

Pokémon Ruby /Sapphire FAQ/Walkthrough (w/ TheeMikester)

by Xx Red Devil xX

Updated to v1.0 on Dec 30, 2008

Pokemon Sapphire/Ruby

17 August 2005

Version 1.0

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WARNING! YOU MAY FIND SPOILERS IN THIS WALKTHROUGH!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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E-mail Policy

If you have anything to tell us, then feel free to do so. Our e-mail addresses can be found at the top of this document. Oh, and don't send us anything stupid, or unreadable, to see what is considered unreadable look below to the Don't E-mail us... please, this is for your own sake, any unreadable E-mails will be completely disregarded. Please place something to do with Pokemon in the Subject line of the E-mail, or it may be deleted. (title it Pokemon FAQ or something).

Don't E-mail us...

If you plan to send us a virus or spam.
If you want to send us something stupid.
If you want to send us an E-mail doing nothing with the game.
If you plan to E-mail us about something already clearly mentioned in the guide.
If you plan to be rude.
If YoU PlAn To TyPe LiKe ThIs.
lf yOu plan t0 use 1337 typ!ng.
Send it in the format I have.

This is a bad letter...

HeY MORON! WhErE ArE
ThE
BaZiCz? 1 NeEd T0 UsE Y0Ur T011Et. HeRe'S A V1RuS.
HaVe FuN!

Write us about...

Mistakes we have made.
Additions to the guide.
If you have any questions.
Be polite in the E-mail, please.
If you need permission to use this on your site.

Here is a good letter...

Excuse me, I need help on Selecting Pokemon. I can't seem to be able to find the right ones! Can you add my question to the guide? Thanks!

Version history

1.00- Started everything, finished everything for the most part. The guide may see an overhaul if needed.

If you have problems reading this, use a monowidth font.

If the numbers, letters, punctuation marks, and spaces/tabs (indicated by the lines) come pretty close to lining up, you're OK.

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  2.2 - Gym leaders |and press ctrl+F. Then, type in/  
3.) Pokemon Contests |the section name and GO!!!!!!!!|
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/=====\
)1) Introduction (
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```

Welcome to the FAQ!

We all know the Pokemon series. These two new games are new additions to the Pokemon Gaming series. That's what this FAQ is about. Now, you are a young inhabitant of a new city, you are trying to be a pokemon trainer. Team Magma/Aqua is trying to turn the world into a dry/flooded place. You have to become a pokemon trainer, and stop the evil plot of Team Aqua/Magma.

I would also like to mention that this is mainly for Ruby, so there may be a few differences if you are playing Sapphire.

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/=====\
)2) Pokemon Basics (
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2.1) Weaknesses/Strengths

First, we shall start out with types and weaknesses/strengths against each other. The types/weaknesses/effectives are...

Key:

- + = Effective
- = Not effective
- X = Immune

```

+-----+
|          |B|D|Dr|E|F|Fir|Fl|G|Gr|Gnd|I|N|P|Ps|R|S|W| | |
|Bug       | | + | | | - | - | - | | + | | | | | - | + | | - | |
|Dark      | | + | | | - | | | + | | | | | + | | - | |
|Dragon    | | | + | | | | | | | | | | | | | - | |
|Electric  | | | | - | | | + | | - | X | | | | | | + |
|Fighting  | - | + | | | | | - | X | | | + | + | - | - | + | + |
|Fire      | + | | - | | | | - | | | + | | | + | | | - | + | - |
|Flying    | + | | | - | + | | | | + | | | | | | - | - | |
|Ghost     | | - | | | | | | + | | | | X | + | | - | |
|Grass     | - | | - | | | | - | - | | - | + | | | - | | + | - | + |
|Ground    | - | | | + | | | + | X | | - | | | | + | | + | + | |
|Ice       | | | + | | - | | + | | + | | + | - | | | | - | - |
|Normal    | | | | | | | | | | | | | | | | | - | - | |
|Poison    | | | | | | | | | + | - | | | - | | - | X | |
|Psychic   | | X | | | + | | | | | | | | + | - | | - | |
|Rock      | + | | | - | + | | | | | - | + | | | | | - | |
|Steel     | | | | - | | - | | | | | | + | | | | + | - | - |
|Water     | | | - | | | + | | | - | + | | | | | + | - |
+-----+

```

Now that that's out of the way, we can discuss Gym leaders and strategies to beat them.

2.2) Gym Leaders

ROXANNE

She uses a lv14 Geodude and a lv15 Nosepass.

Just use a water pokemon. See if you can get a decent water attack to use against them. I HIGHLY recommend that you do not use anything but water/grass moves.

You get Rock Tomb as a prize.

BRAWLY

He uses a lv17 Machop and a lv18 Makuhita.

Get a psychic pokemon if you can. If not, just use your strongest pokemon to beat down these two fighters.

You get Bulk Up as a prize.

WATTSON

He uses a lv22 Magnemite, a lv20 Voltorb, and a lv23 Magnetron.

Get a good ground pokemon. Why? Electric can't harm ground! Teach that pokemon Earthquake, and the badge will be yours.

You get Shock Wave as a prize.

FLANNERY

She uses two lv26 Slugmas and a lv28 Torkoal.

Just get a water pokemon, teach it a powerful water move, and win. Watch out for Torkoal when she's low in health, though, she will use flail and pretty much kill your pokemon instantly.

You get Overheat as a prize.

Norman

He uses a lv28 Slaking, a lv31 Slaking, and a lv30 Vigoroth.

He will use normal type Pokemon, they are basic, and fairly strong. Their only weakness is Fighting Attacks. Get yourself a Pokemon that knows fighting style moves, then make sure it stays alive.

You get Facade as a prize.

Winona

She uses a lv31 Swellow, lv30 Pelipper, lv32 Skarmory, and a lv33 Altaria

This gym is based on the Flying Type Pokemon, lead off the battles with a Ice or Lightning Type and you will be fine.

You get Aerial Ace as a prize.

Tate and Liza

They use a lv42 Lunatone and a lv42 Solroc

This gym is mostly Psychic, just use powerful attack moves. Fight smart and this will be fairly easy.

You get Calm Mind as a prize.

Wallace

He uses a lv40 Luvdisc, a lv42 Whicash, a lv40 Sealeo, a lv42 Seaking, lv43 Milotic.

This gym is best suited for electric type attacks, if there are no electric attacks available, otherwise just use your most powerful attacks.

You get Water Pulse as a prize.

/=====\
)3) Pokemon Contests ()
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A new addition to the Pokemon series, we now have Pokemon contests. These are located in...

- Verdanturf town
- Fallabor town
- Slateport city
- Lilycove city

You have to do the contests in Verdanturf, then Fallabor, then Slateport, then Lilycove.

The basic rules for Pokemon Contests are as follows...

- There are four other Pokemon contestants.
- You first have to show your Pokemon and let people vote if they like it.
- There are five rounds of appeal time, where you can show off your Pokemon's moves.
- If you repeat an appeal, you lose 2 points.
- There are some move combinations that earn extra points (Ex. Sunny Day, Ember)
- If you perform a move that corresponds with the contest (Ex. Doing a Cool move in a Cool Contest), you get an extra point and fill the Applause meter. If you are the one to finally fill it completely, you get TONS of points.
- Every move has an effect, like lowering points, preventing loss of points, etc.

+-----+
|Now, here are some basic pointers. |
| |
|-ALWAYS make some Pokeblocks and feed them to your pokemon. For more info on |
|this subject, check out the other FAQs. |
|-NEVER try to learn a new move just for a contest. What's good in a contest |
|may screw you over in battling. (Ex. Growl) |
|-Try to enter a contest where your Pokemon has at least 2 moves corresponding |
|with the contest type. This way, you can get the bonus for filling the bar. |
|-If you can, hope you can get a move that lowers other people's points. Why? |
|So you can smash a person's points. |
+-----+

(If you need a Pokeblock case, a little girl in Slateport has an extra one)

/=====\
) 4) TM/HM List ()
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)

Here is a list of TMs/HMs.

