

Mewlax's Pokemon Professor Oak Challenge Guide

Pokemon Black and White



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1. The Basics

1.1. What is a Professor Oak Challenge?

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 is 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 farther until a gym badge is required e.g. needing a badge to be able to use a HM move or in most cases, to allow you to proceed with the plot or to get NPCs to move out of the way. For example, you will need to fully evolve your starter amongst others before defeating the Striaton Gym for your first badge. For parts where gyms can be done in any order, always get the badge that unlocks the most pokemon.
- You cannot trade with other versions. This means that trade evolutions are off the table, 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.

1.2. Tips on this version

- Grinding – The first section of a Professor Oak Challenge is always very daunting as you need to get your starter fully evolved. In Generation 5, experience gains have changed a lot. The amount of exp isn't determined solely by the level and species of the pokemon you've defeated. It now takes your level into consideration. The higher your level is compared to the opponent means that exp is reduced. This gets really awkward when you get past level 20 in the first section of the run and your exp per battle starts dwindling. By the time your starter is about to evolve you will literally be earning 11-12 exp per battle against the highest levelled (Lv. 7) wild pokemon! There is also no way to rematch trainers in Black and White as there is no Vs Seeker. There are a couple of training spots with trainers that refresh daily (covered later). Audino is your best friend in this challenge. Once you have your first badge you can start finding them in the rustling grass and they give HUGE exp.
- Learning new moves shouldn't be taken for granted, particularly with pokemon that evolve at higher levels. During a normal game you might be quick to replace a weak move with a stronger one but getting rid of non-attacking moves is a better strategy here. On the first part of the challenge before the Striaton Gym, you are battling low level pokemon and will run out of PP very quickly while that exp bar goes up very slowly. You need to maximize the amount of pokemon you can defeat, so having multiple attacking moves, regardless of how weak they are, will be beneficial. You have no need for moves like Growl or Sand Attack. Also consider keeping three stage pokemon unevolved so that they learn moves faster than their middle stage would.
- 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 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 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 pokemon with the Pickup ability (e.g. Lillipup) to farm Rare Candies to level up your pokemon. You could use exp share, you could put pokemon in the day-care and you could switch train pokemon (send it out and then replace with a better pokemon). I'm quite hard core/sadistic with these challenges and don't like using any of the above methods, I only like gaining experience through battling to make this a real challenge! With rustling grass/dust clouds, aside from Audino there is usually a pokemon on each route that can be encountered at a lower rate, often this is a fully evolved pokemon. It's up to you if you just catch them fully evolved or train them up and evolve their earlier stage.

2. The Guide

Part 1 - Pre Badge #1 (Striaton Gym)

Pokemon in this section:



Choices (pick one starter):



Choices (one monkey depending on your starter):



This first part will cover everything you can do from the get-go right up to the Striaton City Gym BEFORE you get that first badge from Cilan/Chili/Cress. This WILL take a while so it will really test your patience...

Nuvema Town -

Very early on as you start the game, your neighbours, Bianca and Cheren, will visit you and you'll all get to pick a starter pokemon. You'll be lucky enough to pick first. Honestly, there's no real advantage to any of the starters as they all evolve at level 36. There's also no real type advantage against the wild pokemon as you'll only be battling three different types of wild pokemon for the entire section – Patrat, Lillipup and Purrloin. Go visit Professor Juniper and you'll each get a pokedex meaning that we can now register our starter.

- Snivy --(Lv. 17)-->Servine--(Lv. 36)-->Serperior
- OR
- Tepig--(Lv. 17)-->Pignite--(Lv. 36)-->Emboar
- OR
- Oshawott--(Lv. 17)-->Dewott--(Lv. 36)-->Samurott

Route 1 –

Leave your home town via the northern exit and you'll get the usual capture tutorial. Bianca then challenges you and Cheren to a catching contest. There's only two pokemon to catch here and if you catch them both, you win. Unfortunately there's no prize!

- Lillipup--(Lv. 16)-->Herdier--(Lv. 32)-->Stoutland
- Patrat--(Lv. 20)-->Watchog

Lillipup has two abilities which can come in handy. Vital Spirit means that, if it's in the lead spot (even if KO'd), higher level pokemon are more likely to appear. The other ability is Pickup, which you will need later on in the game for various items or you can use it in this section to get Rare Candies. It loses both of these abilities when it evolves, so consider carefully when to do that (if at all).

Accumula Town and Route 2 –

Once you arrive in Accumula Town, Professor Juniper will show you the ropes and introduce you to the pokemon center. Once you're healed up, you'll see Team Plasma making an announcement in the square. You'll also get your first interaction with N, who will battle you with his Purrloin. Victorious, head west out of the town and proceed through Route 2. You'll get the Running Shoes which will help with getting into battles faster. There's an extra pokemon to be caught here, Purrloin. You'll also get to battle Bianca here again.

- Purrloin--(Lv. 20)-->Liepard

Striaton City and the Dream Yard –

Arriving in the next town already, stop by the pokemon center and heal up of course. The first gym is here! There's a couple of things you can do here. Visit the Trainer School and you'll be able to battle Cheren. You can enter the gym itself and battle the two regular trainers. I would strongly recommend leaving as many trainer battles as possible until your starter is at level 35. If you go west out of Striaton City you'll be blocked off pretty quickly so that way is a no-go. East out of Striaton is the Dream Yard. The place is currently blocked off here too, so we won't be able to get into the grassy area yet. There is a young lady here who will give you a pokemon based on your starter.

- (Chose Snivy) Panpour
- OR
- (Chose Tepig) Pansage
- OR
- (Chose Oshawott) Pansear

And with that we've hit the wall already! We need to fully evolve everything before we tackle the gym leader.

Levelling up tips –

Wow, so we've only got FOUR pokemon to evolve. Easy! Well, maybe not...As mentioned already, the exp gain is horrible to you in this game. Training a pokemon up to Level 36 is a mammoth task. If your rules allow it, train a Pickup squad (5 Lillipup with Pickup) but the downside to this is that they need to be at least Lv21 to get Rare Candies, which means you'll have to put in a lot of effort just to assemble the squad in the first place. There are also very limited areas you can train. Literally, Route 2 is your best spot. If you decide to be crazy and grind it out like me without Rare Candies, this will take AGES. Like, 50+hours and several thousand wild battles. For four pokemon. I kept my pokemon unevolved as long as possible so they'd get more attacking moves ASAP to be able to defeat more pokemon without healing. Whilst you're grinding, consider putting a KO'd Vital Spirit Lillipup in the lead slot so that you're more likely to get those level 7 Patrat and Lillipup. As painful as this is, Black 2/White 2 are far worse. Try to delay battling Cheren and the gym trainers until your starter has only one level to go. The craziness is that a Lv10 Lillipup owned by the gym trainers gives TRIPLE exp compared to battling a wild Lv7 Lillipup so definitely take advantage of this when it's most needed.

End of part 1:

Caught 11, Remaining 145

Part 2 - Pre Badge #2 (Nacrene Gym)

Pokemon in this section:



Choices (evolve your one monkey):



Take on the gym leader to find out that type advantages have no effect on pokemon that are 20 levels higher! With the first badge in hand, Fennel will stop you once you leave the gym. Follow her to the lab to get the HM for Cut and a mission to go to the Dream Yard.

Munna and the Dreamyard –

Finally you can visit a new section of the Dreamyard. Cut through the small tree and head in to the central part of the Dreamyard to take on a couple of Team Plasma grunts. Once you're free to explore, check in the grass to find a Munna.

