

SOGNEFJORD ORANGE FEST – MISTUR interview on TNT Radio Rock by Brujo
Interview answered by Tomas Myklebust, with some input from Espen.

Welcome to TNT Radio. Before delving into the world of MISTUR, and considering that your sophomore (and last) album, *In Memoriam*, was released in 2016, where does the band stand now?

In May this year we did our first show in a very long time, which was great. So now we are slowly getting back into it and would like to do more. But as we are spread across Norway, busy with our day jobs, family and other bands and musical projects, things tend to take some time.

Mistur was born in Kaupanger, also the birthplace of Windir. What does it mean for you to be part of that unique musical and emotional weaving of the Sogn region?

The way Terje Bakken combined old folklore, traditional melodies and made something new has been a musical inspiration. And the brutal beauty of the nature in our region is also something that can be reflected in the music.

The so-called 'Sognametal' has been considered more than a style: almost a philosophy. How would you define it in 2025? Is there anything left of that scene, or is Mistur one of its last bastions?

There are still a lot of bands all over that are inspired by Windir and the way sounded. As for the local bands, there are still a few somewhat active bands.

Your early compositions were clearly influenced by the sound of Windir and the so-called sognametal, but over time you have developed your own, more distinct identity. How do you see that evolution today? What do you feel separates you now from those early songs?

For me (joining the band before *In Memoriam*) I feel it is a natural progression musically, but still keeping the same melodic intent in the songs. The second album might be a bit more technical in the compositions, more parts and shifts throughout the songs but still making sure the melodies and the epic mood is behind everything going on.

The use of Norwegian, and more specifically the Sogn dialect, was a hallmark of your early work, such as the demo *Skoddefjellet* and the album *Attende*. However, on *In Memoriam* you opted for English. What motivated that change? And how do you think language affects the emotional connection between the music and the listener, both inside and outside of Norway?

Our singer, Oliver wrote 90% of the lyrics on *In Memoriam*. The general thought process behind that choice was that it would mean our music and lyrics could reach a wider audience. As for the thematic it is an epic fictive story with lots of both mythological and historic parallels yet set in its own world without being geographically specific. The story is divided into different chapters where each song is a story told from various peoples perspective in a small family community in the viking age.

Your sound maintains a very unique balance between aggression, atmosphere, and melody. Which criteria or approaches do you follow when composing to ensure these elements coexist without one dominating the others? Is there anything that must always be present in your sound?

Well, basically the whole concept of balance and contrasts will always be there. And the fact that metal is itself a genre of music that provides the freedom to use elements from pretty much all other music genres as an inspiration.

Your music breathes pain, memory, and conflict. Do you feel that Mistur serves as a personal outlet, or rather as a natural way to narrate those emotions from an artistic perspective?
Even if the inspiration both musically and lyrically can come from anywhere, it is all fictional work, but of course music can hit all levels of emotion. As in the previous question that ties in with the mix between brutal and beautiful.

Mistur has a direct connection to Windir, especially through Strom (lead guitarist), who was part of the band and recorded two of their albums. What does it mean for you to carry part of that legacy within Mistur? Has it influenced your musical vision or the way you've built your own identity as a band?

Mistur was started by Espen and Andre. They made the Skoddefjellet demo with vocals from Odne. When they later needed a lead guitarist, Espen's older brother Stian joined later. He being an incredible guitar player and his leads and melody compositions in Mistur has been a greater inspiration than any of the stuff he did with Windir

Given that connection with Windir, are there elements of their songwriting or understanding of music that you wanted to keep alive in Mistur? Or does your creative approach stem from a completely different place?

There was never any intent to do the same as Windir, but naturally given the location and similar inspiration the result will be compared.

What do you expect from the Spanish audience? at the Sognefjord Orange Fest? How are you preparing for such a symbolic performance in a country so different from your own?

Our expectations are that the Spanish audience will be extremely energetic. Some of us have played in Spain before with other bands and that is always very good, so we are really looking forward to it.

How important are festival gigs for a band like Mistur, which performs with such an atmospheric both aesthetic and sound?

Well, to be honest, the type of venue is not really an issue. We try to deliver the exact same performance whatever the setting is. Of course, on a big stage with a great light engineer it will be even better, but the main thing has and will always be the musical performance.

Do you consider there to be a sognametal "scene" outside of Norway? How do you see your role within that micro-genre?

I have heard a few bands who have the inspiration from the sound, but unsure if it's enough to call it a "scene". I'm not really that big a fan of splitting everything into micro-genres.

What is your relationship with your fans outside of Norway? Did you expect to have fans as far away as in Spain, or is it something that still surprises you?

For many years we have been getting messages and support from all over the world, which is of course great.

I don't think that was expected from the start, but how the music industry has evolved over the past 20 years it's a lot different than when we started.

Nowadays people have access to pretty much every band in the world from their phones, instead of in the old days when someone had to write about you in a magazine or by word of mouth or playing a ton of shows.

Nine years have passed since that In Memoriam. What happened in that time? What has delayed Mistur's return to recording?

As mentioned in the start, a lot has happened. We are scattered across the country, have families and day jobs and other active bands so we haven't made it a priority.

But after we started rehearsing and playing live again it of course is something we would want to consider. At the moment we do not have a set plan for a new release.

Black metal has changed a lot since the 90s. Today there are subgenres, fusions, and festivals on cruise ships. Where does Mistur fit into that landscape?

We don't really think about genres, subgenres and things like that. That would put some restraints on the creative process I think.

We have always had one foot in the aggressive and brutal and the other foot is focusing on the epic melodies and beauty in both music and lyrics.

On a personal and artistic level, how do you see Mistur in the next years? Is it a living, ongoing project, or one that only revives when needed from time to time?

For years it has been something we have picked up from time to time. It would be great to do more live shows and of course recording when the time is right.

Looking back, how would you define and highlight each of your albums (Attende and In Memoriam)?

That's a tough one. Espen mentioned Skuld, Attende from the first album, and The Sight and Distant Peaks. I would add Tears of Remembrance as another highlight.

Finally, if anyone reading this doesn't know who Mistur is and is wondering if it's worth going to Sognefjord Orange Fest... what would you say to help them discover you and remember your performance at the festival?

This is our first time in Spain, co-headlining a festival alongside Cor Scorpii. This will absolutely be a very special night for everyone. It's a rare occasion to get to see us both live on the same night. We will do our very best to make you remember this special event.

Thank you so much for your time.
See you in Valencia!!