PMDBRT S+Q Route

Shoutouts:*

Werster- **Found the basic Frustration strats that this route was based on.**

Halqery- **route theory, rerouting and testing strats.**

Likeanoob- **Rerouting and testing strats, worked with Wonder Mail / Job Board details.**

MozzarellaCheez- **Found Meowth and Charmander level up slowest**

Wh0misDS- **Routed with Pickup / WM**

Why Meowth and Charmander?

Meowth is used because:

1. Meowth is one of the 4 pokemon that have the lowest level by the end of the run at 14 along with Charmander, Eevee, and Treecko.
2. Meowth has the ability pickup, which can be used to instantly grab items from certain manipulated floors in order to not buy them from the shop.

Charmander is used because:

1. Charmander is also one of the pokemon that have the lowest level by the end of the run.
2. Charmander is the first pokemon in the partner selection, making it faster even if he has 9 characters to delete in his name.

Introduction:

For high-quality runs, you need to have this WM program here so you can make WM codes on the go for the runs

For Beginners, it really doesn't matter who you get, but strats might be slightly altered, the notes written here are for Meowth & Charmander.

Starter Personality Questions (Meowth) (Quirky Male)

Question	Answer
Are there many things you would like to do?	No. *(Quirky 2, Sassy 1)*

Are you a cheerful personality?	No. *(Quirky 1, Sassy 1)*
Can you go into a haunted house?	Uh...n-no... *(Quirky 2)*
Can you sincerely thank someone when you are grateful?	No. *(Quirky 1, Sassy 2)*
Do you sometimes run out of things to do all of a sudden?	Yes. *(Quirky 2)*
Do you tend to laugh a lot?	No. *(Quirky 2)*
How quickly do you respond to email?	May reply, may not. *(Quirky 2)*
It's the summer festival! Do you like carnivals?	Don't care. *(Quirky 1, Sassy 1)*
It's the summer holidays! Where would you like to go?	Anywhere. *(Quirky 2)*
On vacation outings, you want to...	Go alone. *(Quirky 1, Hasty 1)*
The road forks to the right and left. You are told there is treasure on the right. What do you do?	Choose either side. *(Quirky 2)*
There is a bucket. If you put water in it, how high will you fill it?	*A little. (Quirky 2)*
There is a person you like, but here is no opportunity to get close. What do you do?	Might say hello. *(Quirky 2)*
When the going gets tough, do you get going?	No *(Quirky 2, Sassy 2)*
You are suddenly locked inside a pitch black room! What do you do?	Clean it. *(Quirky 1, Impish 2)*
You win a lottery! What do you do with the money?	Give it away. *(Quirky 2, Brave 2)*

-Name Charmander “C” and Meowth “a”.

Speedrun Notes!

How to read these notes:
-Capital letters denote that you can “Run” (using B)
-Lowercase letters denote that you have to walk it
-Here’s what each letter means, it’s self explanatory
    -U: Up
    -R: Right
    -D: Down
    -L: Left
-Any combination of the 2 without a space means you need to diagonally move in that manner (UL: up and left in a diagonal fashion).

-Numbers followed by an * refer to questions you have to answer. The number indicates the slot of the question being asked, so the top choice is 1, the next choice is 2, etc.

From Tiny Woods to Mt. Steel you should keep track of exp if you’re chasing WR, you need about 92 - 134 exp from random encounters to get a double level up at Skarmory for Meowth, Charmander, Eevee, and Treecko. I’ve compiled a list of how much exp each gain to try and help with that, as well as strats at Mt. Steel in order to get in this range.

Tiny Woods:

Menu

Once you begin the first dungeon:
(X or B) A D A D A R A A B D D A D A D D D A D D A D D A B B U U A A A R A A B B B B
-Set Scratch on Meowth, and switch off Growl on Charmander.
-Set Charmander’s IQ to include Dedicated Traveler and Exclusive Move-User.
-Set the game speed to fast.

Exp Gained

Pokemon	**Exp Gained**
Pidgey	12 exp
Wurmple	15 exp
Sunkern	16 exp
Exeggcute	45 exp

Movement

-Do not manipulate Tiny Woods

- If not out of the way, grab a berry on F3 (Remember to take it off him before Mt. Steel)

Dialogue

-When Charmander asks if you want to form a team, say yes (1) (don't break his poor heart)
-Name Rescue Team "P"
-When asked to rescue Magnemite: (1)

Thunderwave Cave:

WM Codes

For the male sign (♂), "#" or "(m)" is used instead.
For the female sign (♀), "%" or "(f)" is used instead.
For the ellipsis (…), "." may be used instead.
For the dash (-), "--" may be used instead.

