

Mewlax's Professor Oak Challenge Guide

Pokemon Brown

(2009 and 2014 Version/Pre Version 6.0)



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1. – The Basics

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 and evolving as many pokemon as you possibly can. 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'. I was really intrigued by this style of gameplay and set out to play this on FireRed, writing a guide as I went along. At the time, I was also looking into how far you could "Catch 'Em All" by yourself and also between versions

of each generation without transferring from older games. I've now completed Professor Oak Challenges on multiple different games and enjoy playing them all!

The basic concept of the challenge follows these simple rules:

- You have to catch and evolve as many pokemon as is possible in the game until a gym badge is required to proceed or you need to be able to use a HM move that requires a badge. For example, you will need to fully evolve your starter amongst others before obtaining your first badge. For parts where gyms can be done in any order, always get the badge that unlocks the most pokemon (covered in this guide).
- 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 or fossil pokemon. In-game trades are allowed as that NPC is in your version of the game.
- No glitches or exploits

Tips on this version

- **Disclaimer before the start! Since everything is geared towards the 20th anniversary version, official documentation for these older versions of Pokemon Brown is disappointingly lacking so I've used a combination of walkthroughs, a somewhat incomplete Wiki and other googling methods to piece this together, so while I hope it is accurate enough, there may be errors, so if you uncover one, please let me know on Reddit!**
- This will be a very grindy challenge. If you don't think you've got the patience, then now would be the time to back out. The first part of the game alone (pre badge 1) will take you a long time! It gets less grindy as the game proceeds, but it will be a long road.
- 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 Charmander's Scratch with Slash but getting rid of non-attacking moves is a better strategy here. Also consider stopping your pokemon from evolving if they are a three stage evolution so that you can learn more/better moves. Again, on the first part of the challenge, you are battling low level pokemon and will run out of PP very quickly while your exp gained 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.
- 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 levelling up moves.
- It's not really a rule, but my preferred method is that you train them yourself except when they can't battle themselves (i.e. Magikarp before it learns Tackle). This is all down to your own limitations that you set. I don't like using Rare Candy anymore as it defeats the purpose of the challenge and I don't like using any exp sharing items. But remember that this is YOUR challenge so feel free to add or remove restrictions as you see fit.
- 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. I do not go into full detail on optimal exp gains or where to find the highest level for an individual pokemon etc. This playthrough and guide were done as a casual play rather than a speed run. Please consult other guides for a full walkthrough or more detailed information.

2. – The Guide

Part 1 - Pre Badge #1 from Owsauri Gym

Pokemon in this section:



Choices (One starter and its evolutions):



This first part will cover everything you can do BEFORE you get that first badge. This is probably the most daunting part of the challenge...

Gravel Town -

Leave your home and head south as far as you can until you are whisked away to Tim's lab where you'll get your choice of starter. These will be the usual Kanto starters. Unfortunately you can't catch these guys in the wild so like the original Kanto games, it's one set of starters per game. It's up to you which to choose. You'll be catching and evolving many pokemon in this section so type advantages don't really matter for gyms. One advantage of Bulbasaur over the others is its lower evolution level into Venusaur.

- Bulbasaur-->Lv. 16-->Ivysaur-->Lv. 32-->Venusaur
- OR
- Charmander-->Lv. 16-->Charmeleon-->Lv. 36-->Charizard
- OR
- Squirtle-->Lv. 16-->Wartortle-->Lv. 36-->Blastoise

Go south some more to the Poke Mart and enter it to pick up Tim's Pizza and return to the lab to get your pokedex. From now on you'll be able to buy pokeballs from the Mart and stock up on as many pokeballs as possible for an upcoming catching spree.

Merson Cave –

South some more and we finally reach the first location where we can start catching pokemon. In the very first room (with two ladders) you can catch most of the pokemon here. Even though we're in the first "route" of the game, catch a second Clefairy for a trade coming up and consider catching a second Slowpoke for its branched evolution!

- Slowpoke-->Lv. 37-->Slowbro
- Diglett-->Lv. 26-->Dugtrio
- Geodude-->Lv. 25-->Graveler
- Zubat-->Lv. 22-->Golbat-->Lv. 50-->Crobat
- Sandshrew-->Lv. 22-->Sandslash
- Clefairy

While the last couple of pokemon are found on another floor in the very next room you come to after exiting and re-entering through another cave hole. It will likely take you a while to find everything in here and there's a ladder that leads down to a purifying area (aka instant healing) which makes for a nice early game training ground until you've caught everything.

