GOLEM GRAD

Shade some cells black such that they divide the grid into areas of white cells ("islands"), each containing at most one number.

An island must have the same number of white cells as the number clue. Two islands cannot be connected orthogonally. All black cells must form an orthogonally continuous area. No 2x2 cell area within the grid can be black.

All black cells must be divisible into "snakes" with the heads and tails given as circles in the grid. Snakes must not cross each other.