Description	Frustration WM!
Tiny Woods- Near F1 Pecha berry	**??K? ??+? 4F?? 6F?? F47T F???**
Thunderwave Cave- Near F1 Oran berry	**??KP ??+? 43?? WF?? 847T F???**
Tiny Woods - Near F3 Oran berry	**??K? ??+? 436? WF?? 847T F???**
Thunderwave Cave - Near F2 Pecha berry	**??KP ??F? 4F6? 6F?? F?7T F???**

Exp Gained

Pokemon	Exp Gained
Rattata	24 exp
Voltorb	42 exp
Nidoran ♀	26 exp
Poochyena	30 exp
Minun	48 exp

Movement

Floor	Movement	Items/notes

B1F	None. **Quicksave at the stairs!** **If you are holding an item other than an apple, take it before moving on.**	Enter WM Code before reloading game.
B2F	BUL U into stairs.	Pickup Apple
B3F	BUR R into stairs.	Apple (optional)
B4F	**Diag UR U U** **Turn R and scratch** **U R UU R U RR U R U L UU LL**	
B5F	BRRRR. Scratch Voltorb. ur R UR into stairs.	

First visit to Pokemon Square!

Jobs

-Go to Pelipper Post Office, **Grab the F2 TW mission and any near missions.**

Shop Items

-Look in the shop for an escape orb and near mission requirements (grab warp seed if you see it)
-If there isn't an escape orb but you see a petrify orb, grab it

Tiny Woods #2 (2 Missions)

Movement

-No manipulation
-Complete Tiny Woods job on 2F
-3F mission should be Frust WM near mission

Mt. Steel:

WM Codes

What WM you put into these are truly up to what you have on you, an extra Pecha or Oran Berry will determine which one you want to do

Description	Frustration WM!
(Always do) Thunderwave Cave - Near F3 Apple	**??9P ??T? 4F6?**

Escape Orb	**5F?? +4NT P???**
(Do one of the next five codes depending on what item you can grab) Tiny Woods - Near F3 Oran Berry	**??K? 7?T? ?36?** **9??6 847T F???**
Tiny Woods - Near F3 Pecha Berry	**??K? ??X? 4F6?** **6F?? F47T F???**
Tiny Woods - regular F3 (backup of the backups if you didn't have the other items)	**??K? ??+? 4?6?** **5F?? F476 F???**
Thunderwave Cave - Near F5 Blast Seed (if you don't have either Oran or Pecha; uses an Escape orb)	**??KP ??S? 4?7?** **NF?? 047T F???**
Tiny Woods - Near F1 Oran Berry (in case you need the backup like i did)	**??K? ??X? 43??** **WF?? 847T F???**

Exp Gained

Pokemon	Exp Gained
Zigzagoon	35 exp
Baltoy	29 exp
Spearow	32 exp
Aron	52 exp
Geodude	35 exp
Tyrogue	45 exp
Beldum	44 exp
Pinsir	60 exp
Meditite	48 exp

Once you are past Mt. Steel 1F the route is manipulated so you get a certain amount of encounters. In order to get a 2x level up on skarmory use these different strategies depending on how much exp you've obtained before Mt. Steel 2F. (Don't count the two voltorbs on TWC 4F & 5F)

Exp Range	Strat
0	On 7F kill tyrogue after it misses (45 exp). On 8F b+a at stairs until pinsir shows up, switch places with partner and kill it. (60 exp) (total 105 exp)
1-31	On 3F b+a at stairs and kill spearow (32 exp) On 8F b+a at stairs until pinsir shows up, switch places with partner and kill

	it. (60 exp) (total 92 exp)
32-46	On 8F b+a at stairs until pinsir shows up, switch places with partner and kill it. (60 exp)
47-89	On 7F kill tyrogue after it misses (45 exp)
90-91	On 3F b+a at stairs and kill spearow (32 exp)
92-134	No extra encounters (0 exp)
135-137 No 2x lvl up	If you hit this range just reset out of frustration lol If you actually want to continue just don't take any extra encounters.
138-180	On 8F Tyrogue, set Charmander's tactic to Avoid the first hit, then do dldldldl(4) L D R DDDD (need to switch it back)
181+ No 2x lvl up	No known strategy to get 2x level up at this point, just cut your losses and don't take any extra encounters.

