

**Note:** These are simplified notes made by me (Darkalber) so they have not all of the new stuff, if you want the most updated notes refer to:

<http://www.speedrun.com/pkmemerald/guide/fk7s0> (taken from the Wiki/Moobs notes)

### Mudkip Stat Checker

[https://mega.co.nz/#!VohBBRpS!JzdxGRmGh5aXRsvX6AN-jYcC\\_u503iJZytFsvZ58qcQ](https://mega.co.nz/#!VohBBRpS!JzdxGRmGh5aXRsvX6AN-jYcC_u503iJZytFsvZ58qcQ)

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## New Game

Before starting a new game, set your options as;

- Text Speed - Fast
- Battle Scene - Off
- Battle Style - Set

Other options can be set as you please.

- Start a new game.
- Choose Girl (Rival 2 = safer),
- Name your character a single character name.

## Littleroot Town

- Leave your clock as default.

### - Grab potion in the PC

- Talk with Mom.
- Head towards Brendan's house.
- Talk to Brendan's mom, and head upstairs.
- Go upstairs and return down, go to walk out the house.
- Exit the house and head north to Route 101.

## Route 101

- Choose Mudkip (right)
- Zigzagoon fight will begin.
- Check stats. (13 atk 10 Special atk and 9 speed min)

### Zigzagoon

Zigzagoon (Lvl.2): Tackle until it faints (Mash "A" whilst you are entering the stats in the stat checker)

## Littleroot Town

- Nickname your Mudkip a one character name.
- Say "Yes" to seeing Brendan, and exit the lab.
- Head north, through Route 101 and Oldale Town into Route 103. Run from any encounters.

## Route 103

Speak to Brendan to start the first Rival fight.

### Brendan 1

Treecko (Lvl.5): Tackle x4 (Potion if necessary to avoid fainting)

Check Mudkip's health at the end of the fight, heal if hp= below 9 with bad defence, below 10 with 14 Atk, or below 13 with 14 Atk and bad defence.

- Return south to Prof. Birch's lab.

## Littleroot Town

- Enter lab and spam B.

- Exit the lab and talk to Mom (outside your house). **Don't walk past her**, as she will then walk to you.
- From here on run wherever you can.

Head north to Oldale Town, then west at Oldale to Route 102, again running from any encounters.

## Route 102

Head west and battle the first Youngster.

### Youngster Calvin

Poochyena (Lvl.5): Tackle x3-4

**Avoid all the other trainers** by running through the grass, running from encounters when necessary. **Grab the Oran berries to the right of the second youngster.**

## Petalburg City

Enter the PokeCentre to set a Teleport point for later, then head to the Mart.

## Shopping Trip 1

- 2 Potion
- 3 Repels
- 2 X Speed
- 2 X Attack

- Head to the gym and talk to Norman.
- Wait through the Wally catching tutorial.

- Head west towards Route 104. Scott will stop you and talk to you, afterwards head into Route 104.

## Route 104

- Head south on to the beach, then west, then north around Mr.Briney's house. **Pick up the Oran berries** above and head towards (**don't step on**) the second patch of grass. Open the menu:

**Menu (in the following order):**

- Potion Mudkip (if you haven't used on in a battle already)
- Repel
- Attach an Oran berry to Mudkip

Run through the grass, behind the trainer, and enter Petalburg Woods.

## **Petalburg Woods**

Running-manip the first Bug Catcher, then head around until you encounter the Devon Researcher, and battle the Aqua Grunt.

### Team Aqua Grunt

Poochyena (Lvl.9): Tackle x5

Running-manip the next Bug Catcher and then head north out of Petalburg Woods to the other side of Route 104.

## **Route 104**

- Exit Petalburg Woods.
- Collect the Oran berries to the west if Mudkip used its attached Oran Berry against the Pooch.
- Head east and then north across the bridge, towards Rustboro City, avoiding the remaining trainers (double battle wont activate with one Pokémon in your party).
- Pick up the Leppa berries after the bridge, to the east.
- Head into Rustboro City.

## **Rustboro City**

Head north, and straight into Rustboro Gym.

## **Rustboro Gym**

If necessary, Potion Mudkip and attach an Oran berry before fighting Youngster Josh (the southern-most youngster).

### Youngster Josh

Geodude (Lvl.10): Mud Slap (till it faints)

Mudkip will level up to Lvl.10, and learn Water Gun.

- Next, fight the other Youngster.

Youngster Tommy

Before selecting the first Water Gun in this battle, switch Water Gun (Slot 4) with Tackle (Slot 1). The inputs are: Right, Down, Select, Select, A.

Geodude (Lvl.8): Water Gun

Geodude (Lvl.8): Water Gun

- Potion Mudkip and attach an Oran berry

- Speak to Roxanne to start the first Gym Leader battle.

### **Leader Roxanne**

Geodude (Lvl.12): Water Gun

Geodude (Lvl.12): Water Gun

Nosepass (Lvl.15)@Oran Berry: Water Gun until dead.

If speed = or + 18 here, N will Rock Tomb initially, to lower your speed (kills around 18 hp, varies with defense).

- After beating Roxanne and collecting the Rock Tomb TM, exit the Gym.

- Head west.

- After cutscene head north and then east at the T-junction afterwards.

- After talking to Devon guy head east into Route 116.

### **Route 116**

HM Slave hunt (Ideally):

- Abra (Teleport)
- Pooch (rocksmash)
- Taillow (fly)
- You need 295 extra EXP (first hiker + 3 Pkm) Nincadas die to 1 regular water gun, everything else but Skitty to water gun.

If you catch a lvl.7 Tailow or Poochyena, you can use them to make Abra encounters more likely, by switching them to the front of your party and repelling. This removes all the lvl.6 encounters and ups your chances of encountering an Abra to 25%.

- Take the southern path, running through the grass. Running-manip Bug Catcher Jose. Bag-manip Karen, and teach Rock Tomb over Growl to Mudkip within that menu. Head east to battle Hiker Clark (the southern most Hiker).

Note: If your Mudkip hits Lvl.16 at any point from now until Slateport, it will evolve and try to learn Mudshot. Replace Mud Slap with Mudshot.

#### Hiker Clark

Geodude (Lvl.8): Water Gun

- Bag-manip the Youngster on the first pass, and Running-manip him on the second, to battle Hiker Devan.

#### Hiker Devan

Geodude (Lvl.8): Water Gun

Geodude (Lvl.8): Water Gun

- Head towards Rusturf tunnel, after talking with Mr. Briney enter the tunnel.

#### **Rusturf Tunnel**

- Head east until you run into an Aqua Grunt, then battle him.

#### Team Aqua Grunt

Pooch (Lvl. 12): Water Gun x2

- Talk Mr. Briney again, head back out to Route 116, and back west towards Rustboro, Bag-manipping Karen once again.

- Pick up the Repel next to the Bug Catcher on the way back, if you used one already for Abra repel strats.

- If you haven't caught an Abra by the time you reach the Repel, stay here and search for one.

-Once you have caught one, speak to the Devon Researcher to the west.

## Rustboro City

- Head out of Devon Corp. and a researcher will talk to you. Complete the Match Call tutorial and then use Abra to Teleport back to Petalburg City.