- Vulpix
- Cubone-->Lv. 28-->Marowak

Once you have the forced battle with a hiker, check the top left of the room for a Moon Stone. Don't be so hasty to evolve Clefairy yet, there's a very specific pokemon to use it on!

Route 54 –

Emerging from the cave you'll be thrown onto a new route but i'd recommend running ahead first to reach your first pokemon center in the game which also lets you finally swap your team around. Returning to Route 54 there's plenty to catch. Ekans, Bellsprout and Pidgey can also be found in the next paragraph at much higher levels if you'd rather skip some training. Catch a spare Abra for an upcoming trade and a spare Pidgey for a trade later on.

- Pidgey-->Lv. 18-->Pidgeotto-->Lv. 36-->Pidgeot
- Rattata-->Lv. 20-->Raticate
- Doduo-->Lv. 31-->Dodrio
- Ekans-->Lv. 22-->Arbok
- Abra-->Lv. 16-->Kadabra
- Bellsprout-->Lv. 21-->Weepinbell

Merson City –

Home of the first gym. Stock up on more pokeballs while you're here. The pokemon fan club is here and if you bring the chairman a "cool" pokemon he'll give you a bike voucher for later. There's a singular patch of grass which has some pretty high levelled pokemon which is a great training spot as long as you can take on the pokemon there!

- Pikachu
- Hitmonlee
- Hitmonchan
- Paras-->Lv. 24-->Parasect

Route 55 –

Even though the first gym is in Merson City you can simply march northward and skip the gym for now. On Route 55 you'll notice many similar pokemon to Route 54.

About half way up the route you'll see a cave entrance. In Mt Boulder you won't be able to advance far but at least you can catch the pokemon there!

- Psyduck-->Lv. 33-->Golduck
- Seel-->Lv. 34-->Dewgong
- Growlithe
- Drowzee-->Lv. 26-->Hypno

Further up the route you'll find a tall building. Climb the stairs to the roof and enter the room for a free Porygon.

- Porygon

Route 52 (Hayward Docks) –

At the very northern tip of Route 55 you'll go through an underground pass which will emerge on the coastal Route 52 for a couple of new captures. There's also a house here where you can trade your spare Abra for a Magmar.

- Caterpie-->Lv. 7-->Metapod-->Lv. 10-->Butterfree
- Oddish-->Lv. 21-->Gloom
- Magmar

Hayward City –

Pass through the gate house and enter this big city. Turn right to find the pokemon center and rest up. Next door is the pokemon fossil revival lab for later on. There's also an NPC in here who you can trade your spare Clefairy with to get a Lapras. There's a department store here but there's not much of use to the run.

- Lapras

Route 64 –

There's three different directions we can travel for new routes and new pokemon. Let's go west/left first to Route 64 (ignore the sign) to catch both Nidoran genders. The route quickly comes to a dead end. The east side of Hayward City also leads to a dead end with no new pokemon, although the wild pokemon levels can range quite high for a nice training spot.

- Nidoran F-->Lv. 16-->Nidorina
- Nidoran M-->Lv. 16-->Nidorino

Route 51 –

Back to the city and go north to have a rival battle and then you can proceed onto Route 51. Just the one capture here. The path winds east to Route 50 where there's no new pokemon but you will find HM01 Cut on this route.

- Weedle-->Lv. 7-->Kakuna-->Lv. 10-->Beedrill

Route 49 –

Exiting Route 50 you'll pass through a gate house. Turn right first of all and enter Owsauri City, another city with a gym. Heal up, but there's nothing else to do here yet but this will be our next gym. If you allow the daycare, you can stick a pokemon in there to gain exp while you run around grinding. Run back to the west and there's a small area of grass on Route 49.

- Spearow-->Lv. 20-->Fearow
- Tangela-->Lv. 55-->Tangrowth

This is unfortunately as far as we can go although we covered a lot of ground on this section! The gate house here is blocked unless we have a bike, and most areas require the use of Cut to advance so it's time to evolve everything! Although you can keep pushing left at the bike gate and skip the guard like you can in Red/Blue/Yellow, this would be counted as a glitch/exploit therefore we treat this as a true dead end.

