		12 Months Ended		
SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES (Details) \$ in Thousands	Dec. 31, 2019 USD (\$) Vessel Agreement Segment Subsidiary Customer Charter	Dec. 31, 2018 USD (\$) Vessel Customer Charter	Dec. 31, 2017 USD (\$) Vessel Customer	Dec. 31, 2016 USD (\$)
Cash, Cash Equivalents and Restricted Cash [Abstract]				
Original maturities of deposits classified as cash and cash equivalents	3 months			
Vessels [Abstract]				
Estimate useful life of vessel	25 years			
Market rates for the initial period Historical and average spot market	2 years			
rate	15 years			
Salvage value of the vessel	\$ 8,000			
Drydocking [Abstract]				
Period when vessels are required to be drydocked, minimum	30 months			
Period when vessels are required to be drydocked, maximum	60 months			
Deferred Compensation Liability [Abstract]				
Number of individual deferred				
compensation agreements Agreement	2			
Segment Information [Abstract]				
Number of segments Segment Number of types of vessel Vessel	1			
Income Tax [Abstract]	1			
Income tax rate	0.00%			
Income tax expense	\$ 71	\$ 79	\$ 83	
Concentration of Risk [Abstract]				
Accounts receivable, net	24,600	22,100		
Recent Accounting				
Pronouncements [Abstract] Right-of-use asset	1,412	\$ 0		
Number of vessels affected Vessel	1,112	15	19	
Accumulated deficit	(10,352)	\$ (308,803)		
ASSETS [Abstract]				
Total Current Assets Voyages in Progress	129,372 13,124	112,945 15,075		
Prepaid Expenses	3,383	3,830		
Total Non-Current Assets	901,531	958,166		
Total Assets	1,030,903	1,071,111		
EQUITY AND LIABILITIES [Abstract]				
Total Shareholders' Equity	595,424	602,031	\$ 711,064	\$ 871,04
Total Current Liabilities Accrued Voyage Expenses	59,028 11,524	36,290 5,063		
Total Non-Current Liabilities	376,451	432,790		
Total Liabilities and Shareholders' Equity	1,030,903	1,071,111		
Effect on the Condensed Consolidated Statement of Operations [Abstract]				
Voyage Revenues	317,220	289,016	297,141	
Voyage Expenses	(141,770)		(142,465)	
Net Operating Loss Net Loss	31,971 (10,352)	(38,616) (95,306)	(175,690) (204,969)	
Total Comprehensive Loss	(10,430)		(205,119)	
Effect on the Condensed Cash Flow Statement [Abstract]				
Net Loss	(10,352)		(204,969)	
Voyages in Progress Prepaid Expenses and Other	1,951	(5,059)	20,303	
Current Assets	(1,068)	1,837	(904)	
Accounts Payable and Accrued Liabilities	10,122	(7,112)	1,072	
Net Cash (Used In)/Provided by Operating Activities	\$ 52,858	(16,103)	\$ 31,741	
Adjustments [Member]				
ASSETS [Abstract]				
Total Current Assets		6,991		
Voyages in Progress Prepaid Expenses		8,111 (1,120)		
Total Non-Current Assets		0		
Total Assets		6,991		

FOUTT AND LIABILITIES					
Total Carrent Liabilities 726 Accrued Viveque Expenses 726 Total Liabilities 726 Consolidated Statement of Operations [Abstract] Operations [Abstract] Operations [Abstract] Operations [Abstract] Operations [Abstract] Oyogen Revenues (2,193 Consolidated Statement of Operations [Abstract] Oyogen Revenues (2,193 Not Loss (2,193 Total Comprehensive Loss 2,193 Total Comprehensive Loss 2,193 Effect on the Condensed Control (2,193 Not Loss (2,193 Total Comprehensive Loss 2,193 Effect on the Condensed Cash Not Loss (2,193 Vivegen Revenues (2,819) Fiffer to the Condensed Cash Not Loss (2,193 Vivegen Revenues (2,819) Fiffer to the Condensed Cash Not Loss (2,193 Vivegen Revenues (2,819) Fiffer to the Condensed Cash Not Loss (2,193 Vivegen in Progress (2,819) Fiffer to the Condensed Cash Not Loss (2,193 Vivegen in Progress (2,819) Fiffer to the Condensed Cash Not Cash (Used In)/Provided by Operating Activities (2,819) Fiffer to the Condensed (2,819) Fiffer to the Condensed (3,819) Fif	•				
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Telot Labilities and Shareholders' Equity					
