

Mewlax's Professor Oak Challenge Guide Pokemon Sword and Shield (Base Game)



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1. The Basics

1.1. What is a Professor Oak Challenge (POC)?

Professor Oak has always had a dream to fill the pokedex, but he's too old to do it! It's up to you as a new trainer to complete that pokedex as much as you can independently by catching, evolving and breeding as many pokemon as possible. Professor Oak also isn't getting any younger, so you need to complete that dex as a priority! Maybe you should put your gym challenge on hold for a while...

In 2018, a Reddit user named Chamale posted updates of a unique challenge on Pokemon Crystal which at the time didn't have a name but was referred to as 'Oak Mode' or a 'Professor Oak Run/Challenge'. I was really intrigued by this style of gameplay and set out to play this on FireRed, writing a guide as I went along. After the success of the run I tried it on different versions and have now played the majority of the main series games and even a couple of spin offs.

The basic concept of the challenge follows these simple rules:

- You have to catch and evolve (or breed) as many pokemon as is possible in the game until you can't proceed any further until a gym badge is required e.g. in most cases, to allow you to proceed with the plot or to get NPCs to move out of the way. For example, before you defeat Milo for the first badge you will need to catch and fully evolve MANY pokemon.
- You cannot trade with other games, do surprise trades etc. This means that trade evolutions are off the table until you can catch them in the Wild Area later on. You'll get no version exclusives from the other version and you're stuck with the decisions you make such as your starter. In-game trades are allowed as that NPC is in your version of the game.
- (Optional) – Call yourself 'Oak' or 'Prof. Oak' for fun.

1.1 – Tips on this version

- The Wild Area – Pre badge 1 is a nightmare because of the Wild Area. Please refer to the pre-badge 1 section for more info. You will be surprised at what items and pokemon are available so early on in the game! Farming for watts is the biggest challenge here so defeat 'Brilliant Pokemon' (they have a yellow aura) as much as possible for additional watts on your journey to try and save your sanity later on.
- The raids are constantly changing with online events and as this can affect your catch total by getting pokemon that you shouldn't have access to normally, you may want to consider setting up a new Nintendo Switch profile to remove all online connectivity.
- Grinding – This is much easier in Sword and Shield than other games. The reason being that you have access to almost every section of the Wild Area so you can battle pokemon that are higher than normal levels. The exp formula remains from Generations 5 and 7, so if the pokemon that gains exp is at a much higher level than the opponent, your exp will be very low. There is a catch with Generation 8 though...The pokemon that you catch may evolve at high levels, but there are limits to the exp you can get off of high level pokemon – similar to the capture level mechanics. You might be strong enough to take out a Lv60 pokemon wandering around the wild area but the exp you gain from it will not be proportional. This is to stop you from over levelling so early. Once you get to around Level 30 things will start to drag a bit more. The game introduces a forced exp share, meaning that every member of your party will gain exp from every battle that they are in your team. This has its advantages and disadvantages. The plus side is that you could literally train your starter up to ridiculous levels and then fill the other five slots with weak pokemon that will gain half the exp when your starter defeats the strongest opponents in the Wild Area. The downside is that, for old school POC challengers like myself, you don't get to raise every pokemon by itself without going as far as having one pokemon in your team at a time. I at least rotated pokemon so that they got to participate in battles. This is obviously entirely up to you how you train. As with the previous gen, high affection grants more exp and keeping a pokemon unevolved when it's reached its evolutionary level will also yield more exp.

- The encounters in Sword and Shield are unique in that they utilise both random grass encounters in a similar style to all the main series games but they also have pokemon appearing in the open like in the Let's Go games. These encounters are referred to as grass or overworld encounters respectively. The pool of pokemon is often different, meaning that you'll need to encounter pokemon with both methods to catch everything you need. Also note that if you defeat an overworld pokemon, the chances of it spawning again are increased, so this helps for catching pokemon that need to be a specific gender, need specific stats or just give good exp. This also increases the chance of encountering 'Brilliant pokemon' which have a yellow aura around them. These pokemon tend to have better stats, could have an egg move and you'll also want the watts gained from defeating them for the Wild Area raids.
- I generally recommend keeping weak attacking moves in a POC to cover the sheer amount of battles you'll participate in, but with the high level pokemon available, this isn't necessary. Keep your strongest moves to KO pokemon more easily and it's up to you whether you want a three stage pokemon (e.g. your starter) to learn moves faster in its base form or if you want the second stage pokemon which will have better stats.
- This challenge is a fun alternative to a regular play through and you may really appreciate having to train pokemon up yourself that you never trained before. On the other hand you may end up despising certain pokemon due to their inability to attack when you first get them or their generally poor stats/levelling up moves.
- Please note that this is not a full guide to the game, I am mostly only listing the pokemon you can catch at the earliest opportunities and any required items. Please consult other guides for a full walkthrough. This guide assumes you know how to get through the routes/caves etc throughout the game.
- And finally, remember that this is YOUR challenge. There are things you can do to make this run easier or harder and it's entirely at your discretion how you want to handle this. A lot of people like to use Rare Candy or Exp Candy to boost their levels. Some people will use my above method of using a strong pokemon to gain exp for many weaker pokemon. You may be for or against changing the clock on the Switch. Some people do allow trading to include version exclusives or all three starters. Make the challenge how YOU want to play it rather than following other people's examples. As long as you follow the key criteria for a POC (maxing out the pokedex prior to each badge) then you can't really go wrong.

Useful Links -

Spreadsheet Guide -

My Gen 8 Spreadsheet guide is a good accompaniment for this guide as it lists every possible way to catch a pokemon in its respective section, so although I've pointed out the easiest way to catch something you may prefer other options. There are so many different ways to catch pokemon in this game that it wouldn't be right for me to tell you how to catch everything, this written guide is just my preference or what I did.

[Click here for the spreadsheet guide](#)

2. The Guide





Sword Exclusive:



Shield Exclusive:



Choices (pick one starter):



Postwick –

Once you've left your house, follow Hop to Wedgehurst to meet the Champion, Leon, at the train station. Head back to Hop's house for a chance to pick your starter. As usual, pick your pokemon based on which one you prefer. With so many varied types of pokemon around the game and all high levelled pokemon you can train against in the Wild Area, there really is no clear winner here. They also evolve at exactly the same levels. Battle Hop in a 2 vs 1 battle and you'll end the night with a BBQ. The following morning, head into the Slumbering Weald. You can't catch any pokemon yet so press on until you meet the box legendary and are ushered out of the woods.

- Grookey--(Lv. 16)-->Thwackey--(Lv. 35)-->Rillaboom
- OR
- Scorbunny--(Lv. 16)-->Raboot--(Lv. 35)-->Cinderace
- OR
- Sobble--(Lv. 16)-->Drizzile--(Lv. 35)-->Inteleon

Wedgehurst and Route 1 –

Head back to Wedgehurst and enter the pokemon lab to meet Sonia. She will give you a pokedex and will recommend that you visit Professor Magnolia at her house on Route 2. There's obviously a bunch of pokemon in the grass that you've just passed on the way here to check out first. In order to fully kick off the catching process, I would recommend moving on to the entrance of Route 2 where you'll meet Hop and Leon where they'll talk about catching pokemon. Leon will give you a batch of pokeballs and you will now be able to buy them from the PokeMart. Head back to Route 1. In the grass encounters you'll find you'll specifically find Blipbug, Caterpie, Hoothoot and Grubbin, while the overworld pokemon include Rookidee, Wooloo and Nickit. Skwovet can be found via both methods. Wooloo gives out some decent exp if you wanted to chain them.

