

# Metroid Prime 3: Corruption - 100% Speedrun Route

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## NOTES

- **This** run finishes with 100% of the items.
- **Duplicated** items can not replace other items.
- **Scans** do not count as part of the 100% definition. Only items that increase the percent counter are required (The Mission Final screen does not show anything related to scans).
- **Runs** are performed on a file that has watched all the necessary cutscenes and has everything scanned to save time.
- **Everything** is color coded in this document. You will see the Color Codes below.
- **Room** names will always be in **Bold**.

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## ABBREVIATIONS

- **CB** = Charge Beam
- **ME** = Missile Expansion
- **ET** = Energy Tank
- **SM** = Ship Missile Expansion
- **EC** = Energy Cell
- **BSJ/SSJ** = Bomb/Spring Space Jump
- **SW** = Secret World
- **SA** = Screw Attack

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## NORION I

- Proceed through the rooms as intended
- Perform an SSJ in **Docking Bay Access** to reach the upper level faster
- Enter "13576" into the hand terminal

- Enter **Security Station** and unload it, then re-enter it to skip the Ghor verification scan
- Head to **Lift Access** and enter the save. Saving the game is not necessary here.
- Talk to the GF Trooper to gain access to **Ready Room**
- After the briefing, head back to **Flag Bridge**
- Head to **Xenoresearch Lab**
- Fight the pirates and return the Energy Cell to the room
- Collect the **Energy Tank** in **Ventilation Shaft** (1%) **1/14 ET**
- Head to **Munitions Storage** and collect the **Missile Launcher** (2%) **5/255 ME**
- Use the hand scanners to head to **Docking Bay 5**
- Defeat Berserker Lord and enter your ship
- Fly to **Norion**

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**ME: 5/255 | ET: 1/14 | EC: 0/9 | SM: 0/11**
**2%**

- 
- Shoot the targets and collect **Grapple Lasso** (3%)
  - Head to **Substation East** and collect the **Energy Tank** (4%) **2/14 ET**
  - Proceed to **Cargo Dock A**
  - Fight the pirates to enable the **Command Visor**
  - Land your ship and head to **Generator A**
  - Activate the generator and head back to **Cargo Hub**
  - Trigger the Ghor cutscene and head to **Cargo Dock C**
  - Enter the tube and perform [Ridley Skip](#)
    - *Alternatively, continue through the tube and complete the Morph Ball Ridley fight*
  - Head to **Generator C**
  - Activate the Bomb Slots and fight Meta Ridley
  - Activate the generator and head back to **Cargo Hub**
  - Enter **Tower Elevator**
  - Complete the Hypermode tutorial
  - Collect the **PED Suit** (5%)
  - Head to the **Aurora Chamber**
  - Fly to **Bryyo**

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**ME: 5/255 | ET: 2/14 | EC: 0/9 | SM: 0/11**
**5%**


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## BRYYO I

- Head to **Gateway**
- Move the grapple block while the room loads
- Perform an SSJ to [skip the first bomb slot](#) and open the door
- Collect the **Missile** in **Grand Court Path** with a [slope jump](#) (6%) **10/255 ME**
- Fight the enemies in **Grand Court**