Movement

Floor	Movement	Items/notes
1F	None. **Quicksave at the stairs!**	Teach Frustration.
2F	BR U L, then u d B+A until Zigzagoon shows up on Left (3 tiles, 2nd and third are slow). BU L D LL UU into the stairs.	
3F	**BD B+A Frustration** BD R U RRRR UR onto berry R to get Berry. BUR R D RR (Grab pickup item) R into the stairs.	G-rocks and Oran berry
4F	BD RR into the stairs.	Pickup Petrify Orb
5F	**Quicksave!** BL into the stairs.	
6F	BL D L U LL. Diag DL 3 tiles into the stairs.	Possible G-rock
7F	**UR Frust RR UR U L UU R (grab pickup item) R into the stairs** **(Don't grab held item if you have a spare oran/pecha berry)**	If you level up on geodude, you have to kill Tyrouge too

8F	BD Frust Tyrogue BDL L D R DDD (Grab pickup item) D into the stairs.	Pickup Oran Berry
9F	**Throw rock.** **Frustration.**	**In order to lvl up 2x here, you need 92-134 exp from random encounters.**

Dialogue

-When contemplating your existence as a pokemon: (1)

Second visit to Pokemon Square!

Jobs

-Grab more jobs: Grab TW 2F and any near missions in any of the 3 places.

Shop Items

-Grab 2 Escape Orbs from shop:
-If you WM for TWC 3F during Mt. Steel you only need 1

Thunderwave Cave #2 (3 Missions)

Movement

-Escape Orb out if you have the 3 near missions + items
-If you didn't manage to find any escape orbs before this day then complete the dungeon as normal

In case you took a 3F regular mission...

Floor	Movement	Items/notes
B1F	**Quicksave at the stairs!**	
B2F	BUL U into stairs.	
B3F	BU Y Rescue	Blast Seed
B4F	r 2 spaces. Defeat Voltorb. Go right along bottom row of rooms. Go up to get to client. Go to stairs	g-rock
B5F	BRRRR. Tackle Voltorb. BUR Y Rescue. Leave dungeon	

-IF YOU DON'T HAVE AN ESCAPE ORB HERE GO TO SHOP FIRST AND FIND ONE!

Tiny Woods #3 (2 Missions)

Movement

-Complete 2 Tiny Woods missions. (Escape Orb)

Before going into Sinister Woods

-Teach all 5 frustrations, 2 to starter and 3 to partner.

Sinister Woods:

Movement

Floor	Movement	Items/notes
1F	None. **Quicksave at the stairs!**	Turn off all other moves except frust If you don't have any held item here, equip one here.
2F	BRR U RRR DD into stairs (Oddish wakes up and touches partner)	WHITE GUMMI HERE
3F	l1, Y to face then Frust on Sudo, then BLL U LLL D L U LLL (Grab held item) L into stairs	
4F	BDR R D RR (Grab held item) and Diag ur into stairs	Pickup Max Elixir
5F	BLD D R DD R (Grab held item) DR into stairs	Pickup Apple
6F	BU R U R UU LL into the stairs	Pickup Rawst Berry
7F	BDD LLLLL DL **Quicksave!** L into the stairs.	MUST GRAB THIS! Escape Orb
8F	BD (Take Tail Whip). D and Diag dl tile into the stairs. (Walk the ending)	
9F	BR U R U RRR. Diag UR 1 tile into the stairs.	
10F	BDR RRRRR (5) Diag UR 1 tile into the stairs.	
11F	BU L UUU L U L UU L U LL U LL into the stairs.	

12F	BUR into the stairs.	
13F	Throw Rock at Ekans Frust Medicham Frust Gengar	

Dialogue

-After Sinister Woods is completed, you will be prompted with the event for Silent Chasm.
-When Charmander asks if you're sick: (1)

Silent Chasm:

Movement

Floor	Movement	Items/notes
1F	None. **Quicksave at the stairs!**	
2F	BDLDL into the stairs.	
3F	u1 l1 Frust, then BLL U LL, then Diag ul 1, then BL, then Diag dl 1 tile into stairs	
4F	BDL LL U L D L DD L DD into the stairs.	
5F	BD Face L and Frust BD L D R DD. DL BLLLL D LL DL L D L D DR R D R DDDD RR U into stairs.	Grabs Apple
6F	BL, Frust twice, Then move BL U D LL D LL U R UU L UU into stairs	
7F	BLL D, B+A, Frust, then BD LLL UL L D LLLL U into stairs	
8F	BRRR DL	
9F	Move left 2 spaces, look D to Gloom and Frust. BUL L U LLL UL U L UUU RR into stairs	Pecha Berry If you level up here RIP time

Dialogue

The next day, you will be prompted for the visit to Mt. Thunder. During the conversation with Alakazam, select answer two (2*). Link moves before entering.

