

General Information:

Always delete your save (UP+B+Select on Title screen) and set your options before starting.



Fast text speed prints one character per frame, making one character names faster for your Trainer name and nicknames of Pokemon used in battles. Holding B after the copyright text fades out skips the intro video, spam A (and/or Start) for the title screen.

Companion Spreadsheet for this route: [Emerald Routing \(Abra 2.1\)](#)

Fights to consider saving before are marked with [!].

Intro & Mudkip manip:

Important: Early game movement has to be exact for Abra Manip to work!

Go down stairs, then visit Rival's house, leave his room immediatly, then go north for the starter. Save in front of the bag.

Offset (Flowtimer) 17100, check for: (Note: Offsets might differ on NDS!)

- ♂Zig,
- ♂ Male Mudkip 21HP(21IV)
- Naughty Nature
- **14** Atk (23IV), 11 Def (28IV), **11** Sp. Atk (30IV), 9 Sp. Def (29 IV), **10** Speed (29 IV)

Go north to beat Rival 1, talk to him from the left.

Crit-Expert Brendan:

- Treecko: Tackle as often as needed

Go 1 tile right and south again. Meet Brandon at lab, then get the Running Shoes from mom. Go back to Oldale and use the west exit.

Route 102 and Petalburg:

Gatekeeper Calvin:

- Poochyena: Tackle x3 (one more if missed range).
He deals 3-4 (4-5 at +1 | 4-6 at +2) dmg, 1/16 for the highest roll.

Avoid the other Trainers, the Spinner can only turn right or down, go down out of the grass after her. Enter Petalburg Mart:

Shopping 1:

Start Money:		3380	
Buy:	5 Potion	1500	300
	2 Repel	700	350
End Money:		1180	

Enter the Pokecenter to set your hub here, go to the gym to help out Wally, then leave via the west exit to Route 103.

Route 103 and Petalburg Forest:

Walk around the grass using the beach (the Youngster is a trainer!). Go to the upper grass on the lower half and menu:

- Heal with a Potion
- Use a Repel

In the forest run manip the first trainer and follow the path.

Team Aqua Grunt:

- Poochyena: Tackle a lot; He does: 5-6 (+1: 5-7 | +2: 8-10 | +3: 9-11 | +4: 11-14)

Run Manip the next trainer, if have no extra EXP grab the Ether and leave the forest.

Run Manip or just dodge the rotato, then stay at the water to avoid the Lass.

The double battle won't happen, as you do not have a 2nd Pokemon yet.

Enter Rustboro City and go to the gym immediatly.

Rustboro City Gym:

Enter the maze through the left entrace and initiate a battle with the first Youngster from behind him:

Youngster Josh: No Exp

- Geodude Lv 10: Spam Mud-Slap. Can risk getting hit after 2-3 attacks.

Walk around the top and fight the other Youngster, then the Hiker.

Youngster Tommy:

- Geodude Lv 8: Hover over Water Gun, press select twice, then A
- Geodude Lv 8: Water Gun

Hiker Marc:

- Geodude Lv 8: Water Gun
- Geodude Lv 8: Water Gun

if <22HP heal with a Potion.

Leader Roxanne:

- Geodude Lv 12: Water Gun
- Geodude Lv 12: Water Gun
- Nosepass Lv 15: (if <=30HP Growl), spam Water Gun,
Rock Tomb does 13-15 (10-12), Potion if it would kill you

Abra Manip and saving Peeko:

Exit the Gym and go to the left. After the cutscene run along the left wall of the gym around the corner. After talking to Devon Guy save and manip yourself an Abra with the following offsets: 10142/23846/26314 (Beeps are for entering the game, opening the bag and throwing a ball). Optionally add /42668/57781/60165 for Tailow (B on abra nickname,bag,ball).

Ingame walk 3 tiles before running, run manip the rotato, run up to the Lass, walk around her. At the end of this row of grass turn up if you didn't get early Abra. Catch a Taillow if you see one after Abra (weaken with Tackle if not part of a manip).

Repel at the end of the grass while bag manipping the two spinners, once passed, run manip the Youngster, making the Hiker walk up to you.

Hiker Devan:

- Geodude: Water Gun (don't learn Bide)
- Geodude: Water Gun

Move away IMMEDIATELY, then run into the cave and fight the Aqua Thug.

Team Aqua Grunt:

- Poochyena: Water Gun (twice without Torrent)

Leave the cave, use the ledge to skip past the Youngster and walk back, bag manipping Karen and using the upper path this time. The spinner can only look up and right.

Meet up with the Devon person again. After the Match Call Tutorial use Teleport and enter Petalburg Mart:

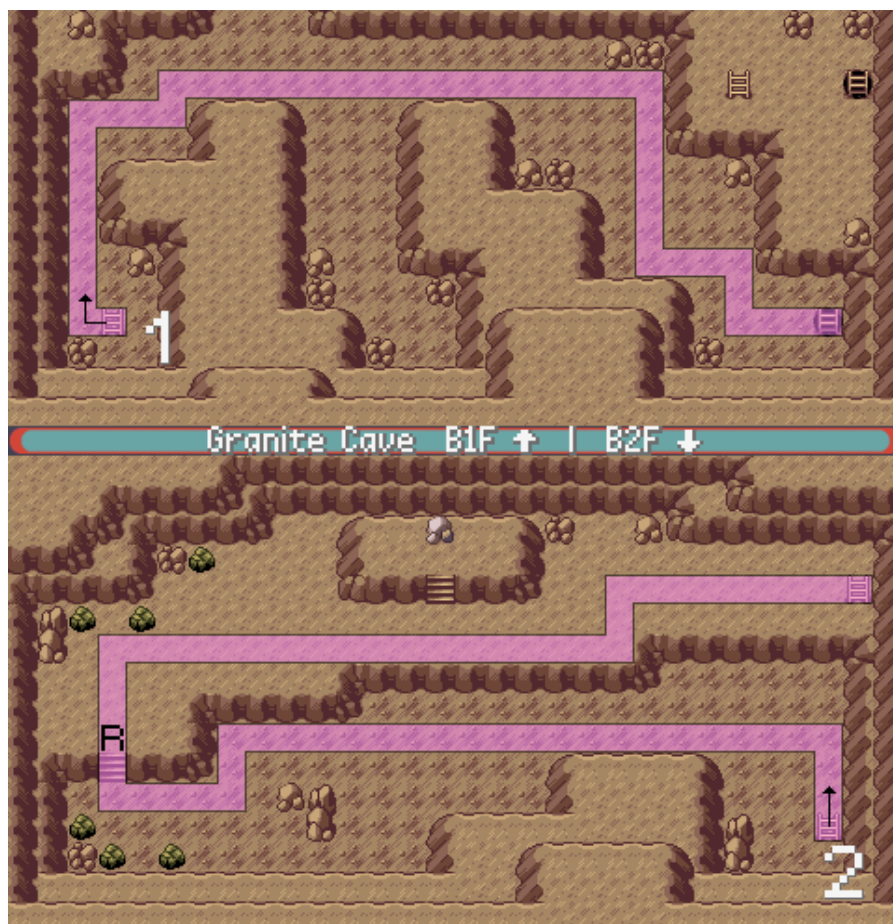
Shopping 2:

Start Money:		4008	
Buy:	3 X Attack	1500	500
	2 X Speed	700	350
	5 Repel	1750	350
End Money:		58	

Leave the mart and exit the town to the east. If you didn't get a Taillow cut through the grass. Decline the Rivals battle request and let Briney bring you to Dewford City.

Dewford City Visit 1:

After arriving in Dewford immediatly head north to Granite Cave. Once inside use a Repel. Get the Escape Rope on the 1st Floor, then use the ladder and follow this movement:



Pokémon Emerald

Mudkip/Abra-Manip Route



You are going to need to use another Repel on B2F. Talk to Steven from the side, then use the Escape Rope from earlier to exit the cave.

Go back to the boat and sail to Slateport.

Slateport City:

After the boat trip (optionally grab the hidden Revive to the right and) get the Soft Sand from the girl. Go up from here, turn left when above the Sailor and up again 1 tile before the Tuber.



In Slateport continue north until the Shipyard, where you need to talk to the NPC at the table. He will tell you to find Stern at the Museum north of here. Be a good girl and pay for your visit there (-\$50).

Equip the Soft Sand and talk to Stern on the upper floor. Team Aqua will show up to be bad.

Team Aqua Grunt 1:

- Carvanha: Mud-Slap, Tackle x2. Teach Mud Shot over Growl after Evolution.

Team Aqua Grunt 2:

- Zubat: Tackle x2
- Carvanha: Mud Shot

Archie will use Brain.exe and not battle you, so leave the Museum and head north.

After Birch annoys you keep right to avoid running into a double battle.

PokéFan Isabel:

- Plusle: Mud Shot
- Minun: Mud Shot (twice if got 2 Growls)

PokéFan Kaleb:

- Minun: Mud Shot
- Plusle: Mud Shot (twice if got 2 Growls and missed 62.5% range)

Continue North and run in the middle until right below the Youngster, then walk 1 tile left again and bag manipping him, while using a Repel.

Pick up the Full Heal in the gap in the grass to the right:



Rival 2:

Annoying Person Brendan: [!]

- Slugma: 1 X Speed, 2 X Attack. Full Heal Burn, don't heal Sleep. Heal to >45HP (can risk at >36HP) and kill with Mud-Slap
- Grovyle: Mud Shot, Tackle (if at <10HP, use a Potion first)
Absorb does 30-36, Quick Attack does 7-9
- Wingull: Tackle x2 (its Water Gun does 8-10). Don't learn Foresight.

Continue the path, initiate a fight with the biker and then the Psychic.

Triathlete Alyssa:

- Magnemite: Mud-Slap or Water Gun if you have Torrent (87.5% range)

Psychic Edward:

- Abra: Deals 2HP dmg, kill with Mud-Slap

Grab the Elixir and head to Mauville City and enter the house below the Bike Shop to grab Rock Smash, then go get your Mach Bike ExtraBonk Edition™.

Outside the Bike shop menu:

- Teach Rock Smash over Tackle
- Register and Use Mach Bike

Bike 1 tile down then right and fight the Youngster.

Youngster Deandre:

- Zigzagoon: Water Gun if Torrent or Mud Shot
- Aron: Water Gun
- Electrike: Water Gun if Torrent or Mud-Slap

Heal at the local Pokemon Center, then head west and talk to Wally at the Gym.

PKMN Trainer Wally:

Ralts: Mud Shot

Mauville City Gym:

↓ Follow this movement



Youngster Ben:

- Zigzagoon: Mud Shot (56.25% range, if missed Water Gun)
- Gulpin: Mud Shot (+0 OHKO | -1 12.5%, if missed Water Gun)

Leader Wattson:

- Voltorb, Electrike: 1 X Attack, 1 X Speed, Mud Shot (x2 if Voltorb didn't suicide)
- Magneton: Mud Shot
- Manectric: Mud Shot; QA does 10-12 (+1: 14-17), Mud-Slap if it lived.

Route 111 to 113:

Head north, bike past the first Spinner (won't spin yet) and adjust 1 tile to the left to dodge the next one. Stop at the stone wall where pictured and Repel. Bike past the Rotato (top path) and run manip the Hiker on the left to enter Fiery Path.



After Fiery Path bag manip the Spinners (Repel runs out in front of them) and in the next Route bike south up to a rock, to reset the 3rd spinner for a load manip.

Continue north avoid the Trainer and use another Repel at the start of Route 113 next to a rock where the ash grass starts.

Following this path perfectly avoids all optionals without run/bag manips:



(Note: There 2 down tiles at the end are precisely where the roamers aren't yet loaded, but you're safe from the spinner to the right. You can also just stay on that line, but will bonk)
In Fallabor get the Nugget and enter the Mart.

Fallabor Shopping:

Shopping 3:

Start Money:			8844	
Sell:	1	Nugget	5000	5000
	1	TM47 Steel Wing	1500	1500
	1	TM39 Rock Tomb	1500	1500
Buy:	1	Super Potion	700	700
	2	Escape Rope	1100	550
	11	Super Repel	5500	500
	4	X Special	1400	350
	4	X Speeds	1400	350
	10	X Attack	5000	500
	2	Guard Spec	1400	700
End Money:			344	



Meteor Falls to Rusturf Tunnel:

Continue west then south. If you caught a Tailow Repel on the bridge where pictured. Bike past the spinner (she can turn!). If you don't have Tailow find a Swablu, weaken it with 1 Water Gun, then throw the Great Ball to catch it and Repel then (Full Heal if Swablu hit Sing).

