

- 1 **RED** 2:36
- 2 **BIG CITIES** 4:43
- 3 **LITTLE THINGS** 5:28
- 4 **OCEAN** 3:31
- 5 **FIREFLIES** 3:38
- 6 **THE OWL** 3:00
- 7 **STRANGER** 3:21
- 8 **RESTING PLACE** 4:21

Total time 30:38

All music composed by Silje Kåfjord
except Stranger by Silje Kåfjord and Bernt Moen
All arrangements by Silje Kåfjord and Bernt Moen
Recorded April 2014 by Ørnulv Brun Snorheim
at Dakkota Studio, Hamar, Norway
Mixed and mastered May 2014
by Ørnulv Brun Snorheim, Hamar
Remastered September 2023

by Hans Uhre, Kristiansand, Norway
Produced by Bernt Moen
Executive producer Odd Gjelsnes
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Design by Max Fransosch

This recording is supported by the Popular Music Research Unit
and the Research Committee at the University of Agder, Norway

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SILJE KÅFJORD
VOCALS

BERNT MOEN
UPRIGHT PIANO

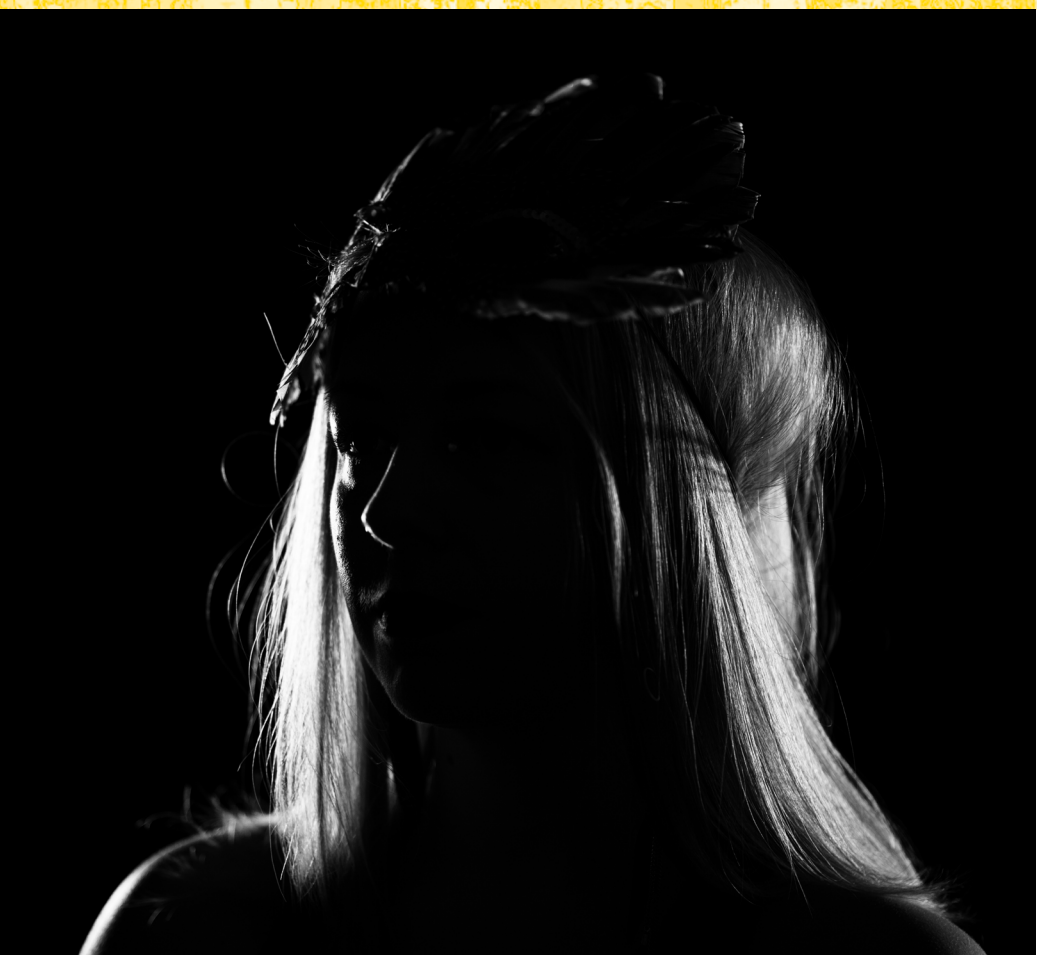
LOS 293-2



Losen Records LOS 293-2

ALICE & THE MOUNTAIN
STRIPPED

ALICE & THE MOUNTAIN STRIPPED



RED This is a tribute to autumn, about the sadness and solitude one often feels when the seasons change from warm to cold, how the world gets smaller and closes in on you, but also the love for holding on to the feeling of loneliness.

The way autumn always surprises you with solitude, coldness, beauty, aching and yearning also reminds me of the different stages of love and heartbreak.

BIG CITIES This song is about the feeling of not fitting in, but mostly it's about the beauty of nature and how we so often forget to just exist and relax in a society of always wanting more, getting somewhere, being more, being better. It's about feeling trapped in an urban world, and my personal need to be close to the sea, the woods and the fields, away from the chaotic cities where everyone is so obsessed with getting somewhere all the time.

LITTLE THINGS This is your typical love song about the naive first, big love. How the little things mean so much and don't always turn out to be what you needed. How it is so hard to let go because it's what you think you want.

OCEAN About being young and trying to find your place in the world. All the missteps and all the mistakes and hurt one goes through on the path to becoming a grownup. It's also about the feeling of being trapped in adolescence and how it can feel hopeless, lonely, scary and painful to step into something new and unknown.

FIREFLIES A composition celebrating hope, even when everything feels hopeless.

THE OWL The wholesome one. A composition about having the confidence and courage to believe in yourself and that you can take on the world and get through the hardship of life.

The importance of having someone you care about who also cares about you, someone who can make you realise you don't have to go through the struggles of life alone.

STRANGER When you think you know someone and realise that knowing someone to the core is an impossible mission. When they do something you never knew them to be capable of. How it can be both shocking and hurtful to a point where the person slowly fades away and you are left with a little less of the ability to trust someone.

RESTING PLACE This one is for Yngve, my amazing brother.

Bernt's thoughts about the recording process

We recorded the album at Dakkota Studio (a former barn) in Hamar, Norway. Me and Silje have been working together for some time and we have performed numerous concerts as a duo over the years. It was natural to do the recording in the same way as our live performances. Silje was standing right next to me and you can hear her moving around the microphone for the dynamics and all the mechanical noises of the superb upright piano I had the pleasure of playing. As honest as it can get, just Silje and me playing together.