Third visit to Pokemon Square!

Link Moves

-Link Frustration+Frustration (Machop) and Frustration+Frustration+Frustration (Torchic) (deselect everything else except that link)
-Do NOT teach any moves when prompted

Jobs

Get Tiny Woods 3F and some more near jobs

Shop Items

-Grab near requirements from shop (also warp seed if you don't already have it, but only do this if you need to buy another item from green kecleon.)
-If you already need buy an orb, try and grab a petrify orb as well

Mt. Thunder:

Movement

Floor	Movement	Items/Notes
1F	None. **Quicksave at the stairs!**	First "Hard hitting" dungeon.
2F	(Grab held item) BLL into the stairs.	
3F	BD R U L U LL UU LL U into the stairs.	
4F	BUR DD into the stairs.	
5F	BD B+A Frust UR R U RRR DR RR U RR UU	If level up: UR R U RRR DR U D RR U RR UU
6F	BD RRRRRR (6) D L D R D RRRRRRR (7) D RR. Diag ur 3 Tiles. BRRRRRR (6) D into the stairs.	
7F	B+A, B+A Frust UL U L UU RR Or if you have a 3rd petrify orb Petrify Orb, UL U L UU RR	Cheri Berry

8F	dr into the stairs.	
9F	BR D R D R Frust RRR into the stairs	*Someone find a strat w/ pickup here plz. Can't find anything consistent :/*
10F	BUU L U R U R UU R. B+A, when stopped by Gravelerock pickup, for 3-25 turns. BRRR UU into the stairs.	Charmander starts on gravelerocks
Peak 1F	None. **Quicksave at the stairs!**	
Peak 2F	BD DR DD into the stairs.	
Peak 3F	**Walk r Spam Frust (0 seeds)**	**WALK! Running to the right = death so don't hold B.**

Dialogue

When being asked questions, respond with (1 1 2*).
Straight down to Grand Canyon

Great Canyon:

Movement

Floor	Movement	Items/notes
1F	None. **Quicksave at the stairs!**	
2F	BDLDL DD	
3F	BD then r r BUR RRR DR into the stairs.	
4F	BD L U LL DL L D D R DD L D LLLL DD into the stairs	DR Frust
5F	Y to face Vileplume and Frust, then BD R U L U R UUUUUUU (7), UR RRRR D L D L DDDD LL into stairs	**Or use warp seed instantly**
6F	BR D R U RR DR RRR U RRR. Diag DR into the stairs.	

7F	BRR D RR U R UU R D L (Circle) BU D R UUU L UU into the stairs.	
8F	BUL UU L U L D LL D LL into the stairs.	(help w/ pickup)
9F	Menu (B U A A, you start immediately on the stairs).	
10F	**Turn Up Frust Tauros BR U D UU DR RR U RR DRDR**	
11F	BU LL D b+a **(Hold it longer than a tap)** L U LL petrify orb BDL D (Grab held item) DL into the stairs.	**No more bs movement lol**
12F	ur RRRRR UU R D RRR U R U RRR UR into stairs	**Pickup Blast Seed** **Cheri Berry / Apple**

Dialogue

-During the dialog with Charmander, respond with answer two. Attack Xatu (2*)
-Before heading to Pokemon Square, answer Charmander's questions: (1), (2*)

Fourth visit to Pokemon Square!

WM Codes

-At this point, you can use the WM generator, when you can, to fill in the rest of the jobs you need. More nears are better but make sure if they are all nears that you can Escape orb out, prioritize 4 near missions on Mt. Steel if you only have 1 escape orb (from sinister woods)

Jobs

-Get more near jobs / other jobs if you want to be safe

Shop Items

-2nd to last chance to grab items

Dialogue

-When asked if you're the pokemon from the legend: (1)
-When Charmander starts questioning your silence: (1) (1)
-When Caterpie believes in you: (1)
-All set dialogue (1*) starts on two.

