

Middle-earth Ancestry Cards (Daggerheart Compatible)

Elves

Era	Elven Subtype	Lifespan & Culture	Ancestry Features (Daggerheart)
First Age – Third Age	Noldor (High Elves of Ñoldor) – Exiles of Valinor, House of Fëanor, Fingolfin, etc.	Immortal (undying unless slain); greatest in knowledge, crafts, and valor among Elves ¹ ² . Proud and ambitious, their Deep Elven culture built grand realms (Gondolin, Nargothrond) and forged legendary jewels (Silmarils).	Ancient Lore – When making a lore or craft action roll, you can mark 1 Stress to roll with Hope (advantage), reflecting the profound knowledge of the Noldor. Unbowed Pride – If you would roll with Fear (disadvantage) due to terror or intimidation, you may spend 2 Hope to negate the fear (roll normally). The fiery spirit of the Noldor resists despair and dread.
First Age – Third Age	Sindar (Grey Elves of Doriath & Beleriand) – Elwë's people, ruled by Elu Thingol and Queen Melian.	Immortal; Elves of Twilight who never saw the Two Trees (neither Calaquendi nor Avari) ³ . Developed a rich civilization in Beleriand nearly rivaling the High Elves ⁴ . Known for enchanting music and craftsmanship, but also a secretive, cautious nature. (They “did not complete the Great Journey” and lived under stars, hence called Grey-elves ³ .)	Starlit Vision – Accustomed to starlight, you ignore darkness penalties outdoors at night. You also roll with Hope on Perception checks in dim or star-lit conditions. Silver Tongue – The Sindarin language became widespread; you have advantage on social rolls when negotiating or inspiring across cultures (Elves or Men). Once per session, when leading allies in a perilous situation, you can grant one ally within earshot Hope on their next roll (the voice of a Sindar carrying weight and grace).

Era	Elven Subtype	Lifespan & Culture	Ancestry Features (Daggerheart)
Second Age – Third Age	Silvan (Wood-elves of Nandor descent) – e.g. Lothlórien, Mirkwood Elves.	Immortal; descended from the Nandor who left the Great Journey east of the Misty Mountains ⁵ . Culturally “not wicked, but distrustful of strangers... more dangerous and less wise” than High Elves ⁶ . They live hidden in forests, close to nature, with simple but potent woodland magic. Often ruled by Sindarin lords, they regained some lore in later Ages ⁷ .	Woodland Stride – You move effortlessly through forests. You ignore difficult terrain in wooded areas and roll with Hope on Stealth or Survival checks among trees (born of your woodcraft and caution). Wild Kinship – You can communicate basic intent to forest animals. Once per rest, you may mark 1 Stress to calm a natural beast or persuade it not to attack. Additionally, attempts to track or trap you in the wild are at Disadvantage (your people vanish like mist in their forests).
First Age – Third Age	Avari (East-Elves, “The Unwilling”) – various tribes of Elves who refused the Westward journey.	Immortal; known as Moriquendi (“Dark Elves”), they never saw Valinor’s light ⁸ . The Avari remained wild folk, dwelling in forests and far lands; “little is known of them” as they rarely appear in tales ⁹ . Some Avari later merged with Silvan realms or wandered isolated. Culturally secretive, skeptical of “Lords of the West,” and fiercely independent.	Keen Outsider – Having survived in secrecy, you have advantage on rolls to detect ambushes or hidden threats. Your senses are honed from constant vigilance. Reclusive Ways – When traveling in wilderness far from settlements, you can mark 1 Stress to automatically locate a hidden safe haven or escape path that others would miss. This reflects the Avari’s intimate knowledge of unexplored lands and ability to evade pursuit.

Elven Themes: All Elves are graceful and ageless, untouched by time. They do not sleep but meditate in waking **trance** (allowing memory of lore or an extra downtime action, per Daggerheart’s base Elf feature ¹⁰). Elven characters might take a **Celestial Trance** as a feature if using the core rules. Their presence often inspires awe in mortals. Noldor carry the light of Valinor and unyielding will; Sindar blend sorrow and beauty of Middle-earth; Silvan Elves embody the wild, cautious freedom of the woods; Avari remain an enigma – fiercely free, if less “wise,” yet no less elves at heart.

