

HERONS

HERON LORE

Arcana DC 10: Herons have a layer of special feathers known as "powder down", which crumble into a fine dust that they groom through the rest of their feathers with a comb-like ridge that runs down their middle toe, a substance highly prized for its use as a fixative for waterproofing spellbooks.

Nature DC 5: Most heronries are located in the branches of coastal forests and can house dozens or hundreds of the birds. Though herons are extraordinarily light for their size, even for birds, too large to nest in trees tend to cluster in smaller groups on cliff faces or among dense reed-copses.

When hunting, herons stride through shallow waters in search of prey to impale with their spear-like beaks, their slender legs and webbed feet perfectly adapted to cutting through water and spreading their weight across unstable ground.

Nature DC 15: Heron spines double back on themselves within their necks, creating the kinked resting S-shape characteristic of the birds and allowing them to send their heads spearing downward with blinding speed and lethal force. Unlike most long-necked birds, herons fly with their heads held close, rather than extending their necks.

HERON TACTICS

If surprised or confronted by creatures larger than themselves, herons begin combat by taking the Dodge action and using their Extend Neck each turn, then flee if attacked, but attack otherwise. Herons facing creatures smaller than themselves instead try to knock them prone, then pin them with their Taloned Pin, ideally in shallow water to prevent their breathing.

Once a creature is prone and grappled, they use their Death Blow and Extend Neck at every opportunity until their prey is killed or they are driven off. If the heron has or can gain concealment, it instead begins combat with its Rased Bark. If reduced below half their hit points, herons will regurgitate their previous meal at the nearest creature and Dash away to flee.

GREY HERON

Small beast, unaligned

Armor Class 12
Hit Points 3 (1d6)
Speed 30 ft., fly 40 ft.

STR	DEX	CON	INT	WIS	CHA
6 (-2)	14 (+2)	10 (+0)	2 (-4)	14 (+2)	7 (-2)

Skills Perception +4
Senses Darkvision 30 ft., Passive Perception 14
Challenge 0 (10 XP)

Deceptive Neck. When a creature the heron can see scores a critical against it, roll a d20. On an 11-20, the critical becomes a miss.

Mudstrider. The heron ignores negative effects from moving over terrain composed of mud or shallow water.

Actions

Clacking Snap. Melee Weapon Attack: +0 to hit, reach 5 ft., one target. Hit: 1 piercing damage.

Rased Bark (1/Day). The heron croaks out a dreadful sound. Each creature within 30 feet that can hear, but not see the heron must succeed on a DC 10 Wisdom saving throw or be Frightened until the beginning of the Heron's next turn.

Bonus Actions

Extend Neck. The heron extends its neck, raising up to its full height and making a Wisdom (Perception) check to detect any hidden creatures nearby.

GOLIATH HERON

Medium beast, unaligned

Armor Class 12

Hit Points 11 (2d8 + 2)

Speed 30 ft., fly 40 ft.

STR	DEX	CON	INT	WIS	CHA
9 (-1)	15 (+2)	12 (+1)	2 (-4)	14 (+2)	7 (-2)

Skills Perception +4

Senses Darkvision 30 ft., Passive Perception 14

Challenge 1/4 (50 XP)

Deceptive Neck. When a creature the heron can see scores a critical against it, roll a d20. On an 11-20, the critical becomes a miss.

Mudstrider. The heron ignores negative effects from moving over terrain composed of mud or shallow water.

Actions

Dagger-Sharp Bill. Melee Weapon Attack: +4 to hit, reach 5 ft., one target. Hit: 7 (2d4 + 2) piercing damage.

Taloned Pin. Melee Weapon Attack: +4 to hit, reach 5 ft., one prone target. Hit: The target is grappled (escape DC 12) until the heron moves.

Chest Slam. The heron collides with a Medium or smaller creature within 5 feet, forcing it to succeed on a DC 12 Strength saving throw or be knocked prone.

Rasped Bark (1/Day). The heron croaks out a dreadful sound. Each creature within 30 feet that can hear, but not see the heron must succeed on a DC 11 Wisdom saving throw or be Frightened until the beginning of the Heron's next turn.

Bonus Actions

Extend Neck. The heron extends its neck, raising up to its full height and making a Wisdom (Perception) check to detect any hidden creatures nearby.

SHORETOWER HERON

Large beast, unaligned

Armor Class 13

Hit Points 45 (6d10 + 12)

Speed 40 ft., fly 40 ft.

STR	DEX	CON	INT	WIS	CHA
13 (+1)	17 (+3)	14 (+2)	2 (-4)	14 (+2)	9 (-1)

Skills Perception +4

Senses Darkvision 30 ft., Passive Perception 14

Challenge 2 (450 XP)

Deceptive Neck. When a creature the heron can see scores a critical against it, roll a d20. On an 11-20, the critical becomes a miss.

Mudstrider. The heron ignores negative effects from moving over terrain composed of mud or shallow water.

Actions

Dagger-Sharp Bill. Melee Weapon Attack: +5 to hit, reach 5 ft., one target. Hit: 10 (2d6 + 3) piercing damage.

Chest Slam. The heron collides with a creature within 5 feet, forcing it to succeed on a DC 13 Strength saving throw or be knocked prone.