Grass Encounters

- Blipbug--(Lv. 10)-->Dottler--(Lv. 30)-->Orbeetle
- Caterpie--(Lv. 7)-->Metapod--(Lv. 10)-->Butterfree
- Hoothoot--(Lv. 20)-->Noctowl
- Grubbin--(Lv. 20)-->Charjabug

Overworld Encounters

- Rookidee--(Lv. 18)-->Corvisquire--(Lv. 38)-->Corviknight
- Wooloo--(Lv. 24)-->Dubwool
- Nickit--(Lv. 18)-->Thievul

Grass/Tree Encounters

- Skwovet--(Lv. 24)-->Greedent

Route 2 –

Journey down the route to reach Professor Magnolia's house. On the way, be sure to catch as many pokemon as you can. This is the first time you'll be able to fish which relies on a single rod rather than the Old/Good/Super Rod. You'll have to be patient to fish for Arrokuda as it's only a 5% encounter rate. Zigzagoon can also cause issues as it's only a 2% overworld encounter. If you don't see one on the way to Magnolia's house, you can enter and exit her house to get all the overworld pokemon to respawn until it appears. If you're playing Sword, you'll find Seedot in the grass, while Shield players get their version exclusive, Lotad. Once you've met Magnolia, battle against Hop to get endorsed for the gym leader challenge and you'll also receive a Dynamax Band.

Grass Encounters

- Purrloin--(Lv. 20)-->Liepard
- (Sw) Seedot--(Lv. 14)-->Nuzleaf
- (Sh) Lotad--(Lv. 14)-->Lombre

Overworld Encounters

- Chewtle--(Lv. 22)-->Drednaw
- Yamper--(Lv. 25)-->Boltund
- Zigzagoon--(Lv. 20)-->Linoone--(Lv. 35 Night Time)-->Obstagoon

Fishing Encounters

- Magikarp--(Lv. 20)-->Gyarados
- Arrokuda--(Lv. 26)-->Barraskewda

Skipping The Wild Area –

Take the train from Wedgehurst to the Wild Area. In the station you can pick up two Gigantamax pokemon – Pikachu and Eevee. This is assuming you have Let's Go Pikachu and Let's Go Eevee save data on your switch. Normal I would advise against gift pokemon like these as it requires more than just the game you are playing, but since you can get both of these pokemon before the first badge, it's up to you if you want them now. Bear in mind that these two don't evolve so it may be best to wait until later.

We are going to skip the Wild Area for this part of the guide. This is where most of your pre-badge 1 challenge will take place so it makes sense to leave it until last. You can also catch a bunch of pokemon on the way up to Turffield, where the first gym is, so this will save you a lot of hassle from trying to find those pokemon in the Wild Area. Feel free to skip ahead to the main Wild Area section below so that you can handle the daily weather and the occasional raids whilst you cover the following sections.

Motostoke –

Head up the stadium and then rest at the Budew Drop Inn. The following morning you can take part in the opening ceremony and officially begin your league challenge, but of course our pokedex takes priority! You'll also be given access to use the Corviknight Taxis to grant you fast travel to areas you've been before. While in town, fish at some of the riverside spots to get a Barboach. While you're here, visit the café just round the corner from the pokemon centre at the entrance to the city. If you challenge the man at the counter, you may be lucky enough to get a sweet which we need shortly.

Fishing Encounters

- Barboach--(Lv. 30)-->Whiscash

Route 3 –

Leave Motostoke out of the west side of town to enter Route 3. There are quite a lot of pokemon to catch here. A pseudo version exclusive lurks here – Vulpix in Sword and Growlithe in Shield. These are obtainable in the other games but it's not as easy. You'll also be able to shake the tree on this route for another type of encounter. If you shake the tree enough, a pokemon will fall out. Most of the time it's Skwovet, but you can find Cherubi too. If you don't get Cherubi, you can also try the trees in the Wild Area. The pokemon in the tree resets daily. Rolycoly is an overworld pokemon but it's specifically in a cluster in the grass by the mine entrance. Sizzlipede is a very rare pokemon in the grass with only a 1% encounter rate. Speak to the lady outside of the mine entrance to be healed up.

Grass Encounters

- Machop--(Lv. 28)-->Machoke
- Pancham--(Lv. 32 with a Dark type in the party)-->Pangoro
- Mudbray--(Lv. 30)-->Mudsdale
- Klink--(Lv. 38)-->Klang--(Lv. 49)-->Klinklang
- Sizzlipede--(Lv. 28)-->Centiskorch

Overworld Encounters

- Trubbish--(Lv. 36)-->Garbodor
- Gossifleur--(Lv. 20)-->Eldegoss
- Stunky--(Lv. 34)-->Skuntank
- (Sw) Vulpix
- (Sh) Growlithe
- Tyrogue--(Lv. 20 Atk higher than Def)-->Hitmonlee
- Tyrogue--(Lv. 20 Def higher than Atk)-->Hitmonchan
- Tyrogue--(Lv. 20 Atk and Def equal)-->Hitmontop
- Rolycoly--(Lv. 18)-->Carkol--(Lv. 34)-->Coalossal

Tree Encounters

- Cherubi--(Lv. 25)-->Cherrim

Galar Mine –

All of the pokemon that appear here are overworld pokemon. If you're quick, you can catch a wild Carkol flying around on the tracks. Other than a battle with Bede, there's not much of interest here other than new pokemon. Woobat is our first happiness based evolution of the game. There are certain traders in the Wild Area who you can exchange watts for Luxury Balls with, but honestly it's so much easier to raise happiness in these games. Simply set up camp, play with your pokemon until they stop producing musical notes over their head, then cook a curry. Do this twice and you're pretty much there. The other option is just running around with the pokemon in your party. Of course you can breed the pokemon in the Wild

Area at the daycare which means that the new baby will have a higher base happiness level and will level up much faster being at Lv1.

Overworld Encounters

- Timburr--(Lv. 25)-->Gurduurr
- Drilbur--(Lv. 31)-->Excadrill
- Woobat--(Level up with high Happiness)-->Swoobat
- Diglett--(Lv. 26)-->Dugtrio
- Roggenrola--(Lv. 25)-->Boldore

Route 4 –

This is probably one of my favourite routes of the game. Right by the exit to the mine you'll find another lady who will heal your pokemon even though you can see the pokemon centre dead ahead. As you advance to Turffield you'll run into Milo, the gym leader. Route 4 is another route with a LOT of new pokemon on it. Running around in the overworld you'll find Galarian Meowth, Pumpkaboo, Electrike and, if you're lucky, the two mascot pokemon – Pikachu and Eevee. Eevee is another happiness evolution, so the same strategy as with Woobat applies. With all of the evolutions you'll need from Eevee, you'll probably breed it anyway (catch a female or breed with Ditto from the Wild Area). For Sylveon, things are slightly different compared to older games. Affection is kind of combined with happiness, so you really only need to evolve it in the same way as Espeon or Umbreon. Level it up to learn Baby Doll Eyes and it will evolve into Sylveon. Be careful not to let it evolve BEFORE learning this move otherwise it will evolve into Espeon or Umbreon.

In the grass of this route you'll find Galarian Meowth again, Milcery, Joltik, Ferroseed, Budew and Cutiefly. Ferroseed is a rare 1% encounter so this is one instance that you MIGHT want to get it in a raid in the Wild Area, though this is a good place to train up to about Lv20 so you may want to stick around and look for one. To evolve Milcery, go to Motostoke and visit the café to battle the man behind the counter. If you didn't get a sweet earlier, go back and battle him. This can only be done once a day and there's only one café accessible at this point in the game. To make matters worse, it's likely that you'll get the regional Full Heal items (Lava Cookie, Pewter Crunchies etc) amongst other healing items and rare candy items. Once you have one of the sweets, give it to Milcery, put it in your party and then rotate the control stick until you start spinning. Assuming you don't mind which form of Alcremie you get, this is all you have to do, but if you're dead set on a specific one, refer to a guide since there's so many forms! Before you're done with the route, go to the lake and fish for a Goldeen and then catch a second Galarian Meowth for a trade in Turffield.

