

The Shrine Beneath the Falls

A one-page adventure for 3–5 characters, levels 2–4

Adventure Summary

Long ago, a druidic shrine was built behind the roaring Myrren Falls to guard a relic of rebirth: the Heartseed. Now, something has stirred the waters — the Heartseed's power bleeds into the forest, twisting life and death alike.

Adventure Hooks

- Whispers in the Water — Locals claim to hear voices calling from the falls.
- Missing Pilgrims — A group of acolytes vanished while attempting to cleanse the shrine.
- Bounty from the Baron — The local lord offers gold for proof the disturbance is ended.

Read-Aloud Text

The thunder of the falls drowns your thoughts. A narrow trail leads behind the curtain of water, into a dark hollow where green light pulses like a heartbeat. The air smells of moss and blood.

1. Behind the Falls

Slick stone walkway; DC 12 Dexterity save or slip. The Heartseed's glow casts faint motes of light, revealing ancient carvings of trees and moons. A faint humming vibrates through the stone.

GM Note

Characters who spend a moment listening hear a second pulse — not in rhythm with the falls. It's alive.

2. Shrine Chamber

Circular cavern, half-flooded. Stone dais holds a broken altar; water drips through cracks above. A once-holy sigil reveals this place was meant to restrain the Heartseed, not worship it.

d6	Shrine Disturbance
1	A swarm of fish bones swims in formation.
2	The water rises unnaturally fast.
3	A ghostly druid appears, pleading for release.
4	The altar trembles — something moves beneath it.
5	A root bursts from the floor, striking a random creature.
6	The Heartseed pulses, restoring 1d4 HP to nearby creatures.

3. The Heartseed's Guardian

A twisted guardian of bark and bone defends the relic, grown from the Heartseed's corrupted essence.

Stat Block Placeholder: The Heartseed Guardian

Medium plant construct, Neutral. HP 45 (6d8+18), AC 13. Attacks: Root Slam (+4 to hit, 1d10+2 bludgeoning). Traits: Regenerates 5 HP/round while touching water; Fire Vulnerability.

Tactical Tip

If players try to purify rather than destroy the Heartseed, they can win by creative play. Reward ingenuity.

Resolution

Purify the Heartseed: The forest heals. Destroy it: the shrine collapses in wild magic. Claim it: gain regenerative power and corruption.