

# Freight release new album

'Songs From Inside' out now

'Songs From Inside' is the new album from Edinburgh based duo Freight. The musicians, who play regularly around the capital, have been buried in the studio working on their latest product since the beginning of 2006.

A follow-up to debut EP The Juniper Recordings, this 14-song album demonstrates every string on the Freight bow.

From the dynamic and climactic feel of 'Inside' to the folky 'TV', the funky 'Decade' to the unusual 'All About The Freedom' - no song on this album sounds the same.

Although most tracks are guitar based, Norval Barclay's harmonica and Adam Morris' flute can be heard throughout.

Members Morris and Barclay met at a city open mic night in 2002, and came together as Freight a few years later.

They got straight to work on the first EP, before realising they had more than enough material for a full album.

"It was more a case of what to leave out than what to include," said Barclay, son of Edinburgh comic and broadcaster Bill Barclay.

"The first song we ever learned was 'Inside', and everything has just followed on from that song, hence the name of the album."

He continued: "It was a hard slog and at times frustrating, but I feel it's a great product and one of which we're extremely proud. Now all we have to do is get it out there."

Both 'Songs From Inside' and the 'Juniper Recordings' were recorded in Norval's studio - based in a metal container in Juniper Green, on the outskirts of the city.

"We began at the start of the year and I used to head out there after work and at times it could be so cold you could barely put your fingers on the fret board," said Morris, who works as a journalist in Fife.

"But summer came and when I had time off we spent whole summer days putting down ideas and tweaking tracks. It's something I'll always

## freightmusic.com

remember, it's a great place to swap ideas and there are no distractions, which is why we progressed with it pretty quickly."

Freight play together at least twice a week - predominantly cover gigs to help fund the album and other projects.

Although cover gigs dictate you must play some songs everyone knows, the band always slip in five or six of their own.

Not wanting to rest on their laurels, four further songs have been recorded since the release of the album, with several more on the way.

"We're both reasonably prolific song writers so we try and get as much down as possible," added Barclay. "We thought it was important not to get the album finished then not record and become stale. This keeps us interested and maintains the creative juices."

Morris pointed out: "We've played together for quite a long time now and spent hours side by side recording and exchanging ideas, so we know who's good at what and how to complement each other. It's a great mix and one we'll continue to build on."

*For more information visit [freightmusic.com](http://freightmusic.com),  
email [post@freightmusic.com](mailto:post@freightmusic.com) or phone  
0776 252 3928.*

*To listen to Inside and three other tracks go to  
[www.myspace.com/freightmusic](http://www.myspace.com/freightmusic).*

## myspace.com/freightmusic