Lapis Cave:

Movement

Floor	Movement	Items/Notes
1F	None. **Quicksave at the stairs!**	
2F	BR U R U RRR D LL into the stairs.	
3F	L1, Diag DL 1 into the stairs (walk this room).	
4F	URUR U R U b+a LL U UL	
5F	BDR L D L DD L DD into the stairs.	
6F	BRR D. Diag DL into the stairs.	B into Poke, this is to avoid waking up Nidorino.
7F	Face R then Frust. Then BR UR R U R U R U R UU UL U into stairs	
8F	BD dl DD into stairs	
9F	U then Diag UL into the stairs. (Walk this room)	
10F	l1 then Diag dl 1 into the stairs. (Walk this room)	
11F	BRR into the stairs.	
12F	BURUR ULULUL U into stairs	
13F	BU L U LLL into the stairs.	
14F	BRR into the stairs.	

Inventory Management

-Move on to Mt. Blaze, if you need to do any inventory management, make sure to do it at one of the Kangaskhan statues and not in town before you leave, the statues don't use text and they are exponentially faster than talking to Kangaskhan herself.

-Take out 3x Rawst, Ginseng, Pecha Scarf, Special Band, and anything else you know for certain is unnecessary at this point. (Mainly plain seeds)

Dialogue

-When entering Mt. Blaze: (1* 1)

Mt Blaze:

Movement

Floor	Movement	Items/Notes
1F	None. **Quicksave at the stairs!**	
2F	BD L D LL D LL U L UU R UU. UL BU L D LL D LLL into the stairs.	
3F	BD LLLL DDDDDDD into the stairs.	
4F	BRRR D R U RRRR and Diag DR into the stairs.	
5F	R then Diag DR into the stairs. (Walk this room)	
6F	L then look down and Frust. DDDD (4) LL into the stairs.	
7F	RRRR D RR D RR DDDDD R D DL D into the stairs.	
8F	U L DD into the stairs.	
9F	dr dr then BRR into the stairs.	
10F	BLL U L into the stairs.	
11F	BD RRRR and Diag UR1 into the stairs.	
12F	BDR RRRR D R U R DR RR into the stairs.	
Peak 1F	None. **Quicksave at the stairs!** **Make sure you have at least 20 HP before leaving the floor.**	
Peak 2F	BDL BDD L DD LL DD DLDL into the stairs.	
Peak 3F	**Moltres:** B+A, Frust 2x	[13lvl/11lvl]

Dialogue

-Continue on into Frosty Forest, again, item management if you need to

-In the cutscene, when asked the question, use answer one (1)
-When entering Frosty Forest: (1 1)

Frosty Forest:

Movement

Floor	Movement	Items/Notes
1F	None. **Quicksave at the stairs!**	
2F	Frust Azurill. BRD R D L D R DDDDD into the stairs.	
3F	BRR into the stairs.	
4F	BDR R then Diag BDR into the stairs.	Let ditto struggle once.
5F	BD R D DRDR R D RR U RRR U RRRR DD into the stairs.	Mash A/B through the cutscene text.
6F	BUL L D R DDDD into the stairs.	
7F	BDL then turn L to Mightyena and Frust, then BR LL D LLLL UL	
8F	Walk ul then BLLLLL D LL D LL D L DD. dl dl	
9F	L U R UUU R into the stairs.	
Peak 1F	None. **Quicksave at the stairs!**	
Peak 2F	Walk d Frust, R Frust, or use Petrify Orb, then go to R path DLDL into stairs Or for reviver seed: **D RR UR UL U LL**	
Peak 3F	R UUUUU (5) then ur ur then BRR into the stairs.	
Peak 4F	U R D RR U R U L UU R UU then Diag UL into the stairs. Or for reviver seed: **BU R D RR U R U L UU R UU LL UR**	**Get the reviver seed below the stairs!**
Peak 5F	**Articuno:** B+A, Frust Spam	Haven't been able to find 1 seed strat that was worth.

		Might not work for other levels.

Dialogue

-Do not give Absol a nickname (2*)
-For the questions before Mt. Freeze, answer (1 1 1)
-Then move up into Mt. Freeze, final chance for inventory management.
-When entering, Mt. Freeze: (1 1)

Mt Freeze:

WM Codes

Description	WM
(ALWAYS GRAB THIS) Thunderwave Cave - Near F1 Blast Seed Trawl Orb WM	**??9P ??Y? 4???** **?F?? 04NT ????**
(Grab these next two if necessary) <u>No 2nd Escape Orb</u> Thunderwave Cave - Near F2 Blast Seed Escape Orb WM	**??9P ??0? 4?6?** **4F?? 0?NT P???**
<u>Yes 2nd Escape Orb</u> Thunderwave Cave - Near F2 Blast Seed Petrify Orb WM	**??KP ??F? 4?6?** **!F?? 0?7T (m)???**
Thunderwave Cave - Near F2 Blast Seed Pecha Berry WM	**??9P ??0? 4?6?** **NF?? 0?6T 6???**
Thunderwave Cave - Near F2 Blast Seed Sleep Seed WM	**??KP ??0? 4?6?** **0F?? 0?6T 7???**
<u>Near Mission Requirement / Extra Job</u> Thunderwave Cave - Near F3 Blast Seed White Gummi WM	**??9P ??X? 4F6?** **SF?? +46T (...)???**
<u>Petrify Orb for Magma Cavern / Extra Job</u> Thunderwave Cave - Near F3 Oran Berry Petrify Orb WM	**??KP ??0? 436?** **KF?? 847T (m)???**