- Collect the **Missile** in **Hillside Vista** (7%) **15/255 ME**
- Enter **Reliquary I** and collect **Grapple Swing** (8%)
- Head back to **Grand Court**
- Climb to the Ice door and [go out of bounds](#) with a 2BSJ
- Ceiling warp into **Reliquary III** and collect the **Missile** (9%) **20/255 ME**
  - *You may get this missile later in cleanup instead. This trick saves 1 minute.*
- Grapple to the grapple wall and [perform an SSJ](#) to leave the room
- Head back to **Gateway** and head to **G.F.S. Theseus**
- Get the Bryyo Map
- Go back out to **Crash Site**
- Perform a [slope jump](#) and touch the Grapple Point to hit the respawn trigger
- Collect the **Missile** (10%) **25/255 ME**
- Head back to **Cliffside Airdock**
- Fly to **Fiery Airdock**
- Enter **Imperial Hall** and collect the **Missile** with an [SSJ](#) (11%) **30/255 ME**
- Proceed as normal to **Corrupted Pool**
- Get corrupted and enter **Gel Processing Site**
- After the first bomb slot, climb the platform and lower the right tunnel and [perform the SW](#)
  - *As an alternative to the SW, complete the room as normal and ignore the SW setup*
- Enter **Gel Hall** and head to the opposite door
- Shoot the fuel gel head to unlock the platform and head to **Temple of Bryyo**
- Destroy both ATCs
- Defeat Rundas to collect **Ice Missile** (12%)
- Head back to **Gel Hall** and collect both **Missiles** (14%) **40/255 ME**
- Take the **Gel Purification Site** shortcut and lower the pillar
- Collect the **Missile** and head to **Fiery Airdock** (15%) **45/255 ME**
- Fly to **Cliffside Airdock**
- Proceed as normal to **Hidden Court**
- Solve the golem puzzle and head down the hole to **Ruined Shrine**
- Collect the **Energy Tank** at the bottom and lower the first grapple point (16%) **3/14 ET**
- Climb the room with an SSJ and destroying the crystals
- Enter **Hangar Bay** and kill the enemies
- Climb to the 2nd level and enter the tunnel to collect the **Energy Cell** (17%) **1/9 EC**
  - **DO NOT ENTER THE TUNNEL DURING THE CUTSCENE AS YOU CAN SOFTLOCK!**
- Climb to the upper level to open the ceiling
- Land the ship and collect the **Ship Missiles** (18%) **3/11 SM**
- Fly to **Thorn Jungle Airdock**
- Enter **Overgrown Ruins** and remove the barrier
- Enter **Ancient Courtyard** and blow up the wall with Ship Missiles
- Head to **Jousting Field**

- Defeat the Pirate Aerotroopers and Koraak Beast
- Head to **Jungle Generator**
- Attempt to bomb generator and roll back to the door
- Collect the **Missile** and enter the left door (19%) **50/255 ME**
- SSJ to the upper level and enter **North Jungle Court**
- Destroy the turret and re-enter **Generator Hall North**
  - **BE SURE TO ACTIVATE THE CUTSCENE BEFORE DESTROYING THE TURRET OR ELSE YOU WILL SOFTLOCK!**
- Perform an SSJ to skip blowing up the bridge and collect the **Missile** (20%) **55/255 ME**
- Shoot the door to **Jungle Generator**, close the door, then enter the room
- Bomb the generator and head back to the ship
- Fly to **Fiery Airdock**
- Head to **Temple of Bryyo** and blow up the blockage
- Head to **Temple Generator**
- Bomb the generator
- Head to **Gel Cavern** and take the shortcut
- Head to the ship
- Fly to **Landing Site Delta**
- Head to **Bryyo Leviathan Core**
- Defeat Mogenar to collect the **Hyper Ball** (21%)
- Fly to **Elysia**

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**ME: 55/255 | ET: 3/14 | EC: 1/9 | SM: 3/11**
**21%**


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## ELYSIA I

- Enter **Main Docking Access** and use Hyper Ball to remove the barrier
- Proceed as normal to **Transit Hub** and collect the **Missile** (22%) **60/255 ME**
- Collect the **Missile** in **Barracks Access** (23%) **65/255 ME**
- Fight the Steamlord and collect the **Energy Tank** (24%) **4/14 ET**
- Continue as normal to **Construction Bay**
  - *It is faster to skip the first bomb slot*
- Fight Defense Drone and collect the **Boost Ball** (25%)
- Head back to **Skybridge Hera** and collect the **Missile** in the pillar (26%) **70/255 ME**
- Head to **Junction** and go right one door
- Perform [Fall Respawn Skip](#) to get OoB in **Zipline Station Charlie**
- [Wallcrawl to Powerworks](#) and have the room load around you
- Blindly grapple and shoot the gear then walk forwards to collect the **Spider Ball** (27%)
- Drop down and travel the Spider track until you touch land
- Drop off the track and get on the other track
- Collect the **Missile** (28%) **75/255 ME**

