Short Bio:

Lydia Rose is a Northern Minnesota singer-songwriter whose story has always been intertwined with music.

Raised in a family of working musicians, she grew up on the side of the stage before eventually finding her place at the center of it.

Over the years, Lydia has evolved through family bands, stripped-down acoustic projects, and full-band stages, developing a sound rooted in country storytelling, organic instrumentation, and the places and people that raised her. Her journey has taken her from packed hometown shows to performances on PBS’s Backroads and opportunities to open for nationally recognized artists.

Today, Lydia has returned to what feels most like home: honest songs, a tight-knit group of musicians, and a sound that doesn't try too hard to be anything other than her own.



Long Bio:

Long before Lydia Rose knew what it meant to pursue music, she knew what it felt like to be on a stage.

Raised in Northern Minnesota in a family full of musicians, Lydia spent much of her childhood around live music. Her dad, Joe, gigged throughout her upbringing, and some of Lydia's earliest performances involved climbing onstage with his band to sing “Five Little Speckled Frogs” to packed bars. Somewhere in those early years, the stage stopped feeling like somewhere she visited and started feeling like somewhere she belonged.

Years later, after moving back home, Lydia went to see her dad and brothers perform with their band, The Racoon Antlers. What was supposed to be a visit turned into the beginning of something new. Together, they formed Lydia Rose and the R.A. Boys—a family band that spent the next several years playing shows, building a following, and giving Lydia some of the most formative years of her musical life.

Momentum was growing, and Lydia and her dad were preparing to take music full-time when COVID brought live music to a halt.

At the time, it felt like everything had stopped. Looking back, Lydia sees it differently. There was still growing to do.

The next chapter became 2 Towns Down, a stripped-back duo with her dad that eventually became a trio after Kyle joined them onstage “just for fun” one night and, essentially, never left. That season brought Lydia back to the heart of why she loved performing in the first place: good songs, good people, and the kind of connection that doesn't require a massive production to feel important.

Her music continued evolving. A six-piece band helped bring a bigger vision to life while recording her original project, Everflow, and Lydia's career began carrying her beyond the places where it started. Along the way, she's performed for crowds of more than 2,000 in her hometown, appeared on Season 9 of PBS's Backroads, and has opened for nationally recognized artists.

But for all the bigger stages and opportunities, Lydia keeps finding her way back to something simpler.

Today, she performs primarily as a duo or trio, adding a drummer when the stage calls for it. It's an intentionally uncomplicated setup—one that leaves room for the songs, the stories, and the people playing them.

Maybe that's fitting for an artist whose career has never followed a perfectly straight line.

It's been family bands and barrooms. Small stages and big ones. Plans that worked and plans that didn't. Years of figuring out which parts of music felt like home and which ones didn't.

And through every version, Lydia Rose has remained exactly that: Lydia Rose.

Not a character. Not simply a band name. An artist shaped by Northern Minnesota, by family, by years spent playing live, and by a belief that the best music doesn't have to shout to make you listen.

There is still plenty of road ahead and Lydia seems perfectly comfortable letting the next chapter unfold in its own time.

