



# “FENRIS HAR BLØD PÅ TANN!”

10/10 METAL HAMMER (NO)



[HELHEIM.COM](http://HELHEIM.COM)  
[FACEBOOK.COM/HELHEIMNORWAY](https://FACEBOOK.COM/HELHEIMNORWAY)

Helheim, one of the pioneers of Norwegian Viking Metal, have been running since 1992. Starting with the now classical debut album *Jormundgand* in 1995, the band has by now released seven albums and three MCDs. With almost 20 years of live experience they have become one of the true top performances in the scene.

Renowned for their innovative and different approach to the genre, the band has also in the later

years started incorporating new visual elements in their live set. This is handled by video jockey Gjert E. Fjelldal, creating a visual representation of the bands lyrical themes and musical atmospheres.

Their latest CD *Heidindomr Ok Motgangr* has been amazingly received by audience and press everywhere with amongst others 10/10 points in Metal Hammer (N) and 14/15 in Legacy Magazine (DE). The album has soared high on various lists of

the best releases of 2011 and the band has experienced a doubling of cd sales in contrast to the general music business trend.

*Heidindomr Ok Motgangr* is Helheim's most Epic one to date and features a lot of prominent guests, amongst them Hoest from Taake on the grandiose track *Dualitet og Ulver*.

The official video for *Dualitet og Ulver* can be found at: [youtube.com/watch?v=P\\_fw\\_nsSHeA](https://youtube.com/watch?v=P_fw_nsSHeA)