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TRAMPLED BY TURTLES RETURN ON MAY 4TH
WITH THEIR FIRST ALBUM IN FOUR YEARS
LIFE IS GOOD ON THE OPEN ROAD

MINNESOTA SEXTET UNVEILS NEW TRACK “KELLY’S BAR” AND
ANNOUNCE SPRING TOUR

Nashville, TN — Celebrated Minnesota sextet Trampled By Turtles have announced the May 4th release of their long-awaited new album *Life Is Good On The Open Road*. After an indefinite hiatus, the group returns with their first new album in four years, consisting of 12 new songs that feature Trampled By Turtles’ signature blend of rock, folk, punk, country and their brand of progressive bluegrass. The group just released the album’s opening track, the high-energy romp “Kelly’s Bar.” Listen [HERE](#).

Life Is Good On The Open Road is the welcome return that the group’s legions of passionate fans have been waiting for. Led by the songwriting of lead singer Dave Simonett, the new songs touch on key elements from the entire spectrum of Trampled By Turtles body of work, while creating something that sounds fresh and invigorated. Simonett, and bandmates Erik Berry, Ryan Young, Dave Carroll, Tim Saxhaug and Eamonn McLain reunited at a cabin in the Minnesota woods to see if the special chemistry they once shared still existed. It did not take long for the magic to reveal itself with a renewed sense of purpose and the result shines brightly on *Life Is Good On The Open Road*.

From the frenetic energy of “Blood In The Water” to the mournful beauty of the title track, *Life Is Good On The Open Road* covers a gamut of thoughts and emotions. Simonett’s pensive lyrics and affecting vocals on tracks such as “We All Get Lonely” and “Thank You, John Steinbeck” strike a deep chord through relatable experiences. The disillusionment of “I Went To Hollywood” tells the story of a failed adventure, while the addictive skiffle of “The Middle” finds the protagonist reflecting on limitations created by personal choices.

After 15 years of recording, captivating high-energy live shows and Simonett’s writing, Trampled By Turtles have built a large and loyal fanbase that pack venues from coast to coast. The band has announced a spring tour where they will play multiple nights in halls such as Washington, DC’s 9:30 Club, Chicago’s Thalia Hall, St. Paul’s Palace Theatre, and headline major venues that include Nashville’s Ryman Auditorium, Oakland’s Fox Theatre and Red Rocks Amphitheatre in

Morrison, Colorado. Supporting acts include Deer Tick, Hiss Golden Messenger, The Oh Hellos and more. See full list of tour dates below.

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Trampled By Turtles Upcoming Tour

May 4 – **St. Paul, MN** – The Palace Theatre ^^
May 5 – **St. Paul, MN** – The Palace Theatre ++
May 6 – **Madison, WI** – Capitol Theater \$\$
May 8 – **Boston, MA** – House of Blues **
May 9 – **Philadelphia, PA** – Union Transfer **
May 11 – **New York, NY** – Playstation Theater **
May 12+13 – **Washington, DC** – 9:30 Club **
May 15 – **Raleigh, NC** – Ritz **
May 17 – **Asheville, NC** – Highland Brewing Company **
May 18 – **Nashville, TN** – Ryman Auditorium **
May 19+20 – **Chicago, IL** – Thalia Hall ##
June 21 – **Tahoe, NV** – Montbleau @@
June 22 – **Oakland, CA** – Fox Theatre @@
June 23 – **San Diego, CA** – Humphreys Concerts By The Bay @@
June 27 – **Seattle WA** – Woodland Park Zoo @@
June 29 – **Portland, OR** – Oregon Zoo Amphitheater @@
June 30 – **Vancouver, BC** – Commodore Ballroom @@
July 19 – **Morrison, CO** – Red Rocks Amphitheatre &&
July 21 – **Missoula, MT** – KettleHouse Amphitheater XX
July 22 – **Bozeman, MT** – Bridger Brewing XX

More to come

^^ – The Pines
++ – Frankie Lee
\$\$ – Dead Horses
** – Hiss Golden Messenger
– Actual Wolf
@@ – Deer Tick
&& – The Oh Hellos + Dead Horses
XX – The Lil Smokies