Movement

Floor	Movement	Items/Notes
1F	Set Absol's IQs on before doing anything, but turn off item master. **Quicksave at the stairs!**	**Absol IQ's**
2F	UUU L into the stairs.	
3F	LL into the stairs.	
4F	Walk u u, then BLL D LLLL U LLLLLLL into the stairs.	Grabs Oran Berry
5F	UL L U R UU RR UU into the stairs.	
6F	BU R D R U RRR D L D R DD DL D into the stairs.	**DD L next to stairs Blast Seed**
7F	BDR D R D L DDD RR into the stairs.	
8F	BUU into the stairs.	
9F	dl, then BLL D LL DD L DD R D R U RR DD R into the stairs.	
10F	BL U L U LLLLL into the stairs.	
11F	BU, Y to face Vigoroth and Tackle. BL D L U LL UL L U R UU L UU into the stairs.	
12F	BUL L into the stairs.	
13F	BLL U into the stairs.	**Grab held item if you want an oran berry / reviver seed on 15F**
14F	BUL LL UU Diag BUL UUU and Diag UL into the stairs.	
15F	BUL LLL U LLLL D L U L DD DL L into the stairs. Or if you have no held item BUL LLL U LLLL D LLLLL into the stairs.	**Pickup Oran Berry** **Reviver seed in left room** **Reviver Seed below stairs DL DL U UR**
Peak 1F	None. **Quicksave at the stairs!**	**Grab held item if you want an extra reviver seed next floor**

Peak 2F	dr d dr dr *If you accidently do only r at any point defeat the glalie or rip a seed.*	**Absol will be attacked by Glalie on the last two tiles, just ignore it.** **Pickup reviver seed**
Peak 3F	BDLDL L D LLLL into the stairs.	
Peak 4F	BDD R U RR. dr dr r r ur. BU RRR U R U L UUU RR into the stairs.	

Dialogue

After Mt. Freeze, you're back to doing rescue missions.

Thunderwave Cave #3 (3 Missions)

Movement

-Escape Orb out if you have 3 near missions
-If not, In Twave; 4F - r Rock, then continue on.
5F - Rock the Voltorb

Fifth visit to Pokemon Square!

Jobs

-Grab Uproar Forest mission
-Grab Tiny Woods mission if you don't have 2 already
-Grab any near Mt. Steel mission that you might be able to do

Shop Items

-Grab any near mission requirements

Uproar Forest:

WM Codes

Mt. Steel pre-made near missions (Remember that you only need to do 4 Mt. Steel missions so choose which WM you need accordingly)

Description	WM!
Mt. Steel 1F Near Max Elixir Warp Orb WM	**??9F ??Y? 4H??** **5F?? 047T 3???**

Mt. Steel 2F Near Warp Orb Warp Orb WM	**??9F ??S? 4?6?** **WF?? K?7T 3???**
Mt. Steel 2F Near Max Elixir Petrify Orb WM	**??KF ??0? 4H6?** **(f)F?? 0?7T (m)???**
Mt. Steel 3F Near Warp Orb Warp Orb WM	**??9F ??X? 4?6?** **WF?? K47T 3???**
<u>4th mission requirement isn't in inventory</u> Mt. Steel 3F Near Warp Orb Hurl Orb WM	**??9F ??0? 4?6?** **NF?? K4NT T???**
<u>Last WM depends on what you need</u> Mt. Steel 4F Near Warp Orb Reviver Seed	**??9F ??0? 4?7?** **NF?? K??T Q???**
Mt. Steel 4F Near Warp Orb Escape Orb	**??9F ??+? 4?7?** **?F?? K?NT P???**
Mt. Steel 4F Near Warp Orb Petrify Orb	**??KF ??0? 4?7?** **+F?? K?7T (m)???**

<u>If you find a near mission and need a second for time save, use this instead of 2x regular Tiny Woods</u>

