

You're not dreaming: Traffic is a nightmare in Silicon Valley

By Bryce Druzin Aug 22, 2016, 9:24pm PDT Updated Aug 23, 2016, 7:14am PDT

Silicon Valley has the fifth-worst traffic in the country, according to a new study released by the Auto Insurance Center.

The glass-half-full takeaway? At least it's not as bad as the rest of the Bay Area.

Commuters in the San Jose metro area lost an average of 67 hours in 2015 to traffic congestion, measured by the difference in commute times during congested and non-congested time periods. That's 60 percent higher than the 42-hour nationwide average.

Drivers in the San Francisco metro area have it even worse: The 78 hours they lost last year is the third-highest of the 471 metro areas looked at in the study. The San Francisco metro includes most of the Peninsula and the East Bay, while the San Jose metro is made up of the counties of Santa Clara and San Benito.

While the study won't shock Silicon Valley residents, it does provide context for just how bad the region's traffic has become, something backers of November's transportation tax measure will surely hammer on as the election gets closer.

Traffic doesn't only rob commuters of time, but also money due to wasted fuel, vehicle wear and tear, and lost productivity. The average Silicon Valley driver lost more than \$1,400 last year, the eighth-highest amount in the country. San Francisco metro drivers lost an average of \$1,675, the fourth-most in the nation.

Bay Area partisans of the eternal Northern vs. Southern California feud can take some comfort out of the study. Los Angeles more than lives up to its reputation for gridlock: The average driver in that metro area lost 80 hours and \$1,711 last year, the second- and third-most in the country, respectively.

Despite these dismal numbers for California's two largest regions, you have to go to the East Coast to find the country's worst traffic.

Drivers in the Washington, D.C. metro area, which includes surrounding counties in Maryland

and Virginia, lost 82 hours and \$1,834 to traffic, both tops in the nation.

View the above slideshow to see more details about which regions have the worst and best traffic in the country.