

# Returnal Fresh File Speedrun Route (written by cavecavecave)

## **Before the Run**

- Change controls for easier DMJs if you'd like. I change dash to L1, melee to R1, and leave jump as X. I change use consumables to up on the d pad. (this is optional, you can still DMJ without control changes but it's much more difficult)
  - Vod: [Returnal DMJ Tutorial \(Advanced Movement Tech\)](#)
- Change map size to 75%, makes it easier to find the required doors on the map (we only really go through the square, light blue doors)
- Turn sprint to always on for convenience
- Turn on the timer on the HUD since that's required to submit runs.

## **ACT 1**

### **Biome 1**

- At the start the best movement is running and dashing on cooldown, proceed through the required doors (marked on the map as rectangles in light blue)
- Scan the health pickup once coming up to it. (Experienced runners can skip this part and scan health later on, not recommended for those learning)
- When getting to the first locked door, turn right. Skip the cutscene and climb up where the enemies spawned to grab a key to unlock the previously locked door.
- Proceed through required doors until reaching the pit. To kill the enemy use your trigger finger instead of holding down the shoot button. Try to kill the enemy while near the locked door to proceed through it fastest. It may take some attempts to get used to the timing of its attacks
- Pick up the alt fire through the locked door.
- Pick up the carbine through the required doors, the best alt fire to get here is Horizontal Barrage
- Keep following required doors until getting to the teleport that can't be used yet. Go to the side room and enter the room where the floor breaks. Look down and hold forward as you fall and mash triangle to start the equipment cutscene before landing. Hold X to skip the cutscene. Return to the previously unusable teleporter
- Proceed through all the required doors until reaching the final lockdown (will be the only lockdown after passing the house).
- Focus the tree enemy first. If you didn't scan the health at the beginning take damage intentionally from the tree enemy so that you can scan siphilium in this

room. Once the lockdown enemy spawns focus on hitting headshots (including with the alt-fire). When the lockdown enemy is dead you can see if the gun dropped is an upgrade (carbine only, horizontal > trackerswarm/blast shell > shock). Scan health while waiting for the doors to open if you skipped scanning earlier.

- Grab the blade, from this point forward you will use DMJs for movement (see vod linked in intro)
- Go to the nearest teleporter and teleport to location 2. Go through the previously closed off area using the Blade. Grab the key from this area and return to the teleporter.
- Teleport to the location closest to the boss door. Enter the area and climb the stairs. Interact with the door to use the key.
- Phrike Fight: DMJ towards Phrike and alt fire immediately. The rest of this fight consists of standing directly underneath Phrike holding the shoot button and mashing the melee attack. Only attacks you will dodge backwards for are the Phrike melee attack, the one armed orb attack, the straight down laser that causes a shockwave, and in phase 3 the attack with purple orbs on the ground. Once killing Phrike stand on the corpse and hold triangle to scan the key.
- Advance to the teleporter and teleport to location 5
- Go through the door where you obtained the sword and enter Biome 2.

## Biome 2

- Scan and pick up the Calibrator at the bottom of the stairs, and the Health Vial at the top of the stairs.
- Rush through the desert by stringing together DMJs. Look up for the big beam heading towards the sky to find your final location. Once entering the tower pick up the Hollowseeker. (Fastest alt fire for the boss is Voidbeam here)
- Climb through the tower, only entering the required doors and required teleporters.
- Once at the top, kill 3 of the enemies near the gate to Biome 3 to reach adrenaline level 1. This will allow you to do the overload reload earlier. Then proceed to Ixion.
- Ixion Fight: Use alternate fire when it's up, and continually shoot at Ixion. Try to not get hit for as long as possible to keep the adrenaline level up. Phases 1 and 2 should be self explanatory. For Phase 3 the dash sword attack can be skipped by DMJing away and jumping/dashing over the shockwaves. In phases 2 and 3 at the start use your alt-fire and then melee until ixion is done with the "side-scrolling" part of the fight. You'll have to take damage but this is much faster.

- Once defeating Ixion immediately pick up the artifact since you have time to kill anyways
- Skip the cutscene
- Take the grapple out of the arena, and then grapple to the gate to enter Biome 3.