Now continue the path towards Meteor Falls, bike past the Rotato and fight the Hiker with the Picknicker looking south.

Hiker Lucas:

- Geodude: Water Gun
- Numel: Water Gun

Immediately after the battle bike around the Hiker. Run exactly 1 tile to run manip the Picknicker, then continue. Bike up one extra tile after the stairs to avoid the Hiker.

After the cutscene use the stairs to the south inside the cave. Outside bag manip the Blackbelt when your Repel runs out and use a new Repel. Use Rock Smash and use the right section to pass by all Trainers. In Rustboro City immediately turn east. Bag Manip the spinners for the first pass, then run manip the Youngster. Bike through Rusturf Tunnel and use Rock Smash to get Strength, then bike back to the entrance.

Outside wear out the repel, then teach Strength to Marshtomp over Mud-Slap, use a Super Repel and use Teleport to get back to Mauville City. Bike east and fight the Aroma Lady:

Aroma Lady Rose:

- Roselia: Strength
- Roselia: Strength. Don't teach Mud Sport.
- Shroomish: Strength

If Shroomish poisoned/paralyzed you and you don't have the Full Heal anymore center.

Lavaridge City Gym:



Leader Flannery [!]

- _____ Numel: Water Gun
- _____ Slugma: X Attack, Strength
- _____ Camerupt: Mud Shot (87.5% range, just Mud Shot again if you missed)
- _____ Torkoal: Mud Shot x2, Torkoal's Overheat does 45-54dmg (52-62dmg in sun)

Exit the gym. After Brandon leaves go into the building to the right.

Shopping and Desert Candy:

Shopping 4:

Start Money:		8204	
Buy:	5 Energy powder	2500	500
	4 Energy Root	3200	800
	5 Heal Powder	2250	450
End Money:		254	

After shopping grab the Rare Candy in the desert, then use Teleport. Using the Repel next to the Picknicker will make it run out 1 tile before an upcoming spinner.

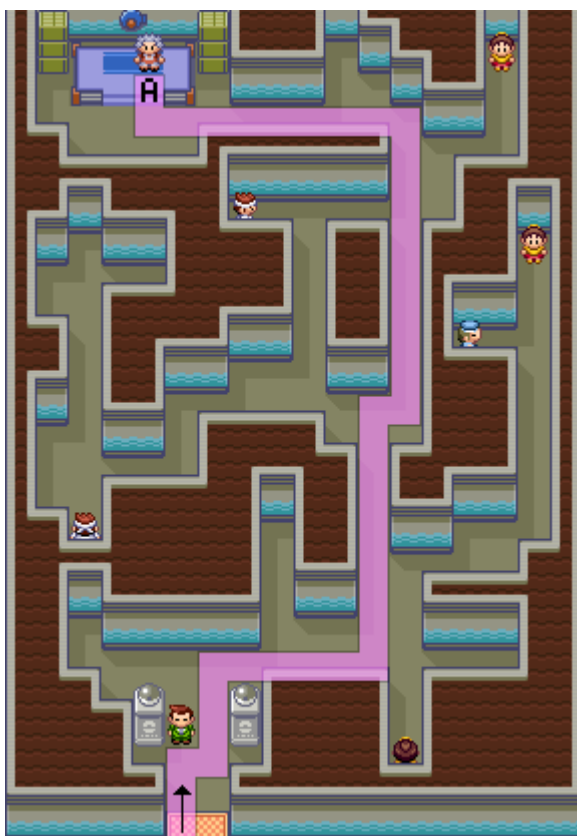




From Mauville bike south to Slateport City's beach to use the boat.
The repel should run out in front of the Youngster before where Rival 2 was. Bag Manip him.
At the beach adjust 1 tile left, then at the chairs 2 right to avoid the trainers.
In Dewford immediatly go to the Gym.

Dewford City Gym:

Follow this movement:



Leader Brawly

- Machop: Strength
- Meditite: Strength
- Makuhita: Mud Shot

Menu:

- use an Elixir
- use the Rare Candy
- heal to full with a Energy Root or Energy Powder

Go back to the boat and sail to Petalburg.
Use the beach to avoid the grass, then bike to the gym.

Pokémon Emerald

Mudkip/Abra-Manip Route



Petalburg City Gym:

Take the left door

Cooltrainer Randall:

- Swellow: Strength x2 100% to 2HKO

Take left left door.

Cooltrainer Parker:

- Spinda: Mud Shot x2 (100%)

Heal to 68+ after, then go to the next room

Cooltrainer Jody:

- Zangoose: Mud Shot, if yellow Mud Shot again, otherwise Water Gun, Strength (98.66% successrate)

Heal with an Energy Powder if you took damage, then go to Norman.

Leader Norman: [!]

- Spinda: Spinda can use Facade (17 to 21dmg) and Teeter Dance. 1 X Speed, 3 X Attack, Heal Powder Confusion, Strength Don't learn Takedown.
- Vigoroth: Mud Shot (50% range) or WG+Strength Facade/Slash does 21-25, Faint Attack does 11-13
- Linoone: Mud Shot
- Slaking: Facade does 51-60 Damage. Only attack on loafing turns, unless you're trying to kill. Only risk Counter with Rock Smash (54-64). Keep 2 Energy Powder and 1 Root! Heal on Slaking's attacking turns. Rock Smash up to 2 times to get a defense drop.
 - 1x Rock Smash, Drop, Strength x2
 - 2x Rock Smash, Drop, Mud Shot (92.31% range)
 - 2x Rock Smash, No Drop, Mud Shot x2 (95.84% range)
 - If you miss a range and got a defense drop use Strength x2
 - If you miss a range and didn't get a drop start over at Rock Smash

Get kidnapped, aquire Surf, DO NOT HEAL.

Teach Surf over Water Gun and go to the small lake. Surf along the right edge and press A once you jump off again. You should get a Rare Candy. Check Marshtomp's HP while using Teleport.