Dwarves

Era	Dwarven Ancestry	Lifespan & Culture	Ancestry Features (Daggerheart)
First – Fourth Age	Durin's Folk (Longbeards) – Clan of Durin, e.g. Khazad-dûm, Erebor Dwarves.	~250 years (royal line up to ~300); Oldest and most revered of the Dwarf clans ¹¹ . Originally from Khazad-dûm, founded by Durin I “the Deathless” ¹² . After the First Age, they welcomed Broadbeam and Firebeard refugees into Moria, greatly increasing their strength ¹³ . Known for establishing many halls and being great craftsmen and merchants ¹⁴ . They are proud, stalwart, and bear the longest beards of all (hence “Longbeards”).	Enduring Legacy – Gain +1 Hit Point slot at character creation (the hardness of Durin's line is legendary). Additionally, you age slowly; disease and poison have less effect on you (advantage on checks vs. disease/poison). Stone-sense – Underground, you have an intuitive sense for stonework. You roll with Hope on Perception or Investigation rolls to notice traps, hidden doors, or structural weaknesses in tunnels and caves. The Longbeards' ancestral affinity with the roots of the mountain ensures no passage goes unseen by your kin.
First Age (Blue Mountains); Third Age (Diaspora)	Broadbeams – Blue Mountains Dwarves (Belegost), later some in Moria and the Ered Luin.	~240 years; immensely stocky and strong even for dwarves (their name means broad and heavy build ¹⁵). Renowned as the greatest armour-smiths of all Dwarven kind ¹⁶ , having forged legendary armaments (the Dwarves of Belegost crafted mail that withstood dragon-fire). Culturally hearty and robust – famous for devouring great feasts (three meals a day with plenty of ale) ¹⁶ . Steady and congenial unless their pride is at stake.	Armorer's Craft – You have advantage on crafting or appraisal rolls related to armor and metalwork (your clan's skill at forging unrivaled armor ¹⁶ is in your blood). During downtime, you can repair damaged armor for yourself or an ally without a roll. Stout Constitution – The Broadbeams' love of hearty feasting has hardened you. You have advantage on saves or checks to resist poisons or intoxicants . In addition, once per session you can treat a “Minor” physical damage as negligible (no Hit lost) – padding and bulk absorb the blow.

Era	Dwarven Ancestry	Lifespan & Culture	Ancestry Features (Daggerheart)
First Age (Blue Mountains); Third Age (Diaspora)	Firebeards – Blue Mountains Dwarves (Nogrod), later scattered (some joined Durin's folk).	~240 years; known for ruddy or copper hair ¹⁷ and a fearless temperament “to the point of foolishness” ¹⁸ . Supreme smiths and weaponsmiths of their people ¹⁸ – in the First Age, the Firebeards of Nogrod forged mighty weapons (e.g. the knife Anglachel). Many perished in the downfall of Doriath and Beleriand ¹⁹ , leaving them the smallest clan thereafter. Culturally bold and warlike, often donning hideous war-mask helms in battle ²⁰ .	Fearless Assault – When you roll with Fear on an attack (disadvantage due to terror), you may spend 1 Hope to steady your nerves and roll normally instead. Your clan's valor ignores even dragon-fire and wrath ²¹ ¹⁸ . Master Weaponsmith – Your craftsmanship with weapons is legendary. You roll with Hope on any action to forge or repair a weapon. Additionally, once per combat you may expend 1 Stress to deal +1d6 bonus damage on a successful melee attack with an axe or sword (the favored arms of the Firebeards), as your finely honed weapon bites deep.
Various Ages (mostly hidden in the East)	Other Clans (Eastern Dwarves) – Ironfists , Stiffbeards , Blacklocks , Stonefoots .	~220–250 years; these four clans dwelt in the far East and North, seldom appearing in known history. Each had unique traits ²² ²³ – e.g. Ironfists were extremely warlike and xenophobic, distrusting even other Dwarves ²⁴ ; Stiffbeards were peaceful traders of the cold northeast ²⁵ ; Blacklocks were loyal, artistic jewel-smiths ²⁶ ; Stonefoots were the most reclusive and silent, with great heavy feet and secret halls ²³ . In the late Third Age, some Easterling dwarf clans may have sent warriors to aid Durin's Folk in the War of the Dwarves and Orcs ²⁷ ²⁸ .	Eastern Resolve – Having grown in harsh and distant lands, you gain an additional Stress slot (representing your clan's gritty endurance). Cultural Specialty – Choose one: <i>Ironfist's Ferocity</i> (once per combat, after you take damage, you may immediately make a counter-attack roll with Hope), <i>Stiffbeard's Cunning</i> (advantage on Hunting/ Fishing and stealth rolls in snowy or tundra environments), <i>Blacklock's Artistry</i> (roll with Hope on crafting or Appraisal checks involving gems or jewelry), or <i>Stonefoot's Solidity</i> (you cannot be forcibly moved or knocked prone while you have at least 1 Hope, reflecting your immovable stance). (<i>This represents the particular strengths of your chosen eastern clan.</i>)

