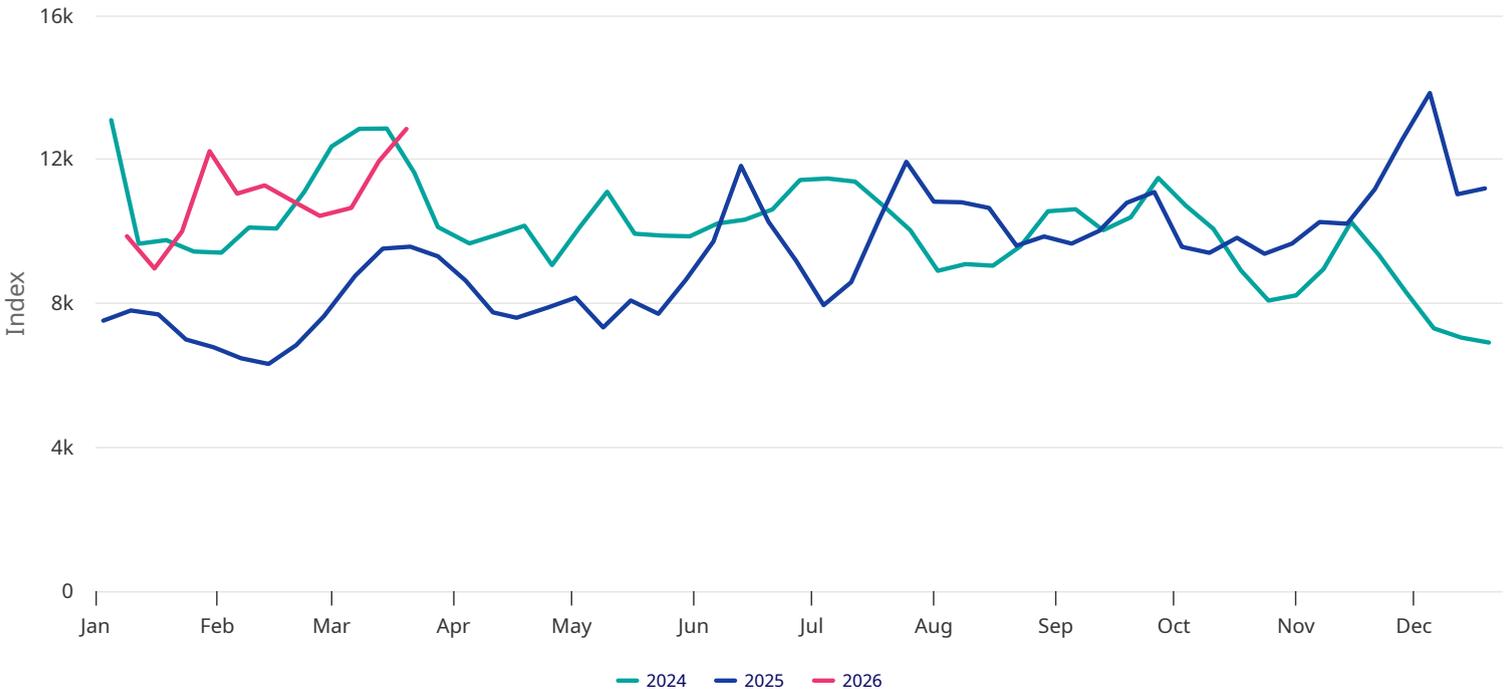


Trade	Cargo Size	Weight	13/03/2026	20/03/2026
			\$/t	\$/t
NARVIK/ROTTERDAM	150,000/10%	10%	8.05	8.60
TUBARAO/ROTTERDAM	170,000/10%	10%	14.00	15.25
RICHARDS BAY/ROTTERDAM	150,000/10%	10%	13.15	14.40
SEVEN ISLANDS/ROTTERDAM	170,000/10%	10%	12.50	13.85
PUERTO BOLIVAR/ROTTERDAM	160,000/10%	10%	14.60	15.95
NOUADHIBOU/QINGDAO	170,000/10%	10%	31.50	32.75
TUBARAO/JAPAN	160,000/10%	10%	29.10	30.35
TUBARAO/QINGDAO	160,000/10%	10%	29.40	30.65
T/C TRIP CONT/FAR EAST	180,000 DWT	10%	7.68	8.64
T/C TRANSATLANTIC ROUND	180,000 DWT	10%	3.94	4.81
Calculated Index			11,948	12,847
Change on Previous Index			+1,296	+899
Change on Four Weeks Ago			+670	+1,998
Change on Previous Year			+2,427	+3,272
Change on Two Years Ago			-901	-12
			\$/Day	\$/Day
T/C TRIP CONT/FAR EAST	180,000 DWT		45,500	51,150
T/C TRANSATLANTIC ROUND	180,000 DWT		23,350	28,500

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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