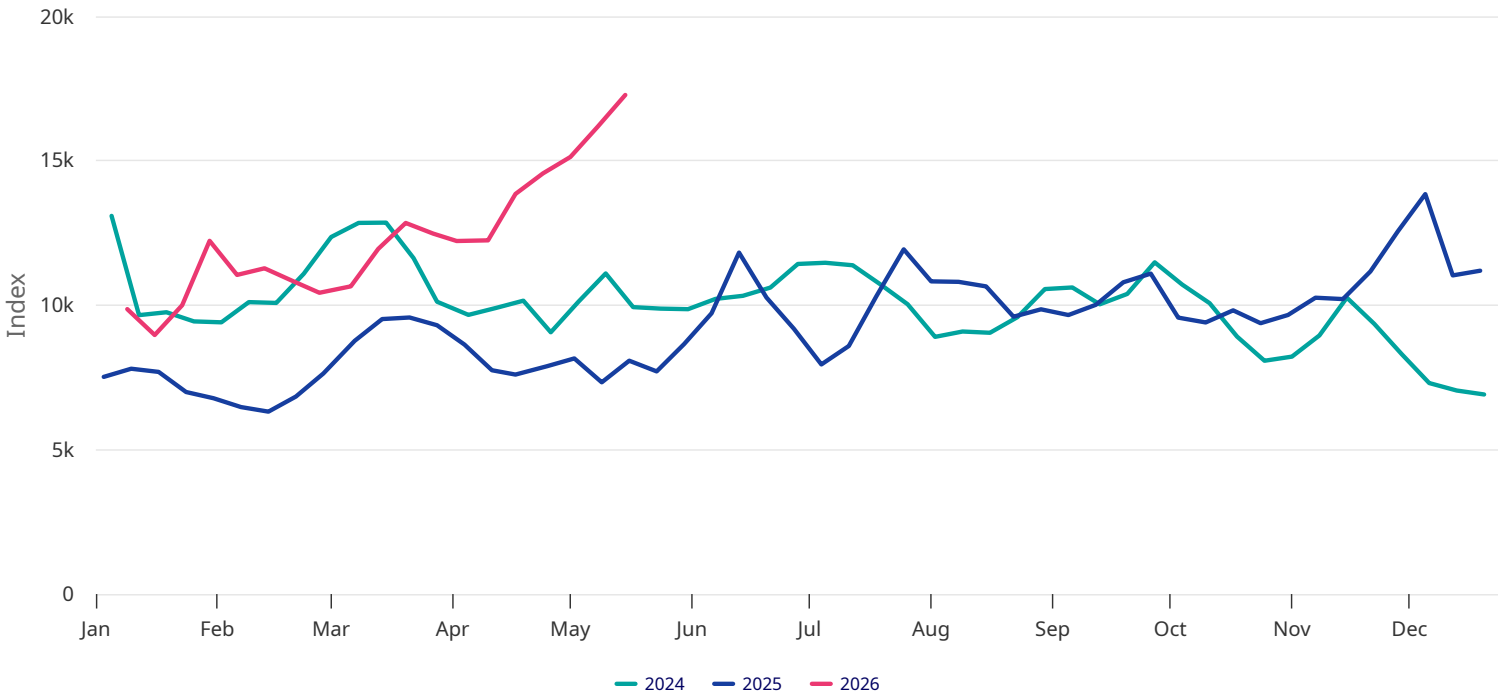


Trade	Cargo Size	Weight	08/05/2026	15/05/2026
			\$/t	\$/t
NARVIK/ROTTERDAM	150,000/10%	10%	10.40	11.55
TUBARAO/ROTTERDAM	170,000/10%	10%	19.25	20.25
RICHARDS BAY/ROTTERDAM	150,000/10%	10%	19.25	20.25
SEVEN ISLANDS/ROTTERDAM	170,000/10%	10%	17.90	20.05
PUERTO BOLIVAR/ROTTERDAM	160,000/10%	10%	21.00	23.15
NOUADHIBOU/QINGDAO	170,000/10%	10%	37.75	39.05
TUBARAO/JAPAN	160,000/10%	10%	35.20	36.50
TUBARAO/QINGDAO	160,000/10%	10%	35.50	36.80
T/C TRIP CONT/FAR EAST	180,000 DWT	10%	12.54	13.32
T/C TRANSATLANTIC ROUND	180,000 DWT	10%	8.28	9.46
Calculated Index			16,186	17,279
Change on Previous Index			+1,054	+1,093
Change on Four Weeks Ago			+3,940	+3,427
Change on Previous Year			+8,855	+9,201
Change on Two Years Ago			+6,073	+6,179
			\$/Day	\$/Day
T/C TRIP CONT/FAR EAST	180,000 DWT		74,250	78,850
T/C TRANSATLANTIC ROUND	180,000 DWT		49,000	56,000

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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