4.1) TMs

- 01- Focus Punch (Fighting)
- 02- Dragon Claw (Dragon)
- 03- Water Pulse (Water)
- 04- calm Mind (Psychic)
- 05- Roar (Normal)
- 06- Toxic (Poison)
- 07- Hail (Ice)
- 08- Bulk Up (Fighting)
- 09- Bullet Seed (Grass)
- 10- Hidden Power (Psychic)
- 11- Sunny Day (Fire)

- 12- Taunt (Normal)
- 13- Ice Beam (Ice)
- 14- Blizzard (Ice)
- 15- Hyper Beam (Normal)
- 16- Light Screen (Psychic)
- 17- Protect (Normal)
- 18- Rain Dance (Water)
- 19- Giga Drain (Grass)
- 20- safeguard (Normal)
- 21- Frustration (Normal)
- 22- Solar Beam (Grass)
- 23- Iron Tail (Steel)
- 24- Thunderbolt (Electric)
- 25- Thunder (Electric)
- 26- Earthquake (Ground)
- 27- Return (Normal)
- 28- Dig (Ground)
- 29- Psychic (Psychic)
- 30- Shadow Ball (Ghost)
- 31- Brick Break (Fighting)
- 32- Double Team (Normal)
- 33- Reflect (Psychic)
- 34- Shock wave (Electric)
- 35- Flamethrower (Fire)
- 36- Sludge Bomb (Poison)
- 37- Sandstorm (Rock)
- 38- Fire Blast (Fire)
- 39- Rock Tomb (Rock)
- 40- Aerial Ace (Flying)
- 41- Torment (Normal)
- 42- Facade (Normal)
- 43- Secret Power (Normal)
- 44- Rest (Psychic)
- 45- Attract (Normal)
- 46- Thief (Dark)
- 47- Steel Wing (Steel)
- 48- Skill Swap (Psychic)
- 49- Snatch (Dark)
- 50- Overheat (Fire)

4.2) HMs

- 01- Cut (Normal)
- 02- Fly (Flying)
- 03- Surf (Water)
- 04- Strength (Normal)
- 05- Flash (Normal)
- 06- Rock Smash (Fighting)
- 07- Waterfall (Water)
- 08- Dive (Water)

Number of TMs/HMs that are...

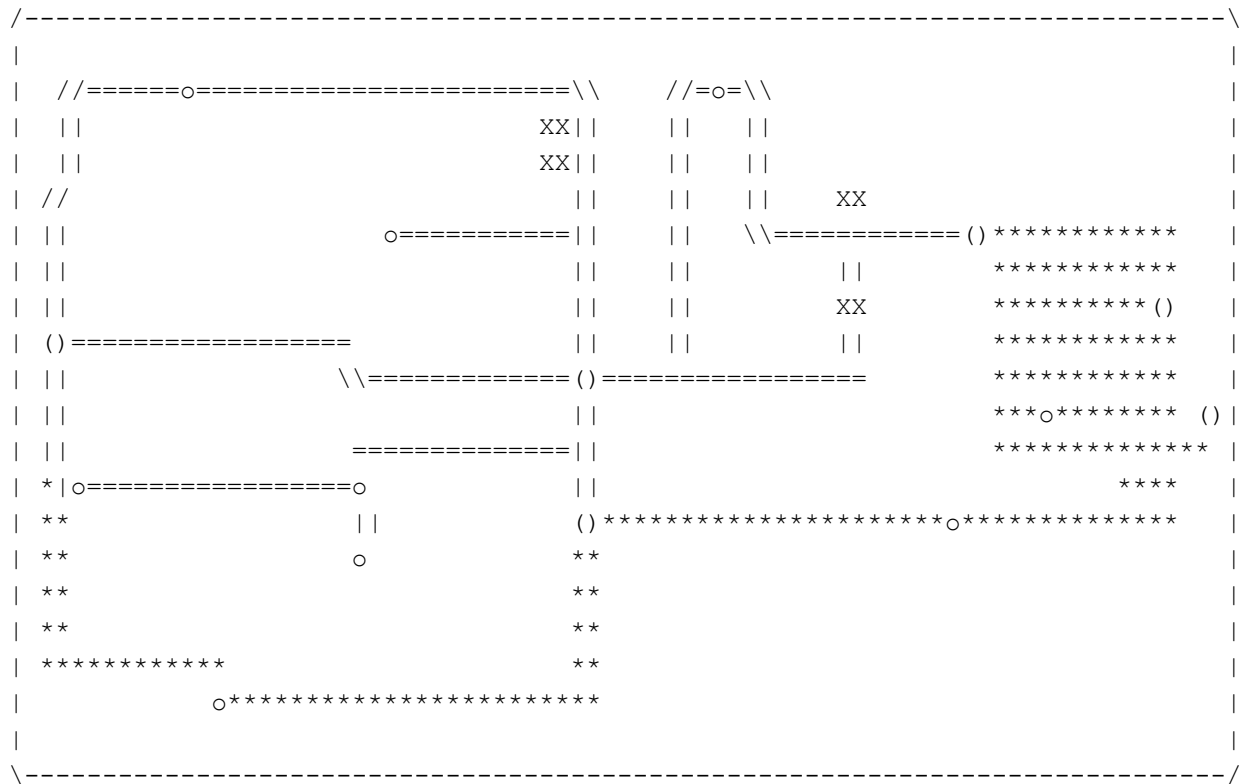
Normal: 14
Fire: 4
Water: 5
Grass: 3
Electric: 3

Ground: 2
 Psychic: 6
 Dark: 2
 Steel: 2
 Rock: 2
 Ghost: 1
 Flying: 2
 Poison: 2
 Fighting: 4
 Dragon: 1
 Bug: 0
 Ice: 3

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/=====\  

)5.) Hoenn Map (
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KEY:

||, //, =~ Land route

**~ Ocean Route

XX~ Important Landmark

()~ Big City

o~ Small City

```

/=====\  

)6.) The Trick House (
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This section covers walkthroughs for the Trick House stages.

6.1) Trick House: Stage 1

+-----+ Enter the Trick House, take one step forward from
|Items: | where you enter, you will get a message saying
| Orange Mail | ''You're being watched...'' You will then see a
| Scroll (Not Obtainable) | gleem on the top right side of the coffee cup.
| Rare Candy | Walk one step forward to the table, take two
+-----+ steps right, three steps upwards, one step left,
face the talbe, press A you will find the
Trickmaster. He will challenge you to get through his trick house. Go through
the big hole behind the scroll next to you.

+-----+		+-----+
Name: Lass Robin		Name: Youngster Eddie
+-----+		+-----+
Pokemon:		Pokemon:
-Level 14 Skitty		-Level 15 Zigzagoon
-Level 14 Marill		-Level 16 Zigzagoon
-Level 14 Shroomish		+-----+
+-----+		-Zigzagoon: Wingull's Wing Attack
Strategy:		+-----+
-Skitty: Geodude's Magnitude		
-Marill: Geodude's Magnitude		Cut down the first tree to your right,
-Shroomish: Wingull's Wing Attack		walk forward, Lass Sally will challenge
+-----+		you. Cut through the only other tree in
+-----+		the area, the one to the north of you, cut
+-----+		the next tree to the north, cut the tree
Name: Lass Sally		to the west, and check the Item container,
+-----+		it is the Orange Mail. Run back to where
Pokemon:		you entered this area, this time cut the
-Level 16 Oddish		tree to the north. cut the next tree to
+-----+		the north, and Lass Robin will challenge
Strategy:		you. Cut the next tree to the north, then
-Oddish: Geodude's Magnitude		cut the next tree to the east, cut the
+-----+		next tree to the east, then the next to
+-----+		the east, now remember how to get back

here. Turn around go three rooms west, 2 rooms south, one room east, then cut
the tree to the north, cut the tree to the east, battle Youngster Eddie. After
the battle look at the scroll next to Youngster Eddie, now go back to that area
I told you to remember. Now you will automatically write the secret code on
the scroll on the door, the lock will open and go through.

In the next room speak to the Trick Master, he will give you a Rare Candy, it
raises the Pokemons level it given to 1. Go through the wall where the wood is
hammered up above it, follow this out, when you come to the exit it will put
you back into the main room you entered, go through the main door to exit.

6.2) Trick House: Stage 2

+-----+ Enter the Trick House, walk forward, you will get
|Items: | a message saying ''You're being watched...'' you
| Harbor Mail | will see a twinkle over by the plant on the right,
| Scroll (not obtainable) | walk over to it and press A the Trick Master is
+-----+ hiding there. Take on the challenge of his trick
house, go through the opening behind the scroll.