Dwarven Themes: All Dwarven ancestries share a **stoneborn resilience** and craftsmanship. They see well in the dark underground and are resistant to poison. In Daggerheart terms, a Dwarf may have **Thick Skin**

or **Increased Fortitude** as features (e.g. marking Stress to soak damage) ²⁹. Each clan, however, adds its cultural twist: Longbeards with endurance and royal pride; Broadbeams with hearty strength and craft; Firebeards with bold courage and sharp steel; and the secretive Eastern clans with their varied, mysterious gifts. Dwarves are unwavering once their mind is set – **“Baruk Khazâd! Khazâd ai-mênu!”** (Axes of the Dwarves! The Dwarves are upon you!).

Humans (Men)

Era	Mannish Culture	Heritage & Traits	Ancestry Features (Daggerheart)
First Age (Beleriand)	Edain (High Men of the West – Houses of Bëor, Hador, Haleth) – Elf-allied Atanatári.	Mortal (lifespan ~70-90 years in First Age, though noble lines a bit longer). The Edain were <i>“tall, fair, and strong; noble in spirit, fierce in war, shunning all dealings with evil”</i> , and they loved the Eldar , learning great wisdom from them ³⁰ . These Three Houses of Men heroically fought Morgoth alongside the Elves. (They were rewarded after the War of Wrath with the isle of Númenor ³¹ .) Culturally, the Edain held honor, hope, and friendship with Elves as highest ideals.	Elf-friend – You begin play knowing the basics of Sindarin (Elven speech) and have advantage on social rolls when dealing with Elves. Once per session, if an Elf ally is present, you can draw on their inspiration to gain +1 Hope (one free Hope point) for a crucial action (reflecting the blessed bond between Edain and Eldar ³⁰). Mortal Determination – The Edain possess the Gift of Men (mortality) which drives them to great deeds. Once per rest , when you fail an action roll, you may mark 2 Stress to treat it as a success instead. This represents a desperate burst of resolve or sacrifice in the face of doom – a trait seen in Edain heroes who achieved victory at great personal cost.

Era	Mannish Culture	Heritage & Traits	Ancestry Features (Daggerheart)
Second Age (Númenor); Third Age (Dúnedain)	Númenóreans (High Men – Dúnedain of Númenor and their descendants in Arnor & Gondor).	Mortal, but extended lifespan – originally averaging 300+ years for common Númenóreans, up to 400–500 for those of the royal line ³² ³³ . Descended from the Edain, they were granted the star-shaped island of Númenor and “ <i>far longer life, greater height, and greater wisdom</i> ” as gifts of the Valar ³¹ . Númenóreans are tall (often 6’4” or more) and physically formidable ³⁴ . They became a highly advanced civilization of mariners, builders, and lore-masters – “ notable for highly advanced technologies and knowledge in art and science ”, creating medicines, metalwork, and great stone cities ³⁵ . Culturally, they possess pride in their heritage and a gravitas that can awe lesser men.	Blood of Westernesse – You gain +1 Stress slot at character creation (the hardiness and vigor of Númenórean blood ³¹ ³³). You also age more slowly: for every 3 years that pass, you only age 1 year in physical vigor. (<i>In game terms, long campaigns may reflect this in narrative rather than mechanics.</i>) Voice of Command – Númenóreans speak with authority and bearing. You roll with Hope on attempts to lead, inspire, or command others in battle or council. Once per session, you can spend 1 Hope to issue a powerful command (in Adûnaic or Elven tongue) that steels allies or quells foes: one ally who hears you immediately shakes off a Fear condition, or one enemy must reroll a successful attack roll (your daunting presence makes them falter).