- Munna

Route 3 –

Leave west out of Striaton City to embark on a brand new route. This is the home of the day-care centre if you want to do any breeding. Advance further up the path to bump in to Cheren and Bianca who will ask you to help stop a couple more Plasma grunts. The patch of grass here has several new pokemon:

- Pidove--(Lv. 21)-->Tranquill--(Lv. 32)-->Unfezant
- Blitzle--(Lv. 27)-->Zebstrika

And if you run around on the path, the grass will shake. If you can reach that spot you'll encounter an Audino:

- Audino

Audino is a god for exp and you'll see a MASSIVE difference in the amount of exp you'll suddenly be gaining compared to Route 2. Keep going west to reach Cheren outside of Wellspring Cave.

Wellspring Cave –

Your main goal in here is to defeat Team Plasma. Other than that, there's not a lot of space to explore here at the moment. Two new pokemon can be found as a standard encounter here:

- Roggenrola--(Lv. 25)-->Boldore
- Woobat--(Happiness)-->Swoobat

Roggenrola is our first trade evolution pokemon so we unfortunately can't progress further than Boldore in its evolutionary line. Woobat is also our first happiness evolution pokemon. There's no time of day connected to its evolution, it can evolve at any time. There's no Soothe Bell available at this point in the game so we need to raise its happiness the old fashioned way. Keep it in your party at all times. Give it a few quick levels from Audino and then once you've finished running around flushing out Audino to evolve all your other pokemon, Woobat should evolve straight away once it levels up. If you run around in the cave you might trigger a dust cloud which can lead to a wild battle with Drilbur. This is best done with a Repel as it can require a lot of running and you'll obviously get into a random encounter.

- Drilbur--(Lv. 31)-->Excadrill

Nacrene City and Pinwheel Forest –

South down Route 3 you'll reach Nacrene City. There's not a lot to do here as we're skipping the gym until we're ready. One thing to note here is that there's a trade we can do to get a Petilil/Cottonee depending on your version but we can't do this yet. Head out the west side of town to reach the outer area of Pinwheel Forest. You can enter the forest if you like but you'll soon be stopped by Team Plasma blocking the path. In the outside area, defeat the nurse so that you can get healed out in the field by talking to her which is very useful.

Head south into the grass and you'll eventually make a circle. You can battle a bunch of trainers but most importantly, catch more pokemon! In this area you'll find:

- Tympole--(Lv. 25)-->Palpitoad--(Lv. 36)-->Seismitoad
- Timburr--(Lv. 25)-->Gurdurr
- (W) Throh
- (B) Sawk

Throh and Sawk can be particularly difficult to catch and can hit hard. The rustling grass here will also yield Audino for training but 5% of the time you will be able to encounter the other fighting type pokemon:

- (B) Throh
- (W) Sawk

A couple of stones to seal the deal –

You've caught everything but there's still a couple of pokemon to evolve other than grinding the new ones above. You'll need a stone for your elemental monkey as well as a Moon Stone for Munna.

For the Fire/Water/Leaf Stone, they can only be obtained at this point in the game from dust clouds in Wellspring Cave. There's only a 10% chance of finding a stone in the dust cloud and it could be any of the evolutions stones as well as Oval Stones, Everstones and Hard Stones so the chances of finding one that you want is less than 1%. You definitely want to use Repels here, but as you won't be swimming in money, it's best to save, use up to 10 repels and if you don't find what you're looking for, soft reset and try again. You could also use the items from your Pickup squad to sell for more money for repels.

The Moon Stone for Munna can also be found here, but personally I think it's better to go back to the Dreamyard and try get a 5% encounter in the shaking grass for a wild Musharna. You could also get one via Pickup if you can get Lillipup up to Level 41+

- Munna--(Moon Stone)-->Musharna
- Pansage/Pansear/Panpour--(Leaf/Fire/Water Stone)-->Simisage/Simisear/Simipour

And with that, you've finished catching for this section!

Levelling up tips –

One word – Audino. Just run around outside Pinwheel Forest and encounter Audino that range between levels 12-15. There really isn't much to say other than that, try and preserve trainers for when you are nearly finished with Palpitoad or Tranquill to benefit the most.

End of part 2:

Caught 33, Remaining 123

Part 3 - Pre Badge #3 (Castelia Gym)

Pokemon in this section:



Choices (the remaining two monkeys):



Show no mercy to Lenora and her Normal types and you'll find that Team Plasma has stolen a skull from the museum.

Pinwheel Forest Interior –

Chase Team Plasma into Pinwheel Forest where you'll have to go off the path which does mean you can catch some more pokemon. In standard wild battles you'll be able to find Venipede and Sewaddle and either Petilil/Cottonee depending on your version. In the rustling grass you'll also have a good chance at finding all three elemental monkeys (Pansage/Pansear/Panpour) so catch the other two that you don't have already (we'll cover the stones later). You might also find a Lilligant/Whimsicott which may be easier than getting a Sun Stone from a Lv31+ Pickup pokemon or from dust clouds in Wellspring Cave.

- Sewaddle--(Lv. 20)-->Swadloon--(Happiness)-->Leavanny
- Venipede--(Lv. 22)-->Whirlipede--(Lv. 30)-->Scolipede
- Panpour/Pansage/Pansear
- (W) Petilil--(Sun Stone)-->Lilligant
- (B) Cottonee--(Sun Stone)-->Whimsicott

Keep Sewaddle in your party to allow its happiness to go up while you run around which you'll be doing a lot of in this section. Catch a second Petilil/Cottonee and go back to Nacrene City to trade for the other 'version exclusive'.

- (B) Petilil--(Sun Stone)-->Lilligant
- (W) Cottonee--(Sun Stone)-->Whimsicott

Castelia City –

Once you've beaten Team Plasma and retrieved the skull, you're free to leave the forest through the northern exit. You'll arrive at Skyarrow Bridge which will take you into the enormous Castelia City. Feel free to explore as you desire to get various items but the main places of interest are the Pokemon Centre and the Battle Company (for great exp). On the first street to the north as you enter town is a building (on the left side) where you can get massages for your pokemon. Definitely use this for Sewaddle/Swadloon. On the furthest street is the pokemon gym which obviously we're not ready for yet.

Route 4 –

Go all the way to the north of Castelia and you can exit to Route 4 where a fierce sandstorm blows. We can't venture too far into the route but we can at least access an area for wild pokemon. In the sand you can find Sandile, Scraggy and Darumaka. There's no sand shaking spots on this route so that's everything you can catch.

- Sandile--(Lv. 29)-->Krokorok--(Lv. 40)-->Krookodile
- Scraggy--(Lv. 39)-->Scrafty
- Darumaka--(Lv. 35)-->Darmanitan

More Stones again –

We have found ourselves needing more evolution stones again for the third section in a row! We need two Sun Stones (or one if you caught a wild Lilligant/Whimsicott) from either the dust clouds in Wellspring Cave or a Lv31+ Pickup pokemon. We'll also need two stones for either Pansage (Leaf Stone), Pansear (Fire Stone) or Panpour (Water Stone). For these you'll have to get them from dust clouds but there is also a nice man on the first pier as you enter Castelia City who will give you a free stone if you tell him which of the monkeys you want to evolve. I would suggest looking for one of the two stones from dust clouds (save, use Repels and soft reset if you didn't get one) and then get the man to give you the other.

- Pansage/Pansear/Panpour--(Leaf/Fire/Water Stone)-->Simisage/Simisear/Simipour

Levelling up tips –

And here we are again at the end of the section. Despite being able to reach Route 4, the last place you can find Audino in this section is inside Pinwheel Forest and even then, it's only a 65% chance compared to the exterior section of the forest which is 95% encounter rate in shaking grass. So it's up to you whether you want consistency or higher levels. I chose to bite the bullet and train inside the forest with a fainted Vital Spirit Lillipup to try and get more of the Lv17 Audino to appear. The evolution levels are creeping up in this section going as high as Lv40 for Krookodile so patience is a virtue. As mentioned, keep Sewaddle/Swadloon in your party at all times. With the amount of ground covered running across Skyarrow Bridge, through Castelia City and trying to find Audino, the number of steps you take will be phenomenal.