Grass Encounters

- Galarian Meowth--(Lv. 28)-->Perrserker
- Milcery--(Spin whilst holding a Sweet item)-->Alcremie
- Joltik--(Lv. 36)-->Galvantula
- Ferroseed--(Lv. 40)-->Ferrothorn
- Budew--(Level up with high Happiness during Daytime)-->Roselia
- Cutiefly--(Lv. 25)-->Ribombee

Overworld Encounters

- Pikachu
- Eevee--(Level up with high Happiness during Daytime)-->Espeon
- Eevee--(Level up with high Happiness during Night-time)-->Umbreon
- Eevee--(Level up with high Happiness/Affection and knowing a Fairy move)-->Sylveon
- Pumpkaboo
- Electrike--(Lv. 26)-->Manectric

Fishing Encounters

- Goldeen--(Lv. 33)-->Seaking

Turffield –

Not much to do here. Go up the hill to meet Sonia and then pay a visit to the gym. In the lobby you'll find a kid who will trade you a Galarian Meowth for a Kantonian Meowth. This trade IS required as Kantonian Meowth evolves into Persian rather than Perrserker.

- Kantonian Meowth--(Lv. 28)-->Persian







This is as far as you can go so it's time to make a dent in the Wild Area section...

The Wild Area –

This is it, the single thing that makes a POC in Sword and Shield quite daunting. What can I say about this place? It's a complicated mess when it comes to figuring out which pokemon to catch. This is due to two things – varying weather (daily) which affects the pokemon that appear and the max raids available through the dens (glowing red holes in the ground). For this section, I'm going to list the most logical way to catch all of the pokemon available, though you may want to skip ahead to the list of available pokemon further down in this section.

You are free to go to all sections of the Wild Area as soon as you arrive with the exception of any place that requires you to cross water. This means that all dens that are accessible can be activated for raids, you can reach the day-care center for breeding and you can visit the digging duo for evolution stones. There's a catch...Aside from encountering massively high levelled pokemon compared to yours, there is a level cap to which pokemon you can catch depending on the number of badges you have. With no badges, we can't catch anything over level 20. Even with the ability to defeat a pokemon that's Lv50, you just cannot catch it and won't be able to throw a pokeball. Fear not, these pokemon are shiny locked so you won't encounter a shiny pokemon over Lv20.

The encounters mostly follow the same style as normal routes. Pokemon are split into mostly grass encounters and overworld encounters but you'll also have 'special' overworld encounters as well as fishing encounters. These are singular pokemon that are roaming around and only appear once per day so you'll be unable to grind against them repeatedly in the same session. The most obvious example is the Onix that's on your left as you leave the Meeting Spot. With all of these encounters, the weather affects which pokemon appear. In sunny weather you'll be likely to see fire types whereas rainy weather would spawn water or electric types. The weather changes each day, so you can't sweep all the areas in one go. The weather is related to the date, so if you allow it, you can change the Switch's date to get the right pokemon. Bearing in mind how long this first section will take, you'll be fine just coming back each day to see if the weather gives a certain pokemon. Not all weather types are unlocked until later on in the game (snowstorm, sandstorm and fog) so there's actually only six types of weather noted by a corresponding icon on the map:

- Normal weather/clear – Sun with a solid centre 
- Sunny/intense sun – Sun with a ring and a circle in the middle 
- Cloudy/overcast – Sun behind a cloud 
- Rainy – Cloud with rain 
- Stormy/Thunderstorm – Cloud with a lightning bolt 
- Snowy – A snowflake 

Next are the dens. With each den you can investigate it to collect a small number of watts if it's glowing. An activated den will allow you to start a max raid battle – a battle with a Dynamax pokemon. An activated den will have one of two outcomes – it will be a common den shown by a red beam of light or a rare den shown by a purple beam of light with clouds swirling around it. Common and rare dens mostly spawn different pokemon to each other so in order to get all of the den pokemon that are only available pre badge 1 via raids, we'll need to trigger some rare raids. There are usually four pokemon available in a den with certain percentage chances of each pokemon. There are normally four for the rare dens too, so there's potentially (on average) eight different pokemon per den. There are also repeats of dens so it's not quite as daunting as you may think. Please refer to the one star raid listings later on in the guide.

There are several dens activated in the first sections of the Wild Area - Rolling Hills, Dappled Grove, East Lake Axewell, West Lake Axewell and Watchtower Ruins. If you clear all available activated dens, they will reset which often leads to different dens being activated. This means you'll likely never have to activate these dens yourself unless you've caught EVERYTHING and haven't caught a particular rare pokemon yet. With the watts that you obtain, you can trade these in with various traders around the Wild Area for Wishing Pieces. This can be used on dens to activate them. They are expensive at 3,000 watts apiece which can be very frustrating when you use up so many when trying to get a 10% encounter from a den. Watt farming is best done this way as well as defeating any Brilliant Pokemon (yellow aura) you come across. If you activate any dens yourself, they will refresh the next day. A good strategy here is to activate a den where you know there's a pokemon you need at the end of your session. If it's not the right pokemon, leave it there and come back tomorrow to see if it's the right one. The rarity of the raid carries over each day, so if you manage to spawn a purple raid and it's not the 10% encounter you're looking for, the next day this will still be a purple beam and you have another chance to encounter the pokemon you need. Note that this does not happen to the automatically spawned raids, they will simply stop and a random selection of raids will be generated when the date changes. The only downside to leaving dens activated is that dens won't respawn if there's ANY in the Wild Area still activated, so if it's not the right pokemon on the next day, you'll have to clear the den to start if you want to start farming for watts again. This is why it's best to leave a den activated at the end of your session. Getting all the exclusive den pokemon is by far the most difficult/annoying part of this section. To make things more frustrating, you can only activate ONE den yourself at a time. If you use a wishing piece in another den, your first one will deactivate which means you can't even cover multiple dens at once. Note that if you are playing offline (which you should be for a POC) then it's impossible to fail a capture of a Dynamax Pokemon.

Now let's crack on with the guide. The pokemon available in this next section are listed assuming you have caught everything in the guide so far. These pokemon are listed by the closest areas to the Meeting Spot and then branching further outwards. Also bear in mind that these also list pokemon available in multiple weathers. They may be available in other weathers or areas (e.g. Rolling Fields might be snowy but Dappled Grove might be sunny and may have the same pokemon that Rolling Fields would have had if it were sunny. Refer to the list of all available pre badge 1 pokemon for details on various locations.

Rolling Fields –

Once you leave the station this is where you'll end up. Talk to the lady at the Meeting Spot to get healed which is convenient since you can fast travel here with Corviknight Taxis. If you didn't catch Cherubi on Route 3, you can shake the trees here (as well as most trees in the Wild Area). Rolling Fields is actually split into two areas. The first area is by the Meeting Spot, the second area is to the left as you leave the station, close to Dappled Grove. All of these pokemon are in Area 1.