- [Boost off the track](#) into the aether and wallcrawl to **Zipline Station Charlie**
- Transition the room and lock onto a robot in the distance
  - *Be careful when jumping off the door to avoid transitioning to **Powerworks Access***
- Aether jump to the top of the room and walk towards the spider track
- Morph to land on the track and follow the track
- Collect the **Energy Tank** (29%) **5/14 ET**
- Stay on the track until you reach the sloped down part
- [Boost off the track](#) upwards and unmorph to get out of bounds
- Wallcrawl to above the door platform and carefully morph to land in front of the door
  - *Alternatively, wallcrawl directly to the door and touch the respawn trigger to fall back inbounds.*
- Head to **Aurora Chamber** and deliver the vaccine
- Head to **Steambot Barracks**
- Collect the **Missile** on the spider track (30%) **80/255 ME**
- Head to **Transit Hub** and activate the cannon
- Continue on to **Main Docking Bay**
- Fight Ghor and collect the **Plasma Beam** (31%)
- Head back up the room and collect the **Missile** behind the metal (32%) **85/255 ME**
- Travel to **Arrival Station** and activate the cannon
- Collect the **Energy Tank** (33%) **6/14 ET**
- Head to **Transit Hub** and melt the metal and use the cannon
- Enter the **Aurora Chamber** and repair the circuit boards
- Head to **Security Station**
- Open the gate with the terminal and remove the metal with Plasma
- Enter **Landing Site A** and use the bomb slot, then land your ship
- Fly to **Fire Bryyo**

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**ME: 85/255 | ET: 6/14 | EC: 1/9 | SM: 3/11**
**33%**


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**BRYYO II**

- Head towards **Main Lift** and collect the **Missile** (34%) **90/255 ME**
- Enter **Ice Bryyo**
- Proceed through the rooms as normal and collect **Screw Attack** (35%)
- Enter **Tower** and climb the room
- Jump into the tunnel at the top
- Perform a 2BSJ to collect the **Energy Tank** (36%) **7/14 ET**
  - *Alternatively, you can take the Spider track from the bottom, as getting the Energy Tank without it can be tricky.*
- Screw Attack to the statue to collect the **Ship Missile Expansion** (37%) **4/11 SM**
- Leave **Ice Bryyo** and head back to your ship

- Fly to **Landing Site A** on **Elysia**

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**ME: 90/255** | **ET: 7/14** | **EC: 1/9** | **SM: 4/11**

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**37%**

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## ELYSIA II

- Enter **Security Station**
- Collect the **Ship Missile Expansion** in the tunnel (38%) **5/11 SM**
- Climb the room and enter **Security Tube**
- Use Hyper Ball to remove the barrier
- Enter **East Elysia**
- Enter **Concourse** and SSJ to the middle level and enter **Concourse Ventilation**
- Collect the **Missile** on the spider track (39%) **95/255 ME**
- Head to **Chozo Observatory** and [SSJ to the top level](#)
- Collect the **Missile** in **Botanica** (40%) **100/255 ME**
- Enter the ice door and jump down
- Make your way to the **Skytown Federation Landing Site**
- Land your ship and collect the **Ship Grapple Beam** (41%)
- Head back to **Turbine Chamber**
- Cross the room and enter **Gearworks**
- Collect the **Missile** (42%) **105/255 ME**
- Go back to **Turbine Chamber** and perform [Berserker Lord Skip](#)
- Collect the 1st Bomb Component
- Enter the Morph Ball hole and enter the next room
- Head to **Zipline Station Delta**
- Enter the **Xenoresearch** labs and proceed as normal
- Collect the **Energy Cell** and the **Seeker Missile** (44%) **2/9 EC**
- Exit the labs and collect the **Energy Tank** on the way out (45%) **8/14 ET**
- Head back to **Concourse** and collect the **Missile** (46%) **110/255 ME**
- Collect the 2nd Bomb Component
- Exit **East Elysia** and head to **Spire Dock**
- Go passed the **Aurora Chamber** and open the Seeker lock in **Zipline Station Bravo**
- Use the cannon and collect the 3rd bomb component
- Enter the cannon and place the bomb at the **Spire Dock**
- Go back to the **Aurora Chamber** and talk to AU 217
- Head back to **Spire Dock** and complete the Spire Sequence
- Head to **Landing Site A** and fly to **Landing Site C**
- Open the Seeker locks in **Core Access** and enter the core
- Defeat **Helios** collect the **Hyper Missile** (47%)
- Fly to **Pirate Homeworld**

