

Name: Trow

Medium Fey, Neutral

Armor Class: 15 (natural armor)

Hit Points: 110 (13d8 + 52)

Speed: 40 ft.

STR: 18 (+4)

DEX: 16 (+3)

CON: 18 (+4)

INT: 10 (+0)

WIS: 14 (+2)

CHA: 10 (+0)

Skills: Stealth +7

Senses: Darkvision 120 ft., passive Perception 12

Languages: Common, Sylvan

Challenge Rating: 6 (2,300 XP)



**Magic Resistance:** The Trow has advantage on saving throws against spells and other magical effects.

**Innate Spellcasting:** The Trow's innate spellcasting ability is Wisdom (spell save DC 14). It can innately cast the following spells, requiring no material components:

At will: darkness, pass without trace

3/day each: invisibility, dimension door

1/day each: blight, shadow step

## Actions

**Multiattack:** The Trow makes two attacks: one with its longsword and one with its handaxe.

**Longsword:** Melee Weapon Attack: +7 to hit, reach 5 ft., one target. Hit: 11 (2d6 + 4) slashing damage.

**Handaxe:** Melee or Ranged Weapon Attack: +7 to hit, reach 5 ft. or range 20/60 ft., one target. Hit: 7 (1d6 + 4) slashing damage.

**Invisibility:** The Trow magically turns invisible until it attacks, casts a spell, or uses its Shadow Step, or until its concentration is broken (as if concentrating on a spell). Any equipment the Trow wears or carries is invisible with it.

**Shadow Step:** The Trow magically teleports up to 60 feet to an unoccupied space it can see. It then has advantage on the first melee attack it makes before the end of the turn.

## Legendary Actions

The Trow can take 3 legendary actions, choosing from the options below. Only one legendary action option can be used at a time and only at the end of another creature's turn. The Trow regains spent legendary actions at the start of its turn.

Attack: The Trow makes one longsword or handaxe attack.

Move: The Trow moves up to its speed without provoking opportunity attacks.

Invisibility (Costs 2 Actions): The Trow uses its Invisibility ability.

Description: A Trow is a supernatural creature that is typically found in Shetlandic folklore. It's believed that Trows are nocturnal creatures that come out at night. They're known for their mischievous behavior and have been known to play pranks on humans. In some cases, they're even said to be able to shape-shift into other forms.

### *Physical Description of the Trow*

The Trow is often described as a small, ugly creature. They're typically around three feet tall and have a hunchback. They have long arms that reach down to their knees and are said to have a lot of strength for their size. The Trow is often described as having a large nose, pointy ears, and small eyes. They're covered in thick hair that ranges from brown to black.

The Trow's hair is said to be very wiry and unkempt, giving them a scruffy appearance. They have a wide mouth with sharp teeth and a long, thin tongue. The Trow's hands are said to be large and have long, sharp nails. They're often depicted wearing ragged clothing made of animal skins or moss.

### *The Trow's Behavior*

The Trow is known for its mischievous behavior. They're often blamed for stealing objects, hiding tools, and even kidnapping children. In some cases, they're said to be able to shape-shift into other forms, such as a black dog, horse, or even a bird. It's believed that Trows have a weakness for music and that they can be lured out of hiding by playing an instrument.

Trows are typically nocturnal creatures, and it's said that they're most active during the winter months. They're known to be very territorial and can be dangerous when provoked. It's believed that they live in underground chambers, known as Trowie Knowes, which are said to be filled with treasure.

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