All Weather

Overworld Flying Pokemon

- Pidove--(Lv. 21)-->Tranquill--(Lv. 32)-->Unfezant

Weather: 

Overworld Encounters

- Combee ♀--(Lv. 21)-->Vespiqueen
- Bunnelby--(Lv. 20)-->Diggersby

Grass Encounters

- Mincinno
- Bounsweet--(Lv. 18)-->Steenee--(Level up knowing Stomp)-->Tsareena

Weather:



Overworld Encounters

- Ralts--(Lv. 20)-->Kirlia--(Lv. 30)-->Gardevoir
- Ralts ♂--(Lv. 20)-->Kirlia ♂ (for evolution later on)

Grass Encounters

- Oddish--(Lv. 21)-->Gloom (x2)

Weather:



Overworld Encounters

- Wingull--(Lv. 25)-->Pelipper

Weather:



Overworld Encounters

- Vanillite--(Lv. 35)-->Vanillish--(Lv. 47)-->Vanilluxe

Grass Encounters

- Swinub--(Lv. 33)-->Piloswine--(Level up knowing Ancient Power)-->Mamoswine

Weather:



Grass Encounters

- Baltoy--(Lv. 36)-->Claydol

Dappled Grove –

In the south western corner of the Wild Area. This section is pretty straight forward and similar to Rolling Fields. Catch a second Snorunt for later.

Weather:



Overworld Encounters

- Tympole--(Lv. 25)-->Palitoad--(Lv. 36)-->Seismitoad

Weather:



Overworld Encounters

- Delibird

Grass Encounters

- Snover--(Lv. 40)-->Abomasnow
- Snorunt--(Lv. 42)-->Glalie

Watchtower Ruins -

Be careful in this area. The overworld pokemon are all over level 20 but the grass encounters are not!

Weather: 

Grass Encounters

- Golett--(Lv. 43)-->Golurk
- Drifloon--(Lv. 28)-->Drifblim

Weather: 

Grass Encounters

- Gastly--(Lv. 25)-->Haunter
- Duskkull--(Lv. 37)-->Dusclops

West Lake Axewell –

All Weather

Fishing Encounters

- Remoraid--(Lv. 25)-->Octillery
- Wishiwashi

Weather: 

Overworld Encounters

- Wooper--(Lv. 20)-->Quagsire
- Krabby--(Lv. 28)-->Kingler

Weather: 

Overworld Encounters

- Dwebble--(Lv. 34)-->Crustle

East Lake Axewell –

All Weather

Fishing Encounters

- Shellder

Overworld Encounters

- Stufful--(Lv. 27)-->Bewear

Weather: 

Grass Encounters

- Onix

North Lake Miloch –

All Weather

Fishing Encounters

- Basculin

South Lake Miloch –

All Weather

Fishing Encounters

- Pyukumuku (1% encounter rate)

Weather: 

Overworld Encounters

- Corphish--(Lv. 30)-->Crawdaunt

Weather: 

Grass Encounters

- Nincada--(Lv. 20)-->Ninjask
- Nincada--(Lv. 20)-->Shedinja

Daycare Center –

Between the two sets of bridges on the way to Hammerlocke, the daycare center sits nestled in a small valley. You can leave two pokemon here in the usual format to potentially get an egg. The only potential requirement here at the moment is breeding a Pikachu to get a Pichu. Although Pichu is available from raids, this can ease the pressure of buying wishing pieces.

- Pikachu/Raichu--(Breed)-->Pichu

Den Exclusive Pokemon –

OK this is it, the most strenuous part of the challenge. There are still quite a few pokemon left that can only be obtained this early in the game through raids. Even using the raids in the Wild Area close to Hammerlocke, these will never exceed your catching level cap so all of the dens are up for grabs. On the assumption that the raids in the early areas of the game are going to be constantly farmed for watts to buy wishing pieces, let's assume that you are able to get all pokemon from these raids and that they are 'freebies' in terms of using wishing pieces (refer to the den listings further below for more detailed information). You may be unlucky and not encounter these pokemon after all the watt farming so you may need to use a wishing piece after all. The list of 'freebie' pokemon includes:

- Cleffa--(Level up with high Happiness)-->Cleffairy
- Togepi--(Level up with high Happiness)-->Togetic
- Morelull--(Lv. 24)-->Shiinotic
- Impidimp--(Lv. 32)-->Morgrem--(Lv. 42)-->Grimmsnarl
- (Sw) Swirlix
- (Sh) Spritzee
- Bonsly--(Level up knowing Mimic)-->Sudowoodo
- Binacle--(Lv. 39)-->Barbaracle

- Wimpod--(Lv. 30)-->Golispod
- Dewpider--(Lv. 22)-->Araquanid
- Natu--(Lv. 25)-->Xatu
- (Sw) Rufflet--(Lv. 54)-->Braviary
- (Sh) Vullaby--(Lv. 54)-->Mandibuzz
- Galarian Yamask--(Travel under the stone arch in Dusty Bowl after losing 49HP)-->Runerigus
- Noibat--(Lv. 48)-->Noivern
- Trapinch--(Lv. 35)-->Vibrava--(Lv. 45)-->Flygon
- Axew--(Lv. 38)-->Fraxure--(Lv. 48)-->Haxorus
- Applin
- (Sw) Jangmo-o--(Lv. 35)-->Hakamo-o--(Lv. 45)-->Kommo-o
- (Sh) Goomy--(Lv. 40)-->Sliggoo--(Lv. 50 whilst raining)-->Goodra
- Riolu--(Level up with high Happiness during the Daytime)-->Lucario
- (Sw) Scraggy--(Lv. 39)-->Scrafty
- (Sh) Croagunk--(Lv. 37)-->Toxicroak
- Cottonee
- Phantump
- Munna
- Inkay--(Lv. 30 with Switch held upside down in handheld mode)-->Malamar
- Espurr--(Lv. 25)-->Meowstic
- Mime Jr.--(Level up knowing Mimic)-->Mr Mime--(Lv. 42)-->Mr Rime
- (Sw) Gothita--(Lv. 32)-->Gothorita--(Lv. 41)-->Gothitelle
- (Sh) Solosis--(Lv. 32)-->Duosion--(Lv. 41)-->Reuniclus
- Elgyem--(Lv. 42)-->Beheeyem
- Honedge--(Lv. 35)-->Doublade
- Sinistea
- Frillish--(Lv. 40)-->Jellicent
- Sneasel
- (Sw) Karrablast
- (Sh) Shelmet

The rest of the den pokemon will require us to spend wishing pieces on them. Out of all of the remaining pokemon, there's only four that are exclusive to rare dens so I would strongly recommend going for these first since it's a mission to even trigger a rare raid in the first place. The four pokemon are Charmander, Koffing, Ditto and either Farfetch'd (Sword) or Ponyta (Shield). Remember that if you can trigger the rare raid but it's not the pokemon you're looking for, leave the den activated and come back the following day to check if it's changed and repeat the process until you can encounter it. This will save you from using a lot of wishing pieces unnecessarily. As mentioned, this will halt your watt farming but you could always go and level up some other pokemon to evolve them.

To find Ditto, walking away from the daycare center, turn right under the bridge and stick to the wall on your right. You'll cross over some grass and will find the den in front of a tree in the Stony Wilderness. It has a 100% encounter rate. Farfetch'd (Sword exclusive) is found in the Stony Wilderness too. From the Ditto den, continue north, hugging the eastern wall. You'll eventually reach two dens by the mountain wall which are surrounded by grass. The Farfetch'd den is the nearest of the two. It has a 10% encounter rate. Charmander is found in the den opposite the entrance to Hammerlocke with a 10% encounter rate. Ponyta (Shield exclusive) is found tucked in the left corner of Bridge Field by the second bridge (coming from Motostoke Riverbank). You'll need to cross through a large patch of grass to get there. It has a much more manageable 35% encounter rate. Koffing can be found in multiple locations, the closest one is in East Lake Axewell (and ironically the only one in this area not to spawn raids automatically) as you head down the hill towards the bridge leading to Motostoke Riverbank. It is on the left by the wall. It has a 10% encounter rate.

