NANRO (NUMBER ROAD)

The goal is to fill some cells in the grid with numbers. All numbers in an irregular region (indicated by thick black lines) must be the same. A given number in a region denotes how many cells in this region contain a number (all regions must have at least one number).

Orthogonally adjacent numbers across a region boundary must be different. Numbered cells must not cover an area of size 2x2 or larger. All cells with numbers must be interconnected.