Era	Mannish Culture	Heritage & Traits	Ancestry Features (Daggerheart)
Third Age (Gondor)	Gondorians (Men of Gondor – Dúnedain-descended populace of the South Kingdom).	Mortal (80–100 year lifespans by late Third Age, with nobility sometimes exceeding 100). The people of Gondor are a mixed folk : originally Númenórean colonists ruling over Middle Men, over millennia their blood intermingled ³⁶ . By the end of the Third Age, pure Dúnedain lineage is rare (seen in certain nobles like the House of Dol Amroth). Culture : Gondorians are highly civilized, heir to Númenor's legacy of stone-craft, scholarship, and warfare. They are generally tall, proud, and well-organized. Gondorian armies are disciplined and excel in siegecraft and defense of their white-walled cities. A Gondorian combines the wisdom of Númenor with the hardiness of more ordinary men.	Disciplined Formation – You have advantage on combat rolls when fighting in formation or defending a position shoulder-to-shoulder with an ally. If an ally is adjacent (Close range) to you and attacking the same foe, your attack rolls gain +1 (tactical coordination drilled into Gondor's soldiery). Heirs of Númenor – Though diminished, Gondor still keeps ancient lore. You can read and speak archaic tongues (Adûnaic and a working knowledge of Elvish). You roll with Hope on any Lore or History checks dealing with the Second or Third Age kingdoms ³⁷ . Once per session, you may recall a pertinent historical fact or strategy without needing a roll (the GM will reveal a useful piece of information), reflecting Gondor's extensive records and libraries in Minas Tirith.

Era	Mannish Culture	Heritage & Traits	Ancestry Features (Daggerheart)
Third Age (Rohan)	Rohirrim (Riders of Rohan – Northmen of the Mark).	Mortal (70–90 years). The Rohirrim are Middle Men – descendants of the Northmen of Rhovanion, distantly kin to the Edain ³⁶ . Known as the <i>Horse-lords</i> , they have a pastoral, Anglo-Saxon-like culture of mead-halls, rich oral tradition, and cavalry warfare ³⁸ ³⁹ . They value honor, open speech, and courage. The Rohirrim are tall, often blond, with great strength and love for their horses. In Middle-earth politics, Gondorians considered them less “cultured” but admired their valor (deeming them superior to the servants of darkness) ³⁶ . They are renowned for riding into battle with songs on their lips – during the siege of Gondor <i>“all the host of Rohan burst into song, and they sang as they slew, for the joy of battle was on them”</i> ⁴⁰ .	Horse-lords – You have advantage on any roll involving riding, taming, or caring for horses. When mounted and charging into combat, you may mark 1 Stress to deal an extra 1d8 damage on a successful melee hit (once per combat). The bond between a Rohirrim and their steed grants deadly momentum on the charge. Fey Song – Once per rest, as an action, you can sing a loud battle-song or horn call that heartens your allies. All allies within earshot (Close range) immediately gain 1 Hope or remove one Fear condition (your choice) ⁴⁰ . Additionally, you yourself become immune to Fear for the next 1d4 rounds, as the ancient spirit of Oromë (whom the Rohirrim call Béma ⁴¹) rides with you in your song.

Era	Mannish Culture	Heritage & Traits	Ancestry Features (Daggerheart)
Third Age (Dunland, Enedwaith)	Dunlendings (Wild Men of Dunland) – Hill-men of the White Mountains.	Mortal (60–80 years). The Dunlendings are a rustic people of old forested hills and highlands (descended from the Men who did <i>not</i> go to Beleriand or Númenor). They are shorter, swarthier, with dark hair – relatives of the ancient folk who once lived in Eriador and the White Mountains (some kin to the Haladin of the First Age, by lore) ³⁶ . History painted them as “sworn enemies” of Rohan, because the Rohirrim drove them from their lands; this bitterness endures in feuds and raiding. Culturally, they live in clannish villages, herding and hunting. They have a reputation as “wild men,” seen as barbarians by Gondor and Rohan, but they possess a proud oral tradition and deep love of their land. Many fell under Saruman’s sway in the war, but others simply wanted their homelands back.	Hillfolk Stealth – You are adapted to rugged terrain. You ignore movement penalties in hills, moors, or dense brush. In addition, you roll with Hope on Stealth and Survival checks in these environments (the Dunlending hunter’s cunning in his home turf). Grudge-Bearer – Choose a foe culture that wronged your people (often Rohirrim or Gondorians). Once per session, when facing that enemy, you can mark 2 Stress to deliver a furious blow : if your next attack hits, it is an automatic critical (double damage dice). If not used against that specific foe, you can instead use this ability against any longstanding adversary the party has, as the Dunlending spirit fiercely channels old hatreds into ferocity.

