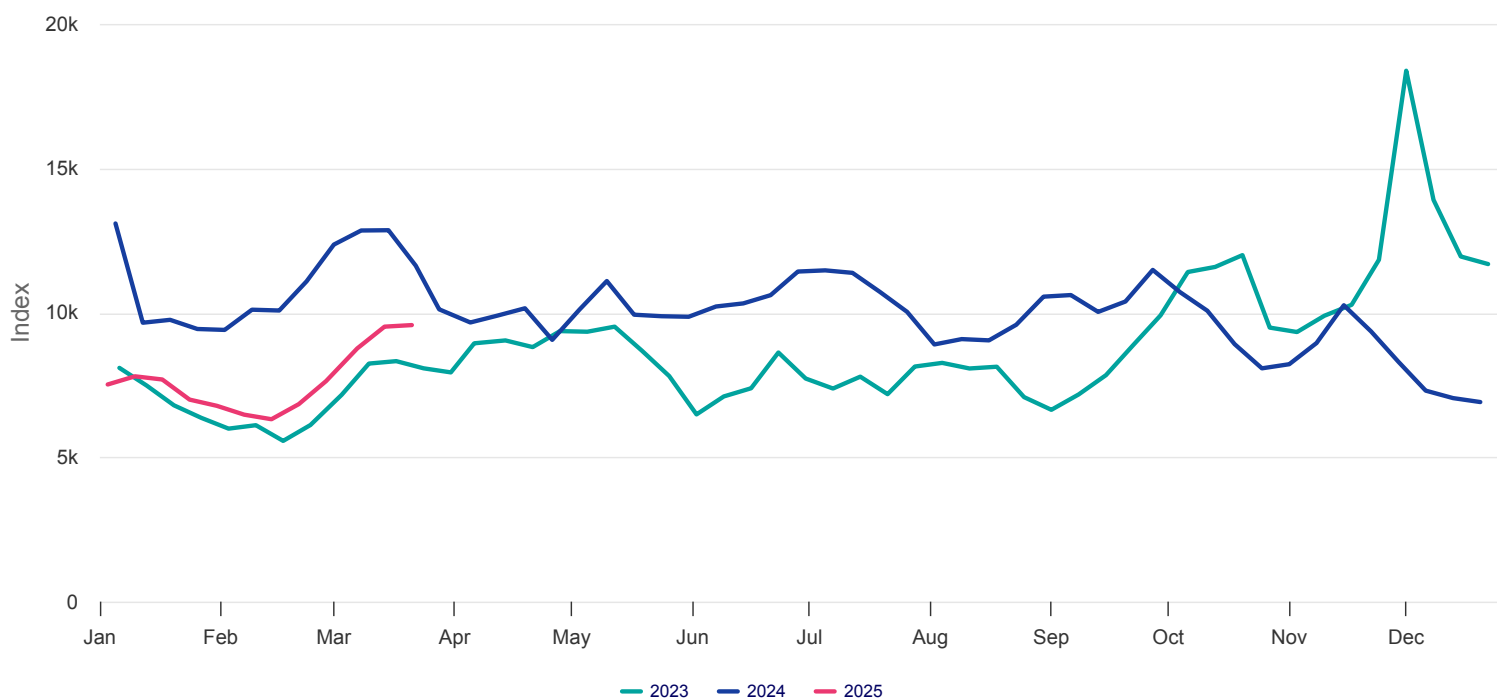


Trade	Cargo Size	Weight	14/03/2025	21/03/2025
			\$/t	\$/t
NARVIK/ROTTERDAM	150,000/10%	10%	5.75	5.80
TUBARAO/ROTTERDAM	170,000/10%	10%	9.75	9.90
RICHARDS BAY/ROTTERDAM	150,000/10%	10%	9.15	9.30
SEVEN ISLANDS/ROTTERDAM	170,000/10%	10%	9.40	9.45
PUERTO BOLIVAR/ROTTERDAM	160,000/10%	10%	11.90	11.95
NOUADHIBOU/QINGDAO	170,000/10%	10%	25.55	25.70
TUBARAO/JAPAN	160,000/10%	10%	24.05	24.20
TUBARAO/QINGDAO	160,000/10%	10%	24.35	24.50
T/C TRIP CONT/FAR EAST	180,000 DWT	10%	7.29	7.15
T/C TRANSATLANTIC ROUND	180,000 DWT	10%	3.32	3.38
Calculated Index			9,521	9,575
Change on Previous Index			+755	+54
Change on Four Weeks Ago			+3,206	+2,738
Change on Previous Year			-3,338	-2,056
Change on Two Years Ago			+1,278	+1,249
			\$/Day	\$/Day
T/C TRIP CONT/FAR EAST	180,000 DWT		43,150	42,350
T/C TRANSATLANTIC ROUND	180,000 DWT		19,650	20,000

SSY Atlantic Capesize Index



For more information please contact [David Beard/Roar Adland](#)

The Atlantic Capesize Index started at 5,000 points on 2 October 1989 and has since been subject to periodic updating to reflect changing trade patterns. The latest update was on 26 June 2023.

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