

Short (300 characters, 50 words):

Avalon Stone is a Kitchener alt-rock artist turning desire, self-doubt, and unsent words into heavy, grunge-soaked rock. Known for high-energy, emotionally intense live shows, she has opened for major rock acts and played internationally. She enters her LOUD era with music that asks: can you hear me now?

Medium (600 characters, 90 words)

Avalon Stone is a Kitchener, Ontario alt-rock artist with a sound rooted in '90s grunge and sharpened by modern rock weight. Her songs turn desire, self-doubt, emotional intensity, and the words you wrote down but never sent into rock music that feels like a secret finally hitting the speakers. On stage, Avalon is magnetic: a voice that cuts through the room, heavy guitars, and a live show that turns tension into release. After sharing stages with The Goo Goo Dolls, Big Wreck, JJ Wilde, and The Beaches, Avalon enters her LOUD era with music that asks one question: can you hear me now?

Long Bio:

Avalon Stone turns inner thoughts into heavy, grunge-soaked alt rock.

From Kitchener, Ontario, Avalon's sound pulls from the grit of '90s grunge and the weight of modern rock, built on heavy guitars, cutting vocals, and songs that feel like private thoughts pushed through a wall of amps. Her music lives in the space between what people feel and what they can actually say: desire, self-doubt, resentment, attraction, overwhelm, heartbreak, and the words written down but never sent.

Avalon's songs live in contradiction: wanting something real and wishing you could want less; looking good and still feeling like shit; opening up and watching someone shut down; smiling because it kept the moment easier. Her writing sits in the aftershock of conversations, the notes that never got sent, and the feelings that kept getting louder until they became songs.

That tension sits at the centre of Avalon's LOUD era.

The title track is hungry, playful, physical, and alive. It is desire with its volume up: "Can you hear me now?" and "Give me something I can bury my teeth in." But LOUD is not only about volume. It is about what finally breaks through after the freeze, the overthinking, the self-doubt, and the silence that gets too crowded.

On stage, Avalon turns that inner world outward. A performer since childhood with more than 300 shows behind her, she has opened for major rock acts including The Goo Goo Dolls, Big Wreck, JJ Wilde, and The Beaches, and brought her music to international festival stages. Her live show feels like a full-body collision with something real: heavy guitars, high energy, and the kind of release that makes quiet feelings physical.

Produced by Chris Dimas, LOUD is a new chapter in a bigger story: a sound shaped by chaos, resilience, and built for people who feel deeply, want intensely, love hard, and still keep reaching for something real.

This is not music for the faint of heart.

This is your music.

Can you hear me now?

A few words from her fans:

"Stone is quickly cementing her status as a worthy up-and-comer in Canada's alt-rock world. Expect to see her name pop up a whole lot more this coming year." - [Exclaim Magazine](#)

"In Avalon Stone's music, you can feel the sacred fire of rock burning brightly" - [Edgar Allen Poets](#)

"Avalon Stone isn't shy of being wholeheartedly real, even if it means speaking of authentic pain, the repercussions of which she's still living through." - [Existential Magazine](#)

"She's bringing the pain with overdrive and gain." - [Sinusoidal Music](#)

"(Avalon Stone's) sound is deeply rooted in the gritty embrace of '90s grunge like Alice In Chains, Cranberries and Nirvana, yet she rejuvenates the classic genre with a contemporary, sharp edge. The Kitchener artist's soaring vocals resonate deep within, echoing long after the last note has played." - [The Tinnitist](#)

"I saw this band last night... and I'm going to *try* to restrain myself here: this band kicked ass. I mean take-your-breath-away good... and the singer, her voice literally gave me chills." - Fan

"I saw you guys for the first time last night and you honestly rocked my world. Your talent is indescribable. it was one of the best live performance experiences of my life!" - Fan email

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FOR EP Release Add:

Across the EP, that intensity takes different forms. “Make Me Sick” turns dismissal into resentment. “Running To You” captures the pull of a cycle you know hurts and return to anyway. “Reach For Me?” sits in the ache of giving more and somehow feeling less enough. “Make You Happy” holds the weight of love that had to be put down. “So Close” pushes the body and mind to the edge of what they can carry. Together, the songs circle one question in different ways: can you hear me now?

SONGWRITING BIO

Channeling influences like Alice In Chains and the Warning, alt-rock's newest powerhouse, Avalon Stone, delivers passion with distortion. With lyrics that delve into the mind's deep recesses, she resonates with listeners, offering both vulnerability and power. Her stage show is a magnetic blend of raw youthful authenticity and professionalism built over 300 captivating shows in the last decade (starting at age 10). After sharing stages with acts like Big Wreck and Kim Mitchell in 2023, this summer she will be supporting bands like The Goo Goo Dolls, The Trews, The Beaches and JJ Wilde. Her debut album Chained is releasing through 2024, including songs written with Rob Wells (Justin Bieber, Micheal Buble, Alan Doyle) and Martin Sutton (Celine Dion, Lee Ann Rimes, Backstreet Boys), and produced by Juno winning producer Kevin Dietz. And she won't stop there, her sophomore album is already underway.

A new generation of rock emerges as Avalon Stone infuses passion with distortion. Channeling influences like Alice in Chains and Evanescence, audiences are captivated by her youthful authenticity, raw lyrics, soaring vocals, searing riffs, and her epic live performance grown from over 300 festival and venue shows. We loved her this summer with The Goo Goo Dolls, The Trews, The Beaches and JJ Wilde. Her debut EP 'Chained', produced with multi-Juno winner Kevin Dietz releasing this spring.