Weather Institute:

Go east and stop at the water 1 tile above the fisher. Use a Repel, then surf across, avoiding the spinner there. Run up to Steven.

Bag manip the Spinner around the corner. At tall grass get off the bike and run through the gaps as much as possible. Now bike to the Institute. (Beware of the few annoying optionals here if you're new)

Note for Torrent Strats: You level up at Shelly, giving you 3 extra Max HP (93->96)

In the Institute first fight the female Grunt.

Team Aqua Grunt ♀

- Carvanha: Mud Shot

Pokémon Emerald

Mudkip/Abra-Manip Route



Follow the lower edge and take the stairs. Upstairs first fight the female Grunt.

Team Aqua Grunt ♀

- Zubat: Surf
- Poochyena: Surf

Line up with the stairs and walk into the vision of the male Grunt.

Team Aqua Grunt ♂

- Poochyena: Surf
- Carvanha: If >29 && <=41 HP: Strength
otherwise: Mud Shot

Bag Manip the final male Grunt, then talk to Shelly.

Team Aqua Admin Shelly:

- Carvanha: If >29 && <= 35HP: Strength
otherwise: Mud Shot
- Mightyena: Surf (87.5% range in Torrent, Surf again if you didn't kill)
Bite does 16-18dmg

Give Castform a 1 character nickname, go downstairs and use the bed to heal.

Rival 3 and Devon Scope:

Bike east. Grab the Elixir to the south at the Water, then continue north to Rival 3.

Ass Kicker Brendan:

- Slugma: X Speed, 1 X Attack, Strength (Surf if it used Harden)
- Grovyle: Strength
- Pelipper: Rock Smash, Strength, Strength (again if it used Protect again)

Bike up to the tall grass, get off the Bike and:

- Use a Super Repel
- Teach Fly to Swablu over Slot 1
- Teach Shockwave to Castform over Rain Dance (Slot 2)
- Swap Castform to Slot 2 and take its item.

Use the grass to get to Fortree and enter the Center to set your hub here.

Meet up with Steven in Route 120 to get the Devon Scope, then continue towards the south.



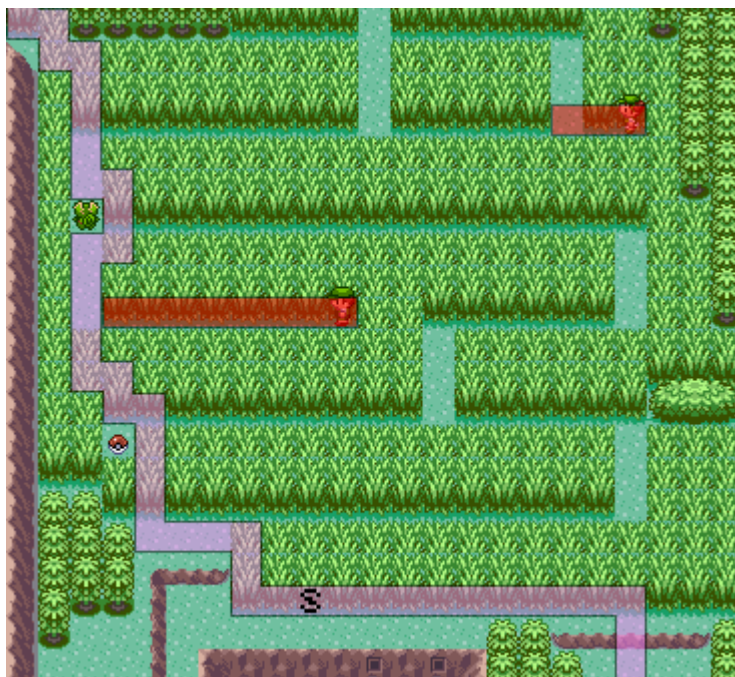
Manip the Bird catcher and bike to the maze.

Route 120 to Mt. Pyre

Follow the route pictured while holding B to run whenever possible. Hop on your bike at the S.

After the maze, line up with the trees and use the grass patch to get around the spinner, then go grab the Lake Candy, using a Repel before using Surf.

After Lake Candy go straight east and above the sign to avoid the following trainers. You can run manipulate the Spinner after that.



During the next Repel menu or when bag manipulating: Use the Rare Candies to evolve. Bike all the way to Lilycove, manipulating trainers along the way, to unlock it for Fly, then go back and take the southern exit of Route 121 to Mt. Pyre.

Mt. Pyre:

Inside take the left exit and walk up the mountain.

Aqua Grunt 1: Carvanha: Mud Shot

Aqua Grunt 2: Zubat: Surf

Aqua Grunts:

- Wailmer/Poochyena: Strength + Shockwave Poochyena's Slot
- Wailmer: Mud Shot + Shockwave Wailmer/Powder Snow, if Carvanha survived
- (Surf + Shockwave if Zubat survived)

Pokémon Emerald

Mudkip/Abra-Manip Route



Talk to Archie, then grab this Rare Candy to the right and menu:

- Take Swampert's Soft Sand
- Give Swampert the Mystic Water
- Use Teleport to get back to Fortree City and go to the Gym



found one RARE CANDY!

Fortree City Gym:

Avoid the first 3 Trainers here and fight the 2nd Double Battle:

Camper Flint & Bird Keeper Edwardo:

- Doduo/Swellow: Strength + Shockwave Doduo's Slot
- Pelipper/Swellow: Strength Pelipper, Shockwave Swellow (repeat if Protect)
- Swellow: Surf + Shockwave
- Xatu: Surf + Shockwave

Heal to >76HP and fight the Trainer to the right

Bird Keeper Darius:

Tropius: Strength x2, Swampert dies, send out Castform

Tropius: Powder Snow (again if needed)

Continue the puzzle and menu in front of Winona:

- Revive using the Rare Candy
- use the leftover Elixir
- Heal with an Energy Powder or 2 Potions

Leader Winona: [!]

- Swablu: X Attack, Strength
- Tropius: Strength x2 (it uses Solar Beam)
- Pelipper: 2 X Attack, Rock Smash, Strength
- Skarmory: X Attack (ideally you get Torrent now), Surf (Aerial Ace does 15-17)
- Altaria: Strength (Aerial Ace does 17-21, can try to stall for Torrent once with MS)

Don't learn Muddy Water.