```

+-----+
|Name: School Kid Ted      |      |Name: School Kid Paul      |
+-----+
|Pokemon:                  |      |Pokemon:                  |
|-lv17 Ralts              |      |-lv15 Numel              |
+-----+
|Strategy:                 |      |-lv15 Oddish            |
|-Ralts: Combusken's Ember|      |-lv15 Wingull          |
+-----+
|Strategy:                 |      |                          |
|-Numel: Combusken's Ember|      |                          |
|-Oddish: Combusken's Ember|      |                          |
|-Wingull: Combusken's Double Kick|
+-----+
|Pokemon:                  |
|-lv16 Shroomish          | Enter, go 7 steps right, 2 steps up, 2 steps
|-lv16 Beautifly          | right, 2 steps up, 3 steps right, challenge
+-----+ School Kid Ted, then head south and press the
|Strategy:                 | button. Head 4 steps north, 4 steps left, 2
|-Shroomish: Combusken's Ember| steps south, 2 steps left, 2 steps south, 6
|-Beautifly: Combusken's Ember| steps left, 7 steps up, 2 steps left, 2 steps
+-----+ north, 4 steps right, 2 steps south, 2 steps
right, 3 steps south, 2 steps right, step on
the trigger. Go 2 steps left, 3 steps up, 2 steps left, 2 steps up, 2 steps
left, 3 steps up and challenge School Kid Paul. Go 3 steps up, 2 steps left, 4
steps up, get the item in the Item Container, it is the Harbor Mail. Head 4
steps down, 2 steps right, 5 steps south, 2 steps left, 2 steps down, 2 steps
right, 7 steps down, 6 steps right, two steps up, two steps right, 4 steps up,
1 step right, 2 steps up. Go 3 steps right, 2 steps up, 5 steps left, 2 steps
up, 3 steps right, 2 steps up then challenge School Kid Georgia. Go 1 step up,
1 step right, 1 step up, 3 steps left, 5 steps down, then step on the button.
From the button go, 6 steps up, 5 steps right, 2 steps up, 3 steps left, and
step on the button. Go 4 steps right, now remember how to get back to this
area, 2 steps down, 2 steps left, 2 steps down, 1 step left, 3 steps down, 3
steps right, 2 steps down, 3 steps right, 2 steps up, 2 steps right, 2 steps
up, 3 steps right, 2 steps up, 2 steps right, then check the Scroll, head back
to the place I had you remember, then check automatically write the code on the
door.

Go through the door, speak to the Trickmaster, he will give you the Timer Ball,
then exit through the wood surrounded door.

/=====\
)7.) Pokedex (
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---Red, Blue, Yellow versions---

Bulbasaur
 Ivysaur
 Venusaur
 Charmander
 Charmelion
 Charizard
 Squirtle
 Wartortle
 Blastoise
 Caterpie
 Metapod
 Buterfree
 Weedle

Kakuna
Beedrill
Pidgey
Pidgeotto
Pidgeot
Rattata
Raticate
Spearow
Fearow
Ekans
Arbok
Pikachu
Raichu
Sandshrew
Sandslash
Nidoran Female
Nidorina
Nidoqueen
Nidoran Male
Nidorino
Nidoking
Clefairy
Clefable
Vulpix
Ninetails
Jigglypuff
Wigglytuff
Zubat
Golbat
Oddish
Gloom
Vileplume
Paras
Parasect
Venonat
Venomoth
Diglett
Dugtrio
Meowth
Persian
Psyduck
Golduck
Mankey
Primape
Growlithe
Arcanine
Poliwag
Poliwhirl
Poliwrath
Abra
Kadabra
Alakazam
Machop
Machoke
Machop
Bellsprout
Weepinbell
Victreebell
Tentacool
Tentacruel

Geodude
Graveler
Golem
Ponyta
Rapidash
Slowpoke
Slowbro
Magnemite
Magnetron
Farfetch'd
Doduo
Dodrio
Seel
Dewgong
Grimer
Muk
Shelder
Cloyster
Gastly
Haunter
Gengar
Onyx
Drowzee
Hipno
Krabby
Kingler
Voltorb
Electrode
Exeggcute
Exeggutor
Cubone
Marowak
Hitmonlee
Hitmonchan
Lickitung
Koffing
Weezing
Rhyhorn
Rhydon
Chancey
Tangela
Kangeskhan
Horsea
Seadra
Goldeen
Seaking
Starys
Starmie
Mr. Mime
Scyther
Jinx
Electabuzz
Magmar
Pinsir
Tauros
Magikarp
Gyarados
Lapras
Ditto
Eevee

Vaporeon
Jolteon
Flareon
Poragon
Omanyte
Omastar
Kabuto
Kabutops
Aerodactyl
Snorlax
Articuno
Zapdos
Moltres
Dratini
Dragonair
Dragonite
Mewtwo
Mew

--Gold, Silver, Crystal Versions---

Chikorita
Bayleef
Meganium
Cyndaquil
Quilava
Typhlosion
Totodile
Croconaw
Feraligatr
SentretFurret
Hoot-hoot
Noctowl
Ledyba
Ledian
Spinarak
Ariados
Crobat
Chinchou
Lantern
Pichu
Cleffa
Iglybuff
Togepi
Togetic
Natu
Xatu
Mareep
Flaafy
Ampharos
Bellossom
Marill
Azumarill
Sudowoodo
Politoad
Hoppip
Skiploom
Jumppluff
Aipom
Sunkern

Sunflora
Yanma
Wooper
Quagsire
Espeon
Umbreon
Murkrow
Slowking
Misdreavus
Unown
Wobbuffet
Girafarig
Pineco
Forretress
Dunsparce
Gligar
Steelix
Snubbull
Granbull
Qwilfish
Scizor
Shuckle
Heracross
Sneasel
Teddiursa
Ursaring
Slugma
Magcargo
Swinub
Piloswine
Corsola
Remoraid
Octillery
Delibird
Mantine
Skarmory
Houndour
Houndoom
Kingdra
Phanphy
Donphan
Porygon 2
Stantler
Smeargle
Tyrogue
Hitmontop
Smoochum
Elekid
Magby
Miltank
Blissey
Raikou
Entei
Suicune
Larvitar
Pupitar
Tyranitar
Lugia
Ho-oh
Celebi

---Ruby, Sapphire, Emerald Versions---

Treecko
Grovyle
Sceptile
Torchic
Combusken
Blaziken
Mudkip
Marshstomp
Swampert
Poochyena
Mightyena
Zigzagoon
Linoone
Wurmple
Silcoon
Beautifly
Cascoon
Dustox
Lotad
Lombre
Ludicolo
Seedot
Nusleaf
Shiftry
Taillow
Swellow
Wingull
Pelipper
Ralts
Kirlia
Gardevoir
Surskit
Masquerain
Shroomish
Breloom
Slakoth
Vigoroth
Slaking
Nincada
Ninjask
Shedinja
Whismur
Loudred
Exploud
Makuhita
Hariyama
Azurill
Nosepass
Skitty
Delcatty
Sableye
Mawile
Aron
Lairon
Aggron
Meditate
Medicham