**Note:** if you caught Abra and haven't found Pooch Teleport after Devon and search for a Pooch/Marill on route 104 (you can also catch a Tailow/Wingull here)

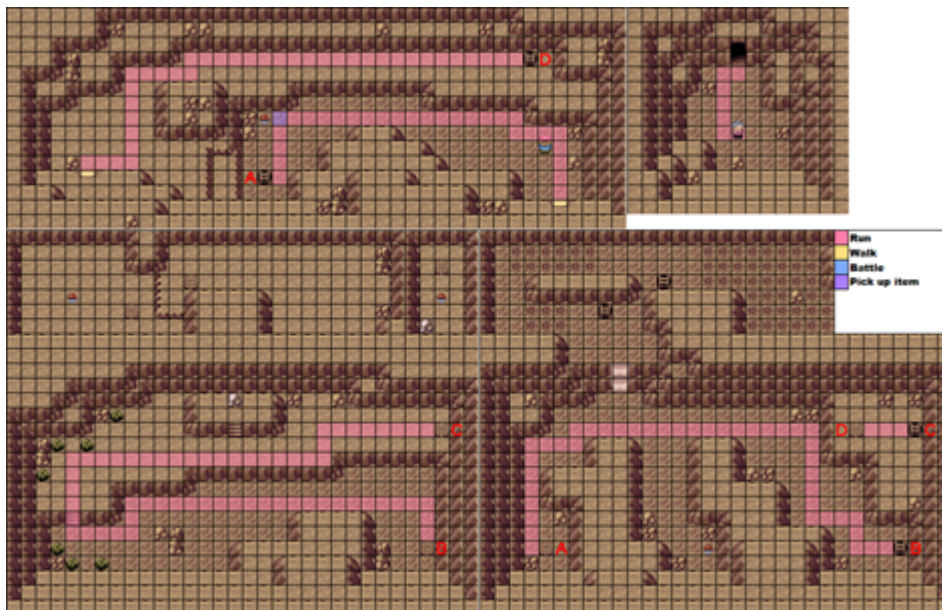
## Petalburg City

- Head west to Mr. Briney's house.  
- Say "No" to the rematch, then enter the house and talk to Mr. Briney to take his boat to Dewford Town.

## Dewford Town

On arrival, head north to Granite Cave, avoiding both Fishermen here.

## Granite Cave (OH BOY, MAH FAVORITE PART OF THE GAME)



- Repel upon entering Granite cave.

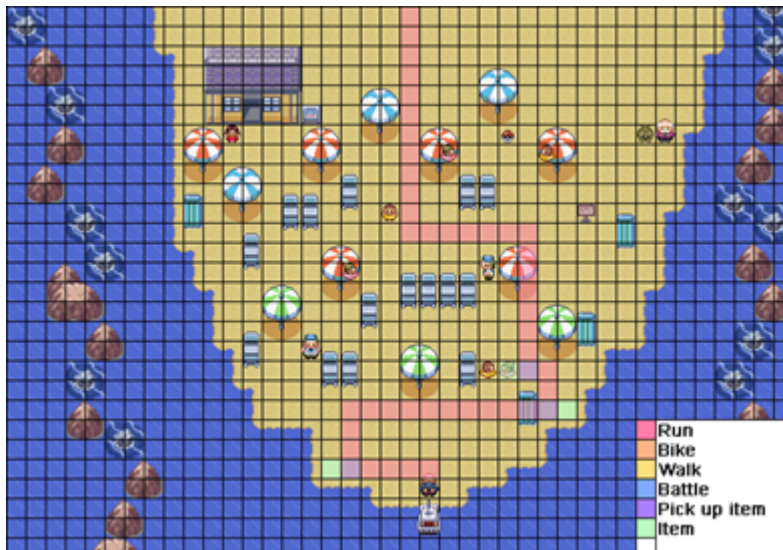
- Pick up the Escape Rope before the first ladder.

- Talk to Steven (from the side, not from above, so that he takes less steps to walk out), and get the Steel Wing TM.

- Escape rope out once he leaves.

- Go talk to Mr. Briney again and select Slateport.

## Route 109



- Two tiles away from the water **pick up the hidden Revive.**
- Head east, and **talk to the tuber girl on the right to receive Soft Sand.**
- Head north into Slateport, avoiding the trainers on the beach.

## Slateport City

- Head north and enter the Shipyard.
- Talk to Dock who tells you to find Capt. Stern in the Oceanic Museum.
- Exit and head north to the Museum.

## Oceanic Museum

- Pay for the entry (a whole 50 pokédollars) and head upstairs.
- Talk to Capt. Stern to initiate the two Aqua Grunt fights.



### Team Aqua Grunt 1

Before selecting your first move, swap Mud Slap (Slot 3) with Water Gun (Slot 1).

Inputs: Down, Select, Select, Right, A

Carvanha (Lvl.15): Rock Tomb x2

**Note:** If your Mudkip has evolved already, use Mud Shot on the Carvanha.

If it hasn't already, Mudkip will evolve after this battle, provided you got the required extra EXP. Teach Mud Shot over Mud Slap.

### Team Aqua Grunt 2

Zubat (Lvl.14): Rock Tomb

Carvanha (Lvl.14): Mud Shot

- Once Capt. Stern is finished talking exit the Museum, talk to Scott, and then head west to the Mart.

### **Shopping Trip 2**

[\*]SELL Steel Wing TM

[\*]4 Super Potion

[\*]3-5 Repels (enough to have 5 if you already have a Fly slave, 4 if not)

- From here, head north to Route 110.

### **Route 110**

Head north, activating a cutscene with Prof. Birch. Afterwards, head north and fight Pokefan Isabel first (talk to her, don't run in front of her as it will activate a double battle).

#### Pokefan Isabel

Plusle (Lvl.14): Mud Shot

Minun (Lvl.14): Mud Shot (if both Plusle and Minun Growl, the Minun will take two Mud Shots, and if you get one Growl it will be a range)

#### Pokefan Kaleb

Minun (Lvl.14): Mud Shot

Plusle (Lvl.14): Mud Shot (if both Minun and Plusle Growl, this Mud Shot is a range)

- Head north from the Pokefans, then east at the T-junction.

- Repel and attach Soft Sand, heal if needed to Marshomp before the grass, and Bag-manip Youngster Timmy.

- Pick up the hidden Full Heal above-and-to-the-right of Youngster Timmy and then head north to activate the Brendan 2 fight.

### Brendan 2

Slugma (Lvl.18): X Attack x2, X Speed, Mud Shot (Heal to above 45hp before you Mud Shot, and Full Heal a burn. Don't Full Heal Sleep, just use Mud Shot until Marshomp wakes up)

Grovyle (Lvl.20): Mud Shot, Tackle (Use Mud Shot turn 2 if the first Mud Shot only just does over half damage.)

Wingull (Lvl.18): Rock Tomb

- After Brendan leaves, head north and then west, and battle Triathlete Alyssa.

### Triathlete Alyssa

Magnemite (Lvl.15): Mud Shot (Water Gun in Torrent with +Sp.Atk nature and 20IV+)

- Next head west and battle Psychic Edward.

### Psychic Edward

Abra (Lvl.15): Tackle

After defeating the two trainers, pick up the Elixir, then head north into Mauville.

### **Mauville Town**

- Head east to the Rock Smash Dude's house to get the Rock Smash HM.

Once you get Rock Smash, go to Rydel's Bike Shop and get the Mach Bike. Exit, and open the menu:

Menu (in the following order):

- Register Mach Bike to the select button.

- From within the menu get on the Mach Bike.

- Head east to Route 118 and fight Youngster Deandre.