Equity Fifted to the Condensed Consolidated Statement of Operations (Astrict) Voyage Revenues (Account Payabes (Acc) Not Operating Loss Not Loss (Account Payabe and Accrued Limitities (Astrict) Voyage Revenues (Account Payabe and Accrued Limitities (Astrict) Voyage Revenues (Account Payabe and Accrued Limitities (Account Payabe and Account Payabe and			0		
Consolidated Statement of Operations (Statement (Statement of Operations (Statement (Statement of Operations (Statement			6,991		
Operations (Abstract)					
Voyage Expenses (627)					
Net Operating Loss	Voyage Revenues		2,819		
Total Comprehensive Loss 2,193					
Total Comprehensive Loss Elfect on the Condensed Cash Flow Statement Abstract New Loss Voyages in Progress Voyages in Progress Voyages in Progress Accounts Payable and Accrued Liabilities Net Cash (Loss 19, 90 19, 9					
Flow Statement Abstract					
Net Los					
Vayage in Progress C.8.19			2 102		
Prepaid Expenses and Other					
Current Assets	Prepaid Expenses and Other				
Liabilities			505		
Operating Activities Amounts Before ASC 666 Adoption [Member] ASSETS [Abstract] Total Current Assets Voyages in Progress 2,186 Prepaid Expenses 2,710 Total Non-Current Assets 1,078,102 EQUITY AND LIABILITIES Abstractl Total Shareholders' Equity 608,296 Total Current Liabilities 37,016 Accrued Voyage Expenses 5,789 Total Non-Current Liabilities 1014 Liabilities 37,016 Accrued Voyage Expenses 5,789 Total Non-Current Liabilities 1024 Liabilities 1034 Liabilities 1044 Liabilities 1054 Liabilities 1054 Liabilities 1054 Liabilities 1054 Liabilities 1055 Liabilities 1056 Liabilities 1056 Liabilities 1057 Liabilities 1057 Liabilities 1058 Liabilities			124		
Amounts Before ASC 606 Adoption [Member] ASSETS [Abstract] Total Current Assets Voyages in Progress Prepaid Expenses 2,710 Total Non-Current Assets 119,936 Voyages in Progress 2,2186 Prepaid Expenses 2,710 Total Non-Current Assets 1,078,102 EQUITY AND LIABILITIES [Abstract] Total Current Liabilities 37,016 Accrued Voyage Expenses 5,789 Total Current Liabilities 10 Total Non-Current Liabilities 10 Total Current Liabilities 10 Total Non-Current Liabilities 10 Total Non-Current Liabilities 10 Total Non-Current Liabilities 10 Total Non-Current Liabilities 10 Total Liabilities and Shareholders' Equity 1,078,102 Effect on the Condensed 10 Consolidated Statement of Operations (Abstract) 10 Voyage Revenues 10 September			0		
Adoption Member					
Total Current Assets Voyages in Progress Prepaid Expenses 2,710 Total Non-Current Assets Total Assets 1,078,102 EQUITY AND LIABILITIES [Abstract] Total Shareholders' Equity 608,296 Total Shareholders' Equity 608,296 Total Non-Current Liabilities 37,016 Accrued Voyage Expenses 5,789 Total Non-Current Liabilities 432,790 Total Liabilities and Shareholders' Equity 1,078,102 Effect on the Condensed Consolidated Statement of Operations [Abstract] Voyage Expenses 1(55,639) Net Operating Loss Net Loss (33,113) Total Comprehensive Loss Effect on the Condensed Cash Flow Statement [Abstract] Net Loss (33,113) Total Comprehensive Loss (33,113) Total Comprehensive Loss (34,113) Total Comprehensive Loss (35,113) Noyages in Progress (7,879) Prepaid Expenses and Other Current Assets Accounts Payable and Accrued Liabilities Ilabilities Net Cash (Used In)/Provided by Operating Activities Ballast Tank [Member] Drydocking [Abstract] Norwegian Tax Administration [Member] Income Tax [Abstract] Number of wholly owned subsidiaries [Subsidiaries [Subsidiary 2] Income tax rate 1, 2, 2, 00					
Voyages in Progress					
Prepaid Expenses 2,710 Total Non-Current Assets 958,166 Total Assets 1,078,102 EQUITY AND LIABILITIES Abstract					
Total Non-Current Assets					
EQUITY AND LIABILITIES Labstract			958,166		
IAbstract	Total Assets		1,078,102		
Total Shareholders' Equity					
Accrued Voyage Expenses 5,789 10tal Non-Current Liabilities 432,790 10tal Liabilities and Shareholders' 1,078,102			608,296		
