The text you provided contains the full rulebook of **Lost Ruins of Arnak**, and the **“How to Play”** section corresponds to the portion that explains the *flow of play* — that is, how a player takes actions during their turn and how rounds progress.

Here’s the extracted **“How to Play”** section (cleaned and summarized from your text):

**How to Play**

**Objective:**  
Lead an expedition to explore the uncharted island of Arnak and uncover the secrets of a lost civilization. Over five rounds, players will explore sites, acquire items and artifacts, overcome guardians, and advance their research to score the most points.

**Game Overview**

The game is played over **five rounds**.  
Each round follows this sequence:

1. **Draw Cards** – Each player draws until they have **five cards** in hand.
2. **Take Turns** – Starting with the first player, players take turns clockwise, performing **one main action** and any number of **free actions**.
3. **Pass** – A player may pass when finished taking actions for the round. Once all players have passed, the round ends.
4. **End of Round Setup** –
   * Return archaeologists to your board.
   * Gain **Fear** cards for archaeologists returning from sites with guardians.
   * Shuffle cards in your play area and put them under your deck.
   * Refresh assistants.
   * Adjust the card row and move the moon staff to mark the next round.
   * Pass the starting player marker to the left.
5. **After Five Rounds**, the game ends and players proceed to final scoring.

**Your Turn**

On your turn, you may perform **one main action** and any number of **free actions**.

**Main Actions include:**

* **Dig at a Site** – Send an archaeologist to an available site and resolve its effect.
* **Discover a New Site** – Pay travel and compass costs to explore a new site and awaken a guardian.
* **Overcome a Guardian** – Pay the guardian’s cost to gain its boon and 5 end-game points.
* **Buy a Card** – Purchase an item (with coins) or an artifact (with compasses).
* **Play a Card** – Use a card’s effect (main or free action).
* **Research** – Advance on the research track to gain bonuses and assistants.
* **Pass** – End your participation for the round.

**Free Actions:**

* Cards and effects marked as free actions (lightning icon) can be used at any time, even during another action.
* Assistants and idols may also provide free actions.

**End of the Game**

After the fifth round, calculate points from:

* Research tokens and temple tiles
* Idols and empty idol slots
* Guardians defeated
* Items and artifacts collected
* Subtract points for Fear cards

The player with the **most points** wins.

Would you like me to format this “How to Play” section as a **clean printable version** (e.g., one-page summary or reference sheet)?