#### Youngster Deandre

Zigzagoon (Lvl.14): Mud Shot [Water Gun if in Torrent with 15IV+ Sp.atk or on any +Sp.Atk nature)

Aron (Lvl.14): Water Gun

Electrike (Lvl.14): Mud Shot [Water Gun if in Torrent with 25IV+ Sp.atk or 10IV+ on +Sp.Atk nature)

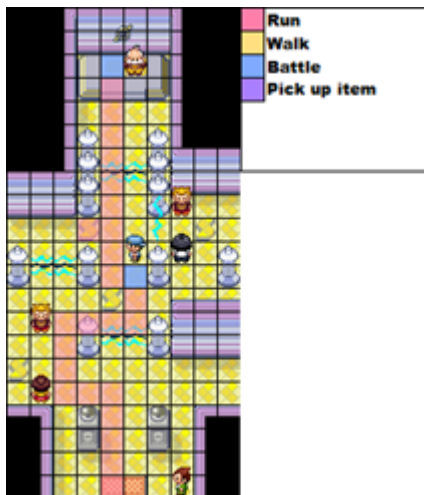
- Head back into Mauville, and heal at the PokeCentre.
- Exit, and head towards Mauville gym. Talk to Wally to battle him.

#### Pokémon Trainer Wally

Ralts (Lvl. 16): Mud Shot

- After talking to Wally and Scott, head in to Mauville Gym.

#### **Mauville Gym**



Head around the barriers to battle the youngster, without pressing any buttons.

#### Youngster Ben

Zigzagoon (Lvl.17): Mud Shot (This is a damage range on any Attack stat, use water gun turn 2 if Mud Shot doesn't kill)

Gulpin (Lvl.17): Mud Shot (Use a 2nd Mud Shot if Zigzagoon used Growl)

- After the battle, press the button to the left of the youngster, and then head up to Wattson.

## Gym Leader Wattson

**Note:** Use the X Speed on the Voltorb if you have 28 IV+ Speed on Neutral natures, or [Insert IV for + natures]

Voltorb (Lvl.20): Mud Shot

Electrike (lvl.20): X Speed, Mud Shot

Magnetron (lvl.22): Mud Shot

Manectric (lvl.24)@Sitrus Berry: Mud Shot x2 (a range on almost all Attack IVs, though often quite favourable. Water Gun before the 2nd Mud Shot if you don't think it will kill)

- After the battle, and obtaining the Shock Wave TM, exit the gym and bike west through Route 117 to Verdanturf Town, avoiding all the trainers (this will require practice). Once in Verdanturf, head into Rusturf Tunnel.

## Rusturf Tunnel

At the entrance, menu:

Menu

- Repel

- Teach Rock Smash to your Rock Smash slave

- Bike over to Hiker Mike.

## Hiker Mike

Geodude (lvl.16): Water Gun

Geodude (lvl.16): Water Gun

Machop (lvl.16): Mud Shot

- Break the boulder with Rock Smash and get the Strength HM.
- Exit out the west entrance of Rusturf Tunnel.
- Collect the HP Up (pokéball), and then menu.

Menu

- Teach Strength to Marowak, replacing Tackle

- Teleport with Abra back to Mauville City

## Mauville City

- Head east to Route 118 again, and battle Aroma Lady Rose, below the Youngster you fought earlier.

### Aroma Lady Rose

Roselia (lvl.14): Strength

Roselia (lvl.14): Strength

Shroomish (lvl.14): Strength (If effect spore activates and poisons/paralyzes, use the full heal if you still have it, or heal at Mauville if not).

- Head back into Mauville, then north to Route 111



<http://i.imgur.com/DiA34DH.png> (better resolution)

### Route 111

- After rock smashing the boulder, avoid "Picnicker Irene" and "Camper Travis" (with perfect biking they cannot spin on you). Wally will call you around here. Once he has, head west into Route 112.

### Route 112

- Repel below the patch of grass, then bike through it.

- Head up the steps, and left at the top.
- Bag-manip Hiker Trent and enter Fiery Path.

## Fiery Path

- Bike straight north to the exit.

## Route 112

- Head east after exiting, and Bag-manip the Kindler and Aroma Lady. Continue east back into Route 111.

## Route 111

As you enter Route 111, your Repel Should wear out. From here, line yourself up so you could bike past Cooltrainer Wilson without hitting anything or moving left/right, then bike "down" until he is off your screen, and immediately bike up and past him, "maintaining your speed". This unloads the spinner, and because you are traveling as fast as possible he doesn't have time to spin on you between reloading and you going past him. Afterwards, head west, "behind" Cooltrainer Brooke and into Route 113.

## Route 113

- Use a Repel just before the grass, and avoid all the stationary trainers on your way west to Fallabor Town.

## Fallabor Town

- Bike to the western side of the town, and pick up the Nugget that's hidden in the meteor circle. Bike back to Fallabor Mart.

You need to determine the number of X items you will need.

For Guard Specs, you need 1, and need 2 for Speed IVs of 18+ neutral natures. For X Speeds, you always need 4, 5 if your Speed IV is 18-23 on neutral natures. For X Specials, you will need 1 on Winona for an IV of 20-, 2 on TnL normally, or 1 with 30+ neutral/20+ plus natures, 1 normally on Archie, or 2 with a "Speed" IV of 18+, and 1 for Champion. So your X Special quantities will vary between 3 and 6.

## Shopping Trip 3

\*SELL Nugget and HP Up

\*2 Escape Ropes  
\*9-10 Super Repels  
\*3-6 X Specials  
\*4-5 X Speeds  
\*16 X Attacks  
\*1 X Defend  
\*1-2 Guard Spec

After the shopping trip, Repel if you already have a Fly Slave, and head west into Route 114.

## Route 114

If you still need a Fly slave search for a Swablu in the grass, which has a 40% encounter rate. Head south, through the grass, and follow the path in the rocky section until you come across Hiker Lucas.

### Hiker Lucas

Geodude (lvl.18): Water Gun

Numel (lvl.18): Strength

- Bag-manip the Picknicker, and whilst in the menu Super Potion Marshtomp if necessary and Super Repel. Bag-manip the Picknicker a second time, and head west to Meteor Falls.

## Meteor Falls

- Head west and go through the Magma/Aqua cutscene. Exit back out the way you came, and Teleport back to Mauville.

## Mauville City

- Head north once more to Route 111.

## Route 111

- Once again, avoid the Picnicker and Camper, and head west into Route 112.

## Route 112

Head through the grassy patch (the Super Repel from Meteor Falls will still cover you through this), then up the stairs. **Bag-manip** the eastern Hiker, and enter the Cable Car.

## **Mt. Chimney**

Exit the Cable Car station, jump on your bike and head up the stairs, then west above the battling trainers. Battle each Team Magma Grunt separately.

### Team Magma Grunt (Female)

Numel (lvl.20): Water Gun

### Team Magma Grunt (Male)

Zubat (lvl.20): Strength

- Bike north to battle Admin Tabitha.

### Magma Admin Tabitha

Numel (lvl.18): Water Gun

Pooch (lvl.20): Strength

Zubat (lvl.22): Strength (Damage range on Attack IVs below 24)

Numel (lvl.22): Water Gun

After Tabitha, **switch Marstomp with the Pokémon in the 2nd slot of your party**, then battle Maxie.

### Magma Leader Maxie

Mightyena (lvl.24): Guard Spec (**move the Super Repels down to the bottom** of the bag in this menu), switch in Marstomp when the slave dies, X Attack, Mud Shot, Strength

Zubat (lvl.24): Strength

Camerupt (lvl.25): Mud Shot

- Once Maxie and Archie are done talking, bike south and take the exit to Jagged Pass.

## **Jagged Pass**



Bike south, avoiding stationary trainers. Bag-manip the Camper at the end, and in the menu use a Super Potion if Marstomp isn't at full health, and Elixer.