Description	Reviver Seed WM!
Tiny Woods - Near F1 Oran Berry	**??9? ??0? 43??** **4F?? 84?T Q???**
Thunderwave Cave - Near F1 Oran Berry	**??9P ??T? 43??** **4F?? 84?T Q???**
Mt. Steel - Near F1 Oran Berry	**??9F ??0? 43??** **5F?? 84?T Q???**
Sinister Woods - Near F1 Oran Berry	**??9S ??T? 43??** **5F?? 84?T Q???**

Silent Chasm - Near F1 Oran Berry	**??94 ??0? 43??** **MF?? 84?T Q???**
Mt. Thunder - Near F1 Oran Berry	**??9H ??T? 43??** **MF?? 84?T Q???**
Great Canyon - Near F1 Oran Berry	**??93 ??T? 43??** **CF?? 84?T Q???**
Lapis Cave - Near F1 Oran Berry	**??9? ??0? 43??** **HF?? 85?T Q???**

Movement

Floor	Movement	Items/Notes
1F	None. **Quicksave at the stairs!**	
2F	BUR RR UU RRRR U R D RRR and Diag DR into the stairs.	
3F	BUL L UUU R U R UU UL L into the stairs.	
4F	BU R U L UU UR R into the stairs.	
5F	BDR Y Frust D L DDDD RR D RRR (Grab Held Item) DR into stairs	
6F	BUUU R UU ul, then BUUUU UR into the stairs.	
7F	BUL UU LLLL UU L U L UUU into the stairs.	**Have 1 slot open for the chestnuts on F9, you cannot inv manage on F8**
8F	BUL L UUU LL ul ul then BLL into the stairs.	
9F	**Trawl Orb UUUU R (Grab/Swap Held Item) UR**	
10F	B+A, Tackle, Tackle, Tackle	

Dialogue

After the dungeon is complete, continue on with the story cutscenes.

Give the chestnuts to the Mankey gang: (1 1 1)

Mt. Steel #2 (4 missions)

Movement

-Escape Orb out
-You never need to do these, but just incase.

Floor	Movement	Items/notes
1F	None. **Quicksave at the stairs!**	
2F	BR U L, then u d B+A until Zigzagoon shows up on right (3 tiles, 2nd and third are slow). BU L D LL UU into the stairs.	
3F	d, B+A, Tackle Baltoy D R U R R UR Rescue, dr tile, R R D R R R	*Someone help I can't find anything clean for this floor*
4F	BD RR into the stairs.	
5F	BL into the stairs.	
6F	BU L U L UU Diag UL 1 tile, then BU L D LL, then Diag DL 1 Tile, then BLL U LLLL UL LL Y to face, rescue Poke. Then BD, B+A (Until Aron is 1 away from opening or on it), then BLL D L D L DD Diag BDR U R U RR UU into stairs	Be very precise with your movement on this floor. One mistake can cost you a lot of time.
7F	L Frust l dl LL ul L U L D LL y-turn rescue L UU	
8F	BR U R U U ul 1 tile U U R U U Y A Rescue. Leave.	

Tiny Woods #4 (2 Missions)

Movement

-Complete the last 2 jobs

Dialogue

-In Cutscene at Square say let's go (1)
-Then run down to Torchic and All Set (1*, starts on 2)
-Dream, then down to Magma Cavern.

Magma Cavern:

Movement

Floor	Movement	Items/Notes
--1F	None. **Quicksave at the stairs!**	If you want to save some time, you can take the risk of not quicksaving on this floor in hopes of good 2F luck. Use at your own discretion.
2F	**l, then face D and Frust, l then Frust L D LL D LL D L D LLLL DD DL** **Quicksave at the stairs!** **If you level up go down and improvise**	**Don't forget to quicksave unless you want to get destroyed.**
3F	BDR DD DR D R D RR DR UR into the stairs.	
4F	BL into the stairs.	
5F	BD L U L D L U LLLL D L DD DL D into the stairs.	
6F	**Frust UL Frust ULUL U L UUU RRR UUUUU**	
7F	BUR 1 tile into the stairs.	
8F	**l Frust ul LLLLL D LL U UL U L UU UL**	
9F	BDRDR R UU RRRRR DR into the stairs.	Hold R after the 5th Right to diagonal in.
10F	BUL L (Sweet Scent) L U LL UUUU (4) LL into the stairs.	
11F	**BR Frust R D R D RR D R D L DD DR RR**	
12F	**BR, face D and Frust, then U L U R uuu ur (to cut corner) RRR UR**	**Frust arbok if you make a mistake and it shows up**
13F	BD R D R DDD L D L DD L into the stairs.	
14F	U BLL U LLL D L D LL U LL into the stairs.	