ME: 110/255 | ET: 8/14 | EC: 2/9 | SM: 5/11

47%

**PIRATE HOMEWORLD**

- Head up to **Command Courtyard** and enter the tunnel
- Collect the **Missile** and the **Energy Cell** (49%) **115/255 ME 3/9 EC**
- Enter the tunnel to **Flux Control**
- Collect the **Missile** with an SSJ Instant Morph or from the bottom (50%) **120/255 ME**
- Head to **Command Vault** and collect the **X-Ray Visor** (51%)
- Head to **Security Air Lock** and collect the **Missile** (52%) **125/255 ME**
- Enter **Lift Hub** and go down to get the map
- Head back up to **Command Courtyard**
- Climb to the upper level with a 2BSJ SA or use the tunnel
- Skip the barrier and enter **Courtyard Passage**
  - Move through the Acid Rain to the safe spot on the middle path. Perform an SSJ and SA to the invisible floor in the back corner. Perform another SSJ and SA over the barrier.
- Complete the fight in **Skyway Access** and enter the tunnel to **Defense Access**
- Use the spider track and take the train to **Mining Site**
- Enter **Phazon Quarry** and kill the pirates
- Use the drill to open the right wall. Perform a 2BSJ next to the Missile and SA to the top of the unexposed half pipe. Perform another 2BSJ to get out of bounds.
- Wallcrawl to **Main Cavern** and transition to **Phazon Mine Entry**
- Aether Jump to the skywalk and morph onto **Nova Beam** to collect it (53%)
- Enter the center of the mining cannon and die. Say "Yes" to continue.
- Head to **Landing Site Charlie** and clear the rubble to land the ship
- Fly to **Landing Site Alpha**
- Head to **Scrapvault Lift** and remove the barrier
- Enter **Scrapvault**
- SSJ to the platform on the other side of the wall
- Collect the **Missile** and enter the tunnel to **Scrapworks** (54%) **130/255 ME**
- Collect the **Energy Tank** and enter **Scrapvault** to open the wall (55%) **9/14 ET**
- Head back out and use the 3rd bomb slot
- Collect the **Ship Missile Expansion** and head to **Processing Access** (56%) **6/11 SM**
- Climb the SA wall and collect the **Ship Missile Expansion** (57%) **7/11 SM**
- Enter **Metroid Processing** and defeat the enemies
- Use the X-Ray terminal on the left and enter the elevator
- Collect the **Energy Cell** and take the elevator back up (58%) **4/9 EC**
- Collect the **Missile** with the Metroids and enter **Airshaft** (59%) **135/255 ME**
- Climb the room and head to **Proving Grounds**
- Defeat Gandrayda and collect the **Grapple Voltage** (60%)

- Remove the barrier and take the elevator back down
- Use the Spider track in **Craneyard**
- Collect the **Missile** and the **Hazard Shield** (62%) **140/255 ME**
- Head down to **Metroid Processing** and enter **Creche Transit**
- Collect the **Missile** and head to **Metroid Creche** (63%) **145/255 ME**
- Defeat Metroid Hatcher with X-Ray and Nova
- Use the bomb slot to unlock the SA wall and climb the room
- Collect the **Energy Tank** by [skipping half the spider track](#) (64%) **10/14 ET**
  - *Alternatively, use the boost cannon at the bottom of the room*
- Take the train to **Command Center**
- Head to **Command Courtyard** and remove the barrier with Grapple Voltage
- Head to **Skyway Access** and go [out of bounds](#)
- [Wallcrawl](#) to **Transit Station Leviathan**
- Defeat the Pirate Commander and Pirate Commandos
- Land the ship and fly to **Landing Site Delta**
- Head to **Pirate Homeworld Leviathan Core**
- Defeat Omega Ridley and collect the **Hyper Grapple** (65%)
- Fly to **Cliffside Airdock** on **Bryyo**