End of part 3:

Caught 54, Remaining 102

Part 4 - Pre Badge #4 (Nimbasa Gym)

Pokemon in this section:



Black Exclusive:



White Exclusive:



Choices (pick one fossil):



Defeating Burgh lets us advance further along Route 4 and you'll be battling both rivals on the way. You'll reach a fork on Route 4, one road goes north to the next city, Nimbasa City. The one going west leads to the Desert Resort.

Desert Resort –

This place is built up of three areas, the entrance part where the weather is calm, the desert itself which has a sandstorm permanently blowing and the ruins of the resort known as Relic Castle. Between the two desert areas, the same pokemon appear with one extra in the sandstorm area so you may as well search there. There's a doctor close to the gate house who, once defeated, will heal you whenever you like making this a good training ground as you search. There's also a Fire Stone in the desert should you wish to pick it up.

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

In Relic Castle, there's not much you can explore at this moment in time but enough to find a wild Yamask and pick up a fossil from a backpacker. It's your choice who to pick, Archen (plume fossil) is the one you may want to consider NOT picking as it has a fairly annoying ability that activates once below 50% HP but is otherwise quite tough. But again, it's down to personal preference. You can resurrect the fossil in Nacrene City at the entrance desk on the right.

- Yamask--(Lv. 34)-->Cofagrigus
 - Tirtouga--(Lv. 37)-->Carracosta
- OR
- Archen--(Lv. 37)-->Archeops

Nimbasa City –

Once you're finished getting the sand out of your shoes you can reach Nimbasa City, another place with lots to do. Encounter Team Plasma as you enter and you'll get access to the bike which will make flushing out Audino much quicker. Around town you can grab a few items including HM04 Strength, the Soothe Bell to help out with happiness evolutions and a Sun Stone. You can also visit Small Court and Big Stadium on the north side of town where (depending on the time of day) you can battle trainers who refresh daily but overall I think it's not worth it, stick to Audino. You can check out the Battle Subway but there's not much to do here or at Anville Town (via the subway). Visit the hall where musicals take place to get the prop case and when you're done, visit the amusement park to encounter N. There's two exits from Nimbasa, the eastern exit goes to Route 16 while the western one goes to Route 5.

Route 16 –

Let's go in the wrong direction first. You can only go so far until you're blocked off at a gate. We won't be passing through this gate for a looong time. You can explore the grass to find either a Solosis or Gothita depending on your version. Fun fact, these are our first genuine version exclusives! You'll also find Trubbish and Mincinno in the grass. As well as Audino, rustling grass here can also reveal an Emolga and a Cincinno if you don't want to deal with dust clouds again. You'll be grinding a lot either here or on Route 5 (which has the same pokemon) so you're likely to find one while farming for Audino. Catch a second Mincinno for a trade.

- (B) Gothita--(Lv. 32)-->Gothorita--(Lv. 41)-->Gothitelle
- (W) Solosis--(Lv. 32)-->Duosion--(Lv. 41)-->Reuniclus
- Trubbish--(Lv. 36)-->Garbodor
- Mincinno--(Shiny Stone)-->Cincinno
- Emolga

You can also visit Lostlorn Forest but without some event pokemon, this place isn't worth the visit at the moment.

Route 5 –

Not much to be seen here other than a few trainers. The pokemon are exactly the same although you can access the dark grass for slightly higher levels or double battles. You'll reach the drawbridge to Driftveil City but it's closed until you defeat Elesya so it's grinding time once again.

Levelling up tips –

As usual, defeat all trainers available including those in the gym. Sticking to Audino is, again, the best option. Route 5 or Route 16 is obviously the best place for this as Audino's level can go up to Level 22. The only frustrating thing about these routes is that there isn't enough space to cycle back and forth without making the grass rustle quite deep in the area (which increases the chance of getting into a random encounter before you get there). I stuck to Route 5, there's a small 'square' to the right of the van where you can ride round in circles. The only pokemon I struggled with training was Yamask as it didn't learn any non-ghost attacking moves so I had to rely on Will-O-Wisp (while Audino has Refresh) or Curse.

End of part 4:

Caught 70, Remaining 86

Part 5 - Pre Badge #5 (Driftveil Gym)

Pokemon in this section:



This is actually a pretty short section in comparison to the previous couple. Defeat Elesa and she'll agree to meet you at Driftveil Drawbridge. Cheren will challenge you on the way and then team up in a double battle to beat the snot out of a couple of pre-schoolers. The drawbridge will be lowered and you can cross over to Driftveil City. On the way, look out for shadows on the bridge. Most will give you items when you move to that spot, but you may also encounter a Ducklett.

- Ducklett--(Lv. 35)-->Swanna

Driftveil City –

Before you can challenge the gym, you'll need to check out the Cold Storage area to find Team Plasma. Have a look around town first though. You'll be able to grab a Water Stone and trade your spare Mincinno for a Basculin (not obtainable with Surf or a Rod). Have a look around the market if you're interested and then head down to the Cold Storage on the south end of the city.

- Basculin

Cold Storage –

Talk to one of the workers here (outside area) to get a Rocky Helmet. This is an amazing item for this portion of the run. If you give it a pokemon to hold who isn't great at big damage output (Foongus and Vanillite spring to mind) then Audino will severely hurt itself from using Doubleslap. Run around in the grass to find Vanillite and then head into the storage unit at the south eastern part of the area to find Team Plasma and continue your journey.

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

Route 6 –

From the north western exit you'll go straight into a wooded area. Here you'll be able to catch a Karrablast, Deerling and Foongus (either from the grass or disguised as a pokeball). With no way to trade Karrablast, it will remain unevolved. There's a rest area in one of the huts should you need it and if you carry on you'll soon be blocked off by a spider web covering the entrance to the cave. That's as far as we can go so it's time to evolve already. Grab the Leaf Stone on your way through the route and speak to the girl in the rest area for a Shiny Stone.

- Karrablast
- Foongus--(Lv. 39)-->Amoonguss
- Deerling--(Lv. 34)-->Sawsbuck

Levelling up tips –

Evolution levels in Unova are generally pretty high but Vanilluxe takes the lead spot for highest evolution so far at a massive Level 47. Any guesses on the best way to level up? That's right, Audino again. They can be slightly higher levelled on Route 6 so my strategy was to have a fainted Vital Spirit Lillipup in the first slot and then battling level 25 Audino over and over. If you're playing in Winter, the chances of finding Audino are 75% compared to 70% in any other season. If you think that's too low, try Cold Storage where

it's a higher 90% but Audino will be at a maximum of Level 23. Don't forget to battle the trainers in the gym! With this section completed we've hit the half way mark on the Unova dex...

End of part 5:

Caught 81, Remaining 75

Part 6 - Pre Badge #6 (Mistralton Gym)

Pokemon in this section:



Chargestone Cave -

Clay will let you pass through to Chargestone Cave, so head on up there and he'll clear the cobwebs blocking the entrance. You'll meet Bianca and Professor Juniper in here. The Professor will give you a Lucky Egg which is a great help in gaining EVEN MORE exp from Audino (and levelling up in general). Within the cave you'll find several new pokemon and encounter Team Plasma again. Explore the cave fully and you'll be able to grab a Thunder Stone which you need for a pokemon you'll catch in here.