Electrike
Manetric
Plusle
Minun
Volbeat
Illumise
Roselia
Gulpin
Swalot
Carvahna
Sharpedo
Wailmer
Wailord
Numel
Camerupt
Torkoal
Spink
Grumpig
Spinda
Trapinch
Vibrava
Flygon
Cacnea
Cacturne
Swablu
Altaria
Zangoose
Seviper
Lunatone
Solrock
Barboach
Whiscash
Corphish
Crawdaunt
Baltoy
Claydol
Lileep
Cradily
Anorith
Armaldo
Feebas
Milotic
Castform
Kecleon
Shuppet
Banette
Duskull
Dusclops
Tropius
Chimecho
Absol
Wynaut
Snorunt
Glalie
Spheal
Sealeo
Walrein
Clamperl
Huntail
Gorebyss

Relicanth
Luvdisc
Bagon
Shelgon
Salamence
Beldum
Metang
Metagross
Regirock
Regice
Registeel
Latias
Latos
Kyogre
Groudon
Rayquaza
Jirachi
Deoxys

/=====\
) 8.) Legendary Pokemon List (
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(Alphabetically listed)

Articuno
Celebi
Deoxys
Dragonair
Dragonite
Dratini
Entei
Feebas
Groudan
Ho-oh
Kyogre
Latias
Latos
Lugia
Mew
Mewtwo
Milotic
Moltres
Raikou
Rayquaza
Suicune
Unown
Zapdos

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) 9.) Walkthrough (
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9.1) Starting out on the road

Let the walkthrough begin! First, it shows a scene where you need to pick your gender and your name. After this cutscene, you are shown in a moving truck. Once the screen stops shaking exit to the right. Speak to your mother, then follow her inside. Walk upwards, go up the set of steps you see, this will lead you to your room. One step to your left is a clock, face it and set the current time. Your mother will then come up she asks you how you like your new room, she will then let you know everything is moved in and take care of. Go over to the left, look at the book on the desk for a few simple game tips. Then go over to your computer right next to it, go into the Item Storage menu, Withdrawl Item menu, then take out the Potion, this item will restore any given Pokemon's health by 20 Hit Points, it can only be used one time. Exit out of your computer, go down the set of steps to your right. Now that you are back downstairs, your mother will have you come look at the television, your father, Norman, leader of the Petalburg Gym is on the television. You just barely miss seeing your father on tv, she will then tell you that one of your fathers friends lives in Littleroot, his name is Professor Birch, he lives right next door, so it is only proper to go and say hello. Exit out of your new home, go one house to your right, and enter it. Professor Birch's wife will come over when you enter and greet you. She will tell you that she has a daughter about your age, head up stairs and you will meet May. She is sitting over at her desk, go speak to her. After a short conversation she will bolt out of the house. Head back downstairs and leave Professor Birch's home.

Go to the left, walk upwards between your house and Professor Birch's house, speak to the young man standing between the trees, from what he says it sounds like someone is in a bit of trouble, run upwards past him, you will hear someone yell "'H-help me!'" continue upwards you will see that it is noneother than Professor Birch. Go into his bag laying on the ground (walk up to it and press A) There are three Pokemon in his bag, for our purposes choose the middle one (Chick Pokemon Torchic) this will determine your starting Pokemon, be sure you pick Torchic. You will now jump into your first battle. You are facing a level 2 Poochyena, just keep using your Torchic's Scratch attack until the Wild Poochyena faints, two attacks should do it. Professor Birch will take you back to his Pokemon Lab so you two can talk for a bit, he will give you the Torchic you used to fight the Poochyena in return for saving him. At this point you can choose whether or not to give the Torchic a nickname. He will then suggest you go talk to May his daughter, she is up on Route 103 battling. Now you need to treat your Pokemon right, when their health gets low heal them, give them status boosting items that you come across later in the game. This will ensure that they are happy, some Pokemon only evolve into their stronger states if you treat them right.

Exit Birch's Pokemon Lab go north, and you will pass between the trees where the yong man told you someone neede help (note: at the top left of your screen your location will be displayed when you enter a new area). Continue going upwards, fight wild Pokemon in the grass as much as possible through this area to boost your Torchic's stats. If you continue to follow Route 101 you will come to the next town, Oldale Town, when you enter you will immediately see a grayish colored building with a red roof, saying P.C. on the front, this is a Poke Center, here you can heal your Pokemon back to full health, and replenish their moves for free. Continue to travel upwards, you will come to a building that is similar to the Poke Center that was previously described, except this building says MART on the front, this is a Poke Mart, here they sell all the Pokemon accessories that you need. For now their is really nothing that you need to purchase. Continue upwards to Route 103, continue through all the tall grass upwards, at the end you will see May standing in the tall grass, speak to May, she will challenge you to a duel.

After the battle head back south, run through Oldale Town, continue south, you

will run into May, she will tell you to continue to Littleroot. Continue south, you will reach Route 101, continue south, once you enter Littleroot, go to the southern most point and enter Professor Birch's Pokemon Lab. Speak to him, he will give you a Pokedex, it records data about Pokemon you run into and capture. You will also receive 5 Poke Balls from May. Now it is time to start catching and trained Pokemon for the first gym.

Start out by running back north through Route 101. On your way your mom will stop you and give you your Running Shoes (''Press the B Button while wearing these RUNNING SHOES to run extra-fast''). Continue north through Route 101. You will then come to Oldale Town, speak to the lady standing near the building to your left, she works at the Poke Mart, she will take you there, and give you a promotional Potion. Heal your Pokemon at the Pokecenter, and pick up a few Poke Balls and Potions if desired. Continue north to Route 103.

Now the only Pokemon at this point that you absolutely need is a Wingull, catch it at any level and then train it up. Now to catch a Pokemon, just weaken its health to around or below 1/4th, then go to the BAG, to the Poke Balls Pocket, then select whatever kind of Poke Ball you have, in this case select a regular Poke Ball. Harming an enemy Pokemon's status is also an effective tactic, for example, confusing them, paralyzing them, burning them, etc. After catching your Wingull, go and heal your Pokemon, your Wingull's HP will be low from having to harm it to capture it, then press start, go to Pokemon, select Wingull, select Switch, then move it over to the block that is offset to the left, your Torchic should be occupying it, but they will switch places. This will cause your Wingull to lead off in any battle (Note: your lead off Pokemon can be changed at any time). If your Wingull is at an extremely low level and you are having trouble keeping it from fainting in battle, leave your Torchic in the lead off spot, and once the battle commences go to Pokemon, select Torchic, then select Switch, this will cause your stronger Torchic to go in and take care of the opposing Pokemon, but the Experience will be split between Wingull and Torchic (Note: this trick works with all Pokemon). After catching a Wingull, head back into Oldale Town at the main intersection in town head to the left towards Route 102.

9.2) Getting to the first gym

Continue to the left, Youngster Calvin will challenge you. In this area go ahead and catch a Seedot, you will need it a little later in the game. Continue to the left, Bug Catcher Rick will challenge you. After this battle continue west, then to the north, Youngster Allen will challenge you. Look to the northeast, check those trees, and take the berries off of both of them. Head to the west, Lass Tiana will challenge you to a battle. After the battle continue west and enter Petalburg City.