Era	Mannish Culture	Heritage & Traits	Ancestry Features (Daggerheart)
Third Age (Haradwaith)	Haradrim (Southrons) – Men of Harad (Near and Far).	<p>Mortal (roughly 70 years). The Haradrim are a collection of tribes and kingdoms from the vast lands south of Gondor. They are generally tall and dark-skinned (ranging from brown in Near Harad to black in Far Harad) ⁴². Culturally, they are proud, bold, fierce, and grim in war ⁴³. They wear bright scarlet and gold into battle, wielding curved swords (scimitars) and barbed spears, and even war-paint and tattoos ⁴⁴. Many tribes revere great beasts – they famously tame Mûmakil (giant oliphaunts) as war elephants ⁴⁵. Historically, Haradrim often fell under Sauron’s influence and were long enemies of Gondor, though there were periods of trade and truce. In the Fourth Age, King Elessar made peace with Harad ⁴⁶, suggesting their enmity was not immutable. They have a rich, if mostly unwritten, culture of honor, with chieftains, blood-feuds, and skilled horsemen (though not equal to Rohan’s riders) ⁴⁵.</p>	<p>Bold & Grim – The Haradrim charge into battle with fearless resolve. You roll with Hope on any saving throw or check to resist Fear or intimidation (your bold spirit does not easily falter) ⁴². Also, your men are accustomed to harsh sun and dehydration; you suffer minimal penalties in extreme heat deserts.
 Beast-master of Harad – You have experience with mighty beasts. You have advantage on Animal Handling rolls, especially for large or aggressive creatures. Once per session, you may mark 1 Stress to attempt to calm or control a large beast (such as a Mumakil or great serpent) by voice and presence ⁴⁵. On a successful check, the creature will hesitate or obey a simple command for a short time.</p>

Era	Mannish Culture	Heritage & Traits	Ancestry Features (Daggerheart)
First Age (Easterlings of Beleriand); Third Age (Men of Rhûn & Khand)	Easterlings (Men of the East – Wainriders, Variags, etc.)	Mortal (60–80 years). “Easterlings” is a broad term for the many peoples from east of Mordor and Rhovanion ⁴⁷ . In the First Age, the Easterlings (also called <i>Swarthy Men</i>) who entered Beleriand were shorter, broad, with swarthy skin and dark hair, some treacherously serving Morgoth ⁴⁸ . In the Third Age, Easterling armies (such as the Wainriders and Balchoth from Rhûn, or the Variags of Khand) were diverse: some were tall and fairer, others squat and bearded axemen ⁴⁹ . Many Easterlings lived as nomadic tribes or minor kingdoms, often more primitive or poorer than the West, and were motivated by Sauron’s promises of wealth and hate for Gondor ⁵⁰ . They are typically fierce, warlike , and tenacious – at the Battle of Pelennor Fields, the Easterlings (notably a regiment of axemen from Rhûn) fought on stubbornly even when other allies fled, refusing to surrender ⁵¹ . Their cultures vary, but common themes include skill with bows or axes, use of wagons or horses in warfare, and a tendency to follow powerful warlords.	Pack Tactics – Easterlings often attack in organized hordes. When you and at least two allies are engaging the same foe in melee, you gain Hope on your attack rolls (coordinated assault). Likewise, if an ally is flanking the enemy, your blows strike truer – add +1 to your melee attack rolls in such situations. Enduring March – Hardened by endless marches and harsh conditions, you have advantage on checks to resist exhaustion or starvation. You can travel for longer without rest than most. Additionally, once per combat, when you take damage that would drop you to 0 HP, you can mark 2 Stress to instead drop to 1 HP (grim endurance keeping you on your feet for one last stand).

Human Themes: The race of Men in Middle-earth is defined by **adaptability and passion**. Humans do not have the inborn powers of Elves or the hardiness of Dwarves, but they excel in **Hope and ambition** – and Daggerheart’s core **Human** features reflect this: e.g. **High Stamina** (+1 Stress) and **Adaptability** (reroll a failed roll by marking Stress) ⁵². In these customized ancestries, each human culture gains unique strengths tied to their legendarium themes: the Edain’s nobility and sacrifice; Númenor’s grandeur and wisdom tempered by pride; Gondor’s discipline and knowledge; Rohan’s horse-centered valor and rousing songs; Dunland’s rugged survival and seething grudges; Harad’s fearless fervor and beast-taming; and Easterlings’ strength in numbers and relentless will. Despite shorter lives, the actions of Men loom large in the Third Age – their **mortality is the drive** that shapes the world’s future. Each of these ancestry cards provides **two features** to mechanically represent those cultural strengths in Daggerheart’s action roll and

trait system, allowing players to feel the flavor of Middle-earth's peoples while using Daggerheart's Hope & Stress mechanics.

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40 51 **Quote by J.R.R. Tolkien: "At that sound the bent shape of the king sprang..."**

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