

IN THE FOREST - BIOGRAPHY

In the forest are an indie-folk band from Hertfordshire, featuring two sisters and two couples.

In 2017, the four musicians escaped to Devon for a break from reality. Sat in a cosy cottage one evening, they wrote their first song '*On the run*' which is featured on their debut EP (released 17th June 2020).

Their natural ease of working together (and the fusion of styles) created a unique sound, underpinned by their natural and instinctive four-part harmonies and close chemistry.

They spent most of 2018 experimenting. With four experienced singer song-writers each bringing different influences - from folk, roots, reggae to pop, they soon had material ready to share with an audience.

Breaking the traditional line-up, with each song featuring a different member on lead vocals, the variety in their live show has kept audiences intrigued as to what might come next.

A range of influences, from sweet folk melodies, entwined with rootsy undertones and melodic keyboards, led them to composing and releasing their first single '*Tired*' in 2019.

In the forest have made numerous radio appearances in 2019-20, most recently BBC Three Counties - showcasing their new EP (listen here).

In the forest have worked hard on the live circuit since their formation. A diverse array of performances (from festival and support slots to in-store appearances) has led to a buzz within the local music scene, interest from the music industry and a growing loyal fanbase.

On May 28th 2020, independent record label [Last Night From Glasgow](#) added **In the forest** to their stable of artists. The band and label look forward to the releases they are planning together in the very near future.

BACKGROUND

Alex Lee-Richards (vocals/guitar/bass/keys)

- **Alex** used to play keys in Watford indie-rock band [Mohair](#). Since then he has gone on to establish himself as an in-demand session musician, playing for the likes of [The Bluetones](#), [PP Arnold](#), [Joan Armatrading](#) and most recently [Sophie Ellis-Bextor](#).

Bob Harwood-Stamper (vocals/guitar/bass/mandolin)

- **Bob** is the former frontman for Hemel Hempstead's [Sweetcornbread](#) - a high-energy, eclectic, rootsy outfit who were guaranteed to get you up dancing every time.

Rachel Harwood-Stamper (vocals/uke)

Becky Lee-Richards (vocals)

- **Rachel** and **Becky** were members of female folk-harmony group [The Midnights](#) (also based in Hemel Hempstead). Highlights of their time with the band include supporting The Bluetones on their 2016 tour together with numerous festival appearances.

INFLUENCES

With a heavy folk influence, Becky and Rachel are huge fans of The Staves, The Roches, First Aid Kit, This is the Kit and Mountain Man. Alex is a Beatles and 60s nut and Bob is a huge fan of Gomez. They all love Fleetwood Mac.