- Joltik--(Lv. 36)-->Galvantula
- Klink--(Lv. 38)-->Klang--(Lv. 49)-->Klinklang
- Tynamo--(Lv. 39)-->Eelektrik--(Thunder Stone)-->Eelektross
- Ferroseed--(Lv. 40)-->Ferrothorn

Route 7 –

Once you leave Chargestone Cave you'll arrive in Mistralton City. Skyla the gym leader will tell you that she's off to Celestial Tower. Follow her there through the north eastern side of town onto Route 7. This is the first route of the game where it is required to be a certain season in order to catch a pokemon Cubchoo is only found on this route in Winter (April, August, December). If it's not Winter then you'll be unable to complete this section properly so you will need to either wait for the appropriate month or change the DS clock.

- Cubchoo--(Lv. 37)-->Beartic

Celestial Tower –

The entrance floor is peaceful but once you access the next floor up, trainers and wild pokemon await. Litwick will initially be the only pokemon you'll encounter here but as you venture further up, Elgyem will become more common topping at a 50% encounter rate on the top floor. Meet with Skyla on the roof and she'll ask you to ring the bell before returning to the gym where you can challenge her. Litwick evolves into Lampent through levelling up but cannot evolve into Chandelure without a Dusk Stone. Unfortunately there aren't any available (but will be in the next section as a slap in the face) without doing more dust cloud searching. Thankfully this is MUCH easier than Wellspring Cave. Grab some Max Repels from the Pokemart and head back into Chargestone Cave. The areas in here are bigger and provide plenty of room to run around. Obviously the catch is that the low chance of getting a stone (and then for it to be a

Dusk Stone) is still there so the usual trick of saving and soft resetting once you're out of Repels is still a good trick.

- Litwick--(Lv. 41)-->Lampent--(Dusk Stone)-->Chandelure
- Elgyem--(Lv. 42)-->Beheeyem

We once again reach a gym leader related barrier. You can't get any further than Route 7 as Twist Mountain is blocked off until you've got your next badge.

Levelling up tips –

This is another fairly short section of the game but with more pokemon than you can fit in your party. Overall this isn't a massive challenge. Klinklang is now the highest evolving pokemon so far at level 49 (but it gets worse in the next sections...) but it isn't overly difficult training against Audino as usual. Make good use of the Lucky Egg that Prof Juniper gave you. Ensure that whichever pokemon you are training has it equipped. Litwick enjoys complete immunity to all of Audino's moves! The only pokemon I struggled with were Cubchoo and Tynamo who were both fairly fragile. Try and battle Audino of the same gender so you don't get hit with Attract for a better chance of winning or consider backtracking and battling lower level Audino for a while. As always, don't forget to battle the trainers in the gym!

End of part 6:

Caught 98, Remaining 58

Part 7 - Pre Badge #7 (Icirrus Gym)

Pokemon in this section:



Venture up to Twist Mountain and you'll battle Cheren again and then be given HM03 Surf from Alder. Now is a good chance to do some backtracking.

Route 17/18/P2 Lab -

Head all the way back to Route 1 and you can head west out onto Route 17. You can surf around here to find a wild Frillish and if you surf over to a dark spot in the water that is basically the equivalent of shaking grass (referred to as rippling water), you are likely to encounter an Alomomola.

- Frillish--(Lv. 40)-->Jellicent
- Alomomola

Access Route 18 where you'll stop by a house where someone will give you an egg (you'll need a spare slot in your party) which will hatch into a Larvesta! You can also pick up the HM for Waterfall here. You can also work your way around to the P2 lab but there's not much out there of interest other than a Dubious Disc which doesn't have any relevance to the challenge.

- Larvesta--(Lv. 59)-->Volcarona

Two of the three Muskedeers –

Go back to Route 6 (just before Chargestone Cave) and you can surf along the river at the northern part of the route to access Mistralton Cave. You'll need Strength and ideally Flash for this cave. Run around to eventually encounter an Axew. If possible, try to catch one with the Mold Breaker ability rather than Rivalry as this can hinder your battles against Audino (reduced attack power against opposite gender). Venture further into the cave and you'll meet a man who will explain the lore behind Cobalion, Virizion and Terrakion. As you enter the deepest part of the cave you can encounter Cobalion. Save before you encounter it. Try to inflict a status effect on it and get its HP into the red. If you have any Dusk Balls, these work great, otherwise try Ultra Balls. Your encounter with Cobalion will now allow you to encounter the remaining two of the trio. Terrakion isn't accessible yet, but if you revisit Pinwheel Forest (interior) you can go through the double grass on the east side to find another cave where Virizion will be waiting in the open. Again, Dusk Balls work well here.

- Axew--(Lv. 38)-->Fraxure--(Lv. 48)-->Haxorus
- Cobalion
- Virizion

Twist Mountain –

Back from your sightseeing tour, head north up Route 7 to eventually reach Twist Mountain. This is one of the first of several areas that cannot be fully explored without revisiting in different seasons. Assuming it's still Winter after catching Cubchoo, There are several rooms that you can reach with some decent items inside, the only catch is that a few tunnels have been blocked off by snow, so come back in another season to explore some more. For the purpose of the challenge, nothing affects what pokemon you can catch other than the encounter rate. Cryogonal is the pokemon you'll be looking out for, with a 5% encounter rate during Winter and a 1% chance any other time. You'll find Cheren on the eastern side of the mountain by the exit to Icirus City.

- Cryogonal

Icirus City –

This is the home of the ice type gym leader, Brycen. This is also the time that we want Winter to end. Located within the city itself are several pools of water. These can lead to encounters with wild pokemon, but if it's winter, these are just icy lakes. Come back in any other season to find Shelmet and Stunfisk

- Shelmet
- Stunfisk

Dragonspiral Tower –

We can't enter the tower itself just yet but you can explore the grass outside to look for a Mienfoo. You can also find Druddigon but as you know, dragon types don't like ice so you won't find it in the Winter.

- Mienfoo--(Lv. 50)-->Mienshao
- Druddigon

Route 8 (north east of Icirus City) has the same pokemon as the city and again, only in non-winter months. You will be blocked off by Team Plasma to stop you from going any further so it's training time.

Levelling up tips –

Thanks to the detours from obtaining Surf, it feels like we've covered a lot more ground in this section. Larvesta takes the silver medal for the highest level pokemon to evolve in Unova at a huge level 59. There's also only four pokemon to evolve in this section. Frillish enjoys being a ghost type and is invincible against Audino and Mienfoo has no problem laying the smack down. Axew should be fairly straightforward as long as you didn't catch a Rivalry one. The reduced attack power and getting hit by

Attract gets old fast. It also doesn't really learn any useful moves by keeping it unevolved, so let it change into Fraxure ASAP. Larvesta can cause problems. The issue I had with it was mostly its durability. Unless you use TMs, it's attacks aren't very powerful unless you use recoil moves (not advised) and it only learns a new move every 10 levels. Things get easier when it learns Bug Bite as it will steal and consume Audino's berries. Levelling up Larvesta really starts to slow down once you've passed Lv50. As always, keep the Lucky Egg attached and remember the trainers in the gym which Larvesta will really enjoy thrashing.

End of part 7:

Caught 114, Remaining 42

Part 8 - Pre Badge #8 (Opelucid Gym)

Pokemon in this section:



Black Exclusive:



White Exclusive:



As with most pokemon games, it's usually around gym 7 that you need to take on the evil team. Once you've beaten Brycen, you'll be urged to go to Dragonspiral Tower where Team Plasma have broken in. Knock out the grunts on the way up the tower and look out for a wild Golett! Reaching the top you'll find that N has already awakened the opposite box legendary to yours and will become Champion of Unova.

- Golett--(Lv. 43)-->Golurk

You will then be asked to go to Relic Castle in the desert off of Route 4 where you can knock out more grunts and find out that the stone you are looking for isn't there. Lenora will shortly give this to you when you revisit her in Nacrene City. You can now resume your challenge!

