

SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES (Details) \$ in Thousands	12 Months Ended			Dec. 31, 2016 USD (\$)
	Dec. 31, 2019 USD (\$) Vessel Agreement Segment Subsidiary Customer Charter	Dec. 31, 2018 USD (\$) Vessel Customer Charter	Dec. 31, 2017 USD (\$) Vessel Customer	
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	2 years			
Historical and average spot market 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	1			
Number of types of vessel Vessel	1			
Income Tax [Abstract]				
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]	1,412	\$ 0		
Number of vessels affected Vessel		15	19	
Accumulated deficit	(10,352)	\$ (308,803)		
ASSETS [Abstract]				
Total Current Assets	129,372	112,945		
Voyages in Progress	13,124	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	\$ 871,049
Total Current Liabilities	59,028	36,290		
Accrued Voyage Expenses	11,524	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)	(165,012)	(142,465)	
Net Operating Loss	31,971	(38,616)	(175,690)	
Net Loss	(10,352)	(95,306)	(204,969)	
Total Comprehensive Loss	(10,430)	(95,438)	(205,119)	
Effect on the Condensed Cash Flow Statement [Abstract]				
Net Loss	(10,352)	(95,306)	(204,969)	
Voyages in Progress	1,951	(5,059)	20,303	
Prepaid Expenses and Other 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		8,111		
Prepaid Expenses		(1,120)		
Total Non-Current Assets		0		
Total Assets		6,991		

EQUITY AND LIABILITIES [Abstract]					
Total Shareholders' Equity			6,265		
Total Current Liabilities			726		
Accrued Voyage Expenses			726		
Total Non-Current Liabilities			0		
Total Liabilities and Shareholders' Equity			6,991		
Effect on the Condensed Consolidated Statement of Operations [Abstract]					
Voyage Revenues			2,819		
Voyage Expenses			(627)		
Net Operating Loss			2,193		
Net Loss			2,193		
Total Comprehensive Loss			2,193		
Effect on the Condensed Cash Flow Statement [Abstract]					
Net Loss			2,193		
Voyages in Progress			(2,819)		
Prepaid Expenses and Other Current Assets			503		
Accounts Payable and Accrued Liabilities			124		
Net Cash (Used In)/Provided by Operating Activities			0		
Amounts Before ASC 606 Adoption [Member]					
ASSETS [Abstract]					
Total Current Assets			119,936		
Voyages in Progress			23,186		
Prepaid Expenses			2,710		
Total Non-Current Assets			958,166		
Total Assets			1,078,102		
EQUITY AND LIABILITIES [Abstract]					
Total Shareholders' Equity			608,296		
Total 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 Revenues			291,835		
Voyage Expenses			(165,639)		
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 Current Assets			2,340		
Accounts Payable and Accrued Liabilities			(6,988)		
Net Cash (Used In)/Provided by Operating Activities			\$ (16,103)		
Ballast Tank [Member]					
Drydocking [Abstract]					
Improvements amortized over a period		8 years			
Norwegian Tax Administration [Member]					
Income Tax [Abstract]					
Number of wholly owned subsidiaries Subsidiary		2			
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		48.00%	49.00%		
Number of charterers accounted for outstanding amount Charter		3	3		
Accounts Receivable [Member] Customer One [Member]					
Concentration of Risk [Abstract]					
Concentration of credit risk percentage		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	
[1] relates to certain office lease contracts. Optional periods are not included in the calculation.					