Moon Stone Choice –

There was just the one Moon Stone found in Merson Cave (there's apparently a hidden Moon Stone in the underground path but I couldn't find it, not sure if this is exclusive to newer versions of the game). With it we can evolve one of the Moon Stone evolutions since we have a complete set BUT there appears

to only be ONE Moon Stone in the game! Your choice however is important. In the next section there's a trade for a Nidoking, but to get it you'll need to trade over a Nidoqueen, therefore you MUST use the Moon Stone on Nidorina.

- Nidorina-->Moon Stone-->Nidoqueen

Levelling up tips –

This will be the longest part of your challenge thanks to some high level evolutions against low level wild pokemon. Of course the two routes that have higher level pokemon are the optimal places to train, Merson City being hands down the best, but having to run back and forth on one single tile of grass is incredibly obnoxious. If you can deal with that, then stick to training there. Otherwise anything past Hayward City can have some fairly decent levelled pokemon. I stuck to Route 49 because Tangela typically gave over 300 exp and everything else gave fairly good exp in between.

End of part 1:

Caught 63, Remaining 162

Part 2 - Pre Badge #2 from Castro Gym

Pokemon in this section:





Choices (one randomly determined legendary):



Choices (Two Trade Stone evolutions):



Take on the Owsauri Gym as your first gym which will finally let you use Cut in the field. There's a lot of ground to cover in this section!

Silk Tunnel –

Backtrack to Hayward City and head east on to Route 63. You'll now be able to advance past the cuttable bushes and enter the cave at the end of the route. On the entrance floor you'll find most of the new encounters with only Ponyta being exclusive to B3F (room with two Hiker trainers).

- Onix
- Staryu
- Grimer-->Lv. 38-->Muk
- Koffing-->Lv. 35-->Weezing
- Ponyta-->Lv. 40-->Rapidash

Moraga Town –

You'll emerge right into the middle of town after exiting the cave. There's another underground pass on the south east of town but this leads to a dead end so it isn't of any use for now. However there is a trainer on the Moraga side of the tunnel who wants you to trade your Nidoqueen for their Nidoking which is the only way to get another Moon Stone evolution. Be sure to check out the restaurant here, where a guy in the top left corner will give you the coin case which we'll be using in this section! The pokemart also has Leaf Stones for sale, so grab two for Weepinbell and Gloom and if you've got cash, grab a third for later. There's also a house in the very top left of town which requires Cut to reach where you'll get HM02 Fly. Continue clockwise around town to pass a gym and reach the pokemon center.

- Nidoking
- Weepinbell-->Leaf Stone-->Vileplume
- Gloom-->Leaf Stone-->Vileplume

Route 60 and Jaeru City –

From the pokemon center in Moraga Town, head east onto a small area of grass which is Route 60 where you can catch Meowth and Venonat. The gatehouse here has one of Prof Tim's aide's and he'll give you the Exp All if you want it, although the mechanics of this in Gen 1 are awful, but it works with a smaller party. East of here is Jaeru City, where the pokemart sells Thunder Stones, so grab one to evolve Pikachu (alternatively you can catch wild Raichu later). Also make sure you pick up a keg of beer for an obstacle coming up! The Rijn League is to the north so we won't be doing much else here for now although the bike shop is here for you to exchange the bike voucher.

- Meowth-->Lv. 28-->Persian
- Venonat-->Lv. 31-->Venomoth
- Pikachu-->Thunder Stone-->Raichu

Silph Warehouse –

Continuing east yet again, pass through the next route until you reach a large building and a guard house. Enter the large building first which is Silph Warehouse. Go down the stairs first the the basement where wild pokemon live including Gastly and your first true Johto wild capture (not including evolutions) in Spinarak (and a 1% Ariados) as well as an Up-grade to evolve your Porygon. You can then start ascending to the top of the warehouse where Giovanni is. Speak to the president afterwards for a Shiny Stone. Once you're finished in the warehouse, exit the building and keep going east into the guard house. If you have the beer keg in your bag then you'll be able to get past the guard to Botan City.

- Gastly-->Lv. 25-->Haunter
- Spinarak-->Lv. 22-->Ariados
- Porygon-->Up-grade-->Porygon2

Botan City –

The Poke Mart in this town sells Fire Stones so grab one for Growlithe and Vulpix as well as one more for Flareon later. (Alternatively you can get wild Arcanine later).