Route 9 –

From Icirrus City, head through the Moors of Icirrus and onto Tubeline Bridge where Bianca will challenge you. Cross the bridge afterwards to reach a very small route which also houses the largest Pokemart in Unova. In the wild grass here you'll find a Pawniard.

- Pawniard--(Lv. 52)-->Bisharp

Opelucid City and Route 10 –

When you reach Opelucid City further events will unfold with Ghetsis and you'll also be asked to speak to Iris and Drayden about how to resurrect your box legendary. Afterwards you are free to head onto Route 10 out the northern side of the city. This route leads up to Victory Road and will naturally be full of strong

trainers. If you dive into the grass here you'll encounter either a Vullaby or Rufflet as well as a Bouffalant. And with that, you've caught everything in this short section!

- (B) Vullaby--(Lv. 54)-->Mandibuzz
- (W) Rufflet--(Lv. 54)-->Braviary
- Bouffalant

Levelling up tips –

Once again we have very high evolution levels for most of our pokemon, particularly Pawniard and Vullaby/Rufflet. Training against Audino is of course the best solution although the trainers in the area as well as in the gym will give good exp. Audino, if a high enough level, will now start to know Heal Pulse, a move which recovers your HP, making training against it much easier (even though Pawniard and Golett laugh off any damaging moves).

End of part 8:

Caught 121, Remaining 35

Part 9 - Pre Elite Four

Pokemon in this section:



Black Exclusive:



White Exclusive:



As soon as you leave the gym, Professor Juniper will give you a Master Ball!

Chasing the legend –

Oh boy, a roaming pokemon! Everyone's favourite type of legendary...If you enter Route 10 you'll be stopped and informed that there's strange weather on Route 7. Head to the rest house just east of Celestial Tower and you'll unlock your version exclusive roaming legendary. For Black, it's Tornadus. For White, it's Thundurus. To get a clue as to their whereabouts, check the notice boards in the gates between cities/routes and it will state where there is a strange storm. Head to that route and you'll know straight away if it's there because of extreme weather. If there's no crazy weather, simply enter and exit the route. Dive into the grass and hope to encounter it. If the weather stops after a random encounter with a standard pokemon, leave and re-enter the route to get the weather back.

Usual rules apply here for roaming pokemon...Their HP remains the same between encounters, ditto for status effects. This means that you can get its HP into the red and inflict a status on it (e.g. paralysis/sleep) and simply throw a Quick Ball next time you encounter it for a decent chance. It will always flee on its first turn, but this is a low priority, meaning that you can attack first regardless of speed. You can of course use things like Mean Look to keep it trapped if you want to battle it legitimately. You

can also use the Master Ball if you want but I'd strongly recommend keeping it since the above strategy worked fine for me, it only took about five Quick Balls to catch it.

- (B) Tornadus
- (W) Thundurus

Victory Road -

It's finally time to end the challenge as far as the main game goes! We can now venture past Route 10 and on to Victory Road. You can encounter pokemon within the cave system as well as the cracked dirt areas outside as you venture up the mountain. Straight off from the first cave area of Victory Road you can catch a Deino and a Durant. Once you can access your first cracked dirt area, search around to find Durant's nemesis, Heatmor. You'll encounter a doctor on the ascent so be sure to use him if your pokemon get worn out. Also take the opportunity to push any boulders into holes to make it quicker should you need to leave and come back.

- Durant
- Heatmor
- Deino--(Lv. 50)-->Zweilous--(Lv. 64)-->Hydreigon

Once you have reached the top of Victory Road, heal up in the pokemon centre and take advantage of the pokemart's selection of decent pokeballs. Stock up on Dusk Balls and take your legendary catching team back into Victory Road to catch the third Muskedeer, Terrakion. From the highest cave entrance, simply descend until you reach the spot where the Strength boulder is, pass over it and take a left to find the cave entrance where Terrakion dwells. I'm sure I don't need to tell you how to catch this one, it's the same as the other two and it's not a higher level than the others.

- Terrakion

Levelling up tips –

Only one pokemon to evolve...and it's the big one. At the time of writing (gen 7), Zweilous still holds the title of highest levelled pokemon to evolve by levelling up at a whopping Lv. 64! And getting Deino into Zweilous doesn't happen until Lv. 50...Suffice to say, this will take a large number of Audino defeats. As always, keep the Lucky Egg attached at all times. Deino/Zweilous's ability, Hustle, is also quite the annoyance. With any physical moves used, accuracy is lowered but the attack stat is boosted. This doesn't help when you could OHKO Audino but you missed and get hit with Attract. Special moves like Dragon Pulse are unaffected, but sadly these pokemon are more interested in physical attacks until fully evolved. The higher level Audino do help somewhat with their knowledge of the move Heal Pulse meaning that as you hit the late 50s, you're more likely to run out of PP than get KO'd. Route 10 is still the place to find the highest levelled Audino possible (capping at Lv. 36) so try to keep a Vital Spirit pokemon fainted in the lead spot to flush out the stronger ones.

End of part 9:

Caught 128, Remaining 28

Part 10 - Pre Final Showdown

Pokemon in this section:

Black Exclusive:



White Exclusive:



The Final Showdown –

After defeating the four core members of the Elite Four, you'll find that Alder has been defeated and N is the new Champion. Team Galactic's castle will then surround the place and you'll need to venture to the top to reach N for your final battle. Before you battle him, your stone will react and you'll now be able to capture your box legendary (very late). For White, it's Zekrom. For Black, it's Reshiram. You are forced to capture it, even if you defeat it or have no pokeballs, it will simply respawn and prevent you from advancing the plot so don't worry too much about failing this capture. Reshiram/Zekrom have easier capture rates than standard legendaries so don't feel that you have to use the Master Ball unless you really want to. As usual, the Master Ball would be better saved for post-game legendaries.

- (B) Reshiram
- (W) Zekrom

And once you've caught the legendary pokemon, you'll have a final battle with N followed by Ghetsis. With an overpowered Hydreigon and some of your other high evolution pokemon, this should hopefully be easier than a standard play through. Congrats, you've completed the challenge!

End of part 10 (and the standard challenge):

Caught 129, Remaining 27

Part 11 – Post Game

Pokemon in this section:







Black Exclusive:



White Exclusive:



If you're a hard-core POC player, then of course you're going to carry on the challenge into the post-game! Straight off the bat once you load your game you'll be given the Super Rod and the National Pokedex and can jump straight in to catching those National Dex mons!

Swarms –

A staple of pokemon post-game sections, there are pokemon from other regions that have decided to randomly appear throughout Unova on specific days. If you visit one of the electronic boards within the gates it will tell you where there is an outbreak. You can soft reset for these, so when you load your game up for the day, go straight to the board and if it's a repeat of a pokemon you already have, simply soft reset and try again. Some of these are on routes we have yet to visit but here's the complete list:

- Route 1 – Farfetch'd
- Route 2 - Wynaut--(Lv. 15)-->Wobbuffet
- Route 3 – (B) Volbeat
- Route 3 – (W) Illumise
- Route 4 - Hippopotas--(Lv. 34)-->Hippowdon
- Route 5 – Smeargle
- Route 6 – (B) Plusle
- Route 6 – (W) Minun
- Route 7 – Sentret--(Lv. 15)-->Furret
- Route 8 - Croagunk--(Lv. 37)-->Toxicroak
- Route 9 – (B) Houndour--(Lv. 24)-->Houndoom
- Route 9 – (W) Poochyena--(Lv. 18)-->Mightyena
- Route 10 - Tyrogue--(Lv. 20 Atk higher than Def)-->Hitmonlee
- Route 10 - Tyrogue--(Lv. 20 Def higher than Atk)-->Hitmonchan
- Route 10 - Tyrogue--(Lv. 20 Atk and Def equal)-->Hitmontop
- Route 11 – (B) Shroomish--(Lv. 23)-->Breloom
- Route 11 – (W) Paras--(Lv. 24)-->Parasect
- Route 12 - Doduo--(Lv. 31)-->Dodrio

- Route 13 - Shuppet--(Lv. 37)-->Banette
- Route 14 - Yanma--(Level up knowing Ancient Power)-->Yanmega
- Route 15 - Mankey--(Lv. 28)-->Primeape
- Route 16 - Pineco--(Lv. 31)-->Forretress
- Route 18 - Exeggcuter--(Leaf Stone)-->Exeggutor

And even though Volbeat and Illumise are version exclusive, you can simply breed with a Ditto (caught later) for a chance of hatching the other.