## Lavaridge Town

- Bike straight into Lavaridge Gym.

## Lavaridge Gym

- Navigate past the hidden trainers, and battle Flannery.

### Gym Leader Flannery



Numel (lvl.24): Water Gun (Mud Shot on Sp.Atk IVs below 20)

Slugma (lvl.24): X Attack (Full Heal if Smog Poisons), Strength (Mud Shot on Attack IVs below 24)

Camerupt (lvl.26): Mud Shot

Torkoal (lvl.29): Mud Shot x2 (Torkoal has both Attract and Body Slam, which can paralyze, though there's little you can do if you get either of these. Just cross your fingers and hope)

- Provided you got the necessary extra EXP, you should get lvl.29 from the Torkoal. If you didn't you will need to fight some wild encounters before the Rare Candy coming up.

- Exit Lavaridge Gym. Brendan will talk to you and give you the Go-Goggles. Afterwards, go into the house to the right (the Herb Shop).

### Shopping Trip 4

\*First buy 4 Heal Powders (6 if you already used the Full Heal)

\*Buy as many Energy Roots as you can with the remaining money.

- Exit the herb shop, and Bike east out of Lavaridge. Head down the ledges
- **Super Repel** before the grass.
- **Bike east into the desert, and collect the Rare Candy** hidden on a rock on the far east of the desert.

**Menu:**

""Menu (in the following order):""

\* Swap the Pokemon in the 1st slot with Marshtomp

\* Teleport with abra

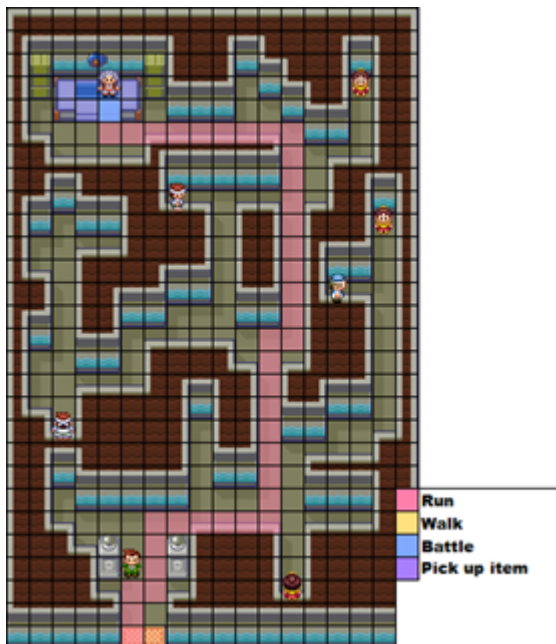
## Route 110

- Head south, back along the path you took the first time (**to Slateport**).
- **Bag-manip the Youngster** again, **and use the Rare Candy on Marshtomp** in the menu.
- Head south through Slateport, to take the boat back to Dewford.

## Dewford Town

- Head straight into Dewford Gym.

## Dewford Gym



- Find Brawly.

### Gym Leader Brawly

Machop (lvl.16): Strength

Meditite (lvl.16)": Strength

Makuhita (lvl.19)": Strength

- After beating Brawly, exit Dewford Gym and take the boat to Petalburg City.

### **Petalburg City**

- Head straight into Petalburg Gym.

### **Petalburg Gym**

Take the right door and battle Cooltrainer Mary.

### Cooltrainer Mary

Delcatty (lvl.26): Mud Shot, Water Gun, Strength (use Mud Shot again if the Water Gun put Delcatty into healing range)

- Rake the right door, and battle Cooltrainer George.

### Cooltrainer George

Slakoth (lvl.26): Water Gun, X Attack, Mud Shot (Don't let Slakoth Counter a Mud Shot, as it's a OHKO)

- Energy Root Marstomp, then take the door, and fight Cooltrainer Berke.

### Cooltrainer Berke

Vigorothe (lvl.26): X Attack, Mud Shot x2

- Take the door, "Energy Root if Marstomp is below 2/3 health", and prepare for set up turns.

### Gym Leader Norman

Spinda (lvl.27): X Defend, X Speed, X Attack x4, Energy Root if you're below 50%, Heal Powder until a turn where it doesn't confuse you, Strength

Vigorothe (lvl.27): Mud Shot

Linoone (lvl.29): Strength

Slaking (lvl.31): **DO NOT ATTACK SLAKING ON A TURN WHERE HE ISN'T "loafing off", AS HE HAS COUNTER"** Heal Marshtomp, Mud Shot, X Attack, Mud Shot

- Leave Wally's house, bike south to the pond in Petalburg.
- **Teach Surf to Marshtomp**, replacing Water Gun, and Surf to the grass with the **hidden Rare Candy**. Pick it up, then **teleport to Mauville**.

## **Mauville City**

- Bike east to Route 118, avoid stationary trainers on the beach, and Surf.
- **Super Repel on the water**, and Surf to the furthest eastern point on the other side (to avoid the Fisherman spinner).
- Bike up to initiate a conversation with Steven.
- Once he's done, head east, then north, **Bag-manipping** Bird Keeper Chester and into Route 119.

## **Route 119**

- North into the tall grass, heading straight up where the long stretch of not-grass is (so you can run in it), avoiding the trainers running around inside.
- Jump on your bike on the other side, and head north, then west across the bridge, and north once again through the long grass.
- Follow the path up to the Weather Institute and enter.

## **Weather Institute**

- Talk to the very first Aqua Grunt.

## **Team Aqua Grunt (Female)**

Carvanha (lvl.28): Mud Shot

- After, head around the second grunt and up the stairs. Fight the pair of grunts individually, the female on the right first.

## Team Aqua Grunt (Female)

Zubat (lvl.27): Surf

Poochyena (lvl.27): Surf

Now **walk into the male grunt's line of sight**, to move him out of the way of the quicker route.

### Team Aqua Grunt (Male)

Poochyena (lvl.27): Strength

Carvanha (lvl.27): Mud Shot

**Bag-manip** the spinning Aqua Grunt, and battle Aqua Admin Shelly.

### Aqua Admin Shelly

Carvanha (lvl.28): Mud Shot

Mightyena (lvl.28): Surf x2 (Torrent Surf is a guaranteed one shot from 30IV Sp.Atk neutral nature, or 18IV +nature)

- Nickname Castform a one character name, then go back down the stairs and use the bed to heal.
- Exit the Weather Institute and bike across the bridge to the east. Go south at the other end of the bridge and **pick up the Elixir** at the waters edge, then head north to fight Brendan one last time.

### Brendan 3

Slugma (lvl.29): X Speed, X Attack x2, Mud Shot

Grovyle (lvl.31): Strength

Pelliper (lvl.30): Rock Tomb (Pelliper will protect this), Strength x2

- Bike north and **Super Repel** next to the tall grass. Walk through the tall grass to Fortree City.

### **Fortree City**

- Enter the PokeCentre to set a Teleport point, then leave and climb the ladder next to the centre.
- Walk across the walkway to the end, climb down and jump on your bike. Bike east into Route 120.

### **Route 120**

- Bike east, then walk south through the tall grass (Super Repel will still be active from before Fortree City). Cross the bridge and speak to Steven.
- Talk to Steven & run from the Keckleon fight.
- Head south from the end of the bridge, **Bag-maniping (with the "Pokemon" menu)** the Bird Keeper.

**"Menu:"**

**Take Mystic Water from Castform**

Switch Castform to the 2<sup>nd</sup> slot.

