Course of Fate Bio (Long)

While originally founded in 2003, the 2013 EP “Cognizance” kind of marks the start of the Course of Fate that exists today.
While initially strongly influenced by bands like Dream Theater and Queensrÿche, strong roots in progressive rock and -metal as well as AOR and classic hard rock has evolved to include influences from bands such as Katatonia and Opeth, culminating in a darker, more modern sound with a strong identity not really reminiscent of any specific band or subgenre.
While being classified as a progressive metal band, CoF has never been too engulfed in the stereotypical technical and theoretical difficulty that is often associated with the genre. The musical focus always being concentrated on good melodies, groove and feeling rather than impressive technical skill or deep theoretical knowledge.
Course of Fate’s lyrics, mostly written by singer Eivind Gunnesen, often studies psychology and esoteric themes; examples being the concept album Mindweaver’s focus on a man bent on starting a doomsday cult after receiving what he believes to be visions of the end of the world.
The bands music is mostly written by Kenneth Henriksen.
The music is usually written and presented to the band as a rough pre-production recording and then finished by the band as a whole, making room for everyone to contribute to both arrangements, riffs and melodies.
While Kenneth and Eivind has kept within the confines of progressive metal bands throughout their musical careers, the rest of the band has roots in black-, death-, thrash and heavy metal, classic rock, blues . Several members has had stints playing with bigger bands and artists such as Jorn, Wig Wam and Eirikur Hauksson.

Course of fate has released 2 albums (Mindweaver 2020 & Somnium 2023) + the 2013 EP Cognizance. The bands 3’rd album are scheduled to be released early 2026.

Course of Fate bio (short)

Course of Fate is a progressive metal band based in Fredrikstad, Norway.
Their 2020 debut album Mindweaver was hailed as a true masterpiece by several respected critics, but like everything else the band was stopped in it’s tracks by the covid pandemic.
2023 marked the band’s comeback with a highly anticipated sophomore album Somnium , ready to conquer stages and stereos across the known universe.
Course of Fate is signed to ROAR!- Rock of Angels Records and Intromental management.