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Total Liabilities and Shareholders' Equity					
Equity			432,790		
Consolidated Statement of Operations [Abstract] Operations [Abstract] Oyage Revenues 291,835 Oyage Expenses (165,639) Operating Loss (36,423) Operating Loss (36,423) Operating Loss (93,113) Operating Loss (93,113) Operating Loss (93,113) Operating Loss Operating Loss Operating Loss Operating Lost Operat			1,078,102		
Operations Abstract					
Voyage Expenses (165,639) Net Operating Loss (36,423) Net Loss (93,113) Total Comprehensive Loss (93,113) Fifect on the Condensed Cash Flow Statement [Abstract] Net Loss (93,113) Voyages in Progress (7,879) Prepaid Expenses and Other Current Assets (2340 Current Assets (36,988) Accounts Payable and Accrued Liabilities (6,988) Net Cash (Used In)/Provided by Operating Activities (6,988) Ballast Tank [Member]					
Net Operating Loss (36,423) Net Loss (93,113) Total Comprehensive Loss (93,245) Effect on the Condensed Cash Flow Statement [Abstract] Net Loss (93,113) Voyages in Progress (7,879) Prepaid Expenses and Other (2,340) Current Assets (2,340) Accounts Payable and Accrued Liabilities Net Cash (Used In)/Provided by Operating Activities (6,988) Ballast Tank [Member]					
Net Loss					
Total Comprehensive Loss (93,245) Effect on the Condensed Cash Flow Statement [Abstract] Not Loss (93,113) Voyages in Progress (7,879) Prepaid Expenses and Other Current Assets (6,988) Net Cash (Used In)/Provided by Operating Activities (6,988) Net Cash (Used In)/Provided by Operating Activities (16,103) Ballast Tank [Member] Drydocking [Abstract] Improvements amortized over a period Norwegian Tax Administration [Member] Income Tax [Abstract] Number of wholly owned subsidiaries Subsidiary Income tax rate (22,00% (23,00% (24,00%)) Income tax expense (7,79 (24,00%)) Accounts Receivable [Member] Concentration of Risk [Abstract] Number of charterers accounted for outstanding amount Charter (Accounts Receivable [Member]) Concentration of Risk [Abstract] Concentration of Credit risk (19,00%) Concentration of Credit risk (19,00%)					
Flow Statement [Abstract]	Total Comprehensive Loss				
Net Loss (93,113) Voyages in Progress (7,879) Prepaid Expenses and Other Current Assets 2,340 Accounts Payable and Accrued Liabilities Net Cash (Used In)/Provided by Operating Activities Ballast Tank [Member] Drydocking [Abstract] Improvements amortized over a period Norwegian Tax Administration [Member] Income Tax [Abstract] Number of wholly owned subsidiaries Subsidiary Subsidiaries Subsidiary Subsidiaries Subsidiary Subsidiaries Subsidiaries Subsidiary Subsidiaries					
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Accounts Payable and Accrued Liabilities Net Cash (Used In)/Provided by Operating Activities Ballast Tank [Member] Drydocking [Abstract] Improvements amortized over a period Norwegian Tax Administration [Member] Number of wholly owned subsidiaries Subsidiary Income tax rate			2,340		
Liabilities Net Cash (Used In)/Provided by Operating Activities Ballast Tank [Member] Drydocking [Abstract] Improvements amortized over a period Norwegian Tax Administration [Member] Income Tax [Abstract] Number of wholly owned subsidiaries Subsidiary Income tax rate 22.00% 23.00% 24.00% Income tax expense \$71 \$79 \$83 Accounts Receivable [Member] Concentration of Risk [Abstract] Number of charterers accounted for outstanding amount Charter 3 3 3 Accounts Receivable [Member] Customer One [Member] Customer One [Member] Concentration of Risk [Abstract] Concentration of Risk [Abstract] Concentration of Risk [Abstract] Concentration of Risk [Abstract] Concentration of Risk [Abstract] Concentration of Risk [Abstract] Concentration of Risk [Abstract] Concentration of Credit risk 19.00% 24.00% Concentration of Credit risk 19.00% 24.00% Concentration of Credit risk 19.00% Concentration of Credit risk 19.00% Concentration of Credit risk 19.00% Concentration of Credit risk Concentration of Credi					