- Just before the next trainer, there is a path of tall grass at the bottom of the screen. Walk south through the grass, until you come out the other side.
- Jump on your bike, bike east, then back west across the bridge. Go south at the end of the bridge, and behind Bug Maniac Brandon (through the one patch of tall grass).
- Head west, up a set of stairs, and Surf over the pond to the west, to collect a hidden Rare Candy. Then head back east to Route 121.

## Route 121

- Bag-manip Beauty Jessica, and in the menu:

"Menu (in the following order):"

- \* Rare Candy x2 on Marshtomp (evolving it to Swampert)
- \* Attach Mystic Water to Swampert
- \* Super Repel
- \* Teach Shock Wave to Castform, replacing Sunny Day
- \* Teach Fly to your Fly slave

- Bike into Lilicove after the cutscene. Just before Lillycove, Bag-manip Cooltrainer Marcel and Cooltrainer Cristin.
- Head into Lillycove just so that we can Fly there later, and then back into Route 121. Bag-manip Cooltrainer Cristin and Cooltrainer Marcel once more.
- Continue west, then Surf south to Mt. Pyre. The entrance is on the south side of the Surf route. Super Repel once more, when the last runs out.

## Mt. Pyre

- Head out the western door once inside Mt. Pyre, then bike up the next section. Enter the top section of Mt. Pyre and battle the first Aqua Grunt.

Team Aqua (Male)

Carvanha (lvl.32): Mud Shot

- Move up and battle the next Aqua Grunt.

Team Aqua (Male)

Zubat (lvl.32): Strength

- Next battle the Aqua Grunts Double battle.



### Team Aqua Double Battle

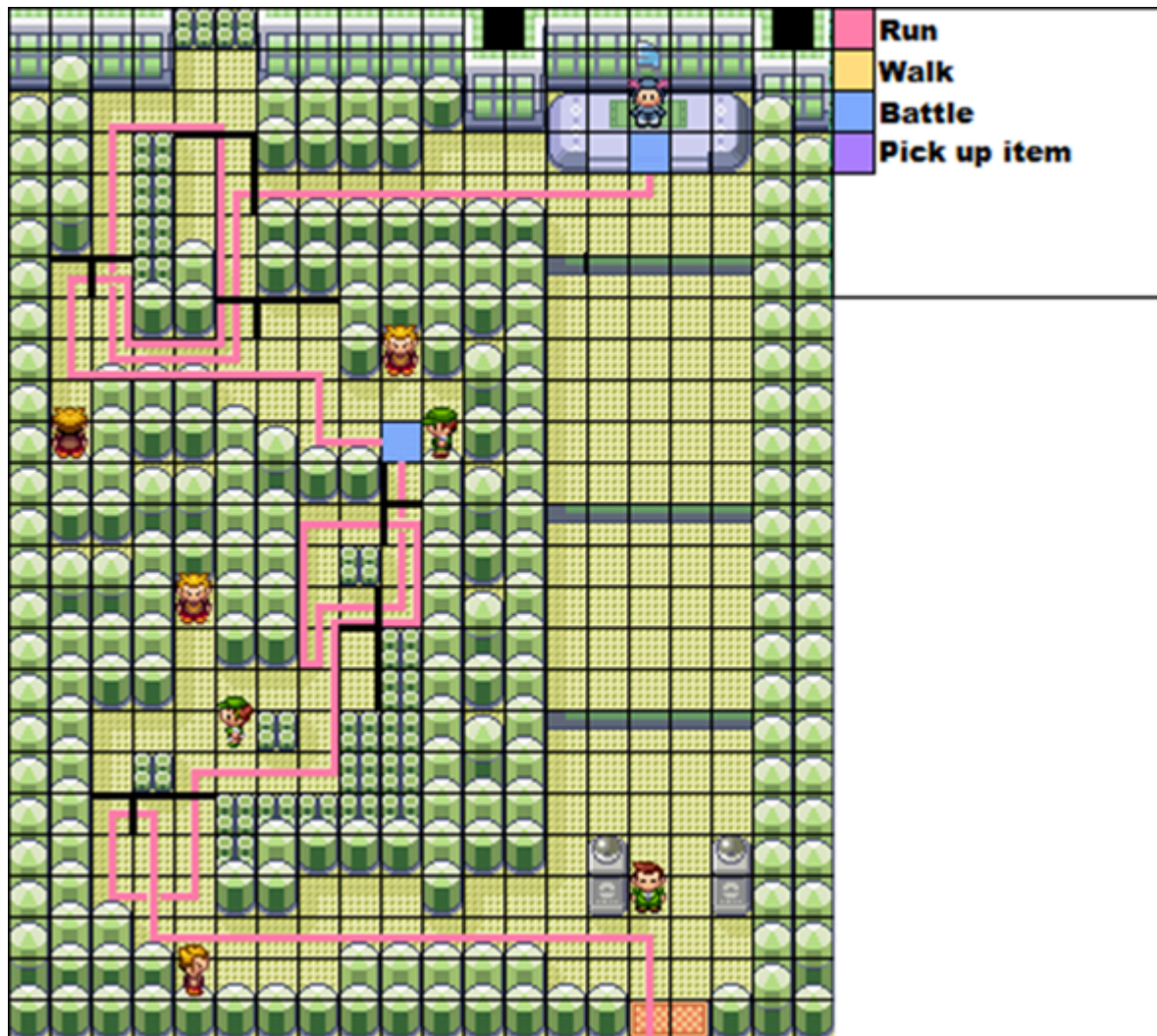
Pooch (lvl.30) and Wailmer (lvl.30): Surf and Shock Wave Pooch (Shock Wave will hit the Carvanha)

Wailmer (lvl.30): Mud Shot (Surf if the Carvanha survived) and Shock Wave Wailmer

Zubat (lvl.30): Strength and Shock Wave

- Bike up to Archie after and talk to him and the old woman,
- Receive the magma emblem, head east, through a short patch of grass, and pick up the hidden Rare Candy.
- Teleport back to Fortree.

### **Fortree Gym**



Head left upon entering, and solve the first rotating panel puzzle to avoid the first double battle, then battle the next unavoidable double battle.

### Gym Double Battle

Doduo (lvl.29) and Swellow (lvl.29): Strength and Shock Wave Swellow

Doduo (lvl.29) and Xatu (lvl.29): Strength and Shock Wave Xatu

Doduo (lvl.29): Strength and Shock Wave

Pelipper (lvl.29): Strength and Shock Wave

Next battle Bird Keeper Darius.

#### Bird Keeper Darius

Tropius (lvl.30)"": Strength (let Swampert die to the Tropius, and bring in Castform), Powder Snow x2-3

- After this, use the final Rare Candy on Swampert to revive him, and use a Potion and Oran Berry to bring him to 33 health. Battle Winona.

#### Gym Leader Winona

Swablu (lvl.29): X attack, Strength (If swablu uses Perish Song, switch out turn 2 and then switch back in and X Attack again, you have a spare from the Fallabor Shopping trip)

Tropius (lvl.29): Strength x2

Pelipper (lvl.30): X Attack x3, (X Speed on 23- Speed IV neutral, X Special on 20-Sp.Atk IV neutral), Mud Shot, Strength

Skarmory (lvl.31): Surf

Altaria (lvl.33)@Oran: Strength

- After collecting the Aerial Ace TM, exit Fortree Gym and fly to Lavaridge.

#### **Lavaridge Town**

Head east towards the entrance to Jagged Pass. Scott will call you after he's done head down the ledges near the Jagged Pass entrance, and north towards the Cable Car Station.