- Ditto
- Charmander--(Lv. 16)-->Charmeleon--(Lv. 36)-->Charizard
- Koffing--(Lv. 35)-->Weezing
- (Sw) Farfetch'd--(Perform 3 critical hits in one battle)-->Sirfetch'd

- (Sh) Ponyta--(Lv. 40)-->Rapidash

The remainder of the den pokemon are all in common raids so feel free to throw multiple wishing pieces in them to get the pokemon you want. To be smart with using the wishing pieces, try to target the dens with rarer pokemon first that also have additional pokemon that you need. For example, the only den with Hatenna in it (10%) could also spawn Mime Jr (35%) so at least if you didn't get the rarest pokemon you could get a consolation prize. Strangely, Shield players are denied getting a Mareanie in one star raids and also do not get a version exclusive to balance Sword's Galarian Darumaka, meaning that Shield is left four pokemon behind. Refer to the den listing for more info and locations but here are the remaining pokemon listed in order of their highest encounter rates. If you start from the top it also means it gets easier as you progress!

Maximum 10% Encounter Rate:

- Hatenna--(Lv. 32)-->Hattrem--(Lv. 42)-->Hatterene
- Munchlax--(Level up with high Happiness)-->Snorlax
- Bergmite--(Lv. 37)-->Avalugg
- (Sw) Mareanie--(Lv. 38)-->Toxapex
- Chinchou--(Lv. 27)-->Lanturn
- Pawniard--(Lv. 52)-->Bisharp (also 20% rare raid)

Maximum 20% Encounter Rate:

- Clobbopus--(Level up knowing Taunt)-->Grapploct
- Hippopotas--(Lv. 34)-->Hippowdon
- Litwick--(Lv. 41)-->Lampent
- Skorupi--(Lv. 40)-->Drapion
- (Sw) Darumaka (also 35% rare raid)

Maximum 35% Encounter Rate:

- Mime Jr
- Silicobra--(Lv. 36)-->Sandaconda
- Bronzor--(Lv. 33)-->Bronzong
- Salandit ♀--(Lv. 33)-->Salazzle
- Snom--(Level up with high Happiness during Night-time)-->Frosmoth
- Toxel--(Lv. 30)-->Toxtricity
- Helioptile
- Wynaut--(Lv. 15)-->Wobuffet
- Cubchoo--(Lv. 37)-->Beartic

The Digging Duo –

Close to the daycare centre you'll find these two brothers stood next to each other. If you pay these guys 500 watts they will dig for treasures. Out of the possible treasures that they can find, evolution stones are some of the rewards which we'll need to evolve our pokemon. The brothers can produce different treasures to the other. You'll also potentially get fossil pieces which you'll need for a later section, so hang on to them. The brother on the left is the Skill Brother who will find rarer treasures but will typically find less items than his brother who is the Stamina Brother who will dig up more common items but a larger quantity. The Stamina Brother can dig up all of the evolution stones so concentrate your efforts on him. I would personally save this until the end of the section so that you can use your watts to buy wishing pieces first. Also don't forget that you can get Sun and Moon Stones via the Pickup ability (Zigagoon, Meowth etc) and there are a few stones lying around for you to grab:

- Dawn Stone – Giant's Cap
- Fire Stone – Motostoke Riverbank
- Leaf Stone – Turffield
- Moon Stone – Dusty Bowl
- Sun Stone – Dusty Bowl
- Thunder Stone – North Lake Miloch
- Water Stone – Bridge Field

With all of the stones required you can evolve the following pokemon:

- (Sw) Nuzleaf--(Leaf Stone)-->Shiftry
- Gloom--(Leaf Stone)-->Vileplume
- Eevee--(Leaf Stone)-->Leafeon
- (Sw) Vulpix--(Fire Stone)-->Ninetales
- (Sh) Growlithe--(Fire Stone)-->Arcanine
- Eevee--(Fire Stone)-->Flareon
- (Sh) Lombre--(Water Stone)-->Ludicolo
- Eevee--(Water Stone)-->Vaporeon
- Shellder--(Water Stone)-->Cloyster
- Charjabug--(Thunder Stone)-->Vikavolt
- Pikachu--(Thunder Stone)-->Raichu
- Eevee--(Thunder Stone)-->Jolteon
- Gloom--(Sun Stone)-->Bellossom
- Cottonee--(Sun Stone)-->Whimsicott
- Heliopile--(Sun Stone)-->Helioptile
- Clefairy--(Moon Stone)-->Clefable
- Munna--(Moon Stone)-->Musharna
- Doublade--(Dusk Stone)-->Aegislash
- Lampent--(Dusk Stone)-->Chandelure
- Snorunt ♀--(Dawn Stone)-->Froslass
- Kirlia ♂--(Dawn Stone)-->Gallade
- Mincinno--(Shiny Stone)-->Cinccino
- Roselia--(Shiny Stone)-->Roserade
- Togetic--(Shiny Stone)-->Togekiss
- Eevee--(Ice Stone)-->Glaceon
- (Sw) Darumaka--(Ice Stone)-->Darmanitan

And with so many pokemon caught already, it's time to move on to the first gym after completing nearly 75% of the pokedex!

Levelling Tips -

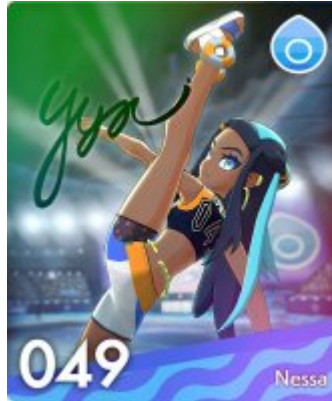
As mentioned at the beginning of the guide, there's an exp cap so you will be grinding very slowly once you've passed level 30 if you're not relying on exp candies. If you are using candies, you'll have so many by the time you've finished farming for watts to get the wishing pieces. Looking online for an exp candy calculator will help you to use them wisely and not overspend. And of course you could just train one pokemon and let it gain exp for all the others in your party. For my personal journey I trained as I went along and then stopped at Route 4 until my pokemon were about level 20 before trying to push my luck against the pokemon at Motostoke Riverbank and beyond who generally ranged from levels 26-30. The levels crept slightly higher as I got closer to Motostoke but of course this makes no difference with the level cap aside from battling evolve pokemon or ones that give a better base exp. The great thing about the wild area is the diversity of the pokemon so you can always run around and pick fights with pokemon that you have a type advantage over. Battling against Wobuffet is a good idea if you can damage it without the countering moves as is Ninjask due to it being frail. Both of these hang around the daycare centre and the Stony Wilderness nearby as long as it's the right weather. Once your levels get higher you can venture further into the Wild Area to places like Dusty Bowl. Grinding high level pokemon is best done in the wild area, especially as the exp cap gets raised higher so this is the last Levelling Tips section of the guide as it's pretty much the same strategy.

End of part 1:

[Sword Version](#) – Caught 293, Remaining 107

[Shield Version](#) – Caught 289, Remaining 111

Part 2 - Pre Badge #2 (Hulbury Gym)



Pokemon in this section:



Sword Exclusive:



Shield Exclusive:



With your first badge FINALLY in hand, you can head towards the next town (Hulbury) after traversing over Route 5. Would you like to know the bad news? You're heading straight back into the Wild Area because there is NOTHING to catch on Route 5 or Hulbury which is as far as you can go.

More Raid Battles –

Yep, back to raid battles already...There is some good news to this, the pool of respawnable dens now extends slightly further and covers North Lake Miloch and South Lake Miloch. With your first badge, you now have access to two-star raids as well as the one-star raids. The two-star raids usually include two pokemon that were available in the one-star raids and then adds a couple of new pokemon. So you've now effectively got a 50% chance just to even find a two-star raid and you have a good chance that it'll be nothing new.