Walk west into the city, stop at the Poke Center if your Pokemon need healing. Also just north of the Poke Center is the Poke Mart, pick up a Potions or Poke Balls if need be. Head to the west of the Poke Mart, you will see Petalburg City's Gym, your father Norman is the Gym leader (you can not battle him yet, but enter the gym). Walk forward, speak to your father, after a short talk a young trainer trainer to be, Wally, will enter. Your father will lend Wally his Level 7 Zigzagoon and a Poke Ball. Go with out into the wild. Wally will run around in some tall grass, then you will encounter a Level 5 Ralts, all you need to do is watch him catch a Pokemon. After he catches it you will both head back to the Gym. Your father will send you off to the next town Rustboro City, he advises you to challenge the Gym Leader there, Roxanne. Your father

will not battle you until you have become stronger. Exit his Gym and head west. You will come to Route 104.

Your dad then sends you to Rustboro city, where you'll get your first badge. Go toward the western part of the city and enter route 104. Go on the beach, and head north, avoiding the trainers (the girl facing the steps isn't a trainer). Go north, and pick the berries off the trees. Go left, and pick a fight with Rich Boy Winston. Two embers should take that lv7 Zigzagoon out. After that victory, head into Petalburg Woods.

Go left, and face the trainer, Bug Catcher Lyle. He has 6 lv3 Wurmples. Embers should kill these guys in one hit. After that, go north and get the Item lying on the ground. It contains Parylz Heal (heals paralysis). Go right and then north, avoiding the grass. Some dude complains to you that he lost his pokemon. Then, a Team Magma Grunt comes and challenges you to a battle. He has a lv9 poochyena, which should be taken down with 2 Embers. That was easy. After the battle, the Devon Worker gives you a great ball. Yay. After he runs away, go north, left, then north again, and challenge Bug Catcher James. He has a lv8 Nincada. Take that thing down with your Torchic. Go north and get the Item lying on the ground. It contains Ether (replenishing PP of one move by 10). Go right and then north, and Exit Petalburg woods.

Go left and get the berries off the trees. Speak to the character near the trees, he will give you TM09, it contains Bullet Seed, it can only be used on one Pokemon, so be sure of your choice. Go right, challenge Lady Cindy, she sends a lv7 Zigzagoon at you. One to two embers should take that down. If you don't kill him in the first go, she might use a potion on him, so watch out. After Cindy's battle, go right two steps and challenge Lass Haley. She first sends out a lv7 Lotad, which should fall in 2 embers. She then sends out Shroomish at lv7, which falls in one ember. Go onto the bridge. See those two girls? Challenge them to a battle. This will be your first team battle. The opponents will use a lv8 Seedot and a lv8 Lotad. Take out Seedot first, and then concentrate on Lotad. After you win, pat yourself on the back, because that was your first victory in a team battle. Get off the bridge by going north and turn left, then north. After you enter Rustboro, go north, then right, then north, until you reach the gym. Enter it, and start your first gym battle.

9.3) The First Gym

For starters, take the Wingull that you should've gotten and put it at the start of your list. Then, battle the first Youngster, Youngster Josh. His first Pokemon is a lv10 Geodude. The water gun would take the Geodude out in two hits. Just pray you live that long. His next pokemon is a lv8 Geodude, followed by a lv6 Geodude. Water gun should take them out instantly. Now for the next Youngster, Youngster Tommy. He has a lv11 Geodude. A single Water Gun from Wingull should knock the Geodude out. Now for the gym leader, Roxanne. When you talk to her, she sounds so white bread... Anyways, she starts out with a lv14 Geodude. If water gun doesn't wipe Geodude out, you're gonna lose Wingull. If you do, send out Torchic, and use Scratch to finish him off. Then, Roxanne will send out Nosepass. Use Ember on Nosepass, and hope to live. Also hope for a burn. If you still have Wingull, use Water Gun. Supersonic would also not be a bad idea. Roxanne uses potions a lot on Nosepass. Anyway you choose, you should beat Roxanne and get the TM for Rock Tomb, along with the the Stone Badge. It takes a while to beat her, but by beating her Geodude over and over again, you are training your pokemon and getting them ready for

Nosepass. For Defeating her you will receive TM39 which contains Rock Tomb.
Also you will receive the STONE BADGE.

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*Roxanne's defeat story*  
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Here's how I defeated Roxanne...

I started out with a lv14 Wingull. Took out Geodude in one hit and leveled up. When Nosepass came, I used a supersonic... And missed. Nosepass struck me with Rock tomb, and almost knocked me out. I used supersonic again, and made contact. Nosepass hurt himself in confusion. Then, I hit Nosepass with water gun and came THIS CLOSE () to knocking him out. Roxanne used a potion then. Afterwards, I used water gun and hit Nosepass. Nosepass snapped out of confusion and hit me with rock tomb, and knocked me out. I then sent out Torchic, and kept on using Ember. I eventually burned him. Roxanne used potion again on Nosepass. I kept on using Super potions on Torchic (lv14) so he could live. With the burn and the Ember, Nosepass finally went down.

9.4) Getting to the Second Gym

After you've beaten Roxanne, go down to the Pokemon Center and take a left to the Cutter's house. Don't worry about Team Magma yet or the Devon guy. Talk to the guy and get the HM01, AKA cut. Teach it to Torchic. Now, go north towards Route 115. Right before the route, turn right and talk to the Devon guy in the green suit. After you've talked to him, pass him and go to route 116. Put Torchic back at the top of your list. Take the northern route and battle Youngster Joey. He starts out with a lv8 Zigzagoon. An Ember from Torchic should take him down. He then sends out a lv10 Machop. Two embers should take him out (don't worry if he attacks you, most likely he'll use Focus Energy). By this time you should reach level 16 and learn Peck. Remove Growl for this move. If your Torchic has not reached level 16, stay in this area, fight until you reach level 16 let Torchic evolve into the new creature (Combusken). Once evolved, Combusken should try to learn Double Kick. Get rid of Focus Energy for this. Keep going forward.

Battle Lass Janice. She starts out with a Marill. Use your new move, double kick (Ember is a fire move, and Marill is a water pokemon) and knock Marill out. Move on now. Keep going right and battle Hiker Clark. Your fighting moves are good against rock, which is his main Pokemon type. He starts out with a lv8 Geodude. Take him out with Double Kick. He then sends out another Geodude, lv8. Use the same strategy as before. After this Geodude, Clark sends out another lv8 Geodude. Use the same strategy as before. Keep going right until you see a tunnel. Enter it and follow it until you see an Magma Team goon. He will try to run away (err... Take one step back), but you just follow him and talk to him. Then, a battle arises. This grunt has a lv11 Poochyena. Use double kick on Poochyena and knock it out. After you have won the battle, the Grunt will give you the Devon Goods and run. Then, the old man will come and retrieve his pokemon.

After this, run out of the tunnel. You can get the Item at the top, which contains a Poke Ball, but you don't have to. Go to the mountain at the right is an item collect it and The X Special is inside. Go back left and to the northern path, use cut to remove the goofy looking trees (by pressing A in front of the tree). At the end, you should see an Item container and four

trees. Pick the berries from the trees. Then, go and get the Item container, which contains Ether. Then, just jump off of the rocks. Go back to Rustbobo, and the Devon Man will talk to you, give you a Poke Ball, and bring you to his President's office. He then tells you that you have to bring the Goods to Slateport. Then, you talk to the president. He tells you to give a letter to Steven in Dewford. He also gives you a Pokenav! It is like a map, that can record other things, such as the trainers you battled. Keep going downstairs and leave the Devon Building.

Then, run south to Route 104. Cross the bridge, cut the tree down and get the Item container, which contains X accuracy. Re enter Petalburg Woods, and find your way out. The easiest way is just to keep jumping down the rocks. Then, go down, and visit the Beachside house. Jump in front of the old man and talk to him. You then hop in his boat and sail to Dewford. Once you reach Dewford, go south of the dock and talk to the Fisherman. He'll give you an old rod. Go north to Route 106 and battle Fisherman Ned. His only Pokemon is a lv12 Tentacool. Cut should shut up this squid. Then, enter the cave. Talk to the hiker, and he'll give you flash. Leave, the cave, and battle Fisherman Elliot. He starts out with a lv11 Magikarp. Use Double Kick and knock him out. Then, he sends out a lv8 Tentacool, which will fall to a cut. He then sends out a lv11 Magikarp, which will fall to a double kick. Then, head back into Dewford and beat Brawly, the next gym leader. The gym is at the most southern point of this town.