- (B) Illumise
- (W) Volbeat

Fossils from Twist Mountain –

If you venture into Twist Mountain post-game, there's a cave entrance right in the middle of the central area (located outdoors) in which you'll find a man who will give you fossils. This includes every fossil except the two you had to choose between in Relic Castle. He'll give you a fossil every day. Again, these can be soft reset to get the full set of the Dome, Helix, Claw, Root, Armor and Skull fossils as well as the Old Amber.

- Kabuto--(Lv. 40)-->Kabutops
- Omanyte--(Lv. 40)-->Omastar
- Aerodactyl
- Lileep--(Lv. 40)-->Cradily
- Anorith--(Lv. 40)-->Armaldo
- Cranidos--(Lv. 30)-->Rampardos
- Shieldon--(Lv. 30)-->Bastiodon

Super Fishing Tour –

You may have noticed that the fishing rod we were given is the first fishing rod of the game. That's right, the Old and Good Rods were abolished in these games and your only opportunity to hook those water pokemon begins now. There are some additional routes we can visit, but let's look at what we can fish by revisiting old routes. With the rippling water we can actually fish some trade evolution pokemon which is great since we can't trade. The down side is that, like shaking grass, it's usually only a 5% chance to encounter them. Watch out particularly for Politoed which knows Perish Song! You can also catch the evolved versions of pokemon whilst fishing so it's up to you if you want to catch the evolved version or level up the unevolved ones (which are generally high levelled anyway). This may be an attractive option for stone evolution pokemon too in case you don't have enough to save you from running around for dust clouds. I haven't listed this, but the evolved forms will obviously be on the same routes as their pre-evolutions.

- Feebas (Route 1)
- Milotic (Route 1 Rippling Water)
- Finneon--(Lv. 31)-->Lumineon (Route 17)
- Horsea--(Lv. 32)-->Seadra (Route 17)
- Kingdra (Route 17 Rippling Water)
- Qwilfish (Route 17 Rippling Water)
- Goldeen--(Lv. 33)-->Seaking (Route 3)
- Krabby--(Lv. 28)-->Kingler (Route 4)
- Luvdisc (Route 4)
- Clamperl (Route 4)
- (B) Huntail (Route 4 Rippling Water)
- (W) Gorebyss (Route 4 Rippling Water)
- Relicanth (Route 4 Rippling Water)
- Chinchou--(Lv. 27)-->Lanturn (Driftveil City)
- Poliwhirl--(Lv. 25)-->Poliwhirl--(Water Stone)-->Poliwrath (Route 6)

- Politoed (Route 6 Rippling Water)
- Barboach--(Lv. 30)-->Whiscash (Icirrus City)
- Dratini--(Lv. 30)-->Dragonair--(Lv. 55)-->Dragonite (Dragonspiral Tower Exterior)

Dreamyard Revisited –

If you head back to the Dreamyard east of Striaton City, the orange traffic cone has been removed (why you couldn't move it I don't know...) so you can enter the basement. In here are a bunch of psychic type trainers. If you make it out the other end of the basement you'll find some doubles grass and if you go down the other entrance to the basement (next to the Strength boulder) you can find some grass indoors as well which doesn't provide anything that you can't catch outside other than a hidden ability Musharna on a Friday. In the doubles grass outside you'll find Raticate and a bunch of evolved bug types.

- Raticate
- Ledian
- Ariados
- Kricketune
- Venomoth

Challenger's Cave –

On Route 9 there was a cave entrance that was previously blocked off. As you are now the champion, you are welcome to enter. On the entrance floor you'll be able to find Lickitung, Graveler, Mawile and Sableye. Head deeper into the cave and you'll find exactly the same along with Riolu, so start your search from the next floor to get the full range. As Riolu evolves with happiness, try to capture it with a Luxury Ball. You will have to use a Heart Scale for Lickitung to remember Rollout for its evolution.

- Graveler
- Lickitung--(Level up knowing Rollout)-->Lickilicky
- Mawile
- Sableye
- Riolu--(Happiness during the day)-->Lucario

Relic Castle Maze –

Revisit the Relic Castle at the Desert Resort and drop through the sandpits to reach the lowest floor. There's a big pile of sand that leads up to a doorway. Enter through this and you can reach the maze of the castle. Within the maze you can encounter Sandslash and Onix. If you reach the end of the maze, a Volcarona is available to interact with if you want to catch it despite already having one. Within this room, the only wild encounter is with Claydol.

- Sandslash
- Onix
- Claydol

Route 11 –

Now it's time to enter eastern Unova where a bunch of national dex pokemon have decided to show up and be contained in this one side of the region (barring the above pokemon we've just caught!). East from Opelucid City you'll be able to pass the guard and enter Route 11. Enter the grass for four new pokemon – Zangoose, Seviper, Gligar and Golduck. You will get a Razor Fang for Gliscor at Abundant Shrine (coming up) but if you're really desperate, you can catch a Gliscor as a 5% shaking grass encounter. Surfing on this route will let you find a Buizel and fishing yields nothing new.

- Zangoose
- Seviper

- Gligar--(Level up at night holding Razor Fang)-->Gliscor
- Golduck
- Buizel--(Lv. 26)-->Floatzel

Village Bridge –

My favourite location in Unova due to the music that you can adjust by talking to the musicians. The grass in the village will let you catch a Bibarel, otherwise it's the same kinds of pokemon from Route 11. Head down to the waterfront and fish for a Carvanha (Sharpedo in rippling water) and prepare to run around lots to get water ripples to appear for a 5% chance of encountering Lapras. It's very rare, very hard to catch and known Perish Song as well!

- Bibarel
- Carvanha--(Lv. 30)-->Sharpedo
- Lapras

Route 12 –

So many pokemon to catch here! With the exception of Tranquill, every single pokemon here is new to you. Pokemon Black players get to find Kakuna, with White players getting Metapod.

- Rapidash
- (B) Kakuna--(Lv. 10)-->Beedrill
- (W) Metapod--(Lv. 10)-->Butterfree
- Heracross
- Pinsir
- Dunsparce
- Combee (female)--(Lv. 21)-->Vespiquen
- Cherrim
- Sunkern--(Sun Stone)-->Sunflora

Route 13 –

Head past Lacunosa Town after healing up and continue east onto Route 13. You'll notice a boulder in the way which you can Surf around to which will provide a shortcut to Giant Chasm (visited at the end of the challenge). Like with Route 12, there's a lot of pokemon to catch. In fact every standard grass encounter is a new pokemon. Golbat is another happiness evolution to consider catching it in a Luxury Ball or breeding it and raising the Zubat from level 1 with higher base happiness. Surf around to catch a Wingull (or simply breed Pelipper) as well as a Saryu and check out the water ripples for a Corsola encounter. Throw in your Super Rod for a chance to catch a Shellder. There's also a Razor Claw to be grabbed in this route for a Sneasel evolution coming up as well as getting it as a potential gift from the pool of random items that the man in a black suit with glasses will give you daily.