Leave the Gym, fly to Lavaridge Town, exit west to ride up Mt. Chimney.

Go to Jagged Pass and jump down the first set of ledges to find Magma Hideout

Magma Hideout:

After entering use a Repel, you'll need another one later.

Magma Grunt ♂: Poochyena: Strength

Magma Grunt ♂: Numel: Strength

Magma Grunt ♂: Zubat: Strength

Magma Grunt ♀: Baltoy: Strength

Magma Grunt ♂: Baltoy: Strength

Magma Grunts: Numel/Zubat: Surf + Powder Snow

Magma Tabitha:

- Numel: Strength
- Mightyena: Surf
- Zubat: Surf
- Camerupt: Surf

Pick up the Max Revive in the corner on the left, then continue down to Maxie.

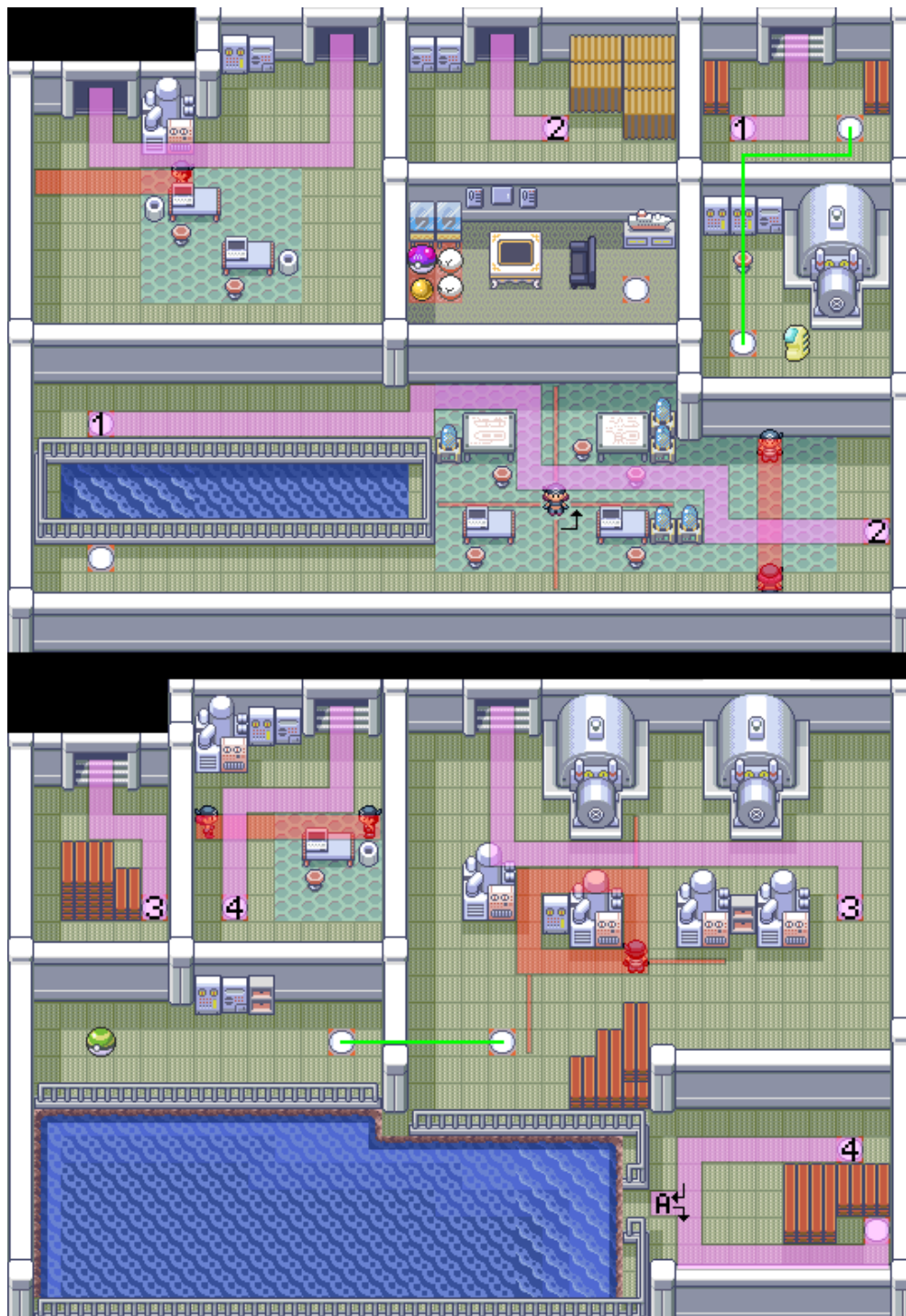
Magma Admin Maxie:

- Mightyena: Surf
- Crobat: Surf, Surf (Wing Attack does 30-36dmg, Air Cutter does 28-33dmg)
- Camerupt: Surf

Use an Escape Rope to exit the place and fly to Slateport City.

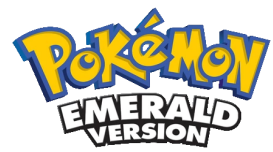
Aqua Hideout:

Go to the docks north of the museum for a cutscene. Talk to Stern here. After the submarine leaves, fly to Lilycove City and travel up the stairs and then east, south down the ledges and go to the uppermost part of the beach to find the Aqua Hideout.



Pokémon Emerald

Mudkip/Abra-Manip Route



Aqua Grunts:

- Zubat/Poochyena: Surf + Shockwave Zubat's Slot (Castform kills Carvanha)
- Zubat: Surf + Shockwave

Aqua Grunts 2:

- Zubat/Carvanha: Surf + Powder Snow

Team Aqua Admin Matt:

Mightyena: Surf

Golbat: Surf

Use the lower Teleporter Tile, use the Tile you exit through again, to grab the Max Elixir, then leave the hideout and menu:

- Use the last Super Repel
- Heal Swampert and Castform with Energy Roots
- Use the Max Elixir

Surf east towards Mossdeep City. There is a spinner that appears on the right (defaults looking down). Fight the male Swimmer south of her.

Swimmer♂ Declan: [!]

Gyarados: Use Strength (31%-37%). You want 108-120HP at Lv41 for Torrent.