- Bag-manip the Hiker again, Super Repelling in the menu, and enter the Cable Car. At Mt. Chimney, head south into Jagged Pass, and south until the entrance to the Magma hideout opens.

#### **Team Magma Hideout**

Solve the boulder "puzzle" ahead, then head right, and then down to battle a Magma Grunt.

#### Team Magma Grunt (Male)

Pooch (lvl.29): Strength (Surf if you have less than 4 Strengths)



Head south, through the door, and fight the first Magma Grunt you see.

Team Magma Grunt (Male)

Numel (lvl.29): Strength (Surf if you have less than 3 Strengths)

- Avoid the next stationary Grunt, and the 2 running around the equipment in the center of the room.
- Head through the door at the bottom of the room. Follow the natural path and battle the next Grunt stood next to the lava. ["My left ear is burning up"]

Team Magma Grunt (Male)

Zubat (lvl.29): Surf

Head south again, super repelling once the last one runs out, then battle the next female Grunt.

Team Magma Grunt (Female)

Baltoy (lvl.28): Strength (Surf if you only have 2 Strengths)

Head through the door to the left, follow the natural path and battle the next male Grunt.

Team Magma Grunt (Male)

Baltoy (lvl.28): Strength (Surf if you only have 1 Strength)

- Again, follow the natural path, and fight the next two Grunts as a double battle.

Team Magma Double Battle

Numel (lvl.29) and Zubat (lvl.29): Surf and Powder Snow

Follow the natural path to battle Tabitha.

Magma Admin Tabitha

Numel (lvl.26): Strength (Surf if you have no Strengths)

Mightyena (lvl.28): Surf

Zubat (lvl.30): Surf

Camerupt (lvl.33): Surf

- Collect the Max Revive just before Maxie 2, if you are concerned about dying to the battle"

- Again, following the natural path, battle Maxie. **Ether Surf** before the battle if you have **less than 4 Surfs**.

### Magma Boss Maxie

Mightyena (lvl.37): Surf

Crobat (lvl.38): Surf x2 (A critical hit will kill you, just revive and try and get Torrent back if it does)

Camerupt (lvl.39): Surf

- After Maxie leaves, menu:

**""Menu (in the following order):""**

**\* Ether Surf (if you didn't before Maxie)**

**\* Escape Rope**

Fly to Slateport City once outside.

### **Slateport City**

- Bike north to the Docks and speak to Capt. Stern. Follow him inside after the Aqua announcement and talk to Archie.

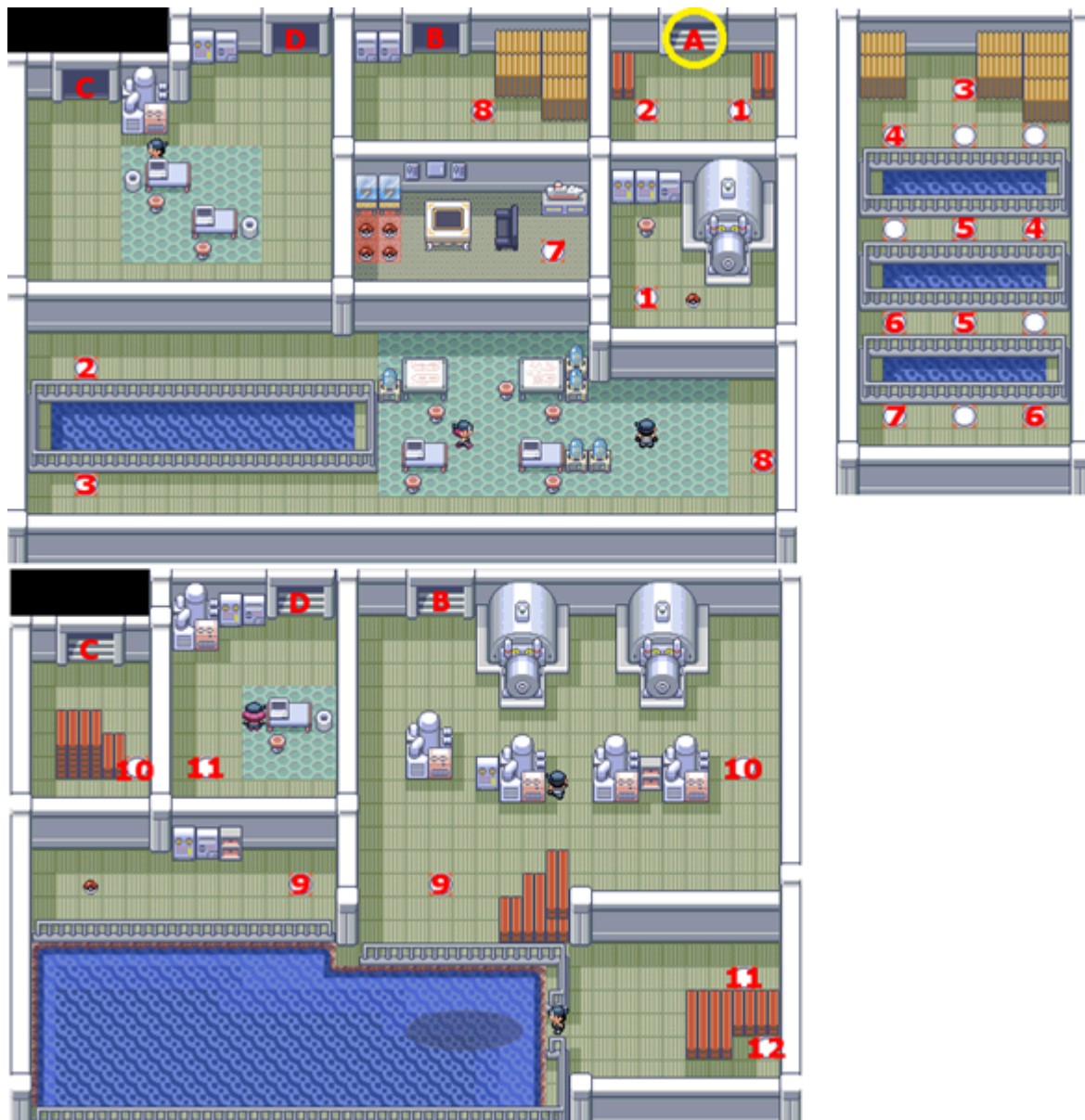
- After he leaves with the submarine, exit the docks and fly to Lillycove.

### **Lillycove City**

- Head up the stairs to the east of the PokeCentre, then east to Lillycove's beach

- Surf at the top of the beach and enter the Aqua Hideout.

### **Team Aqua's Hideout**



- Surf up to the steps, then walk to the right and up the stairs above.
- Take the left warp-panel, then walk right, down past the spinning female Grunt, and left onto a warp-panel.
- Order of panels:  
Left, Middle, Left most.
- **Pick up the nugget and masterball** (the two balls on the left, the right ones are actually Electrodes), and return to the warp-panel.
- Centre panel, right panel, top panel.
- Walk to the right towards the two Grunts facing each other.

### Double Battle

Zubat (lvl.31) and Pooch (lvl.31): Surf and Shock Wave Pooch

Carvanha (lvl.31) and Zubat (lvl.31): Surf and Shock Wave

- Take the warp panel. Walk through the door, and walk right to another warp panel, avoiding the Grunt circling the equipment in the room.
- From this panel, take the door, then walk above the Grunt and enter another door.

### Double Battle

Zubat (lvl.32) and Carvanha (lvl.32): Surf and Powder Snow

Take the warp panel, and battle Aqua Admin Matt.