- Tangela--(Level up knowing Ancient Power)-->Tangrowth
- Lunatone
- Solrock
- Absol
- Pelipper
- Drifblim
- Golbat--(Happiness)-->Crobat
- Swellow
- Saryu--(Water Stone)-->Starmie
- Corsola
- Shellder--(Water Stone)-->Cloyster

Undella Town –

South from Route 13 you'll hit the beautiful seaside resort of Undella. Surf around for a Mantyke which you can evolve with Remoraid in your party which coincidentally can be fished here too! Alternatively you can catch a Mantine by surfing on the rippling water. Surfing on rippling water will also let you find Wailmer quite frequently. You can also battle Cynthia, the Sinnoh Champion, during Spring/Summer. There's also an in game trade during the Summer where you can obtain Munchlax by offering a Cincinno that you will already have.

- Mantyke--(Level up with Remoraid in party)-->Mantine
- Remoraid--(Lv. 25)-->Octillery
- Wailmer--(Lv. 40)-->Wailord
- Munchlax--(Happiness)-->Snorlax

Undella Bay –

The sea to the right has mostly the same pokemon but with one extra that is only available during the Winter which is frustrating after requiring the above Munchlax trade in summer. You will find the idea of changing the date on your DS very attractive in this instance! In Winter, surf around for a Spheal.

- Spheal--(Lv. 32)-->Sealeo--(Lv. 44)-->Walrein

Route 14 –

Ignore the waterfalls for now, we will be heading up there shortly. For now, run around in the grass to find another bunch of new pokemon. Namely, Jigglypuff, Tropius, Altaria and Shuckle. Nothing new in the water unfortunately.

- Jigglypuff--(Moon Stone)-->Wigglytuff
- Tropius
- Shuckle
- Altaria

Abundant Shrine –

Now you can climb the waterfalls on Route 14 and as you wind around the top of the falls you'll eventually reach an opening to Abundant Shrine, the home of Landorus. As this legendary pokemon requires a Tornadus from Black and Thundurus from White, this won't be possible to obtain in this challenge. There are very few pokemon here that you haven't caught yet so there's lots of running in the grass to be done. You'll find Vulpix, Chimecho, Noctowl, Stantler, Bronzong and a version exclusive – Murkrow for Black, Misdreavus for White. Surfing in the water will help you find a Slowpoke whilst BOTH of its evolved forms can be found in rippling water which is good news for Slowking who is a trade evolution pokemon.

- Vulpix--(Fire Stone)-->Ninetales
- Chimecho
- Noctowl
- Stantler
- Bronzong
- (B) Murkrow--(Dusk Stone)-->Honchkrow
- (W) Misdreavus--(Dusk Stone)-->Mismagius
- Slowpoke--(Lv. 37)-->Slowbro
- Slowking

Black City/White Forest –

These two locations depend on which version you are playing. There is also a unique factor with these places where the number of residents depend on how long it's taken you to reach this place. In Black, this

is a great training spot and you can buy evolution items (including stones) if the right people reside here. Take advantage of this ASAP as they can and will disappear over time if left alone.

If you're playing White, this is a place where wild pokemon live as long as the right person is residing there. If there's no named residents (you can see their name when you talk to them) then no grass or water will appear in the forest. If you are playing White, it's best that you skip this section or your dex totals won't match the guide. If you're wanting to capture all the pokemon in White Forest, you'll need two separate DS's each with a different version. This obviously bends the rules of the challenge, so we will leave this until the end of the challenge as a bonus section. Of course if you're insistent on catching pokemon just because there's grass/water areas already there, make you sure you take this into consideration with the dex totals at the end of this section.

Route 15/Marvellous Bridge –

We've almost reached the end of our journey. This is the location of the Pokemon Transfer Lab, used to shift pokemon from Gen 4 into Gen 5. But of course we won't do that with the rules of the challenge. In the grass you'll find Kangaskhan, Fearow, Pupitar and Marowak. There is also an in game trade where you can trade a Ditto for a Rotom. Enter the caravan/trailer to find the NPC. Ditto will be caught at Giant Chasm (our next location). Head out onto Marvellous Bridge and in a nice call back to the original pokemon games, you can buy a Magikarp. Make sure you have a spare slot. Unlike every other game, Magikarp is NOT common...In fact this is the only way to obtain one!

- Kangaskhan
- Fearow
- Pupitar--(Lv. 55)-->Tyranitar
- Marowak
- Rotom
- Magikarp--(Lv. 20)-->Gyarados

Giant Chasm –

This is it, the last location. North west of Lacunosa Town on the other side of the Strength boulder. The grass outside the entrance has nothing new, so head inside the cave to find Piloswine, Sneasel, Delibird and Jynx. Surf in the water to find Seel. Once you've worked your way around the cave to go through the central exit, you'll be outside again. In this foggy crater you'll be able to catch a Clefairy, Metang and Ditto. If you navigate the area correctly you'll reach a small pond at which point the whole area will freeze over letting you access a cave at the northern side of the chasm. In here you'll find a super strong legendary, Kyurem. It will be at level 75 so unless you want to use your toughest pokemon and catch it legitimately, this is the encounter you want to save your Master Ball for. Dusk and Timer Balls work here as usual.

- Piloswine--(Level up knowing Ancient Power)-->Mamoswine
- Sneasel--(Level up at night holding Razor Claw)-->Weavile
- Delibird
- Jynx
- Seel--(Lv. 34)-->Dewgong
- Clefairy--(Moon Stone)-->Clefable
- Metang--(Lv. 45)-->Metagross
- Ditto
- Kyurem

And that's all the pokemon you can catch!

A Lot of Breeding –

With so many fully evolved pokemon in the post-game, their unevolved forms have been missed so we will need to breed many pokemon to get their pre-evolutions. This is made much easier with a Ditto from Giant Chasm otherwise you'll need to worry about catching a female pokemon for breeding.

- Rattata (breed Raticate)
- Ledyba (breed Ledian)
- Spinarak (breed Ariados)
- Kricketot (breed Kricketune)
- Venonat (breed Venomoth)
- Psyduck (breed Golduck)
- Geodude (breed Graveler)
- Sandshrew (breed Sandslash)
- Baltoy (breed Claydol)
- Bidoof (breed Bibarel)
- (B) Weedle (breed Kakuna/Beedrill)
- (W) Caterpie (breed Metapod/Butterfree)
- Ponyta (breed Rapidash)
- Cherubi (breed Cherrim)
- Wingull (breed Pelipper)
- Drifloon (breed Drifblim)
- Igglybuff (breed Jigglypuff/Wigglytuff)
- Zubat (breed Golbat/Crobat)
- Taillow (breed Swellow)
- Swablu (breed Altaria)
- Chingling (breed Chimecho whilst holding a Pure Incense)
- Hoothoot (breed Noctowl)
- Bronzor (breed Bronzong)
- Spearow (breed Fearow)
- Larvitar (breed Pupitar/Tyranitar)
- Cubone (breed Marowak)
- Swinub (breed Piloswine/Mamoswine)
- Smoochum (breed Jynx)
- Cleffa (breed Clefairy/Clefable)
- Beldum (breed Metang/Metagross)

So with everything caught, evolved and bred, we are now finished with the challenge!

Levelling up tips –

You can go anywhere and challenge anyone at this point so it's entirely up to you. If you've got people in Black City, these are strong trainers who give great money and exp. If you're sticking to traditional Audino training, I found Route 13 just above Undella Town was a great place since there weren't as many non-Audino pokemon in the shaking grass. The Audino reach up to Level 50 so there's some great exp to earned here. Level 50 Audino know Double Edge as their only attacking moves and also still have Heal Pulse so it's only a 25% chance of being attacked. Anything lower than Level 50 will have Take Down instead of Double Edge.

