-80	N/S	8.1	293,000 vehicles at I-580	8.9	9.7
I-238	E/W	2.6	152,000 vehicles at I-580	2.5	–
I-580 (EL)	E/W	46.6	251,000 vehicles at I-80, Albany	4.1	24.1
I-680 (EL)	N/S	21.3	161,000 vehicles at Alcosta Boulevard, Dublin	4.0	8.5
I-880 (EL)	N/S	35.4	278,000 vehicles at Winton Avenue, Hayward	16.1	16.2
I-980	E/W	2.4	114,000 vehicles at 18th Street, Oakland	–	–
SR-13	N/S	5.8	79,000 vehicles at Broadway Terrace	–	3.0
SR-24	E/W	4.5	172,000 vehicles at SR-13	–	4.5
SR-84	E/W	6.2	73,000 vehicles at I-880	–	1.2
SR-92	E/W	6.7	104,000 vehicles at I-880, Hayward	4.7	–

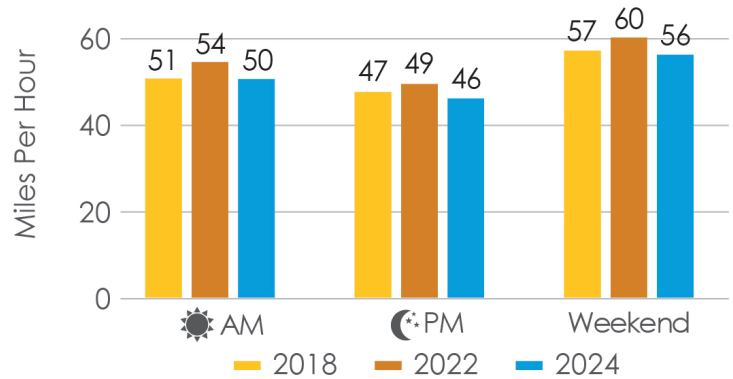
*Centerline miles; **Directional miles

Auto Performance

Auto congestion largely returned to pre-pandemic levels on Alameda County's roads in 2024. Despite increased vehicle miles traveled, severe freeway congestion remained 3% below 2019 levels while average daily traffic on major bridges was 13% below pre-pandemic levels.

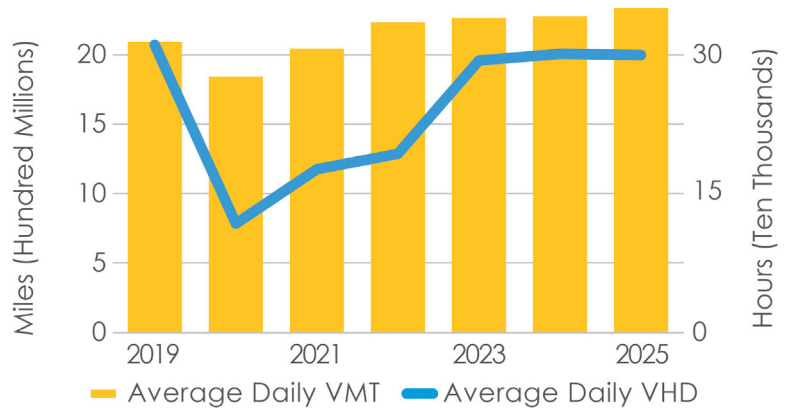
Freeway Speeds Dropped Below Pre-Pandemic Levels

Freeway congestion has largely returned to pre-pandemic levels, as average speeds dropped back to 2018 levels during the 2024 monitoring period. Similar to the pre-pandemic trend, afternoon peak speed was slower than morning peak speed.



Rising Vehicle Miles Traveled and Vehicle Hours of Delay

Auto travel on Alameda County freeways continued to rise in 2025, with a 3% growth in vehicle miles traveled (VMT) compared to 2024. Despite the growth in travel, severe freeway congestion as reflected by vehicle hours of delay (VHD) dropped slightly and remained 4% below 2019 levels, reflecting a slower recovery in congestion compared to travel volumes.



Bridge Volumes Remained Below Pre-Pandemic Levels

In 2025, average daily traffic volumes (ADT) on Alameda County's three gateway bridges were 12% below pre-pandemic levels, with the San Mateo and Dumbarton Bridges showing a larger gap than the Bay Bridge. Average daily auto traffic on the Bay Bridge has held steady for the last four years.