Death Blow (Recharges when the heron uses its Extend Neck). The heron strikes a prone creature with blinding speed, making a Dagger-Sharp Bill attack against it. If the attack hits, it scores a critical.

Rasped Bark (1/Day). The heron croaks out a dreadful sound. Each creature within 30 feet that can hear, but not see the heron must succeed on a DC 12 Wisdom saving throw or be Frightened until the beginning of the Heron's next turn.

Bonus Actions

Taloned Pin. Melee Weapon Attack: +5 to hit, reach 5 ft., one prone target. Hit: 5 (1d4 + 3) piercing damage and the target is grappled (escape DC 13) until the heron moves.

Extend Neck. The heron extends its neck, raising up to its full height and making a Wisdom (Perception) check to detect any hidden creatures nearby.

WHALEBORE HERON

Huge beast, unaligned

Armor Class 14

Hit Points 94 (11d12 + 33)

Speed 40 ft., fly 40 ft.

STR	DEX	CON	INT	WIS	CHA
15 (+2)	19 (+4)	16 (+3)	2 (-4)	14 (+2)	9 (-1)

Skills Perception +5

Senses Darkvision 30 ft., Passive Perception 14

Challenge 6 (2,300 XP)

Deceptive Neck. When a creature the heron can see scores a critical against it, roll a d20. On an 11-20, the critical becomes a miss.

Mudstrider. The heron ignores negative effects from moving over terrain composed of mud or shallow water.

Actions

Multiattack. The heron makes two attacks with its Whalebore Bill, each of which it can replace with a use of its Chest Slam or its Death Blow, if available.

Whalebore Bill. Melee Weapon Attack: +7 to hit, reach 5 ft., one target. Hit: 14 (3d6 + 4) piercing damage.

On a critical hit, the target begins **Bleeding** (1d6)

Chest Slam. The heron collides with a creature within 5 feet, forcing it to succeed on a DC 13 Strength saving throw or take 9 (2d8) bludgeoning damage and be knocked prone.

Death Blow (Recharges when the heron uses its Extend Neck). The heron strikes a prone creature with blinding speed, making a Dagger-Sharp Bill attack against it. If the attack hits, it scores a critical.

Rasped Bark (1/Day). The heron croaks out a dreadful sound. Each creature within 30 feet that can hear the heron must succeed on a DC 14 Wisdom saving throw or be Frightened until the beginning of the Heron's next turn.

Bonus Actions

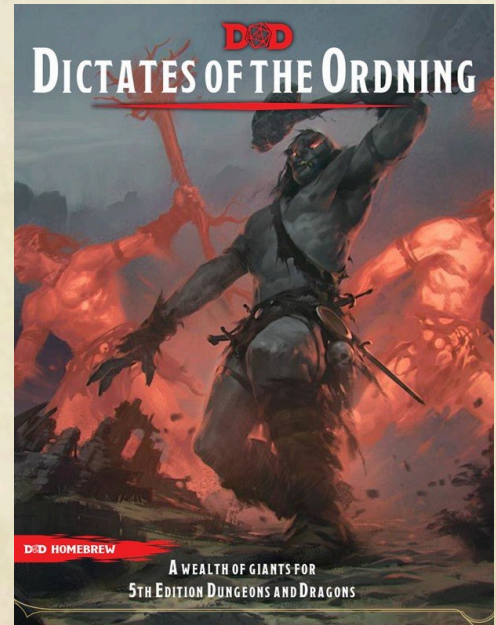
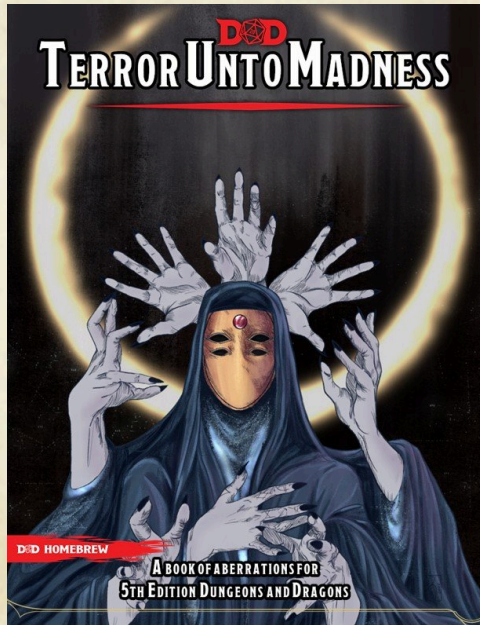
Taloned Pin. Melee Weapon Attack: +7 to hit, reach 5 ft., one prone target. Hit: 7 (1d6 + 4) piercing damage and the target is grappled (escape DC 15) until the heron moves.

Extend Neck. The heron extends its neck, raising up to its full height and making a Wisdom (Perception) check to detect any hidden creatures nearby.

ART CREDITS

- Heron of Hope by Daarken
- Bisk, Goblin King by [Rae Elderidge](#)

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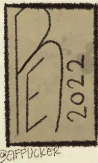
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A large illustration of a green goblin-like character with a crown, sitting on a pile of gold coins. The character is holding a glowing orb. Surrounding the character are stacks of gold coins, books (one titled 'CONFLUX CREATOR'S NASTY BOYS'), scrolls, and dice. Several 'Become a patron' buttons are scattered around the scene. A small blue dragon and a lion are also visible at the bottom.



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