Stall with Mud Shot, if needed. Their attacks deal:

Dragon Rage: 40, Thrash: 22-26, Bite: 10-12

Manip the girl and continue to Moss Deep, adjusting a few tiles south to avoid a spinner.

Mossdeep City Gym:

Step on the yellow switch.

Psychic Preston & Psychic Maura:

- Kirlia/Kadabra: Strength Kirlia, Powder Snow
- Kadabra: Strength, Powder Snow

Use the teleport tile and step on the next yellow switch 2 times, then use the right teleporter.

Double press both purple switches here. Fight the female trainer to the right.

Psychic Macey: Natu: Strength

Walk down to the green switch, pressing it twice, then go all the way back, pressing the lower purple switch two more times. This time use the left teleporter. Here press the blue switch 3 times, allowing you to walk up the the trainer on the orange rotating tiles. Battle her.

Hex Maniac Sylvia: Meditite: Surf

Press the orange switch 3 times and walk around, fighting 1 more trainer.

Psychic Hannah: Kirlia: Strength

Use the blue switches to avoid trainers. Continue to the teleport tile in the upper right corner.

Leader Tate&Liza: [!]

- Claydol/Xatu: X Speed, Powder Snow; Castform dies, send out Swablu
Claydol's Earthquake does 34-40 dmg
- Claydol/Xatu: X Special, Max Revive Castform,
Swablu dies, send out Abra, Abra dies, send out Castform
- Claydol/Xatu: Surf, Powder Snow, Castform dies
- Claydol/Xatu: Surf (92.19% range on Xatu)
- Solrock/Lunatone: Surf (93.75% range on Lunatone)

Mossdeep Shopping:

Exit the gym and go to the mart

Shopping 6: (Skip Full Heals if you still have 2+ Heal Powders)

Start Money:			47122	
Buy:	11	Max Repel	7700	700
	11	X Attack	5500	500
	11	Full Heal	6600	600
	22	Hyper Potion	26400	1200
End Money:			922	

True Double:

Go to the Space Center (stairs are at the lower right side of the island).

Fight the two grunts at the stairs in the upper right corner.

Team Magma Grunt ♂: Baltoy: Strength

Team Magma Grunt ♂:

Mightyena: Surf

Mightyena: Surf

Numel: Surf

Go upstairs and accept the battle.

Team Magma Grunt ♂: Zubat: Strength

Team Magma Grunt ♂: Mightyena: Surf

Team Magma Grunt ♂: Baltoy: Strength (Check Surf PP here)

Approach Steven, consider using a Potion (for >34HP) and/or PP item (for Surf PP).

Team Magma Leader Maxie and Magma Admin Tabitha: [!]

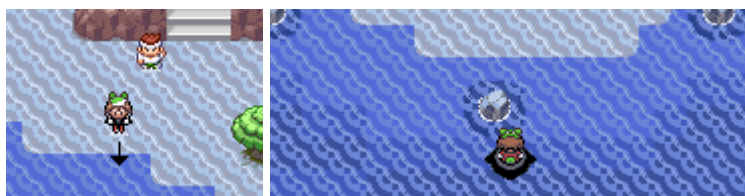
- Press Start, then use a Guard Spec and X Special
- Mightyena/Camerupt: Surf (56.25% range of Mightyena)
- Camerupt/Golbat: Surf, Golbat will survive (Wing Attack does 20-24dmg)
- Keep using Surf, Crobat Wing Attack deals 28-34dmg and is a 2HKO

Seafloor Cavern:

Visit Steven (top left corner of the island) to aquire Dive, then bike down to the ocean. Menu:

- Use a Max Repel
- Teach Dive over Mud Shot

Surf south to Seafloor Cavern and use Dive at this rock:



Go through the underwater door, then dive up again. Bike up, through the door use the left path. Obvious rock puzzle here. You can pass the spinner with 1 bag manip.

In the next room go to the left again, smash the rock and push the upper leftmost boulder up.

Swim into the Torrent here, the intersections are: ► ► ◀. Take the door and use the puzzle on the right side to avoid battles. The next room also features a puzzle.

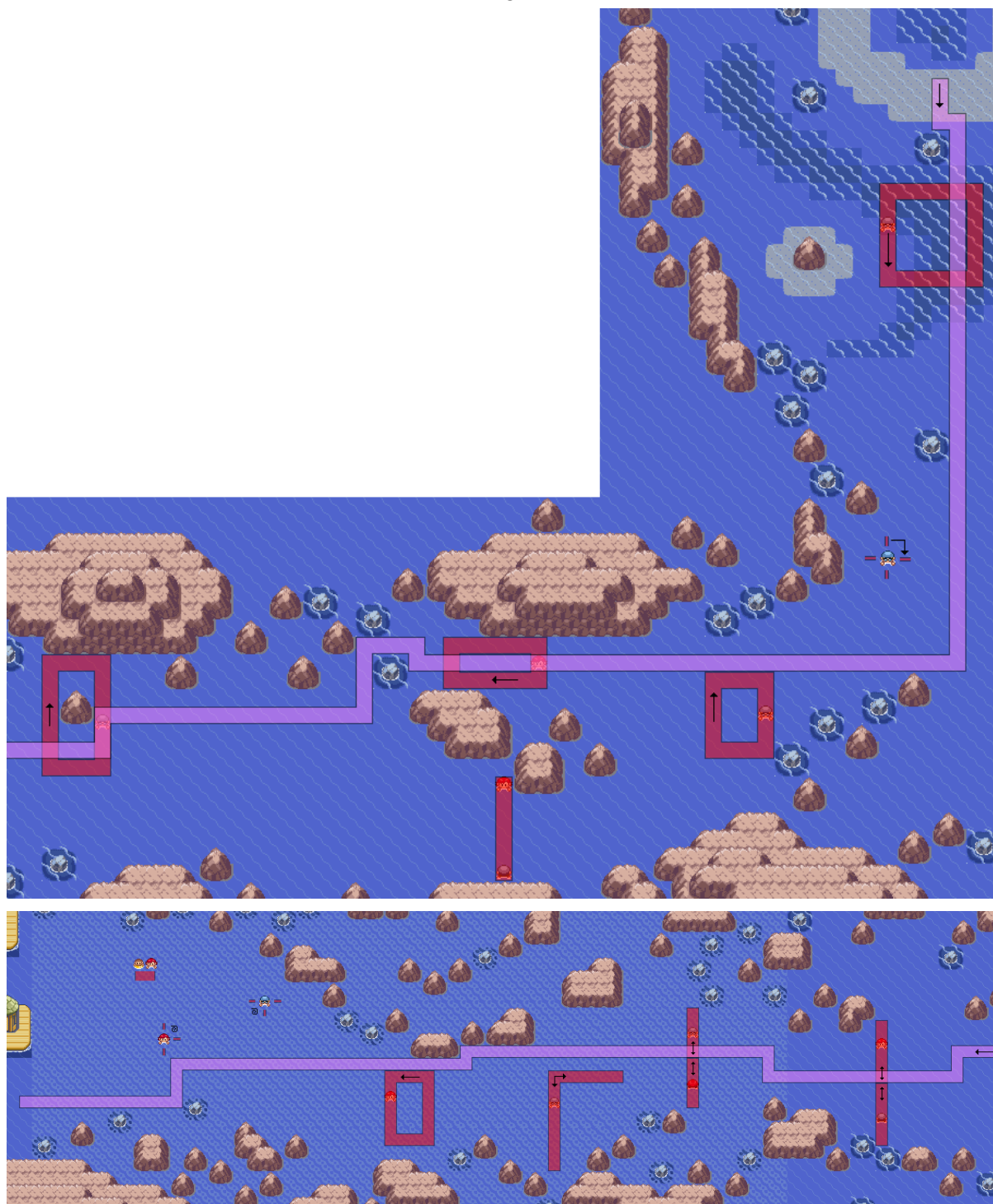
There are no encounters in the last room! If you still have to use PP items, heal or safety save, do that before walking below Kyogre! Heal to above 27HP or full if no Torrent.