Sadly not all of the next few pokemon are available for free, you'll start to have to resort to throwing Wishing Pieces in dens again. Of course remember from the previous section that your activated dens stay active until cleared, so if you manage to get a rare raid (purple beam) but it's not the right pokemon, leave it activated and come back tomorrow.

- **(Sw) Sawk**
 - [Den 10](#) - Common Den - 20%

- **(Sh) Throh**
 - [Den 10](#) - Common Den - 20%
- **Durant**
 - Den 4 Common (20%) - Bridge Field/Dappled Grove/Rolling Fields
 - [\(Sw\) Den 45 Rare \(20%\) - Giant's Seat/Hammerlocke Hills](#)
 - [\(Sw\) Den 84 Rare \(20%\) - Giant's Seat](#)
- **(Sw) Shelmet / (Sh) Karrablast**
 - Den 46 Rare (20%) - Bridge Field/Rolling Fields/South Lake Miloch
 - Den 90 Rare (20%) - Rolling Fields x2
 - Den 92 Rare (20%) - Bridge Field/Dappled Grove
- **Rhyhorn--(Lv. 42)-->Rhydon**
 - Den 3 Common (20%) - Rolling Fields/Stony Wilderness
- **Cufant--(Lv. 34)-->Copperajah**
 - Den 11 Common (20%) - Dusty Bowl/Giant's Seat x2
- **(Sh) Heatmor**
 - Den 18 Common (20%) - Giant's Cap/Stony Wilderness
 - Den 53 Rare (20%) - Hammerlocke Hills
 - Den 54 Rare (20%) - Dusty Bowl/Stony Wilderness
 - Den 71 Rare (20%) - Giant's Cap
- **(Sh) Torkoal**
 - Den 20 Common (20%) - Dusty Bowl
- **(Sh) Mareanie--(Lv. 38)-->Toxapex**
 - Den 29 Common (20%) - East Lake Axewell/North Lake Miloch x2
 - Den 91 Rare (20%) - West Lake Axewell
- **(Sh) Corsola--(Lv. 38)-->Cursola**
 - Den 43 Rare (20%) - South Lake Miloch/Stony Wilderness/Giant's Mirror
 - Den 47 Rare (20%) - Watchtower Ruins
 - Den 81 Rare (20%) - Stony Wilderness
- **(Sw) Deino--(Lv. 50)-->Zweilous--(Lv. 64)-->Hydreigon**
 - [Den 36 Common \(20%\) - Bridge Field/Giant's Mirror/Dusty Bowl](#)
- **Dreepy--(Lv. 50)-->Drakloak--(Lv. 60)-->Dragapult**
 - Den 64 Rare (20%) - Rolling Fields
- **Indeede**
 - Den 40 Common (10%) - Bridge Field/Motostoke Riverbank/Stony Wilderness
- **Falinks**
 - Den 48 Rare (20%) - Rolling Fields/North Lake Miloch x2/Dusty Bowl
- **(Sh) Larvitar--(Lv. 30)-->Pupitar--(Lv. 55)-->Tyranitar**
 - Den 51 Rare (20%) - Rolling Fields/Giant's Seat/Stony Wilderness

End of part 2:

[Sword Version](#) – Caught 308, Remaining 92

[Shield Version](#) – Caught 310, Remaining 90

Part 3 - Pre Badge #3 (Motostoke Gym)



Pokemon in this section:



Sword Exclusive:



Shield Exclusive:



How about some good news? There are no new raids unlocked with your second badge obtained so there's no raids in this section!

Galar Mine No. 2 -

Stop and dine with Chairman Rose before leaving Hulbury and head into the second of the two Galar mines. You'll need to battle Bede once again. Here in the overworld you'll be able to catch a Shuckle and Shellos while Stunfisk lies in wait disguised underground. You'll see them as red dots on the floor which will attack once you step on them.

Overworld Encounters:













- Stunfisk
- Shuckle
- Shellos--(Lv. 30)-->Gastrodon

Meet with Kabu who will head back to the gym. Feel free to journey out into Motostoke Outskirts but there's nothing of interest there.

Wild Area revisited -

While there's no raids, we will need to go back to the Wild Area for the remaining pokemon. With badge number 2, our capture limit is raised up to Lv.30. Most of these pokemon are dependent on the right type of weather to appear.

- **Maractus**

- Bridgefield overworld encounter (35%) 
- Hammerlocke Hills overworld encounter (34%) 
- Stony Wilderness overworld encounter (35-50%) 
- **(Sw) Growlithe--(Fire Stone)-->Arcanine**
 - Hammerlocke Hills grass encounter (40%) 
- **(Sh) Vulpix--(Fire Stone)-->Ninetales**
 - Hammerlocke Hills grass encounter (40%) 
- **Hawlucha**
 - Hammerlocke Hills grass encounter (5%) 
- **Sigilyph**
 - Motostoke Riverbank grass encounter (5%) all weathers
- **Qwilfish**
 - Bridge Field fishing encounter (10%) all weathers
- **Cramorant**
 - Bridge Field overworld encounter (2%) 
 - Stony Wilderness overworld encounter (5%) 
- **(Sw) Torkoal**
 - Giant's Cap overworld encounter (10%) 
 - Giant's Mirror grass encounter (10%) 
 - Motostoke Riverbank overworld encounter (20%) 
- **(Sw) Heatmor**
 - Giant's Mirror overworld encounter (5%) 

End of part 3:

Sword Version – Caught 321, Remaining 79

Shield Version – Caught 321, Remaining 79

Part 4 - Pre Badge #4 (Stow-on-Side Gym)



Pokemon in this section:



Sword Exclusive:



Shield Exclusive:



Hammerlocke -

With three badges you can finally access Hammerlocke at the northern end of the Wild Area as well as being able to fast travel to the northern Wild Area after entering the city. This is the home of the 8th gym so we'll be coming back for a badge much later on. Say hi to Chairman Rose and the gym leader, Raihan, then head towards to western exit. There is a boy there who will ask for an Applin. You will get this back afterwards so let him borrow it. After a short scene you'll be given the version exclusive item that evolves your Applin - Flapple for Sword and Appletun for Shield.

- (Sw) Flapple
- (Sh) Appletun

Route 6 -

Heading out of the western exit you'll have a small encounter with Team Yell and then you're free to explore. There's nothing new to catch on this route but this is the place where you'll meet Cara Liss, the researcher who revives fossils in the Galar Region. By providing the right combination of fossils you can get all four fossil pokemon. These fossil parts can be obtained in various ways - there's a couple right here on the route, a couple from the Stow-on-Side Pokemon Center, some in Dusty Bowl but the simplest and most expensive way to source them is from the Digging Duo back in the Wild Area. Hopefully you would have received the majority of the fossils you need but you may need to revisit them and spend lots of watts to get the remaining ones. In Sword, the Bird and Dino fossils are found by either brother but the Drake and Fish fossils are rare finds from the focused brother only. In Shield, the Drake and Fish fossils are found by either brother with the Bird and Dino fossils being the rare ones from the focused brother.

- Dracozolt (Fossilised Drake + Fossilised Bird)
- Arctozolt (Fossilised Dino + Fossilised Bird)

- Dracovish (Fossilised Drake + Fossilised Fish)
- Arctovish (Fossilised Dino + Fossilised Fish)

Stow-on-Side -

This is the next gym's location. Battle Hop and then start exploring! If you climb one of the ladders in town you'll find a Cracked Pot. Use this item on your Sinistea to evolve it unless you're extremely lucky (or unlucky in this case) and found the rare antique form of Sinistea. If that happens, the merchant at the market CAN sell the Chipped Pot but otherwise it's easier just to head north to Glimwood Tangle and catch another one to evolve. Another item for sale is the Razor Claw to evolve Sneasel. This is a much easier option than having to find Weavile in a 3 star raid although the item is random each day (although you get to find out what tomorrow's item is) so if it's one of the last pokemon you need, getting Weavile in a raid might be the way to go.

