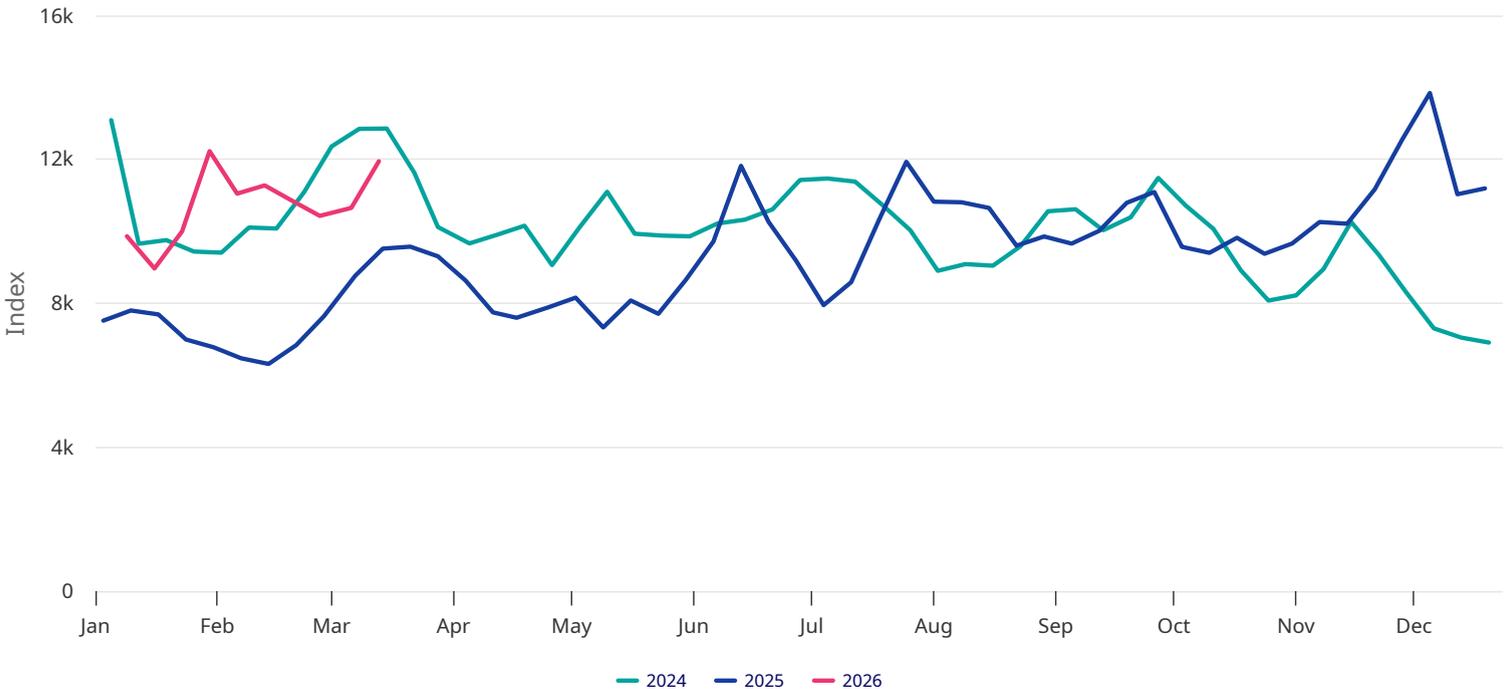


Trade	Cargo Size	Weight	06/03/2026 \$/t	13/03/2026 \$/t
NARVIK/ROTTERDAM	150,000/10%	10%	7.40	8.05
TUBARAO/ROTTERDAM	170,000/10%	10%	11.90	14.00
RICHARDS BAY/ROTTERDAM	150,000/10%	10%	10.95	13.15
SEVEN ISLANDS/ROTTERDAM	170,000/10%	10%	11.10	12.50
PUERTO BOLIVAR/ROTTERDAM	160,000/10%	10%	13.05	14.60
NOUADHIBOU/QINGDAO	170,000/10%	10%	27.85	31.50
TUBARAO/JAPAN	160,000/10%	10%	25.45	29.10
TUBARAO/QINGDAO	160,000/10%	10%	25.75	29.40
T/C TRIP CONT/FAR EAST	180,000 DWT	10%	7.98	7.68
T/C TRANSATLANTIC ROUND	180,000 DWT	10%	3.46	3.94
<b>Calculated Index</b>			<b>10,652</b>	<b>11,948</b>
Change on Previous Index			+222	+1,296
Change on Four Weeks Ago			-396	+670
Change on Previous Year			+1,886	+2,427
Change on Two Years Ago			-1,708	-901
			<b>\$/Day</b>	<b>\$/Day</b>
T/C TRIP CONT/FAR EAST	180,000 DWT		47,250	45,500
T/C TRANSATLANTIC ROUND	180,000 DWT		20,500	23,350

SSY Atlantic Capesize Index



For more information please contact [Ben Dudman/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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