End of the challenge:

Unova Pokedex - Caught 130, Remaining 26

National Pokedex - Caught 332, Remaining 317

Slightly disappointing that we can only catch just over 50% of the national dex but with White Forest we can boost it slightly further now that the challenge is over and, of course, assuming you're playing White version. I won't list who's missing as that would be a big list!

So who's missing (Unova Dex)?

Choices (8):

With the choice of only being able to keep one starter and one fossil, the missing pokemon will be the other two starters and their evolutionary lines and the other fossil line.



Version Exclusives (7):

As always you can't catch 'em all without the other version. These are the pokemon found exclusively on the other game.

Black players will be missing:



White players will be missing:



Trade Evolutions (4):

We have their pre-evolutions but since trading is a standard POC rule, we cannot get these evolutions without connecting with a friend.



Legendaries/Mythicals (5):

Rare pokemon that are unavailable without an event/Mystery Gift. Landorus is in the game but requires us to have both Thundurus and Tornadus which is therefore unobtainable without trading.



Miscellaneous pokemon not available in the game (2):

In Black and White they made Zorua and Zoroark locked behind an event so they cannot be captured in these games.



So who's missing (National Dex)?

Starters (36):

Basically all the starters from the other regions. None are available in these games without migrating from previous generations.



More Trade Evolutions (10):

Some of these are only available through evolving White Forest exclusive pokemon and included in this section instead since you couldn't evolve them even with access to White Forest.



More Version Exclusives (11):

These are the version exclusives found in the post game.

Black Players will be missing:



White Players will be missing:



Legendaries/Mythicals (35):

More legendaries all from other regions and not found in the game without migrating.





I usually do these extra sections where the normal challenge is completed but an additional feature or peripheral allows you to catch more pokemon without trading with other versions. This requires that you do actually connect with another version. If you're playing White, you will need to visit Black City via Entralink. To do this, enter the Entralink using the C-Gear on the lower DS screen and select Wireless and then Entralink. Head over to one of the bridges and wait there. On Black, fire up the game, go to Black City and switch on the C-Gear. This should allow you to cross over into their Entralink which will be in black and white. You can then use the lower screen to teleport to Black City.

Once you're at the Entralink version of Black City you can invite the named residents over to your version. The pokemon that they use in battle in Black City will be available at its lowest stage at Level 5 in the grass or by surfing on the water. There is a maximum limit of 10 residents so you will need to ignore the residents once the pokemon that they bring over have been caught so that they will eventually leave when their invisible happiness gauge drops to zero. Talking to them while they're in White Forest increases their happiness causing them to stick around longer. Even just entering White Forest increases their happiness so only come here when you've moved in a new resident and catch their pokemon. Once they leave, this will free up space which will then allow you to recruit more. Even if the Black version that you link to has no residents, it will in the Entralink version of that city. I connected to my Black version which hasn't been played in years and there were two remaining named residents, but when I visited it via Entralink, there were plenty of people hanging around to invite back to White Forest.

Remember that with both Nidoran, you can breed them to potentially hatch the other. Once Nidoran female has evolved into Nidorina, it cannot breed so do it early! Lotad appears both in the grass and in the water, but with it available in the water from multiple residents, you may as well skip recruiting Ralph. Some items are also available in White Forest every day depending on the residents, so you may get an

evolution stone that corresponds to the pokemon you can also catch with them as a resident. The available pokemon and their relevant people are:

In the grass:

- (Leo) Pidgey--(Lv. 18)-->Pidgeotto--(Lv. 36)-->Pidgeot
- (Jacques) Nidoran female--(Lv. 16)-->Nidorina--(Moon Stone)-->Nidoqueen
- (Ken) Nidoran male--(Lv. 16)-->Nidorino--(Moon Stone)-->Nidoking
- (Lynette) Oddish--(Lv. 21)-->Gloom--(Leaf Stone)-->Vileplume
- (Lynette) Oddish--(Lv. 21)-->Gloom--(Sun Stone)-->Bellossom
- (Collin) Abra--(Lv. 16)-->Kadabra
- (Ryder) Machop--(Lv. 28)-->Machoke
- (Piper) Bellsprout--(Lv. 21)-->Weepinbell--(Leaf Stone)-->Victreebel
- (Marie) Magnemite--(Lv. 30)-->Magnetron--(Level up in Chargestone Cave)-->Magnezone
- (Dave) Gastly--(Lv. 25)-->Haunter
- (Shane) Rhyhorn--(Lv. 42)-->Rhydon
- (Herman) Porygon
- (Miki) Togepi--(Happiness)-->Togetic--(Shiny Stone)-->Togekiss
- (Pierce) Mareep--(Lv. 15)-->Flaaffy--(Lv. 30)-->Ampharos
- (Britney) Hoppip--(Lv. 18)-->Skiploom--(Lv. 27)-->Jumpluff
- (Robbie) Elekid--(Lv. 30)-->Electabuzz
- (Vincent) Magby--(Lv. 30)-->Magmar
- (Silvia) Wurmple--(Lv. 7)-->Silcoon--(Lv. 10)-->Beautifly
- (Silvia) Wurmple--(Lv. 7)-->Cascoon--(Lv. 10)-->Dustox
- (Ralph) Lotad--(Lv. 14)-->Lombre--(Water Stone)-->Ludicolo
- (Miho) Seedot--(Lv. 14)-->Nuzleaf--(Leaf Stone)-->Shiftry
- (Lena) Ralts--(Lv. 20)-->Kirlia--(Lv. 30)-->Gardevoir
- (Lena) Ralts--(Lv. 20)-->Kirlia male--(Dawn Stone)-->Gallade
- (Karenn) Slakoth--(Lv. 18)-->Vigoroth--(Lv. 36)-->Slaking
- (Rosa) Whismur--(Lv. 20)-->Loudred--(Lv. 40)-->Exploud
- (Molly) Azurill--(Happiness)-->Marill--(Lv. 18)-->Azumarill
- (Gene) Aron--(Lv. 32)-->Lairon--(Lv. 42)-->Aggron
- (Eliza) Trapinch--(Lv. 35)-->Vibrava--(Lv. 45)-->Flygon
- (Grace) Bagon--(Lv. 30)-->Shelgon--(Lv. 50)-->Salamence
- (Carlos) Starly--(Lv. 14)-->Staravia--(Lv. 34)-->Staraptor
- (Doug) Shinx--(Lv. 15)-->Luxio--(Lv. 30)-->Luxray
- (Frederic) Budew--(Happiness during the day)-->Roselia--(Shiny Stone)-->Roserade
- (Emi) Happiny--(Level up holding Oval Stone during the day)-->Chansey--(Happiness)-->Blissey

In the water:

- (Lena/Frederic/Herman/Grace) Wooper--(Lv. 20)-->Quagsire
- (Ryder/Karenn/Doug/Marie/Molly/Eliza/Collin/Jacques/Rosa) Lotad--(Lv. 14)-->Lombre--(Water Stone)-->Ludicolo
- (Leo/Silvia/Dave/Britney/Robbie/Miki/Lynette/Pierce/Gene/Piper/Miho/Shane/Ralph) Surskit--(Lv. 22)-->Masquerain
- (Vincent/Carlos/Ken/Emi) Corphish--(Lv. 30)-->Crawdaunt

Just under a hundred extra pokemon available which is a great boost!

End of the bonus section:

Unova Pokedex - Caught 130, Remaining 26

National Pokedex - Caught 424, Remaining 225

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](#).

Until next time!

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Reddit profile: [mewlax84 \(u/mewlax84\)](#) - [Reddit](#)