- Sinistea--(Cracked/Chipped Pot)-->Polteageist
- Sneasel--(Level up holding Razor Claw at night)-->Weavile

Glimwood Tangle -

You can't explore fully but you can at least run in the first patch of grass. There's only random encounters here so run around until you find a Passimian/Oranguru with a 9% encounter rate.

- (Sw) Passimian
- (Sh) Oranguru

Wild Area Encounters -

Entering Hammerlocke means that two new weather types are now available - Sandstorms and Snowstorms. This sadly only unlocks one extra pokemon for Sword:

- (Sw) Mawile
 - Bridge Field grass encounter (10%) 

3-Star Raids -

Yep, back to raids again. This time we now have 3 star raids added to the mix on top of the 1 and 2 stars. The 'freebie' respawnable dens cover pretty much every area you can currently access so it might reduce the amount of wishing pieces you'll need to use but there's a lower probability of the dens you need being activated now there are more in range.

- Steelix
 - Den 12 Common (20%) - Giant's Seat, Hammerlocke Hills, Stony Wilderness
 - Den 16 Common (20%) - Bridge Field, Rolling Fields
- Trevenant
 - Den 28 Common (20%) - Dappled Grove, Giant's Mirror
- Rotom
 - Den 57 Rare (20%) - Hammerlocke Hills
- (Sw) Gougeist
 - Den 47 Rare (20%) - Watchtower Ruins
- (Sw) Slurpuff
 - Den 87 Rare (20%) - Bridge Field
- (Sw) Turtonator
 - Den 64 Rare (20%) - Rolling Fields
- (Sh) Aromatisse
 - Den 87 Rare (20%) - Bridge Field
- (Sh) Sableye
 - Den 47 Rare (20%) - Watchtower Ruins
 - Den 81 Rare (20%) - Stony Wilderness
- (Sh) Drampa

- Den 64 Rare (20%) - Rolling Fields

End of part 4:

Sword Version – Caught 336, Remaining 63

Shield Version – Caught 335, Remaining 64

Part 5 - Pre Badge #5 (Ballonlea Gym)



Pokemon in this section:



Ballonlea -

You are now able to catch pokemon up to Level 40. The pacing of this section is awful, even in a standard playthrough. Simply cross through Glimwood Tangle and into Ballonlea and it's gym time already. Well, almost. Inside the gym you can speak to the kid in the Eevee costume who will trade a Galarian Yamask for a Unovan one. Do the trade and level up Masky by one level and it will already be time to evolve into Cofagrigus rather than Runerigus.

- Unovan Yamask--(Lv. 34)-->Cofagrigus

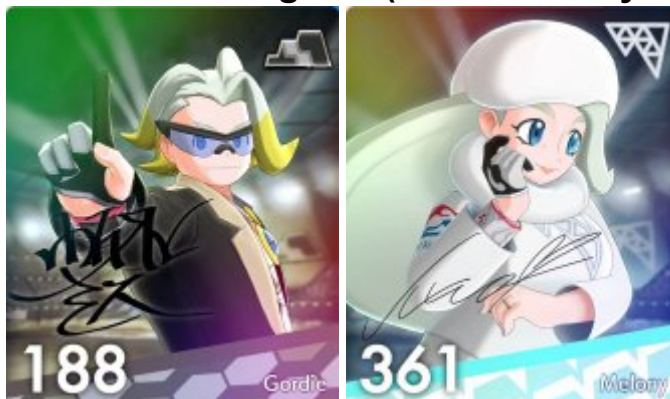
And that's the section done already!

End of part 5:

Sword Version – Caught 337, Remaining 62

Shield Version – Caught 336, Remaining 63

Part 6 - Pre Badge #6 (Circhester Gym)



Pokemon in this section:



Sword Exclusive:



Shield Exclusive:



Now we have the ability to catch pokemon up to Lv45 and thankfully there's no additional raids yet. Once you leave the gym you have the option of fast travelling to Hammerlocke with Opal.

Wild Area Quick Catches -

For Shield players, you can find a Gougeist lurking in the north western corner by the wall of Hammerlocke and Lake of Outrage which is now within catchable levels as we were unable to access the raid for it earlier. You can also visit Giant's Cap to find Solrock or Lunatone hovering around the large cone shaped rock. They are also available on Route 8 but it's a 100% encounter rate here at Giant's Cap.

- (Sh) Gougeist
- (Sw) Solrock
- (Sh) Lunatone

Route 7 -

At the centre of Hammerlocke you'll bump into Bede who will be poached by Opal. Venturing further east you'll meet Sonia and Leon (isn't it refreshing that the adults take care of the problems rather than rely on a child to save the world?) and then Hop will lead the way to Route 7 where you'll battle him at the end of the bridge. Afterward, you'll be able to find a Morpeko which is a rare 5% overworld encounter.

- Morpeko

Route 8 -

There's only one pokemon to catch here, it's also another rare 5% overworld encounter. This time it's Togedemaru.

- Togedemaru

Circhester -

My absolute favourite town/city of the game. Go to the centre of town and speak to one of the market vendors who will offer to trade his Throh (Sword) or Sawk (Shield) for a Vanillish. If you don't have a spare one you can literally return to the snowy part of Route 8 to find one as an overworld encounter. Visit the hotel Ionia and go to the Game Freak hotel room and speak to the director for a free Catching Charm which boosts critical capture rates (only one pokeball shake required).

- (Sw) Throh
- (Sh) Sawk

Route 9 and Circhester Bay -

Leave through the south eastern side of Circhester and cross the bridge to find a patch of grass. Pincurchin can be found here as a 5% random grass encounter. Further south at Circhester Bay it would normally be a dead end, however I discovered that it's possible to encounter a few of the water pokemon without the water bike upgrade. If Wailmer spawns nearby while you're on the shoreline, ride your bike from side to side and mash the left analog stick for the bicycle bell. Wailmer will be attracted and will come close enough for you to battle it. Mantyke and Mantine are also possible encounters but they'll need to spawn nearby too (leave and re-enter the route if they don't). They will jump around in and out of the water. Eventually they may jump very close to the shore. You will need to be quick on your toes to intercept them as they land. If you catch a Mantyke, follow the below evolution method but if you catch Mantine, breed it holding the Wave Incense to get Mantyke.

- Pincurchin
- Wailmer--(Lv. 40)-->Wailord
- Mantyke--(Level up with Remoraid in the party)-->Mantine

End of part 6:

[Sword Version](#) – Caught 346, Remaining 54

[Shield Version](#) – Caught 346, Remaining 54

Part 7 - Pre Badge #7 (Spikemuth Gym)



Pokemon in this section:



Sword Exclusive:



Shield Exclusive:



Your capture limit is now Level 50 and we have now opened up 4 star raids. Thankfully there are only two raid captures. Once you've left the gym, meet Sonia and Hop at the restaurant in town and then check out the hot springs for a battle with Hop. Go back to Circhester Bay and clear off Team Yell to get the water mode for your bike which lets you cycle over water.

Circhester Bay Fishing -

Since we caught Wailmer, Mantyke and Mantine early, there's only one pokemon left to capture on this route - Lapras. It is normally a 1% encounter via fishing but it is reported that having a pokemon with the Storm Drain ability (Shellos/Gastrodon line) affects the encounter rates and makes Lapras easier to find.

- Lapras

Route 9 Outer Spikemuth -

On the far southern side of Route 9 you'll be outside the town of Spikemuth. a very rare Dhelmise can be found as an overworld encounter with a pitiful 1% encounter rate.