Operating Activities Ballast Tank [Member] Drydocking [Abstract] Improvements amortized over a period Norwegian Tax Administration [Member] Income Tax [Abstract] Number of wholly owned subsidiaries Subsidiary Income tax rate			(6,988)		
Ballast Tank [Member] Drydocking [Abstract] Improvements amortized over a period Norwegian Tax Administration [Member] Income Tax [Abstract] Number of wholly owned subsidiaries Subsidiary Income tax rate			\$ (16,103)		
Drydocking [Abstract] Improvements amortized over a period 8 years Norwegian Tax Administration [Member] Income Tax [Abstract] Number of wholly owned subsidiaries Subsidiary Income tax rate 22.00% 23.00% 24.00% Income tax expense \$71 \$79 \$83 Accounts Receivable [Member] Concentration of Risk [Abstract] Concentration of credit risk percentage Number of charterers accounted for outstanding amount Charter 3 3 3 Accounts Receivable [Member] Customer One [Member] Concentration of Risk [Abstract] Concentration of credit risk percentage 1 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3					
Norwegian Tax Administration [Member] Income Tax [Abstract] Number of wholly owned subsidiaries Subsidiary Income tax rate					
Norwegian Tax Administration [Member] Income Tax [Abstract] Number of wholly owned subsidiaries Subsidiary Income tax rate	-	8 years			
Income Tax [Abstract]	•				
Number of wholly owned subsidiaries Subsidiary 2	[Member]				
Subsidiaries Subsidiary 2					
Income tax rate		2			
Accounts Receivable [Member] Concentration of Risk [Abstract] Concentration of credit risk percentage Number of charterers accounted for outstanding amount Charter Accounts Receivable [Member] Customer One [Member] Concentration of Risk [Abstract] Concentration of credit risk 19 00% 24 00%	Income tax rate	22.00%	23.00%	24.00%	
Concentration of Risk [Abstract] Concentration of credit risk percentage Number of charterers accounted for outstanding amount Charter Accounts Receivable [Member] Customer One [Member] Concentration of Risk [Abstract] Concentration of credit risk 19 00% 24 00%	_	\$ 71	\$ 79	\$ 83	
[Abstract] Concentration of credit risk percentage Number of charterers accounted for outstanding amount Charter Accounts Receivable [Member] Customer One [Member] Concentration of Risk [Abstract] Concentration of credit risk 19 00% 24 00%					
percentage Number of charterers accounted for outstanding amount Charter Accounts Receivable [Member] Customer One [Member] Concentration of Risk [Abstract] Concentration of credit risk 19 00% 24 00%	[Abstract]				
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for outstanding amount Charter Accounts Receivable [Member] Customer One [Member] Concentration of Risk [Abstract] Concentration of credit risk 19 00% 24 00%	-	-	_		
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Concentration of Risk [Abstract] Concentration of credit risk 19 00% 24 00%					
Concentration of credit risk 19 00% 24 00%	Concentration of Risk				
19 00%	-				
		19.00%	24.00%		

Accounts Receivable [Member] Customer Two [Member]			
Concentration of Risk [Abstract]			
Concentration of credit risk percentage	15.00%	13.00%	
Accounts Receivable [Member] Customer Three [Member]			
Concentration of Risk [Abstract]			
Concentration of credit risk percentage	14.00%	12.00%	
Revenues [Member]			
Concentration of Risk [Abstract]			
Number of customers accounted for spot charter revenues Customer	1	1	1
Concentration of credit risk percentage	13.50%	10.50%	12.00%
ASC 606 [Member]			
Recent Accounting Pronouncements [Abstract]			
Right-of-use asset	\$ 500	\$ 1,900	
Lease liability	\$ 500	1,900	
Accumulated deficit		\$ (6,300)	\$ (4,100)
EQUITY AND LIABILITIES [Abstract]			
Total Shareholders' Equity			\$ 706,992

relates to certain office lease contracts. Optional periods are not included in the calculation.