### Biome 3

- Throughout this biome open any chests you come across until you find a Carbine if you want to have a safer/faster Nemesis. Whatever you do, do not enter the fight with the Hollowseeker.
- Grab the health and calibrator at the start of the biome.
- Proceed through Biome 3, grappling to all the points to reach the bridge activation area.
- Climb up through the tower looking for the arrows on the minimap indicating grapple points bringing you towards the required path
- Activate the bridge and teleport back
- Cross the bridge and climb the tower to reach the Nemesis fight. At the bottom half of the tower if the path takes you to the right you got fast tower (congrats!). If you head left towards the no dash laser rooms you go slow tower (bummer).
- Nemesis Fight: Lay into Nemesis with whichever weapon and avoid all the attacks. All of Nemesis' attacks can be dashed through. When reaching Phase 3 if you have the Carbine sit towards the back and hit the weakpoint from a distance. You don't want to get too close or else it will throw you back and waste time. Once the fight is done skip the cutscene and DMJ to the tube to finish Act 1.
- Note you can't skip the first cutscene after tube, but can skip the next 2. It takes around 55 seconds to be able to start skipping cutscenes so keep an eye out.

## **ACT 2**

### Biome 4

- Walk through the door on spawn and reach the object that regens health.
- Pick up the Driver when passing it (optimal alt fire is the tentacle one).
- Continue through the Biome until reaching the boss door. You'll be going through the two required areas to get keys.
- Rush through both these doors to reach keys at the end. When reaching the lockdown arena where the malformed enemy spawns immediately take the grapple towards the door to lockdown skip. For the rest of the two areas you're hoping you don't run into any extra lockdowns, since the minimum amount you can get is 1, but the max is 4

- While going through these areas try to minimize damage taken, if you feel like it you can also slow down and pick up health.
- Return to the boss door and advance up to fight Hyperion.
- Hyperion Fight: Just keep firing away with the driver and be cognizant of the orbs flying in from above. I find it's easiest to stay in the back middle as most attacks don't reach that area. Constantly be moving throughout the fight and use the alternate fire when available. Once the fight is over DMJ to grab his key and exit the arena
  - Note: There's an updated strat that's way faster. Here's a video (just watch the hyperion fight for ref) - [\[WR\] Returnal Fresh File PC 41:32.300](#)
- While falling you can dash towards the proper grapple point to save time (if you're facing the door where you entered it's on the left).
- Enter the gate to Biome 5

## Biome 5

- Grab the health and calibrator, then DMJ to the hub area.
- The first two sections you should go through are the required doors on the bottom left, and whichever required door is on the top half of the map. This is so we have a chance to get an upgraded driver with more bonus damage. Try to avoid pylon web if possible. Quickly advance through these areas until reaching the mini boss, and defeat them, then pick up the key and return to the hub to access the next section.
- The third required area is a challenge room. Try to keep health up so that you can enter Biome 6 healthy.
- Once all three keys have been obtained, climb the stairs in the hub and grab the equipment behind the door. Return to the hub and jump into the water to enter Biome 6.

## Biome 6

- If you want a better gun for Ophion feel free to grab the calibrator and look for guns throughout this biome, however I've noticed that Ophion is a pushover even if using the driver obtained in Biome 4 so the choice is yours.
- Rush through all the required doors using DMJs until reaching the giant pit that requires the equipment used to reveal hidden platforms
- Go towards the area where you retrieve the equipment. **DO NOT DROP DOWN INTO THE PIT.** Instead attempt a DMJ to jump over the gap and land on the other side. The equipment required will be here

- Return to the large pit and shoot the orbs to cross the gap. Drop down the hole to the next area.
- Rush past the first room, and when reaching the next big pit don't cross. Go towards the required door instead and rush through to the back to grab the key. Once getting the key return to the large gap and shoot the orb to reveal platforms leading to Ophion
- Ophion Fight: Ophion is a pretty basic fight, shoot the orbs to reveal weakpoints and lay into those weakpoints. Most attacks are easy to dodge as well, stay towards the back to avoid the sweeping arm attack. If you are low on health, melee the coral sticking out the ground near the back for a health drop.
- Once Ophion is dead, DMJ behind Ophion to drop into the pit faster.
- DMJ to the end of the pathway, if you've run NG+ categories remember to ignore the car as you can't use that yet. Once the game fades to the final cutscene your run is done.