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**ME: 145/255 | ET: 10/14 | EC: 4/9 | SM: 7/11**
**65%**


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**BRYYO III**

- Head to **Gateway**
- SA to the Ice blocking the tunnel and remove it
- Enter **Reliquary II** and collect the **Energy Tank** (66%) **11/14 ET**
- Head out and collect the **Missile** in **Gateway** (67%) **150/255 ME**
  - *If you did not grab the **Reliquary III** Missile yet, go there now and grab it*
- Head to **Falls of Fire** and collect the **Missile** on the SA wall (68%) **155/255 ME**
- Enter **Hidden Court** and climb the room
- Head to **Fuel Gel Pool** through the **Plasma** door
- Climb the room and use Ship Grapple to remove the head
- Collect the upper **Missile** and the **Missile** in the fuel gel (70%) **165/255 ME**
- Head back out to **Hidden Court** and open the gate to **Burrow** from the back with Hyper Ball
- Head to **Hall of the Golems**
- Screw Attack to the Ice golem and activate it
- Activate the Plasma golem and enter **Colossus Vista**
- Place the head and collect the **Ship Missile Expansion** (71%) **8/11 SM**
- Enter **Machineworks Bridge** and rotate the bridge piece
- Activate the Voltage golem in **Hall of the Golems** and head to **Hangar Bay**
- Land the ship and fly to **Thorn Jungle Airdock**



- Head to **Vault** and collect the **Energy Tank** (72%) **12/14 ET**
- Head out and enter **Ancient Courtyard**
- Collect the **Missile** on the half pipe (73%) **170/255 ME**
- Head to **North Jungle Court** and use Ship Grapple to grab the battery
- Head to **Auxiliary Dynamo** and collect the **Ship Missile** in the tunnel (74%) **9/11 SM**
- Head back to **North Jungle Court**
- Enter the tunnel to **Machineworks Bridge** and rotate the bridge piece
- Collect the **Energy Tank** on the SA wall (75%) **13/14 ET**
- Enter **Hall of the Golems** and climb the frozen fuel gel falls
- Turn around and [jump around the pipe and morph on the spider track to skip half of it](#)
- Collect the **Missile** and climb the room again (76%) **175/255 ME**
- Enter **Burrow** and collect the **Missile** (77%) **180/255 ME**
- Enter **Hidden Court** and place the battery
- SA to the top of the halfpipe and collect the **Missile** (78%) **185/255 ME**
- Collect the **Energy Cell** (79%) **5/9 EC**
- Head to **Hangar Bay** and land the ship
- Fly to **Fiery Airdock**
- Head to **Temple of Bryyo** and collect the **Missile** in the Fuel Gel (80%) **190/255 ME**
- Head all the way back to **Fiery Airdock** using the one-way shortcut in **Gel Cavern**
- You can fly to Elysia, Norion, or Valhalla at this point. The order does not matter. This route document will finish cleanup in this order: Norion, Elysia, Valhalla, Pirate Homeworld.
- Fly to **Cargo Dock A** on **Norion**

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**ME: 190/255 | ET: 13/14 | EC: 5/9 | SM: 9/11**
**80%**


