

PKMN Trainer Cynthia

Aster. Female Garchomp. Level 46. Brave. Capable of taking hits.

Type: Dragon/Ground.

Ability: Sand Veil. Boosts the pokemon's evasion in a sandstorm.

Moves Known: Dig, Sandstorm, Dragon Claw, Slash.

Met at Celestic Town.

Coronet. Female Milotic. Level 42. Adamant. Likes to thrash about.

Type: Water.

Ability: Marvel Scale. Ups defense when suffering.

Moves Known: Attract, Hydro Pump, Recover, Surf.

Met at Mt. Coronet.

Rosaceae. Female Roserade. Level 40. Impish. Somewhat vain.

Type: Grass/Poison.

Ability: Natural Cure. All status problems are healed upon switching out.

Moves Known: Petal Dance, Leech Seed, Ingrain, Toxic.

Met at Eterna Forest.

Rascal. Male Lucario. Level 42. Adamant. Often dozes off.

Type: Fighting/Steel.

Ability: Steadfast. Raises speed after flinching.

Moves Known: Aura Sphere, Copycat, Quick Attack, Foresight.

Apparently met at Jubilife City.

Eros. Male Togekiss. Level 38. Hardy. Alert to sounds.

Type: Normal/Flying.

Ability: Hustle. Increases attack but reduces accuracy.

Moves Known: Wish, Ancient Power, Metronome, Aerial Ace

Apparently hatched at Floaroma Town.

Banshee. Female Spiritomb. Level 42. Naughty. Mischievous.

Type: Ghost/Dark.

Ability: Pressure. Opponent runs out of moves faster.

Moves Known: Sucker Punch, Hypnosis, Ominous Wind, Confuse Ray.

Met at Route 209.

PKMN Trainer Cyrus

Polaris. Female Weavile. Level 46. Calm. Hates to lose.

Type: Dark/Ice.

Ability: Pressure. Opponent runs out of moves faster.

Moves Known: Quick Attack, Avalanche, Feint Attack, Metal Claw.

Met at Sunyshore City.

Sirius. Genderless Rotom. Level 43. Hardy. Very finicky.

Type: Ghost/Electric.

Ability: Levitate. Immune to ground-type moves.

Moves Known: Ominous Wind, Shock Wave, Substitute, Thunder Wave.

Met at Old Chateau.

Vega. Female Crobat. Level 42. Quiet. Often scatters things.

Type: Poison/Flying.

Ability: Inner Focus. Prevents flinching.

Moves Known: Air Cutter, Bite, Mean Look, Poison Fang.

Met at Mt. Coronet.

Altair. Male Gyarados. Level 44. Lonely. A little quick-tempered.

Type: Water/Flying.

Ability: Intimidate. Lowers the foe's attack.

Moves Known: Ice Fang, Aqua Tail, Bite, Dragon Dance.

Met at Route 205.

Mintaka. Male Honchkrow. Level 45. Sassy. Thoroughly cunning.

Type: Dark/Flying.

Ability: Insomnia. Can't fall asleep.

Moves Known: Feint Attack, Fly, Night Slash, Taunt.

Met at Lost Tower.

Antares. Male Houndoom. Level 44. Bashful. Loves to eat.

Type: Dark/Fire.

Ability: Flash Fire. Fire-type moves increase fire-type damage.

Moves Known: Feint Attack, Embargo, Roar, Fire Fang.

Met at Route 214.

Traveling Medic Cheryl

Hope. Female Blissey. Level 42. Gentle. Strong willed.

Type: Normal.

Ability: Natural Cure. All status problems are healed upon switching out.

Moves Known: Soft-Boiled, Healing Wish, Refresh, Light Screen.

Met at Floaroma Town.

Tomyris. Female Vespiquen. Level 50. Sassy. Proud of its power.

Type: Bug/Flying.

Ability: Pressure. Opponent runs out of moves faster.

Moves Known: Heal Order, Aerial Ace, Attack Order, Defend Order.

Met at Route 218.

Myth. Female Umbreon. Level 43. Docile. Often lost in thought.

Type: Dark.

Ability: Synchronize. Passes on status problems.

Moves Known: Confuse Ray, Quick Attack, Feint Attack, Helping Hand.

Met at Route 212.

Boo. Male Dusknoir. Level 43. Naive. Nods off a lot.

Type: Ghost.

Ability: Pressure. Opponent runs out of moves faster.

Moves Known: Confuse Ray, Shadow Punch, Pursuit, Mean Look.

Met at Lost Tower.

Charybdis. Female Gastrodon. Level 41. Hasty. Alert to sounds.

Type: Water/Ground.

Ability: Sticky Hold. Prevents item theft.

Moves Known: Mud Bomb, Body Slam, Hidden Power, Muddy Water.

Apparently met at Route 205.

Alpine. Male Abomasnow. Level 40. Bold. Loves to eat.

Type: Grass/Ice.

Ability: Snow Warning. Summons a hailstorm.

Moves Known: Wood Hammer, Ingrain, Ice Shard, Mist.

Met at Route 217.

Aura Guardian Riley

Anubis. Male Lucario. Level 47. Serious. Good endurance.

Type: Fighting/Steel.

Ability: Steadfast. Raises speed after flinching.

Moves Known: Me First, Aura Sphere, Dragon Pulse, Endure.

Apparently met at Jubilife City.

Gaia. Female Rhyperior. Level 49. Rash. Somewhat of a clown.

Type: Ground/Rock.

Ability: Lightning Rod. All electric-type moves will target this pokemon.

Moves Known: Horn Drill, Stone Edge, Earthquake, Fury Attack.

Met at Iron Island.

Cassandra. Female Absol. Level 44. Bold. Quick to flee.

Type: Dark.

Ability: Super Luck. More likely to land critical hits.

Moves Known: Swords Dance, Sucker Punch, Double Team, Pursuit.

Met at Oreburgh Depths.

Thor. Male Medicham. Level 40. Jolly. Likes to fight.

Type: Fighting/Psychic.

Ability: Pure Power. Boosts attack.

Moves Known: Calm Mind, Hidden Power, Confusion, High Jump Kick.

Met at Mt. Coronet.

Atlantis. Female Gyarados. Level 41. Rash. A little quick tempered.

Type: Water/Flying.

Ability: Intimidate. Lowers the foe's attack.

Moves Known: Thrash, Bite, Aqua Tail, Rain Dance.

Met at Mt. Coronet.

Khione. Female Mamoswine. Level 40. Modest. Nods off a lot.

Type: Ice/Ground.

Ability: Oblivious. Immune to infatuation or taunts.

Moves Known: Icy Wind, Earthquake, Ancient Power, Fury Attack.

Met at Acuity Lakefront.