In the Metro Denver Region, there were 84.3 million daily vehicle miles traveled (VMT) in 2018. Daily VMT increased by 18% between 2006 and 2018.

In 2019, 1.3 million daily miles were not driven due to transit.

Source: DRCOG Annual Report on Roadway Traffic Congestion in the Denver Region
Daily VMT per capita has increased from 24.3 in 2012 to 25.7 in 2018. However, there was a slight decrease from 2017 to 2018.

Source: DRCOG Annual Report on Roadway Traffic Congestion in the Denver Region
Due to Stay-at-Home orders, VMT began declining in March 2020. In the RTD service area, VMT reached its lowest point in April (48% lower than 2019). As of July, VMT has started to increase to pre-COVID levels.