- Dhelmise

Route 2 Fishing -

Go all the way back to Route 2 to Prof Magnolia's lab and ride across the water on the bike. Go to the far western side and onto the bank. At the fishing spot here, fish for another 1% encounter, this time being Feebas. Use a Storm Drain pokemon again to increase the odds of finding one.

- Feebas

Lake of Outrage -

West of Hammerlocke Hills you can now cross the water to reach Lake of Outrage. On the other side of the lake there's land with lots of grass patches. There's a few pokemon we can find here depending on the weather. Bear in mind that the lowest levels these pokemon can be found is Level 50 so they have to be this level in order to catch them. Also be warned that Duraludon has Dragon Tail which can eject you from battle. If you send in a Fairy type it cannot attack you as it's only attacking moves are Dragon type :)

- (Sh) Eiscue

- Lake of Outrage Grass Encounter (2%)



- Lake of Outrage Grass Encounter (5%)



- Duraludon

- Lake of Outrage Grass Encounter (2%)



- (Sw) Stonjourner

- Lake of Outrage Grass Encounter (2%)



- Lake of Outrage Grass Encounter (5%)



4-Star Raids -

We still have the pain of getting the right number of raid stars and the right pokemon!

- (Sw) Conkeldurr
 - Den 1 Common (25%) - Rolling Fields, South Lake Miloch, Stony Wilderness
- (Sh) Gigalith
 - Den 3 Common (50%) - Rolling Fields, Stony Wilderness
 - Den 15 Common (50%) - Dusty Bowl, Giant's Seat
- Machop
 - Den 48 Rare (20%) - Rolling Fields, North Lake Miloch, Dusty Bowl

End of part 7:

[Sword Version](#) – Caught 353, Remaining 47

[Shield Version](#) – Caught 353, Remaining 47

Part 8 - Pre Badge #8 (Hammerlocke Gym)



Pokemon in this section:

Sword Exclusive:






Shield Exclusive:



High level Wild Area pokemon -

A nice short section, with the minimum level capture up to Lv 55, you can now catch the other pokemon you couldn't catch in your version from the previous section. These guys are simply walking around the Wild Area so no raids required.

- (Sw) Gigalith

- Dusty Bowl Overworld Encounter (Roaming) 
- (Sh) Conkeldurr
- Motostoke Riverbank Overworld Encounter (Roaming) 
 - 

End of part 8:

Sword Version – Caught 354, Remaining 46

Shield Version – Caught 354, Remaining 46

Part 9 - Pre Champion's Cup



Pokemon in this section:



Sword Exclusive:




Shield Exclusive:



High level roamers -

You can now catch pokemon up to Lv100 so there's a couple of roaming pokemon in the Wild Area we can finally nab.

- **Gengar**
 - Giant's Cap Overworld Encounter (Roaming) 
- **Dusknoir**
 - Stony Wilderness Overworld Encounter (Roaming) - All weathers

5-Star Raids -

Oh boy, more raids to worry about. With the final difficulty unlocked you may start struggling with the actual battles depending on the team mates you're stuck with. Their levels are determined by your level, so having a Lv100 pokemon maximizes the levels that theirs can be. Coming back with Eternatus with Dynamax Cannon is a great candidate.

- **Rhyperior**
 - Den 15 Common (5%) - Dusty Bowl, Giant's Seat
 - Den 52 Rare (4%) - Bridge Field, Rolling Fields, Dusty Bowl
 - Den 93 Rare (15%) - Dusty Bowl
- **Milotic**
 - Den 44 Rare (2%) - Bridge Field, East Lake Axewell, West Lake Axewell, Lake of Outrage
- **Mimikyu**
 - Den 62 Rare (5%) - Hammerlocke Hills, Rolling Fields
- **(Sw) Escavalier**
 - Den 46 Rare (15%) - Bridge Field, Rolling Fields, South Lake Miloch
 - Den 90 Rare (15%) - Rolling Fields
 - Den 92 Rare (15%) - Bridge Field, Dappled Grove
- **(Sh) Accelgor**
 - Den 46 Rare (15%) - Bridge Field, Rolling Fields, South Lake Miloch
 - Den 90 Rare (15%) - Rolling Fields
 - Den 92 Rare (15%) - Bridge Field, Dappled Grove

With that done, it's time to participate in the Champion's Cup until you get a rude interruption...

End of part 9:

Sword Version – Caught 360, Remaining 40

Shield Version – Caught 360, Remaining 40

Part 10 - Pre Champion Battle



Pokemon in this section:



Galarian Showdown -

Make your way all the way up to Wyndon with no extra catches required. Go ahead and enter yourself for battle at the stadium battle your way through Marnie and Hop. Eventually your progress will be halted and you'll have to deal with the evil team of the region which it turns out is not Team Yell. Everything is pretty linear here, you'll make your up Rose Tower and will then proceed to take part in the final tournament to become Champion. Before the final encounter with Leon you'll need to take down Rose. In order to do so

you'll need to venture into the Slumbering Weald and recruit the pokemon you encountered at the beginning of the game - your box legendary. They won't be captured just yet though.

Return to Hammerlocke Gym and enter the plant to encounter Chairman Rose. After defeating him you'll then need to battle Eternatus. Defeat it in the first battle and then during the second you'll have the opportunity to catch it in its Eternamax form. It is at Lv60 so make sure you have some high levelled pokemon to tank the hits and lower its health, put it to sleep etc.

- Eternatus

With that done, this section ends and you can battle Leon for the title of Champion of Galar.

End of part 10:

[Sword Version](#) – Caught 361, Remaining 39

[Shield Version](#) – Caught 361, Remaining 39

Part 10 - Post Game



Pokemon in this section:



Sword Exclusive:



Shield Exclusive:



The Galarian Legend Ends -

Upon your victory against Leon, you'll get the Master Ball and will shortly venture off to find your box legendary in the Slumbering Weald. At the shrine you'll meet Swordward and Shieldbert and will begin the monotonous task of venturing round the region taking down Dynamax pokemon at the gyms. Eventually this chapter comes to a close and you'll battle the legendary at the Hammerlocke Power Plant (where Eternatus was). Defeat it in battle and you'll be able to battle it again to capture it. Save before the battle if

you must but honestly it's worth using the Master Ball here as it's the highest level pokemon and only remaining legendary in the base game.

- (Sw) Zacian
- (Sh) Zamazenta

A valuable gift pokemon -

Go to the stadium in Wyndon and on the left hand side you can speak to a lady who will just give you a Type: Null...not bad, huh? Raise its friendship/happiness up and level it up to evolve it easily.

- Type: Null--(Level up with high Happiness)-->Silvally

And with the magic number of 364 in your dex, the challenge is complete!

End of the challenge:

[Sword Version](#) – Caught 364, Remaining 36

[Shield Version](#) – Caught 364, Remaining 36

So who's missing?

Choices (6):

The other two starters that you didn't pick and their evolutions.



Version Exclusives (30):

These are pokemon found exclusively in the other version or are trade evolutions that weren't available in the wild or in raid dens but were in the other version.

[Sword Players will be missing:](#)



[Shield Players will be missing:](#)



3. The End/Thanks

A huge thank you to Reddit user Chamale for first inspiring me to play this challenge way back in 2018. I usually play a pokemon game by catching every pokemon on a route but never evolve them all (unless they're on my team) until post-game. Since doing several POCs over the years I've truly appreciated the journey and the community that has grown as the challenge has had its voice heard. And a special thanks to Johnstone and Chaotic Meatball for making our Reddit so much more popular!

If you would like to add any comments/thoughts/advice on improving this guide such as levelling tips, please drop me a message on Reddit [u/mewlax84](https://www.reddit.com/u/mewlax84).

Until next time!

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