### Aqua Admin Matt

Mightyena (lvl.34): Surf

Golbat (lvl.34): Surf (Will outspeed you on 10IV speed neutral or worse, just heal beforehand if you're below 24 HP)

Take the other warp panel after the battle. Exit through the door, and exit the hideout by surfing once more.

### **Route 124**

Once you exit the Aqua Hideout:

""Menu""

\* Super Repel

\* Elixir Swampert

\* Energy Root Swampert

- Then surf east towards two swimmers facing each other. Talk to and battle the Male swimmer below.

### Swimmer Declan

Gyarados (lvl.34): Strength x3 (Rock Tomb if you think the 3rd Strength won't kill)

- Bag-manip Swimmer Grace above, and Surf east, and slightly south, to Mossdeep City.

### **Mossdeep City**

- From the beach bike to Mossdeep Mart.

### Shopping Trip 5

\*7-10 hyper potions

\*9 max repels

\*11 X Attacks

\*As many Revives as you can get with the remaining money

- Exit the Mart and head into Mossdeep Gym above.

### **Mossdeep Gym** (wall of text)

- In the first room, step on the first switch to activate the first Double Battle.

#### Double Battle

Kirlia (lvl.36) and Kadabra (lvl.36): Strength Kirlia and Powder Snow

Kadabra (lvl.36): Strength and Powder Snow

- Head onto the warp-panel above, hit the yellow switch twice, walk behind the trainers and take the right warp-panel.
- Hit the purple button once, then go back. Walk off and back onto the same warp-panel, hit the purple button again and walk past the first two trainers. Hit the next purple button, and then fight the single stationary trainer.

#### Psychic Macey

Natu (lvl.36): Strength

- Walk down and hit the green button twice, then return to the original warp-panel at the top of the room (avoiding the double battle again).
- Now take the left warp-panel. In this room, hit the blue button enough times so that you can walk up to the left hand side of the room, then fight the hex maniac.

#### Hex Maniac Sylvia

Meditite (lvl.36): Surf

Hit the orange button enough times to open up the path on the right side of the room, then fight Psychic Hannah at the top.

#### Psychic Hannah

Kirlia (lvl.36): Strength

- Walk around to the blue button, hit it x4 (avoiding the male trainer that spins with it), walk past the male trainer, hit the other blue button once, walk past the gentleman and up to the warp-panel on the right
- In the next room, take the next warp-panel. Heal Swampert if necessary, and switch Castform with Abra if you are doing the safer strat.

#### Gym Leaders Tate&Liza

- There are three main strategies for this battle, based upon your Sp. Attk.

Turn	Darcovian Strats (Safer)	Low Sp. Attk Less than: (30 Neutral, 20 plus or any minus natured)	High Sp. Attk (riskier but faster)
Note	Recommended by Alber, the scrub	If Earthquake criticals on Swampert in the first 2 turns, Super/Hyper Potion him on a slaves turn, where convenient.	
Before the fight	Switch Abra with Castform and heal.	Heal if necessary.	Heal if necessary.
1	X Special Swampert  Abra teleport (Switch in Flyer on death)	X Special Swampert  Revive Castform (Switch in Fly slave when Abra faints, to dodge EQ)	X Speed Swampert  Any attack with Castform (Switch in Rock Smash slave when Castform faints, then Abra)
2	X Speed Swampert  Any attack with Castform (Switch in Rock Smash slave when Castform faints, then Abra)	X Special Swampert  Revive Castform (Switch in Fly slave when Abra faints, dodges EQ)	X Special Swampert  Revive Abra (Switch in Castform upon death, then Abra)
3	X Special Swampert  TP with Abra (Switch in Fly slave when Abra faints)	Surf, Revive Abra (Switch in Abra, then Castform)	X Speed Swampert  Revive Castform (switch in Pooch upon death, then Castform)

4	Surf, any attack with Fly Slave	X Special  Any attack from slaves (Swampert should get torrent on turn 4)	Surf to victory  Hyper Potion Swampert with slave
5	Surf	Surf	

- After beating Tate&Liza and receiving the Calm Mind TM, exit the gym and bike towards the Mossdeep Space Centre.
- Watch a short cutscene with Team Magma then enter the Space Centre.

### **Mossdeep Team Magma Segment**

Battle the Grunt at the top of the first room.

#### Team Magma Grunt (Male)

Baltoy (lvl.32): Strength

- Battle the Grunt guarding the stairwell.

#### Team Magma Grunt (Male)

Mightyena (lvl.26): Surf

Mightyena (lvl.28): Surf

Numel (lvl.30): Surf

- Up the stairs you will have to fight another 3 Grunts in succession.

#### Team Magma Grunt (Male)

Zubat (lvl.32): Strength

#### Team Magma Grunt (Male)

Mightyena (lvl.32): Surf

#### Team Magma Grunt (Male)

Baltoy (lvl.32): Strength

- Now head to the lower-left corner of the room for a double fight with Steven. **Hyper Potion and Elixir** beforehand.

### Double Battle With Steven

Surf every turn, healing if necessary. The order the Pokémon is always random.

- Once the battle is done, exit the Space Centre and head to Steven's House, at the north-west of Mossdeep City (two houses to the left of the gym).
- Exit and surf in the shore.

**"Menu"**

\* Max Repel

\* Teach Surf (replace Rock Tomb)

- Surf south to the Seafloor Cavern diving spot.

### **Seafloor Cavern**

Navigate the Cavern, **Bag-manipping** the Aqua Grunt in the first room twice, solving Strength puzzles where necessary. Once you arrive in the final room, battle Archie.

### Aqua Leader Archie

- The strat on Archie is dependent on your Speed IV and current HP.

Pokémon	Speed IV below 18 neutral	Speed IV above 18 neutral, HP below 33%	Speed IV above 18 neutral, HP between 34-50%	Speed IV above 18 neutral, HP above 50%
Before the fight	Nothing	Heal to above 20%	Nothing	Nothing
Mightyena (lvl.41)	Guard Spec, X Special x2, (Heal	Surf	Guard Spec, X Speci	Guard Spec, X Special x2, X



	Powder if confus ed), Surf		al, Surf	Spee d, Surf
Crobat (lvl.41)	Surf (Crobat outspe eds)	Surf, X Spec ial, X Spee d, Surf	X Spee d, Surf	Surf
Sharpe do (lvl.43)	Surf (Sharp edo also outspe eds)	Surf	Surf	Surf

- After all of the Surf south, and then west along Route 130, **Max Repelling** when necessary.

### Route 130

- Dodge stationary and moving Swimmers as required until you reach Pacifidlog Town.
- From here, **Fly to Mossdeep** and Surf south to the Sootopolis Dive spot, **Max Repelling** when necessary.

### Sootopolis City

- After cutscene Once it's over, Surf up and to the left, and talk to Steven. He will walk you to the Cave of Origin.
- **Make sure your Max Repels are still active** in the Cave of Origin, as wild Pokémon can be encountered here.
- Bike through until you see Wallace. Talk to him, and when he asks where and answer "Sky Pillar".
- **Escape Rope**, and then **Fly to Pacifidlog**.

## **Pacifidlog Town**

- Surf east to Sky Pillar, avoiding trainers and Max **Repelling** as necessary.

## **Sky Pillar 1**

- Mach Bike to the top of Sky Pillar, making sure you keep the Max Repels active.
  - Walk towards Rayquaza to awaken him, then once he flies off, **Fly back to Sootopolis.**

## **Sootopolis City**

- Once the cutscene finishes, **Fly back to Pacifidlog** again, and Surf back to Sky Pillar.