9.5) The Second Gym

When you enter, you'll find out you have to walk in Complete darkness to get to the gym leader. Run through the darkness, Battle Girl Laura will challenge you, she has a lv14 Meditate. Meditate likes using detect. Just attack Meditate with your Combusken, she will then go down. With a little more light, continue thorough, you will come to Black Belt Hideki, Use Cut on his lv14 Machop. After the battle, continue through, you will come to Battle Girl Tessa. Challenger her, her first pokemon is a lv12 Meditate that likes using detect. Remember, just attack. Another Meditate with the same stats should come out. Use the previous strategy to beat this Meditate. Afterwards, a lv12 Machop comes out. Cut the thing to death. After this battle, continue through the gym, you will come to Brawly, the gym leader.

His first Pokemon is a lv17 Machop. Use Ember. That does the most damage. Again, use Ember on Makuhita. If Combusken faints, send out Wingull. If Wingull is necessary, use Supersonic, and then Wing attack. Makuhita likes to use Knock off, Bulk up, and Arm Thrust. For Defeating him you will receive TM08 which contains Bulk Up. The Ability to use Flash outside of battles, and also you will receive the KNUCKLE BADGE.

Brawly's defeat story
* *

Have your Combusken lead off this battle, mine was at lv18. Brawly will send out his lv17 Machop, which is weak against your Ember attack, two hits should take him out. My Combusken leveled up to lv19 after defeating his Machop. His next Pokemon is a lv18 Makuhita it is fairly weak against your Combusken's Double Kick attack. This battle is easily completed on the first try.

9.6) Getting to the third gym

Exit Brawly's gym, gym number two, go to the right, around the building, then north. Go into the building that is next to the dock, talk to the lady inside sitting at the table, she will give you a silk scarf, just a nice item to boost the power of Normal-type moves. Exit this building continue to travel north, then go west, it will lead you back to the cave we were previously in. Go back in, run over to the left side of the area, you will see an Item container, pick it up, inside is an escape rope, use it to quickly exit any type of cave. It is best saved if you absolutely need it. Stay in this area, catch a Geodude, start to train it up, you will need it for the next gym we are going to. Stay in this area, level up your Geodude a bit. Now remember that Seedot we caught a long time ago? Teach it HM05, also known as Flash.

Go down the ladder you see, now you will be in a completely dark room, except for the circle of light that is illuminated around your body, press the Start Button, go to Pokemon, choose Seedot, then select FLASH, this will make the circle of light slightly larger. From the ladder go north, follow the path as it goes right, you will see a slide to the north of you, ignore it, you can not go up it, continue to the right, take the first path south that you come to, at the end is an Item container, pick it up, it contains one Poke Ball. Go back north, make a right, continue this way, then go south. The path will go right again, you will come to yet another ladder leading down follow it to the next level. Go up, then left, continue left, you will soon come to a set of steps, go up them, follow this path rightm you will see a ladder leading upwards, take it up to the next level, just to the left of that is another ladder, take it upwards to the main level. From this ladder go to the left, then downwards, you will see the exit of the cave in the wall, and go through it. Speak to the man in this room, he is Steven, give him the letter. In return he will give you TM47 which contains Steel Wing. He will exit this area, follow him out of this room. Look to your right, jump down the rock ledges to get back to the main level faster. Continue to the right, and exit through the main cave exit.

Heal your Pokemon back up at the Poke Center. Have your Geodude at atleast level 16. Teach it Magnitude in place of the Defense curl move, you will need it. Go back to the boat you used to travel to this island, speak to Mr. Briney on the dock, and tell him you wish to go to Slateport. Run forward, Sailor Huey will challenge you. He sends out a lv14 Machop, have your Wingull attack him with Wing Attack, two of these should take him out. Coninue north, Tuber Ricky will challenge you, he has a lv14 Zigzagoon, which should be no problem for your Wingull's Wing Attack. Go to the left from Tuber Ricky, speak to the man on the chair, this is Sailor Edmond, challenge him. His first Pokemon is a lv12 Wingull, it should be no problem for Combusken's Cut. His second Pokemon is another lv12 Wingull, just use Combusken's Cut, and for his third pokemon he sends out a lv12 Machop, use Combusken's Ember. Go north of here, head into the building, head forward, make a right between the desks, battle Beauty Johanna. Her only Pokemon is a lv13 Goldeen, use your Wingull's Wing Attack, and her Goldeen should fall. Go to the little boy in the bottom right of this area, fight him, he will start out with a lv12 Azurill, attack it with Wingull's Wing Attack, it should fall in two or three hits. He will finish off with a lv12 Marill, use Combusken's Double Kick to dispatch of Marill. Next go to the upper left of this room, speak to the sailor, challenge Sailor Dwayne, he will start with a lv11 Wingull, use Combusken's Cut, his next Pokemon is a lv11 Machop, use Combusken's Eber to burn him, he will then finish up with a lv11 Tentacool, use Combusken's Cut to take him out. Next speak to the man with his back to the wall in this room, he will give you half a dozen bottles of Soda Pop. Leave this area, go to the right, under a beach umbrella is your next opponent, Tuber Lola, challenger her, she will start out with a lv13 Azurill, use Wingull's Wing Attack, next she will send out a lv13 Azurill,

use the same strategy as before.

After that battle go upwards, up some steps, follow this path as it goes left, and you will be in Slateport city. Go north at the first chance you get you will see a wooden boat on your right, go into the large building that the back of it is facing, head straight, speak to the man behind the desk with the boat plans. He will ask you to find Captain Stern and deliver the parcel to him. Exit this building get back on the road to the left, continue upwards, take the next right you come to, go into that building, it is the museum. There is a 50 Dollar entrance fee, pay it. Speak to the closest member of Team Magma, he is the one who you delt with earlier, he will give you TM46, which contians Thief, as an apology. Go up the steps you see to your left. Once upstairs, go right, speak to the man looking at the boat, he is Captain Stern, give him Part one of his order, then two grunts from Team Magma will come up, they will try to take them, fight the first one, he uses a lv15 Numel, hit it with Geodude's Magnitude, one hit should kill it. Afterwards the other Team Magma grunt will fight you, he has two Pokemon, his first is a lv14 Zubat, hit it with Geodude's Rock Throw, one hit should kill it. Next he will use a lv14 Numel, use Geodude's Magnitude, and one hit should kill it. Afterwards Team Magma's Maxie will come up, speak with him, then they will leave. Captain Stern will then leave. Exit the museum, head left, past the Pokemart, then go upwards. When you come to a large red building, go right, then the path will go upwards again, follow it under an awning and to Route 110.

Follow the road as it goes upwards, completely ignore the building on your right, there is nothing you can do there, it leads to the cycling road, and you do not have a bike yet. Follow this road upwards, use this area to train up your Geodude some more. You will come to Pokefan Isabel, she will start out with lv15 Plusle, hit her with Geodude's Magnitude, one hit should taker her down. Her last Pokemon is a lv15 Minun, hit it wil Geodude's Magnitude, again, one hit should take it out. Go up past her, look to the house you see, go in, it is the Trick House.