- Growlithe-->Fire Stone-->Arcanine
- Vulpix-->Fire Stone-->Ninetales

The house at the top of town leads to Haunted Forest which works pretty much the same as Lavender Town's Pokemon Tower from the original games but gets a bit meta... You won't be able to reach the top whilst these Missingno are running around but you can pick up the Card Key which can be taken back to Silph Warehouse to access a room with a couple of items. One being a Red Amulet (used later) and the other is a Trade Stone which works like any other evolution stone but for pokemon that normally require trading to evolve. We'll cover these evolutions later.

The final section of Botan City as at the south end of town where there's a cave. Inside are a few more Johto pokemon.

- Natu-->Lv. 25-->Xatu
- Phanpy-->Lv. 25-->Donphan
- Yanma-->Lv. 43-->Yanmega
- Larvitar-->Lv. 30-->Pupitar-->Lv. 55-->Tyranitar

Castro Valley –

Back out of Botan City Cave, go south and past another route with nothing new in it. You'll arrive at another town - Castro Valley. One of the houses here has the fishing guru who gives you the Old Rod. This exclusively catches Magikarp so run back outside and catch one. This rod will be outclassed very soon!

- Magikarp-->Lv. 20-->Gyarados

There's an NPC in town who wants to trade a Pidgey for a Chansey which is a ridiculously good deal. I would highly recommend putting Joe the Chansey in your party ASAP and consider teaching it some TMs for non physical moves to help it along. Disobedience will kick in beyond Lv30 and it'll become really tedious as it levels higher. A drastic measure to consider is training a Pidgey to Lv54 and then trading it so that the traded Chansey matches its level but again, it's drastic!

- Chansey-->Lv. 55-->Blissey

In the southeast of town there's a mansion where you'll find some evolved pokemon of ones caught earlier in this section including some stone evolutions like Raichu and Arcanine. Press the switches and

navigate through the building. Eventually you'll drop down a floor and can get to a basement cave where the bulk of your new captures will be as well as a key item, the Virus Scan. Trek back to Haunted Forest where you can battle a Kangaskhan near the top which can be caught, so consider saving before the encounter. You will however have to re-battle it and KO it in order to move on. At the top, Mr Rumiko will thank you and give you the Poke Flute.

- Rhyhorn-->Lv. 42-->Rhydon
- Ditto
- Houndour-->Lv. 24-->Houndoom
- Kangaskhan

Lastly we have Castro Forest, accessed via a gatehouse at the south western part of town. In here we can pick up another Trade Stone as well as catch a Scyther.

- Scyther

Route 62 -

There's a set of stairs on the far western end of Castro Forest which leads to Route 62, home of rare pokemon like Farfetch'd and Tauros. Enter the northern gatehouse.

- Farfetch'd
- Tauros

Route 61 -

This route leads to a dead end after the end with a Snorlax in the way so now we get to use the Poke Flute to battle it and catch it. Save before you encounter it, just in case. Run in the grass beyond Snorlax for a Krabby (and Kingler). At the top of the route you can pick up the Surf HM from one of the houses and the Good Rod from another. Entering the larger building leads to the Power Plant.

- Snorlax
- Krabby-->Lv. 28-->Kingler

Power Plant -

Akin to the original games, Voltorb (and Electrode) will disguise itself as a pokeball item but you'll also encounter them via random encounters so don't fret about them exploding. There's a free Thunder Stone in here which we'll keep for now as well as an Electirizer which you can use as soon as you find the 1% Electabuzz. Other Electric type lines await you here to be captured as well.

At the end of the maze, a legendary pokemon will be waiting for you. I couldn't find any reliable information on this but it seems that the game determines whether it will be Raikou or Zapdos, locking you out of obtaining the other at any point in the game. The usual strategy in main series games applies here. Try to weaken it as much as you can and put it to sleep. If the mechanics are the same as Gen 1, then sleep mechanics are ridiculously overpowered and you can catch it asleep at full health! Save your game and abuse save states if needed since Raikou knows Roar which will end the battle and Raikou will vanish!

- Voltorb-->Lv. 30-->Electrode
- Mareep-->Lv. 15-->Flaaffy-->Lv. 30-->Ampharos
- Magnemite-->Lv. 30-->Magnetron
- Chinchou-->Lv. 27-->Lanturn
- Electabuzz-->Electirizer-->Electivire
- Zapdos/Raikou

Time to Backtrack -

Although we've reached another series of dead ends, the section doesn't end here as we can revisit some older areas. First off, backtrack all the way back to Merson City to buy 4 Water Stones for the remainder of the run. You can use one straight off the bat to evolve your Staryu.