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## NORION II

- Collect the **Missile** in the tunnel (81%) **195/255 ME**
  - Enter the ship and fly to **Docking Hub Alpha**
  - Collect the **Missile** behind the ship (82%) **200/255 ME**
  - Head to **Cargo Hub** and collect the **Missile** in the tunnel (83%) **205/255 ME**
  - Enter **Maintenance Shaft** and collect the **Missile** behind the Ice door (84%) **210/255 ME**
  - Head back out and repair the circuit board next to the GF Marine
  - Enter **Substation West** and collect the **Missile** in the tunnel (85%) **215/255 ME**
  - Head to **Cargo Dock B** and defeat all the enemies
  - Land the ship and head to **Generator B**
  - Defeat the Metroid Hatcher with X-Ray and Nova
  - Collect the **Energy Cell** and head back to the ship (86%) **6/9 EC**
  - Fly to **Landing Site A** on **Elysia**
-

ME: 215/255 | ET: 13/14 | EC: 6/9 | SM: 9/11

86%

**ELYSIA III**

- Head all the way to **Ballista Storage**, using SA to skip the cannon in **Skybridge Hera**
- Defeat the Steamlord and collect the **Energy Cell** (87%) **7/9 EC**
- Head out to **Construction Bay**
- Collect the **Missile** with Screw Attack (88%) **220/255 ME**
- Head back and enter **Hoverplat Docking Site**
- Cross the gaps and collect the **Ship Missile Expansion** (89%) **10/11 SM**
- Head all the way back to **Landing Site A**
- Fly to **G.F.S. Valhalla**

ME: 220/255 | ET: 13/14 | EC: 7/9 | SM: 10/11

89%

**VALHALLA**

- Use an Energy Cell to open the hangar door and head all the way to **MedLab Alpha**
- Remove the debris and collect the **Missile** in the tunnel (90%) **225/255 ME**
- Exit the room and head to **Auxiliary Lift**
- Use an Energy Cell and take the elevator up
- Enter the tunnel and collect the **Missile** (91%) **230/255 ME**
- Enter **Port Observation Deck** and power the door with an Energy Cell
- Head to **Munitions Locker** and collect the **Energy Tank** (92%) **14/14 ET✓**
- Keep progressing to **Aurora Chamber**
- [Skip the Metroid Hatcher](#) and proceed to **Control Room**
- Collect the **Pirate Code** and head back to **Port Observation Deck**
- Open the Seeker lock and enter **Xenoresearch Lab**
- Use two Energy Cells and enter the tunnel
- Collect the **Ship Missile Expansion** at the end of the tunnel (93%) **11/11 SM✓**
- Head to **Repair Bay** and enter **Stairwell**
- Perform an SSJ to skip using two Energy Cells
- Collect the **Missile** in **Weapons Cache** (94%) **235/255 ME**
- Head back out to **Docking Bay 5** and collect the **Energy Cell** (95%) **8/9 EC**
- Fly to **Landing Site Charlie** on **Pirate Homeworld**

ME: 230/255 | ET: 14/14✓ | EC: 8/9 | SM: 11/11 ✓

95%

**PHAAZE**

- Collect the **Missile** in **Phazon Mine Entry** behind the Phazite (96%) **240/255 ME**
- Enter **Main Cavern** and complete the X-Ray puzzle
- Destroy the drill in **Drill Shaft 2** and enter **Phazon Quarry**

- Collect the **Energy Cell** and the **Missile** in the wall (98%) **9/9 EC✓ 245/255 ME**
- Take the train to **Command Center**
- Head to **Command Station** and remove the Hyper Grapple blob
- Collect the **Missile** in the tunnel (99%) **250/255 ME**
- Head to the **Leviathan Battleship** to take control of it
- Head to the **Lift Hub** and collect the **Missile** at the bottom (100%) **255/255 ME✓**
- Head to **Landing Site Bravo** and fly to **Phaaze**

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**ME: 255/255✓ | ET: 14/14✓ | EC: 9/9✓ | SM: 11/11✓**

**100%**

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- Proceed as normal to **Cavern Alpha**
- Go [out of bounds and wallcrawl](#) to **Sanctum**
  - *If you want to be safe, you can doorwarp into **Genesis Chamber** and fight the **Leviathan Infant** instead of transitioning to **Sanctum** from OoB*
- Defeat Dark Samus and Aurora Unit 313