From the exit of the building, go left, head down this path, Aroma Lady Daisy will challenge you. She has a lv16 Roselia, use Wingull's Wing Attack, it should fall in two hits. After defeating her, look to the north, go between the trees, then go east, cut the trees, get over to the Item container, it contains Guard Spec. Continue through check the trees, then go back to where you battled Aroma Lady Daisy. Continue to the west, challenge the two Twins Amy and Liv. They will send out a lv16 Plusle and a lv16 Minun. Hit Plusle with Geodude's Magnitude, and hit Minun with Wingull's Wing Attack. Magnitude will take out both enemies, Wingull is just backup. Continue to the west, you will get challenged by Pokefan Miguel, he has only one Pokemon, it is a lv16 Skitty. Use Geodude's Rock Throw attack, two should take it out. After you defeat him, continue west speak to the fisherman running around frantically. Fisherman Andrew will send out a lv5 Magikarp first, use Geodude's Rock Throw to take him out, next is a lv10 Tentacool, use Geodude's Rock Throw to take it out. He will end the fight with a lv15 Magikarp, use Geodude's Rock Throw. After the battle, head back to the east, pass under the cycling road. Continue east, you will come to an Item container, check it, it is a Dire Hit. Pick a battle with Youngster Timmy, he will start out with a lv12 Poochyena, hit it with Geodude's Magnitude, next is a lv16 Aron, use Geodude's Magnitude, one hit should kill it, and he will end with a lv14 Electrike, use Goedude's Magnitude, one hit should take out Electrike. From here head north, you will run into May, you know from the beginning of the game. She will start out with a lv18 Shroomish, hit it with Combusken's Ember, two hits should do it. Next is a lv20 Marshtomp, hit it with Combusken's Doulbe Kick, two attacks should do it. She will end the battle with a lv18 Numel, attack it with Geodude's Magnitude, one hit should be enough. After beating her she will give you an

Itemfinder.

Continue north, it will turn to the west, follow it you will run into Collector Edwin, he will start the fight with a lv14 Lombre, hit it with Combusken's Ember, he will end the battle with a lv14 Nuzleaf, use Combusken's Ember here also. After the battle continue west, cross back under the Bike road, challenge Psychic Edward to a battle, he only has one Pokemon, it is a lv16 Abra, use your Geodude's Magnitude, and it should fall in one hit. After the battle continue north, you will see a man fishing to the right, challenge him to a fight. Fisherman Dale will start with a lv12 Tentacool, use Geodude's Rock Throw, one hit should do it, next he will use a lv15 Wailmer, use Geodude's Rock Throw, two hits should do it, for his third he will send out a lv9 Tentacool, hit it with Geodude's Rock Throw, one hit should do it, now he will end the battle with a lv12 Tentacool, again, use Geodude's Rock Throw. After this battle head north, pick the berries off of the trees, continue north into Mauville City.

Head to the right past the Pokemart, you will see the wooden fence at the bottom end, you can walk on the opposite side of it to pick up the Item container, it contains a X Speed. Go into the house just above where you exited the fence, speak to the man, he will give you HM06, it contains Rock Smash, exit this house, go north, to the right, and into the building, speak to the man, tell him you came from far away. He will give you a choice between a Mach bike and an Acro bike, choose the Acro. Exit the store, go west, you will see two people standing out in front of the Gym, speak to them. This is Wally, from the start of the game, challenge him. He has only one Pokemon, it is a lv16 Ralts, have Geodude use Rock Throw on it, and one shot should do it, to take out the Pokemon, now head into the gym.

9.7) The third gym

One great thing about having a Geodude is the fact that electricity does no damage to him, he is a ground type Pokemon. In this gym there is practically nothing to fear.

Go forward, talk to the man on the left, this is Guitarist Kirk challenge him, he will start with a lv18 Electrike, use Geodude's Magnitude attack, he sends out a lv18 Magnemite, use Geodude's Magnitude, it will drop in one hit. Step on the Lightning bolt on the floor to the left of who you just challenged, now go challenge the Youngster behind Guitarist Kirk. Youngster Ben has only one Pokemon, it is a lv19 Zigzagoon, use Geodude's Magnitude, one hit will take out Zigzagoon. Head to the right of where Guitarist Kirk was, walk to the right, challenge Battle Girl Vivian, she has only one Pokemon, it is a lv19 Meditite, hit it with Geodude's Magnitude attack. Next step on the Lightning Switch next to Battle Girl Vivian, speak to the man just above you, this is Guitarist Shawn, he will start out with a lv17 Voltorb, hit it with Geodude's Magnitude, next he will switch to a lv17 Voltorb, then he will finish off with a lv17 Voltorb, just keep using Geodude's Magnitude to finish them off, one hit should do it. At this point your Geodude should be up to level 25, or that should have already happened, if it has not happened, level up until your Geodude reaches level 25. It will evolve into Gravler. Now you are ready to take on the gym leader Wattson. Cross over to the other side, step on the Lightning Switch, now walk up to the northern most point on the screen, here stands Wattson, the gym leader, challenge him.

He will start with a lv22 Magnemite, hit it with your Gravler's Magnitude, one hit should do it, he will then send out a lv20 Voltorb, use your Gravler's

Magnitude, and one hit should do it. He will then send out his lv23 Magneton, hit it with your Gravlers Magnitude, one should be enough to finish it off. For Defeating Wattson you will receive TM34 which contains Shock Wave. The Ability to use Rock Smash outside of battles, and also you will receive the DYNAMO BADGE.

Wattson's defeat story
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Have your Gravler lead off this battle, mine was at level 25, he will start his lv22 Magnemite, I hit it with Magnitude, one hit took it right out. Next he sent out his lv20 Voltorb, I hit it with my Gravler's Magnitude, one hit took it right out. He send out his lv23 Magneton to finish up the battle, one hit from my Gravler's Magnitude, took it right out. With Gravler this battle should be completed on the first try.

9.8) Getting to the fourth gym

Teach HM06, Rock Smash, to your Gravler, put it in place of the Mud Sport Attack. Exit the gym, go right, then upwards. Follow this path to Route 111, go up some steps, look to the left you will see a house, speak to the man out front, challenge the family to a Pokemon Series. First you take on Winstrate Victor, he has two Pokemon, he will lead off with a lv16 Taillow, use your Wingull's Wing Attack, he will then send out a lv16 Zigzagoon, your Wingull's Water Gun can take it out in two hits. Once he is taken care of, then the next opponent will come out Winstrate Victoria has only one Pokemon, she will challenge you with a lv17 Roselia, use your Wingull's Wing Attack, just two should take it out. Next you will be challenged by Winstrate Vivi, she will lead off with a lv15 Marill, use your Combusken's Double Kick, just two should take care of Marill, next she will send out a lv15 Shroomish, use your Combusken's Ember, one should do it, she will then finish off this battle with a lv15 Numel, use your Combusken's Double Kick, just one should do it. Now for the final challenger, it is none other than Winstrate Vicky, not that you are supposed to know her, I'm just building the suspense. She has only one Pokemon, it is a lv18 Mediatl, use Gravler's Magnitude Attack, and this battle should be over very soon. After winning follow Winstrate Vicky inside the house. Speak to the mother, she will give you the Macho Braclet. Exit the house, and continue north.

You will come to two goofy looking rocks, they are slightly darker and more defined than the others. Use Gravler's Rock Smash, HM06, on them, and pass through. Continue upwards, to the right you will see an Interviewer and her cameraman, challenge them. Interviewer Gabby and Ty will send out a lv19 Magnemite, and a lv19 Whimsur, use Gravler's Magnitude Attack, and both enemies will fall. Let them keep their pride by allowing them an interview. Continue north, you will come to Picknicker Irene, she will start out with a lv18 Shroomish, use Combusken's Ember to take it out in one hit, next she will send out a lv18 Marill, use Combusken's Double Kick against it, that should easily take care of Marill. Continue north, challenge Camper Travis, he has one Pokemon, he will use a lv19 Sandshrew, hit it with Wingull's Water Gun, one hit should do it. Just past him go left, you will come to Camper Larry, he will start with a lv18 Zigzagoon, hit it with Wingull's Water Gun, next he will use a lv18 Nuzleaf, use Combusken's Ember, one hit should do it. From here go north, challenge Picknicker Carol, she will start with a lv18 Taillow, use Combusken's Ember, two should take care of it, next she will send out a lv18

Lombre, hit it with one of Combusken's Double Kicks, one attack should do it. Go up the steps, challenge Hiker Trent at the top, he will start out with a lv16 Geodude, hit it with Wingull's Water Gun, one hit should do it, next he will send out another lv16 Geodude, use Wingull's Water Gun again, he will send out one more lv16 Geodude, use Wingull's Water Gun again, he will send out even one more lv16 Geodude, hit it with Wingull's Water Gun. Head further north challenge Hiker Brice, he will start out with a lv18 Numel, hit it with Graveler's Magnitude, next he will send out a lv18 Machop, use Graveler's Magnitude, one hit should take it out.