- Staryu-->Water Stone-->Starmie

Now venture back to Hayward City and stop in the gatehouse from Route 52. One of Prof Tim's aides will give you the Super Rod which means we're now fully stocked with every rod. I've listed the below encounters to be as close to your current position as possible to avoid too much more backtracking. Again, there's no official documentation and the wiki information contradicts what I am fishing up! It seems Goldeen and Poliwhag are the only Good Rod encounters while everything else is exclusively a Super Rod encounter. Consider catching and evolving a second Poliwhag in preparation for a later section for its other evolution. Route 66 is south of Owsauri City which happens to be our next destination.

- (Anywhere Good Rod) Goldeen-->Lv. 33-->Seaking
- (Anywhere Good Rod) Poliwhag-->Lv. 25-->Poliwhirl-->Water Stone-->Poliwrath
- (Route 66 Super Rod) Shellder-->Water Stone-->Cloyster
- (Route 66 Super Rod) Horsea-->Lv. 32-->Seadra
- (Seashore City Super Rod) Tentacool-->Lv. 30-->Tentacruel

Owsauri Game Corner -

Now you have the Coin Case and a Bike, this whole area is of use to you! First let's start with the Game Corner. You'll need to enter the back room to spend coins on EVERY pokemon available and multiple times over too! On the left counter you can get the three Johto starters, while the middle has two different Eevee and a Tyrogue. You will need to get one of each of the two Eevee as they are both programmed to evolve into Espeon and Glaceon respectively as level up evolutions. You'll also need to buy three more to get their stone evolutions! Tyrogue here is also programmed to only evolve into Hitmontop so there's no need to worry about its stats to get the right evolution. This leads to a grand total of 30,000 coins! You won't have the money for this (6 million pokedollars!) so you should save before gambling and soft reset/save state until you are successful. We haven't finished this section yet so feel free to come back after some more trainer battles if you want to ease SOME of the stress of gambling for everything.

- Chikorita-->Lv. 16-->Bayleef-->Lv. 32-->Meganium
- Cyndaquil-->Lv. 14-->Quilava-->Lv. 36-->Typhlosion
- Totodile-->Lv. 18-->Croconaw-->Lv. 30-->Feraligatr
- Eevee #1-->Lv. 20-->Espeon
- Eevee #2-->Lv. 20-->Glaceon
- Eevee-->Water Stone-->Vaporeon
- Eevee-->Thunder Stone-->Jolteon
- Eevee-->Fire Stone-->Flareon
- Tyrogue-->Lv. 20-->Hitmontop

Cycling Road and Route 47 -

Bring a few tough pokemon as the first trainer battle caught me off guard! With a bike you can now pass through the gate west of Owsauri City and up cycling road. Continue going uphill and once you stop going up you'll be on Route 47 in the Johto region. Check the grass for a Lickitung.

- Lickitung

Ilex Forest -

At the next gatehouse you can go north to Route 34 but there's nothing important outside of a few TMs. Instead go south into Ilex Forest. There's some evolve pokemon you can fish with the Super Rod for if you haven't evolve Krabby, Goldeen or Horsea yet. On your way through the forest, grab the Razor Claw and Razor Fang

Azalea Town -

This place is another dead end thanks to to recent earthquake in the Johto region. Slowpoke Well can be accessed but there's nothing of use at the moment. The gym can actually be challenged which doesn't award a badge, therefore this is considered fair game. Defeating Bugsy gives you the choice of a Sneasel or a Gligar as a gift pokemon. Since Sneasel is found at such a late point in the game compared to Gligar,

pick Sneasel as your choice. You can then use the Razor Claw on it to evolve it straight into Weavile. There's no more new areas we can reach without being able to use more HMs!

- Sneasel-->Razor Claw-->Weavile

Trade Stone Choices -

Two pokemon out of the four (although we don't have Machoke yet) can evolve via the Trade Stones we've picked up. Don't worry about which ones, you'll get more stones in the next section.

- x2 of Kadabra/Graveler/Haunter-->Trade Stone-->Alakazam/Golem/Gengar

And that brings this section to an end which has made a massive dent in the pokedex!

