

2025

State of the Commute Executive Summary

Photo by Pierre Gaunaud/COG

FAST FACTS



Commuter Connections conducts a regional State of the Commute survey every three years—the 2025 survey is the ninth one.



The results provide a comprehensive look at how people travel to and from work, providing info to help shape Commuter Connections' free services and programs and informing area officials.

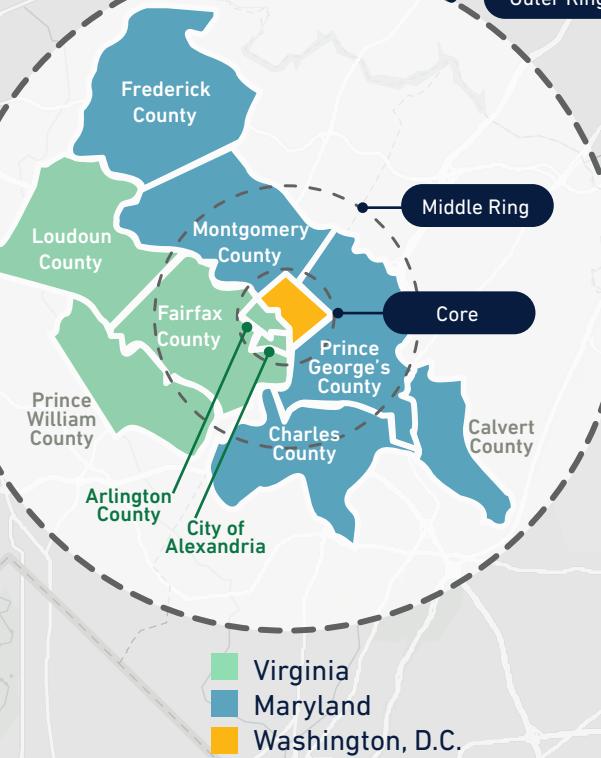


The survey randomly sampled households from each of the 11 jurisdictions in the Commuter Connections service area.



Over 7,500 completed surveys were received between April-June 2025.

Commuter Connections Service Area



HIGHLIGHTS

- Commuters' transportation modes have generally returned to pre-pandemic patterns, except for higher rates of telework in 2025.
- Almost half of the region's workers—48%—teleworked regularly in 2025, down from 65% in 2022 during the pandemic.
- Metrorail satisfaction increased by 16 percentage points from 2022 to 2025.



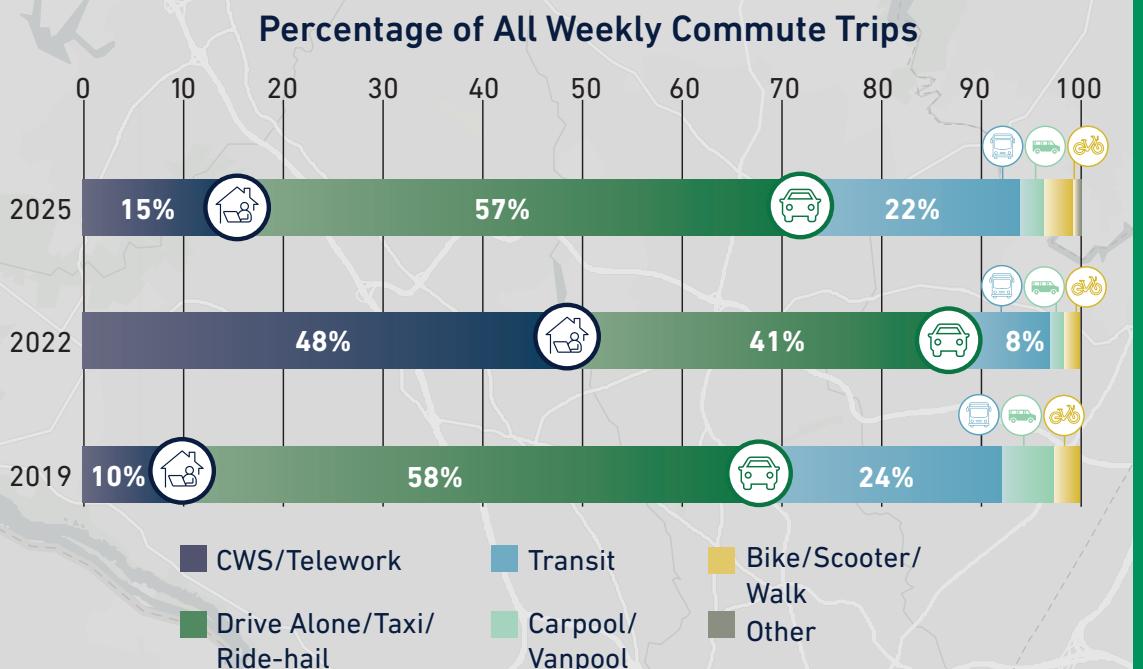
Photo by ART-Arlington Transit



Point your phone's camera at the QR code and follow the link to the 2025 State of the Commute interactive dashboard and full report.

