

# HAVEN



**Haven is a melodic and heavy, hard rocking band from Stockholm, Sweden, with music that mixes influences from classic Heavy Metal with today's contemporary Metal scene.**

**For contact, booking and more information:**  
**[www.havensweden.com](http://www.havensweden.com)**  
**[info@havensweden.com](mailto:info@havensweden.com)**

**Haven formed in 2010 and established high goals and ambitions from the get go.**

**Haven recorded a demo album during 2012 and started playing clubs and festivals the year after.**

**2014: A lot of effort and hard work went into the album 'Shut up and listen', produced and engineered by Phillip Crusner. The band are proud to have Alx Jonsson from White Trash Heroes (former Fatal Smile) and Days of Anger as a guest artist on some of the songs.**



**2015: Signed a multi-year contract with Rock of Angels Records (<http://roar.gr/>).**

**2016: The band has been gigging, perfecting their live show, and started to work on the next album.**

**Haven are now ready to take on the world.  
This is the end of a new beginning!**

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## FAST FACTS:

- **Band name: Haven**
- **Genre: Heavy melodic hard rock from Sweden.**
- **Hometown: Stockholm, Sweden.**
- **Started: 2010**
- **Discography:**
  - Assylum (Demo album, 2012).
  - Shot from behind (Single, 2014)
  - Shut up and listen. (Album/EP, 2014).
  - Fight for C (Single, 2016)
- **Members:**
  - Patrick Cross, vocals and rhythm guitar
  - Mark Hosri, lead guitar
  - Jens Nordström, bass guitar and backing vocals
  - Nicke Olsson, drums



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## **MUSIC**

### **Shot from behind**

[https://soundcloud.com/haven\\_music/shot-from-behind](https://soundcloud.com/haven_music/shot-from-behind)

### **Land of Desolation**

[https://soundcloud.com/haven\\_music/land-of-desolation-master](https://soundcloud.com/haven_music/land-of-desolation-master)

### **Gone**

[https://soundcloud.com/haven\\_music/gone](https://soundcloud.com/haven_music/gone)

### **Fight for C**

<https://youtu.be/K8WCfKXfyZU>

## **MEDIA**

### **Around the web:**

<http://calmridge.blogspot.se/2014/11/haven-presenterar-nya-singeln-shot-from.html>

<http://www.rock-metal-essence.com/2013/03/haven-asylum-recensione.html>

<http://www.emergenza.net/SE/sv-se/news/1160/20127/resultat-sthlm-2014-inledande-runda-2.aspx>

<https://kamsphotoblog.wordpress.com/2015/04/02/fire-and-makeup-a-freaking-stage-mayhem/>

### **HAVEN has been played at radio stations such as**

<http://www.distfm.se/>

<http://www.metalexpressradio.com/>

## **NOTABLE GIGS:**

**Rockbitch Boat 2013 & 2014**

**Skogsröjet 2014**

**Emerganza 2014**

**Black Carpet, Stockholm 2015**

**Hammer Bar, Visby Gotland 2015 & 2016**

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