Levelling Tips:

We've passed a lot of gyms so feel free to battle the gym trainers in them! In terms of raw exp, I think the routes leading up to Johto are great because there's almost nothing but evolved pokemon, but it's not overly quick to get back to a healing spot, and I think that's where this ROM hack fumbles a lot. Castro Forest is probably my favourite place to train when you get to much higher levels of Lv30+ thanks to pokemon like Butterfree, Beedrill, Venomoth and Scyther giving massive exp. The problem is training to get to that level since all the new areas we've unlocked in this section are prone to awkwardly placed pokemon centers, long dead end routes that suck to travel back and forth from and in cases like Botan City, there IS NO POKEMON CENTER! Outside of going into Haunted Forest and finding the healing zone which is awful because actually the pokemon around that area are in their 20s so it's a good middle spot to train but healing makes it useless. If you do have some pokemon around their 20s and they can hit Ghost types, then take them to Haunted Forest and just stick next to the healing point and battle to your heart's content. Then once you've reached higher levels, head to Castro Forest and heal at the nearby pokemon center. This section can be quite nasty due to several Lv50+ evolutions including a traded pokemon which means dealing with disobedience.

End of part 2:

Caught 157, Remaining 68

Part 3 - Pre Badge #3 from Moraga Gym

Pokemon in this section:



Choices (Remaining Trade Stone evolution):



Choices (One Metal Coat evolution):



Choices (One King's Rock evolution):



So there's a lot of gyms available to challenge, but which one is the right one to do so for a POC? Naturally we want to go for HM usage as the deciding factor and since Strength can't even be obtained without first having Surf, Surf is the HM move we want to unlock. This means defeating the Castro Gym as our second badge.

Surfing Tour -

Naturally there will be lots of goodies and new areas available now we can cross the water. Let's start nearby the Castro Gym and head back through Castro Forest to Route 61. All the way to the south west there's a small body of water with a Dragon Scale in it.

North of Castro Valley on Route 58 you can surf on the water to reach International Cave. An Eevee captured here will evolve into Umbreon. Travel as far down the tunnel as you can go to reach a guard in the basement. Near him is a Dusk Stone to pick up.

- Marill-->Lv. 18-->Azumarill
- Swinub-->Lv. 33-->Piloswine-->Lv. 58-->Mamoswine
- Togepi-->Lv. 20-->Togetic
- Eevee-->Lv. 20-->Umbreon

Next, back to Moraga Town and take the underpass to a coastal area and surf on it to go west to a new area - Eagulou City. The big central building leads to this game's equivalent of the Safari Zone. In the first area, look for Exeggcute and fish with the Super Rod for Dratini. Jynx is here but it's only a 1% encounter compared to Area 3 (east from here) which has 25% so catch it there whilst you also pick up another Trade Stone in the same area. In Area 2 you can pick up a Metal Coat which we'll cover later on who to use it on. You can pick up another Leaf Stone from Moraga City since you're in the area for Exeggcute.

- Exeggcute-->Leaf Stone-->Exeggutor
- Dratini-->Lv. 30-->Dragonair-->Lv. 55-->Dragonite
- Jynx

Area 2 also has a ladder in the lower left corner of the map which leads into Secret Cave. Machop can be found on the entrance floor but we won't be able to advance much further without being able to use Strength.

- Machop-->Lv. 28-->Machoke

After finishing in the park, make sure you have the Red Amulet in your bag and enter the left cave in to Mt Boulder. You'll go down some stairs and end up in a weird hallway. Make your way to the end and emerge from the cave. The house here has a man in it who will take your Red Amulet in exchange for HM04 Strength. This drops us off at Hayward City. Head north from here and make your way back up to Johto. On Route 34 you can Surf and loop back down to find a Magmarizer. And in Slowpoke Well you can surf into the basement to find a man who will give you a King's Rock.

Back to Hayward City and this time go south to Route 52. There's a fourth Trade Stone on one of the platforms in the water. There's also the entrance to 30 Years Cave. Don't be caught off guard by the trainers here who have Lv70+ pokemon! In the cave you'll want to catch TWO Gligar and pick up the Protector item. You can then take one of the Gligar to Botan City. You can surf from the pier and reach a

house where you can trade it for a Gligar that specifically evolves into Leafeon, completing your Eeveelutions.

