



PRESS KIT · 2026

AVRAK is a Norwegian heavy metal band founded in 2023 by Ted Skjellum (Nocturno Culto of Darkthrone) and Anders Hegna (Nød, El Kayenne). Their self-titled debut, released by Peaceville Records on 9 October 2026, pairs classic heavy metal and doom with the cold edge of Norwegian black metal.

BIOGRAPHY

Avrak began in November 2023, when Ted Skjellum and Anders Hegna started jamming together to play the heavy metal they grew up on. The two founded the band and wrote every song on the debut.

Skjellum (guitar) is better known as Nocturno Culto of Darkthrone, while Hegna (vocals, guitar) comes from Nød and El Kayenne. Together they shaped the sound: classic riffs and big melodies, with the weight of doom and the cold edge of Norwegian black metal. The self-titled album was recorded at Mølla Studio in February 2026 with engineer Knut Magne Valle, and was released by Peaceville Records on 9 October 2026.

Drummer Terje Kråbøl (Gjendød, Sarke) and bassist Steinar Gundersen (Khold, Sarke, Satyricon) complete the line-up.

FACTS

FROM	Norway
FORMED	November 2023
GENRE	Heavy metal / doom
LABEL	Peaceville Records
DEBUT ALBUM	Avrak — 9 October 2026
FORMATS	Limited silver LP · Black LP · CD · Digital
RECORDED	Mølla Studio, February 2026
ENGINEER	Knut Magne Valle

LINE-UP

TED SKJELLUM	Guitar
ANDERS HEGNA	Vocals, guitar
TERJE KRÅBØL	Drums
STEINAR GUNDERSEN	Bass

THE ALBUM

Avrak

Classic heavy metal and doom rock at the core, with synth passages and a cold undertow of black metal. Anders Hegna's clean vocals carry big hooks over slow weight, from the mid-paced march of Forever Mountain to the long, hushed close of Hav. The songs deal with holding on while the world around you rots — resilience in the face of corruption and collapse.

TRACKLIST

- 01 Forever Mountain
- 02 Unborn
- 03 Long May The Lums Reek
- 04 Rot
- 05 Varde
- 06 Cloaks Of Power
- 07 The Lonely Shadow
- 08 The Rift
- 09 Hav

"Avrak is just a different kind of Nordic masterpiece."

GHOST CULT MAGAZINE · 9/10

"This debut full length is definitely one of the best metal albums in the broadest sense."

VELVET THUNDER · 9/10

"An album [...] that is simply timeless and will surely endure for many, many generations to come!"

LEGACY · 14/15

"Free-spirited and deeply Nordic, Avrak has created a work that is inspired, powerful and, above all, exceptional."

METALLIAN · 6/6

"A compelling album that, despite its retro approach, sounds timeless."

DEAF FOREVER · 8/10

"In short, a powerhouse debut."

ROCK HARD · 8/10