## **Sky Pillar 2**

- Mach Bike up Sky Pillar 2, **Max Repelling as necessary** (practice is recommended.)
- Talk to Rayquaza at the top to initiate the battle.

### Rayquaza

Rayquaza (lvl. 70): Master Ball

- Nickname him a one character name.

**"Pokémon tab"**

**Switch Rayquaza to slot .**

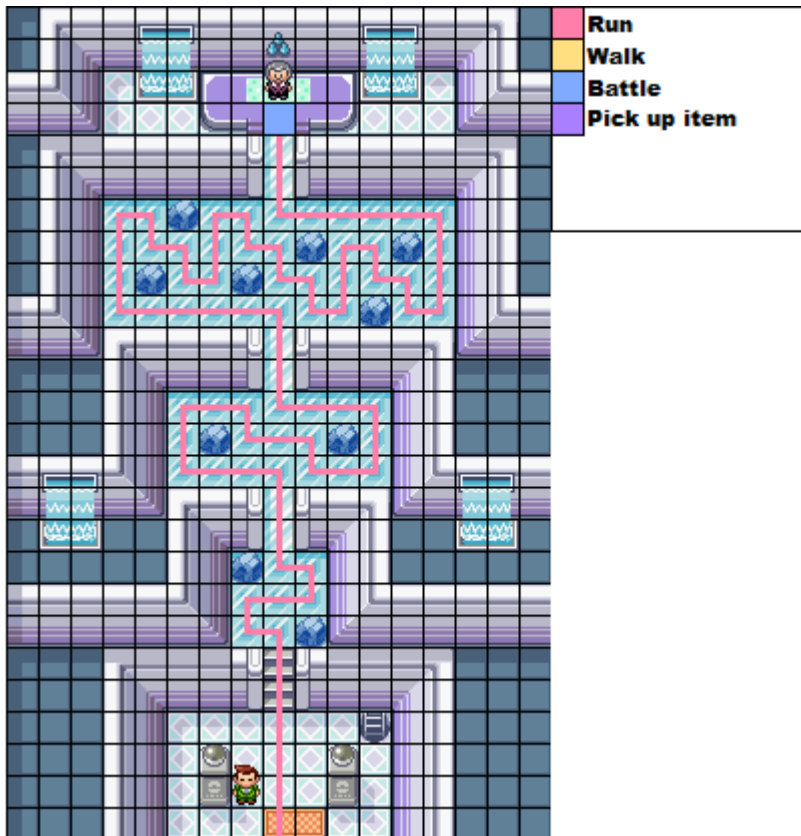
**Fly to Sootopolis.**

## **Sootopolis City**

Surf to the center island and talk to Maxie and Archie. Once they disappear, talk to Wallace to get the Waterfall TM.

- Enter Sootopolis Gym.

## **Sootopolis Gym**



Complete the ice puzzle without falling down, and battle Juan.

### Gym Leader Juan

Luvdisc (lvl.41): Extremespeed

Kingdra (lvl.46): Outrage

Sealeo (lvl.43): Outrage

Wishcash (lvl.41): Outrage / Heal Powder if confused here, then Extremespeed  
(Extremespeed is a range on 219- Attk)

Crawdaunt (lvl.43): Outrage

After beating Juan and receiving the Water Pulse TM, exit the gym and menu:

Menu (in the following order):

\* Max Repel

\* Teach Aerial Ace over ExtremeSpeed

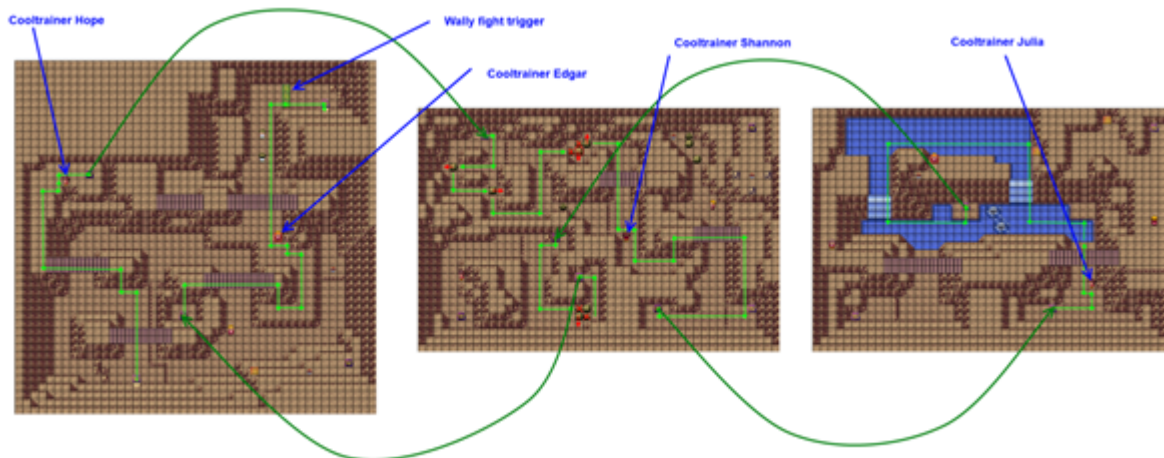
\* Teach Waterfall over Rest

\* Fly to Mossdeep

- Once you arrive in Mossdeep, Surf south, then east to Victory Road.

### **Evergrand City / Victory Road**

Enter Victory Road. Max Repel where necessary, and bike along to initiate the Wally fight.



<http://i.imgur.com/V3UbO03.png> (better quality)

### Rival Wally

Altaria (lvl.44): Aerial Ace (Fly if you missed the Wishcash Extremerespeed range on Juan. Aerial Ace is a range on 228- Attk)

Delcatty (lvl.43): Waterfall

Magneton (lvl.41): Waterfall

Roselia (lvl.44): Outrage

Gardevoir (lvl.45): Outrage

After the Wally battle, bike up to battle Cooltrainer Hope.

### Cooltrainer Hope

Roselia (lvl.45): Outrage

Navigate the next floor of Victory Road until you come to Cooltrainer Shannon.

### Cooltrainer Shannon

Claydol (lvl.45): Outrage

Make your way to the next ladder, and then fight Cooltrainer Julie.

**Note:** Check Rayquaza's Attack on the level up from Sandslash.

### Cooltrainer Julie

Sandslash (lvl.42): Waterfall

Ninetales (lvl.42): Outrage

Tropius (lvl.42): Outrage

- Navigate the Surf and Waterfall sections, and take the ladder up.
- At the start of the next floor, running manip the Cooltrainer Spinner (last spinner :D).
- Solve the final Strength/Rock Smash section, take the ladder up and battle the final battle of Victory Road.

Cooltrainer Edgar

Cacturne (lvl.43): Outrage

Pelipper (lvl.43): Outrage (may protect turn one)

- Bike around the last pair of trainers, exit Victory Road and enter the Pokémon League.

Shopping Trip 6 (optional, use your judgement)

11 Full Restores

Talk to the two guys guarding the door to enter the League.

## **Pokémon League**

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

- Continue to Phoebe.

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

- Continue to Glacia.

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) @Sitrus: Aerial Ace (Fly with 220- Attack, or if you only used 1 X Attack)

- Heal **to full health** and continue to Drake.

#### 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

- Heal to full health if necessary, and march on to the final battle of the run.

#### 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), X Special, Outrage / (with 240+ Attack) X Attack, Fly (Aerial Ace with 264+ Attack)

Ludicolo (lvl.56): Outrage / Aerial Ace

Wishcash (lvl.56): Outrage / Fly

~ Grats Champ! You've beat the game! Now go raid someone! ;3 ~