Team Aqua Leader Archie: [!]

- Mightyena: (If >51HP X Special first) Surf. Take Down does 24-29.
- Crobat: X Speed, Energypowder, X Special, Surf. WingAttack does 22-27.
- Sharpedo: Surf

Pacifidlog Fly Location:

After Steven leaves follow this movement, using Repels as needed:



Story Section and Rayquaza:

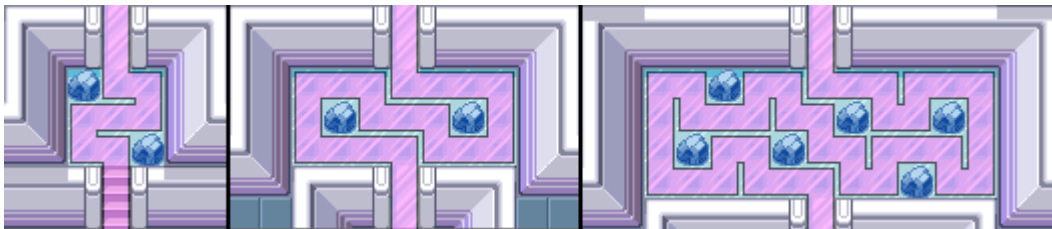
After arriving, Fly back to Mossdeep and Surf to Sootopolis City. There go to the top left of the lake and meet up with Steven. He will bring you to Wallace, so tell him that he's dumb. Escape Rope out and Fly back to Pacifidlog. From here Surf to Sky Pillar (cave on 2nd map, surf over the double battle, manip the swimmer, you should be able to ignore the other 2). Bike upstairs, using the 1 required drop, then awaken Rayquaza and fly back to Sootopolis.

After the cutscene fly back to Pacifidlog for Sky Pillar 2 to catch Rayquaza. Save in front of it and use the following Offsets to manip its stats and catch it in a Pokeball:

14310/41188/44186 (Beeps are for: Initiating Battle, Opening Bag, Throwing Ball)

Swap Rayquaza to the front and Fly (Rayquaza knows that!) to Sootopolis again. Talk to the bad guys and Wallace to gain access to the gym.

Sootopolis Gym:



Leader Juan:

- Luvdisc: Extreme Speed
- Kingdra, Sealeo: Outrage
- Whiscash: if you get confused here, use a Full Heal/Heal Powder
- Crawdaunt: Yolo confusion here instead

Victory Road:

Fly back to Mossdeep and Surf back down to Seafloor Cavern, taking a right turn instead of diving here. Avoid spinners/roamers along the way.

During the next Repel menu:

- Teach Aerial Ace over ExtremeSpeed,
- Teach Waterfall over Rest

In Victory Road bike up, use the stairs and go left. Wally will appear and challenge you.

Wally:

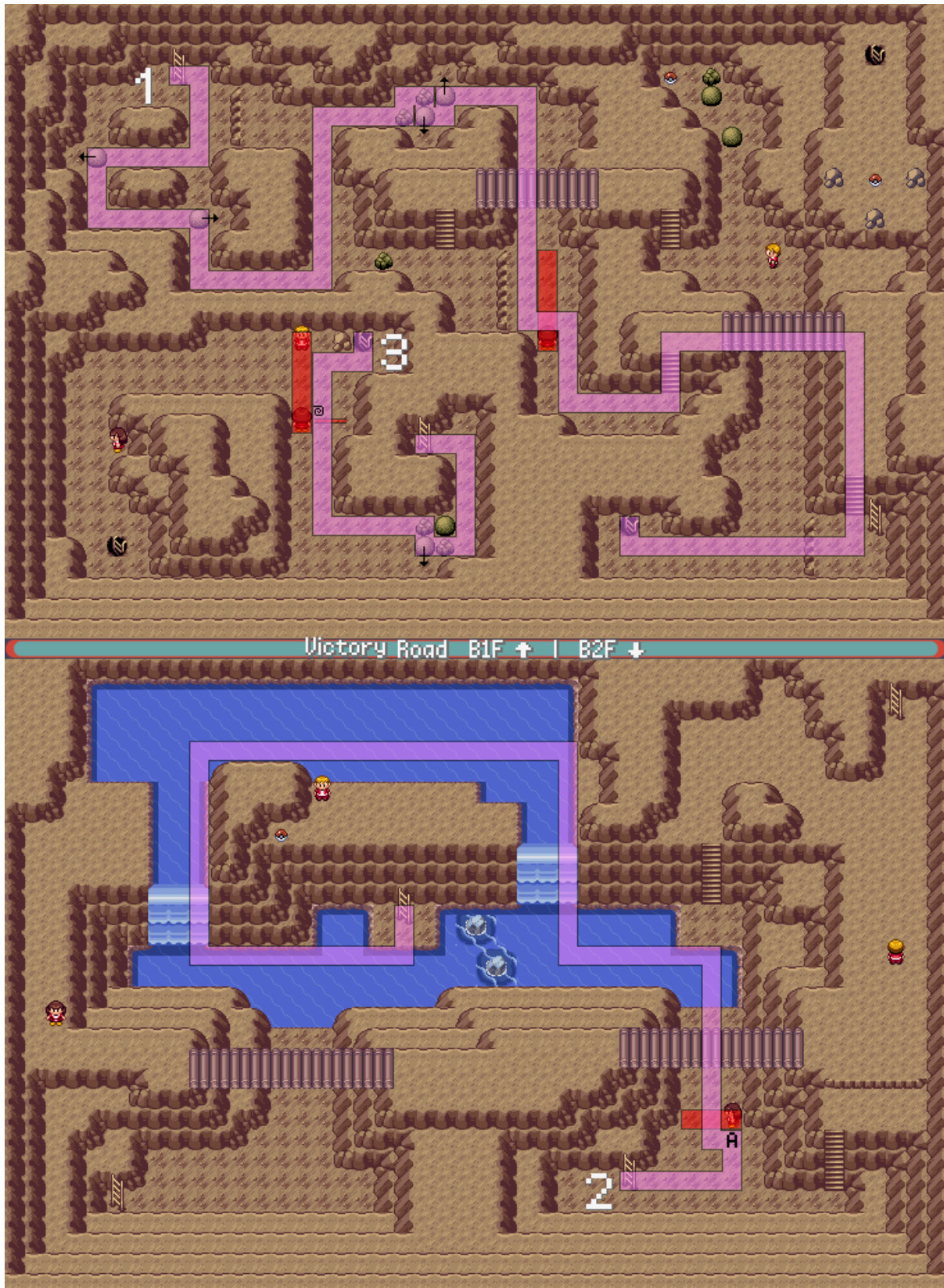
- Altaria: Aerial Ace
- Delcatty: Waterfall
- Magneon: Waterfall
- Roselia: Outrage
- Gardevoir: Outrage (Turn2)

Cooltrainer Hope: Roselia: Outrage

Cooltrainer Shannon: Claydol: Outrage

Cooltrainer Julie:

- Sandslash: Waterfall
- Ninetales (+Tropius): Outrage



Cooltrainer Edgar:

- Cacturne: Outrage
- Pelipper: if it used Protect Outrage again

Elite Four:

Use the deposit option in the PC to deposit Castform, Swablu, Abra and Swampert, then enter Sidney's room.

Elite Four Sidney:

- Mightyena (lvl.46): Waterfall
- Absol (lvl.49): Waterfall (x2 if you miss the range)
- Shiftry (lvl.48): Aerial Ace
- Crawdaunt (lvl.48): Outrage
- Cacturne (lvl.46): Outrage

Elite Four Phoebe

- Dusclops (lvl.48): X Attack, Fly
- Dusclops (lvl.51): Aerial Ace (Fly with 232- Attack)
- Banette (lvl.49): Aerial Ace
- Sableye (lvl.50): Outrage
- Banette (lvl.49): Outrage

Elite Four Glacia

- Sealeo (lvl.50): X Attack x2 (only use one with 255+ Attack), Aerial Ace
- Glalie (lvl.50): Aerial Ace
- Sealeo (lvl.52): Aerial Ace
- Glalie (lvl.52): Aerial Ace
- Walrein (lvl.53)@Citrus Berry: Aerial Ace (Fly with 220- Attack, or if you only used 1 X Attack)

Elite Four Drake

- Shelgon (lvl.52): X Attack x2 (Only use 1 with 249+ Attack), Aerial Ace
- Altaria (lvl.54): Aerial Ace
- Flygon (lvl.53): Aerial Ace
- Salamence (lvl.55): Outrage
- Kingdra (lvl.53): Outrage

Champion:

Safety save BEFORE entering Wallace's room, if you are planning to!

Champion Wallace [!]

- Wailord (lvl.57): X Attack, Fly (Aerial Ace with 259+ Attack)
- Tentacruel (lvl.55): Aerial Ace
- Milotic (lvl.58): Fly (Aerial Ace with 254+ Attack)
- Gyarados (lvl.56): (Hyper Potion if Wailord hit you with Blizzard)
 - [under 240 Attack] X Special, Outrage
 - [with 240+ Attack] X Attack, Fly (Aerial Ace with 264+ Attack)
- Ludicolo (lvl.56): Outrage / Aerial Ace
- Wishcash (lvl.56): Outrage / Aerial Ace (Range until 272 Attack, Fly if you prefer)

Time on the first frame of the credits

gg congratz

Additional Information:

Spinner Mechanics: <https://pastebin.com/VxTjrnzz>

AI Guide: <https://pastebin.com/Rpxtv1ZJ>

Full Ocean map: <https://i.imgur.com/CftqagA.png>

Trainer Data:

<https://docs.google.com/spreadsheets/d/1YBI3FbJfaIMJ2CtV72kXfYTIF0qRDxuWHHKhUJ76Uo/edit#gid=0>

FlowTimer Download: <https://github.com/stringflow/FlowTimer/releases>

See runs by Shiru, Exarion and PulseEffects for movement reference.

Changelog:

- I deleted an empty line somewhere that shifted everything below it... thx google LUL (29.05.2020)
- Added Contact info (11.01.2019)
- Release (09.01.2019)

Known Issues:

- Need to redo the first Route 120 map
-

Need to contact me? I'm on Twitter ([@Mitsunee](https://twitter.com/Mitsunee)) and have a discord server:

<https://discord.gg/ZncPkjw>

DO NOT REQUEST ACCESS TO EDIT THIS DOCUMENT. I am not doing further changes to this route and I am not letting anyone else change it. If the go-to route for this game changes this guide shall serve as either archival of previous strats or an alternative for beginners. Any attempts to gain Editor permissions will be blocked.