Commuting patterns have generally returned to pre-pandemic conditions

Photo by COG



Driving alone to work (or using a taxi or ride-hail service) was the most prevalent commute mode in 2025 (57% of all weekly commute trips) followed by transit (22%)—similar to pre-pandemic mode usage.

In 2025, Core residents commuted via walking, biking, and scootering at a higher rate than residents outside of the Core—14% compared to 2%.

Average commute length and duration have remained consistent from before, during, and post-pandemic:



The longest commutes in 2025 were by:

17 miles **40 minutes**

- Those who primarily rode transit (52 minutes)
- Commuters age 35 or older (40-44 minutes)
- Non-Hispanic Black commuters (42 minutes)
- Commuters from households earning over \$180,000 per year (43 minutes)

50%

of commuters were satisfied or very satisfied with their commute to work in 2025, similar to 2022 (52%) and the same as 2019 (50%).



Between 2022-2025, Metrorail commuter satisfaction increased by...

16 Percentage Points



Other transit modes also saw increases in satisfaction rates: nine percentage points for commuter rail and...

6 Percentage Points for buses



Satisfaction with bike/walk/scooter commuting decreased slightly from 2022-2025 by...

4 Percentage Points



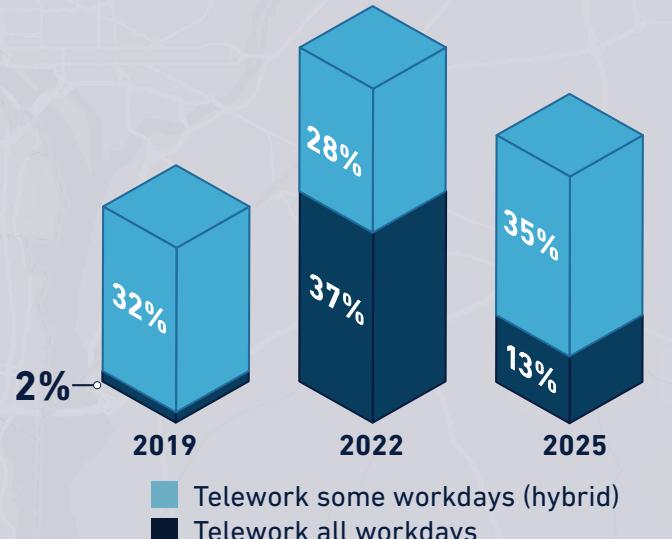
Commuters who drove alone were less satisfied with their commutes in 2025 compared to 2022—a decrease of...

7 Percentage Points

Almost half of the region's workers—48%—teleworked regularly in 2025, down from 65% in 2022 during the pandemic. Pre-pandemic (2019), 34% of workers teleworked.

- Full-time telework decreased from 37% in 2022 to 13% in 2025.
- Hybrid arrangements (teleworking some days) grew to 35% of workers in 2025, from 28% in 2022.
- Federal government employees had the highest rates of telework 2019-2022. In 2025, they had the lowest rates (even lower than in 2019), due to return-to-office mandates. In all other sectors, 2025 telework rates were notably higher than in 2019.

Percentage of Workers With Telework or Hybrid Arrangements



OTHER KEY FINDINGS

Top commute-related factors considered by commuters who changed home or work locations:



Commute length



Ease/difficulty of commute



Proximity to Metrorail stations or bus stops

Photo by MDOT



77%

of commuters who drove alone (as their primary mode) in 2025 had free parking provided by their employers, compared to just 24% of transit riders.

89%

of toll/express lane users drove alone in 2025, while 12% of the lane users were in carpools/vanpools and 5% used transit.*

*Respondents could select multiple answers, so the results do not add to 100%.



Highlights: Carpool/ Vanpool

Photo by Commuter Connections

- In 2025, 51% of carpool/vanpool users were satisfied or very satisfied with their commute. That's 7 percentage points higher than for driving alone (44%).
- Carpool/vanpool commuters cited companionship and saving time as benefits of their commute at much higher rates than users of other non-drive alone modes in 2025.
- Not knowing anyone to carpool/vanpool with was the most-cited reason for why people don't commute this way. Commuter Connections continues to help commuters find carpool/vanpool partners, helping reduce commuting costs, make commuting less stressful, and reduce vehicle miles traveled.

For questions, or media or data requests, please visit us at mwcog.org/contact

Commuter Connections is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments

**COMMUTER
CONNECTIONS**
A SMARTER WAY TO WORK