In 2018, 21% of lane miles on major roadways in the Metro Denver region (1,489 miles) were congested for 3 or more hours on an average weekday. A typical vehicle spent 16% of its travel time in delayed conditions.

In 2019, there was over 77 million vehicle hours of delay.

Rapid transit runs parallel to 5 severely congested corridors.

Source: DRCOG Annual Report on Roadway Traffic Congestion in the Denver Region
Since mid-March 2020, there has been much less traffic congestion compared to 2019. Even in early September, congestion was about 60% lower than the same week in 2019.

Source: TomTom Traffic Index