15F	BD LL D LLLLL into the stairs.	Eat apple (if you don't have one do the alt strat for F20)
16F	BURUR U RRR U RRRRRRRR into the stairs.	
17F	BUR U R U LL DDD DR D R DD LL D into the stairs. (R on the third D to ensure Diag)	
18F	BUL L D LL DD tap b+a until rhydon legs show up (usually 2 taps) BL D L DD R U RRRR into the stairs.	
19F	***DL UL DL L D L U LL DL (Grab held item) UL*** ***or*** ***Petrify Orb l dl D L U LL DL (Grab held item) UL***	**Need to double-check petrify strat, should be simple to find your way around the frozen pokemon.**
20F	BU L D R UR RR DR R D L D R DD RR into the stairs.	**BR U R D R (die) and Tackle, then** **BRRR D L D L D R DD RR into stairs**
21F	UL U L D LLLLLL U LLL D L D L DD L DD into the stairs.	
22F	BDD L DD L D L U L UU UR R into the stairs.	
23F	BUL U R UU L into the stairs.	
Pit 1F	None. **No quicksave**	**Both pokes on this floors are still 2hkos**
Pit 2F	**Cutscene.**	
Pit 3F	**Groudon:** l l l U Frust Spam	**What happens with Groudon is random, he can take up to 2 of your seeds using this route as well.**

Dialogue

-Save the World stuff
-All set (1)

Sky Tower:

Movement

Floor	Movement	Items/Notes
1F	None. **Quicksave at the stairs!**	
2F	l 3 tiles as you get hit into the stairs.	
3F	BUR U into the stairs.	
4F	BR, throw a Rock, then BRR U L U L UUUU R into the stairs.	
5F	BD R D R D LL D LL Diag BULUL into the stairs.	
6F	BR LL D L D L DD L DDD into the stairs.	
7F	BDR R into the stairs.	
8F	BUL UU L D LLLLLL U L D LL D and Diag DL into the stairs.	
9F	BU L U L U RR D R D R D L U LL U LL into the stairs.	
10F	BDR UR R DR RR UR R DR into the stairs.	
11F	BDL DD L D (Hail) LLLL into the stairs.	
12F	BR U (Tackle) U L UUUU into the stairs.	
13F	BD RR into the stairs.	
14F	BRRRRR U R U R UUU LL into the stairs.	
15F	BDR R D (Hail) D L (Hail) L DD R (Hail) DR R into the stairs.	
16F	dl 1 tile. BLL D LLL D L DDD then dr 1 tile into the stairs.	
17F	BD L U L U LL D L D L DD L D R DDDD L into the stairs.	
18F	**Frust U B+A (Hail) RRRR L U L (Hail) L UUUUUU (6) UL L**	
19F	D 1 then Diag DL 2 tiles into the stairs. **(Walk this room)**	

20F	**R Y-turn Frust, DR DDD UUUUU L U R UU R UR**	
21F	BR D RR D R D R DD LL DD R into the stairs.	
22F	BDR UR R U RR D R DD R DD into the stairs.	
23F	BD into the stairs.	
24F	BDDDD R DDD L U L U LL U L U L U R UU (Grab held item) L into the stairs.	
25F	BL DD R D R D RR DR R UR into the stairs.	
Peak 1F	None. **Quicksave at the stairs!**	**Claydol, Flygon, and Mettagross can be rocked after a Frust,**
Peak 2F	BR D L D L D L U LL D L, then B+A as Claydol Teleports, then BL U R UUU LL into the stairs.	
Peak 3F	BL D LL U L DD L DDD and Diag DR 1 tile into the stairs. **Quicksave at the stairs!**	
Peak 4F	BRR D RRRR U R D RRR U R D RR U then Diag UR 1 tile into the stairs.	
Peak 5F	BL, then regular attack twice, then BD LL U L DD L DDD and Diag DR 1 tile into the stairs.	
Peak 6F	BDDD R into the stairs.	
Peak 7F	BDR R UR R D R D RRR, then Diag UR 1 tile into the stairs	
Peak 8F	B+a (Charmander Frusts), then BL D LL U L D R DD RR into stairs	
Peak 9F	Rock Frust Spam (1 seed) Walk r dr Frust Spam (no seed)	Note: You cannot live Rayquaza attack if lvl 14...

Post-Rayquaza

-Hold B until End. Time Stops on whiteout before credits.