- Gligar
- Eevee-->Lv. 20-->Leafeon

Evolution Items -

Through all of our exploring in this section we have multiple pokemon that can now fully evolve thanks to the items we picked up. First up we have some more “choice” pokemon. We have the remaining pokemon you didn’t evolve with a Trade Stone in the last section. We also only have one Metal Coat and one King’s Rock despite needing two, so pick whichever evolution you prefer. We’ll get the second of these items later in the run.

- Kadabra/Graveler/Haunter-->Trade Stone-->Alakazam/Golem/Gengar
- Onix/Scyther-->Metal Coat-->Steelix/Scizor
- Poliwhirl/Slowpoke-->King’s Rock-->Politoed/Slowking

Then you’ve got everything else using the items you’ve picked up in this section or already have in your bag/PC:

- Machoke-->Trade Stone-->Machop
- Seadra-->Dragon Scale-->Kingdra
- Gligar-->Razor Fang-->Gliscor
- Magmar-->Magmarizer-->Magmortar
- Rhydon-->Protector-->Rhyperior
- Togetic-->Shiny Stone-->Togekiss

Levelling Tips –

Although new areas are unlocked, again there aren’t a lot of decent healing opportunities in these areas so I honestly would just recommend the same spots from the last section. The heavy hitters here are clearly Mamoswine and Dragonite, particularly the latter due to being in a slow exp group and having to start all the way from Lv15. Dratini has always had an awful moveset so I’d recommend teaching it TMs or HMs (Surf is great) to help it win battles. The situation on ideal training spots doesn’t really improve so I’ll leave this as the last Levelling Tips section of the guide.

End of part 3:

Caught 184, Remaining 41

Part 4 - Pre Badge #4 and #5 from Merson and Jaeru Gyms

Pokemon in this section:



Choices (one randomly determined legendary of each set):





Choices (Remaining King's Rock evolution):



For the final time we have a HM usage badge to be concerned about. The Moraga Gym is therefore the next badge as this unlocks Strength. As soon as you have the HM, return to Eagulou City where you'll need to run through the cave again and exit to Hayward City where the house with the Strength HM was. You can now move the boulder out of the way to get the Mist Stone. Then go back through the tunnel to Eagulou and enter the opposite cave entrance which you can now do with the Mist Stone in your possession. This cave contains a gym which isn't being challenged yet but there is another King's Rock in here which you can use to evolve the other King's Rock evolution you didn't pick in the last section.

- Poliwhirl/Slowpoke-->King's Rock-->Politoed/Slowking

The Strength to Carry On –

We've been in several caves with boulders blocking the way so it's finally time to clear them out of the way and catch more pokémon. Right here in Eagulou City in Eagulou Park you can reach the basement of the secret cave to catch a Primeape (no Mankey) and either a Mewtwo or Mew as the legendary. Save before the battle as always, just in case. Also watch out because although it's standard wild battles in there, your safari zone step limit is still ticking so you need to be efficient with your movement! Back outside the park, you can enter the cave on the left again and surf to some boulders. After another strength puzzle you can enter a room which will have another split legendary choice determined by the game. It will be either Articuno or Suicune. And the final split legendary is back in 30 Years Cave which has a particularly lengthy strength puzzle which leads to either Entei or Moltres. Watch out for Roar if you have the beasts instead of the birds!

- Mewtwo/Mew
- Articuno/Suicune
- Moltres/Entei
- Primeape

Levelling Tips –

Nothing to evolve!

End of part 4:

Caught 189, Remaining 36

Part 5 - Pre Badges #6-8 and Elite Four

Pokémon in this section:



Choices (1 Dusk Stone evolution):



For badge 4 and 5 in the run we need to get the 1st and 3rd intended badges in the game which are the ones from Merson City and Jearu City. Having both badges means you can try to approach the Rijn League from the north of Jaeru City and advance far enough to reach a brand new area.

