



Northern Trails – Blind Bird

About the release

A haunting meditation on love, loss, and the courage to feel everything. *Blind Bird* traces the quiet devastation of giving yourself completely — and being left with nothing. Sweeping, raw, and achingly human.

Blind Bird is the third single from Northern Trails ahead of their five-track *Blueprint EP*, which is out in July on Tintonic Music. Where Feathers introduced the band with a dreamy, delicate touch, and Me and My Gold turned up the emotional intensity, *Blind Bird* brings both together — raw and honest, but big and sweeping at the same time.

Recorded and produced by Northern Trails.
Mixed and mastered by Martin Antonsson.
Cover typography by Håkan Ängquist.

For all enquiries, contact Northern Trails at:
thomas@tintonicmusic.com



Details

Title:	Blind Bird
Artist:	Northern Trails
Release date:	June 24th 2026

Label:	Tintonic
Cat.no.:	TIN2607
UPC:	820233702218
Contact:	Thomas Isberg +46 70 751 15 13 thomas@tintonicmusic.com

Tracks

	Title	Duration	ISRC
1.	Blind Bird	4:12	SEVUC2600009
2.	Me and My Gold	6:05	SEVUC2600003
3.	Feathers	4:50	SEVUC2600002

Links

Label website:	https://tintonicmusic.com/releases/blind-bird
Artist website:	https://northerntrails.se/en/

About Northern Trails

Northern Trails make warm, melody-first guitar pop that feels like it was always there — somewhere between the emotional depth of R.E.M.'s *Automatic for the People*, the sweeping melodic instincts of Keane, and the quiet grandeur of early Coldplay. Rooted in the 90s indie tradition, they make music for people who still believe in the power of a well-written song.

The band came together in Uppsala, Sweden in May 2022, when Christer Tinnerholm and Thomas Isberg decided it was time to spend a little less time on ultra running and a little more on pop music. Joined by Per Larsson and Ulf Eklund, they recorded *Hearts Went Frozen EP* and released it late 2023. Thomas Strömbom heard the single *AQ* on Swedish radio and asked if the band needed a keyboard player. Northern Trails has performed as a quintet ever since.



Since then the band has built a steady catalogue of singles and a growing reputation on the Swedish live circuit. In spring/summer 2026 they return with a run of new singles and a new EP.

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Upcoming shows

Date	Venue	City
August 22nd 2026	Carlsson på Kajen	Västerås
September 5th 2026	William's Pub	Uppsala
January 30th 2027	The Kaliber Room	Uppsala

Northern Trails members

Thomas Isberg – vocals and guitar.

Christer Tinnerholm – bass guitar and backing vocals.

Per Larsson – guitar.

Ulf Eklund – drums and backing vocals.

Thomas Strömbom – keyboards and piano.