UNDERSTANDING THE FREIGHT RECESSION:

WHAT IT MEANS FOR CANADIAN SHIPPERS

A PRACTICAL LOOK AT THE CHALLENGES BEHIND FALLING FREIGHT RATES AND HOW CANADIAN SHIPPERS CAN PROTECT THEIR SUPPLY CHAINS

FASTFRATE GROUP

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WHAT IT MEANS FOR CANADIAN SHIPPERS

THE ILLUSION OF A SHIPPER'S MARKET

At first glance, the current freight recession might seem like good news for shippers: lower rates, more available trucks, and increased negotiating power.

But behind the scenes, the industry is under stress. Carrier bankruptcies are on the rise. Service reliability is slipping. Cross-border volatility is increasing. And the very infrastructure shippers depend on is being stretched thin by market conditions.

IN SHORT: THIS ISN'T A MARKET TO CELEBRATE. IT'S ONE TO NAVIGATE STRATEGICALLY.

WHAT IS THE FREIGHT RECESSION [AND WHY IT MATTERS TO YOU]?

A freight recession occurs when demand for shipping drops significantly, leading to lower rates and excess capacity. The current downturn follows a period of explosive growth during the pandemic, when carriers ramped up fleets and infrastructure to meet record demand. But now, as that demand cools, the industry is left with too much capacity and not enough freight.

THE RESULT? VOLATILITY, SERVICE CUTS, AND GROWING RISK FOR SHIPPERS.

CANADA-SPECIFIC SNAPSHOT:

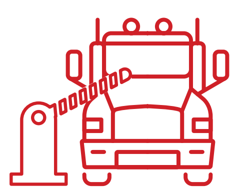
SPOT LOAD POSTINGS **DROPPED 22% YEAR-OVER-YEAR** in May 2025 (LoadLink)

INTRA-CANADA DRY VAN **SPOT RATES FELL $0.17/MILE** over May and June,

According to data from ACT Research

TRUCK-TO-LOAD RATIO REACHED **2.77 NEARLY 3 TRUCKS PER LOAD,** indicating oversupply (LoadLink)

CROSS-BORDER SHIPMENTS SPIKED **57% PRE-TARIFF, THEN DROPPED SHARPLY** (TruckNews)



LABOR DISRUPTIONS AND CONGESTION IN PORT AREAS HAVE **LED TO COSTLY DELAYS ACROSS MULTIPLE SECTORS** (Industry news summaries)

These aren't just numbers, they signal an unstable system where your freight could get caught in the middle.

CHALLENGES SHIPPERS ARE FACING RIGHT NOW

TOO MANY CARRIERS, NOT ENOUGH CONTROL:

A flooded market means anyone can throw their truck into the mix. But; Are they reliable? Do they have contingency plans? Will they still be around next month?

When you choose the lowest-cost option, you may unknowingly choose the least dependable one.

CARRIER CLOSURES AND MISSED PICKUPS:

Bankruptcies are rising as carriers struggle with thin margins. That leads to: Cancelled shipments, Poor communication, No-shows and scrambling to rebook freight.

CROSS-BORDER CHAOS:

Tariff threats and policy changes are causing shipment spikes one week and drops the next. That inconsistency: Increases dwell times, Strains customs clearance, Creates unpredictable transit windows.

PORT DISRUPTIONS AND INFRASTRUCTURE PRESSURES:

Infrastructure challenges are building quietly. You might not notice until a delay, reroute, or hold-up affects your freight.

While disruptions do occur, our extensive range of assets and long-standing relationships with key road and rail partners help us mitigate risks and maintain continuity across critical lanes.

HOW FASTFRATE GROUP HELPS YOU STAY IN CONTROL

AT FASTFRATE GROUP, WE DON'T JUST MOVE FREIGHT, WE BUILD SUPPLY CHAIN RESILIENCE.

STABLE, SCHEDULED CAPACITY

- Daily LTL, FTL and intermodal runs across Canada, U.S. & Mexico
- Reliable cross-border transit, even during spikes or slowdowns

END-TO-END INTEGRATION

- Warehousing, drayage, final mile and national courier services.
- All coordinated under one network with one point of contact

FINANCIAL STRENGTH AND INFRASTRUCTURE INVESTMENT

- We're not scaling back, we're investing in expansion
- New facilities, modernized tech, and future-focused operations

REAL-TIME VISIBILITY AND CONTROL

- Customer portal access, shipment tracking, and EDI/API support
- Know where your freight is and where it's going next

THE BOTTOM LINE: DON'T LET A LOW RATE COST YOU MORE LATER

The freight recession rewards short-term thinking. But in logistics, long-term reliability matters more.

Fastfrate Group gives you the capacity, consistency, and control you need, not just today, but through whatever comes next.

LET'S BUILD YOUR SUPPLY CHAIN RESILIENCE.