Seneca Caverns –

After passing the guards you'll spot a building when you can pass through and eventually reach a cave entrance to Seneca Caverns. As soon as you enter you'll be able to find a Misdreavus and a Wooper. The next floor down is where you'll find Heracross and Murkrow and the room where you are surrounded by water has a 1% Aerodactyl encounter. You'll be able to descend multiple ladders in here to find a small room where the Helix Fossil is. Take this back to Hayward City to get it revived at the lab next to the pokemon center (you'll need to fly to Eagulou, walk around, then come back). If you can make it out the other side of the cavern you'll reach a pokemon center. There's a guy who will sell you a Jigglypuff, the only way to catch this pokemon! Depending on the version you are playing you will also be able to visit the small hut outside to get a Magic Wand which can be used to evolve an Eevee into Sylveon. If you don't get the item then Sylveon is not in the game yet so your pokedex count will be one short so please bear in mind when looking at the totals.

- Misdreavus
- Wooper-->Lv. 20-->Quagsire
- Heracross
- Murkrow
- Aerodactyl
- Omanyte-->Lv. 40-->Omastar
- Jigglypuff
- Eevee-->Magic Wand-->Sylveon

And that's it for the section. You'll have caught two Dusk Stone evolution pokemon in Seneca Caverns but you've only picked up one Dusk Stone so far so you'll have to make a choice for now, with the other coming later.

- Misdreavus/Murkrow-->Dusk Stone-->Mismagius/Honchkrow

End of part 5:

Caught 200, Remaining 25 **If you don't have Sylveon in the game then you'll be one pokemon down!**

Part 6 - Post Game

Pokemon in this section:



Choices (one randomly determined legendary):



Choices (Remaining Metal Coat evolution):



Choices (remaining Dusk Stone evolution):



There's really nothing else to do until post game so run around Rijn and clear the gyms and then take on the Elite Four.

Final Dungeon –

Once the credits have rolled, return to Hayward City and there's a house left of the department store where you'll be able to enter the Final Dungeon. Keep your bag somewhat empty because there's quite a few decent items to get in here and your bag is very limited on space. Do however bring the Card Key item as there's a barrier you can open with it. Once you battle the bird keepers in an open area, you'll enter a building full of Rocket grunts. Immediately on your right, look for a barrier. IT's not a card key barrier, but if you defeat the grunt north of it, it'll open and you can enter the room to grab a Dubious Disc. You'll need to pass through all the Team Rocket battles and will eventually go down stairs to a cave where wild Pinsir can finally be found.

- Pinsir

The next floor down is where things get complicated so I advise that you google a map to avoid getting lost! Top left of the room you'll find the Dome Fossil. If you wind your way clockwise around the outside of the room you'll reach a ladder that takes you to a Rocket grunt who will simply give you either a Lugia or a Ho-Oh, again, which one is decided by the game. Behind the card key barrier is also the SS Ticket.

- Lugia/Ho-Oh

Back to the complicated cave floor. One of the other ladders here leads to a teleport tile room. The one on the middle right leads to a room with a second Dusk Stone. The one on the bottom middle takes you to a healing point and the exit to the last areas of this big dungeon. Defeat the Rockets to clear the fake trees and engage in a Lv100 trainer battle. When you win, you'll be able to pick up a Metal Coat. (Don't approach the bird in the cave!) Also check this outdoor area for a hidden Rocket grunt who talks about a fossil. Speak to him again after you defeat him for a Skull Fossil! Once you're finished here, take the fossils back to get revived in Hayward City.

- Kabuto-->Lv. 40-->Kabutops
- Cranidos-->Lv. 30-->Rampardos

Final Item Evolutions –

Go to Castro Valley and you can visit the dock where the SS Anne would normally be. You can surf across the water and check the truck to find Mew! OK, maybe not. Instead, it's the Coronet Stone. And with everything we've picked up in the section, we can evolve the last few pokemon that we can including the other two choice evolutions we didn't select earlier for the Dusk Stone and Metal Coat.

- Misdreavus/Murkrow-->Dusk Stone-->Mismagius/Honchkrow
- Onix/Scyther-->Metal Coat-->Steelix/Scizor

- Porygon2-->Dubious Disc-->Porygon-Z
- Magnetron-->Coronet Stone-->Magnezone

End of the challenge:

Caught 210, Remaining 15

So who's missing?

Decision Pokemon (13)



Where you have to choose between multiple pokemon. You'll be missing the remaining two starters (Bulbasaur/Charmander/Squirtle) and their two evolutions, the two Moon Stone evolutions we couldn't get and the five legendaries the game clearly didn't want us to have so they locked us out of getting them and gave us alternative pokemon.

Not In Game (2)



Since there's no breeding, Mankey was not possible to catch. Mr Mime is also not available anywhere in the game.

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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