From here go left, go into this cave. Go through this cave, you will find an exit at the other end. Go right, then north, pick the berries off the trees, continue to the right. You will now be back on Route 111, challenge the person standing to the north. It is Cool Trainer Wilton, he will start with a lv18 Electrike, hit it with Graveler's Magnitude, next he will use a lv18 Wailmer, use Combusken's Double Kick, two attacks should take it out, he will end the battle with a lv18 Makuhita, use Combusken's Double Kick, one attack should do it. After this battle continue north. Speak to the person looking at the tree, say yes to what they ask you, they will give you TM43, Secret Power, teach one of your Pokemon Secret Power and go up to tall trees like that or indents in rock walls and you can build a secret base. From here continue north pick the berries off of the trees, from here go to the right, then down to the south, go into this house, speak to the lady inside, she will allow you to rest there, that will fully heal your Pokemon. Exit this building, go back north, go left, speak to the girl who is walking back and forth, she will give you some berries. Continue left, you will be challenged by Cool Trainer Brooke, she will start with a lv18 Wingull, hit it with Combusken's Double Kick, she will then use a lv18 Numel, use Combusken's Double Kick, two attacks should do it, she will end with a lv18 Roselia, hit it with Combusken's Ember, two hits should be enough. After the battle continue west, cut through the tall ash covered grass, you will come to Youngster Neal, he will start with a lv18 Trapinch, hit it with Combusken's Ember, one attack should do it, he will then end with a lv20 Linoone, hit it with Graveler's Magnitude Attack, one attack should do it, after the battle, head north, challenge the person hiding behind mound of ashes. It is Ninja Boy Lao, he will start with a lv17 Koffing, use Combusken's Ember, one hit should do it, he will use another lv17 Koffing, use Combusken's Ember again, one hit should be enough, one more lv17 Koffing will come out, hit it with your Combusken's Ember, then he will then end with lv19 Koffing, use Combusken's Ember. From this point continue to the west, challenge Parasol Lady Madeline, she has only one Pokemon, it is a lv20 Numel, use Combusken's Double Kick, one attack should be enough to take it out. From Parasol Lady Madeline, continue west, then north, challenge the Twins Tori and Tia, they have two lv20 Whismur's, use Graveler's Magnitude, and that should be enough to take them both out. After the battle continue west, a trainer is hiding behind a pile of soot, challenge him, it is Ninja Boy Lung. He will start with a lv19 Nincada, Combusken's Ember will take it out in one hit, he will then send out a lv19 Ninjask, use Combusken's Ember on it, one hit should do it. Continue west, jump the ledge, then go south. Challenge Youngster Dillon, he has only one Pokemon, it is a lv20 Aron, use Combusken's Double Kick, one hit should do it. After the battle continue west and ride into Fallarbor Town.

Right as you enter the town you will see a Poke Center, go inside and heal if you need to, this town is just really a heal point for our purposes, continue west and onto Route 114. Go into the house you see, speak to the person inside, he will give you TM28, or Dig. Exit this house, continue west, speak to the man with the Pokemon next to him, he will give you TM05, or Roar. Head south, challenge the man fishing by the bridge, it is Fisherman Nolan, he has a lv20 Barboach, use Wingull's Wing Attack, two should do it. By now your Wingull should have reached level 21, it will try to learn Mist, put mist in

place of Growl. Head south down the bridge, challenge Fisherman Claude, he has four Pokemon, he will start with a lv16 Goldeen, use Wingull's Wing attack, he will then send out a lv16 Goldeen, use Wingull's Wing Attack again, he will send out one more lv16 Goldeen, use Wingull's Wing Attack, again, then he will end with a lv18 Barboach, use Wingull's Wing Attack. After the battle continue south, challenge Picknicker Nancy, she will start with a lv19 Marill, use Wingull's Wing Attack, three should take out this Marill, she will then send out a lv19 Lombre, use Wingull's Wing Attack, one hit should do it. At this point, go south, jump the ledge to your right, challenge the two people next to each other, they are SR. and JR. Tyra and Ivy, they will use a lv21 Graveler and a lv.19 Roselia, Use Wingull's Water Gun on Graveler, and Combusken's Ember on Roselia, they should both fall in one hit. After the battle continue south, challenge Camper Shane, he has two Pokemon, they are a lv19 Sandshrew, use Wingull's Water Gun on this, and then he will use a lv19 Nuzleaf, use Combusken's Ember on it. After the battle continue south, challenge Pokemaniac Steve, he has a lv20 Aron, use Wingull's Water Gun. From here head up the stairs you see to the west, follow this path, it will lead you up another set of steps, challenge Kindler Bernie, he will start with a lv19 Slugma, use Wingull's Water Gun Attack, then he will send out a lv19 Wingull, use your Wingull's Wing Attack, two hits should do it. Keep following this path, challenge Hiker Lucas, he will start with a lv18 Geodude, use Wingull's Water Gun Attack, he will use another lv18 Geodude, use Wingull's Water Gun Attack, he will end the battle with another lv18 Geodude, use Wingull's Water Gun Attack. After the battle go up the two sets of steps you see, then to the west, challenge Hiker Lenny, he will start with a lv19 Machop, use Wingull's Wing Attack, one hit should do it, he will then use a lv19 Machop, hit it with Wingull's Wing Attack. After the battle continue west, then down the steps. Head into the cave at the end.

By now your Wingull should have reached lv25, and it will evolve a new Pokemon, Pelipper. Do not bother to learn Protect. Continue west across the bridge, you will see Team Magma, go over to where they are, they will start talking, then take notice to you, then, Team Aqua will come in. Team Magma will take off then Archie of Team Aqua will come speak to you. Go down the steps, speak to the Professor he will tell you how Team Magma tricked him, then head down the steps do the west. Jump down the ledges, then exit the opening in the cave. Head south down the steps, challenge Black Belt Nob, he will use a lv20 Machop, use Pelippers Wing Attack, continue south, challenge Collector Hector, he will use a lv20 Seviper, use Pelippers Wing Attack, two should do it. Continue south and into Rustboro City.

Continue south, look for the Devon Building on your left, go into it, run to upper level of the building, speak to the president, he will give you the exp. Share, then exit, head north past the city's gym, then head east, go onto Route 116, head into the tunnel at the end, its the one the Team Magma Grunt was in way back in the game. Follow it, you will reach some breakable rocks, speak to the man at the rock, then break the rock next to him, he will give you HM04 for breaking the rock, HM04 is strength. Teach strength to Graveler in place of Tackle. Head south, go down the steps, challenge the Hiker you come to, he will start with a lv16 Geodude, use Pelipper's Water Gun, he will use a lv16 Geodude, use Pelipper's Water Gun, then he will send out a lv16 Machop to end the battle, use Pelipper's Wing Attack. Exit the cave just south of the Hiker you battled. You will now be in Verdanturf Town, exit it to the east, battle Pokemon Breeder Isaac, it will start with a lv12 Whismur, hit it with Pelipper's Wing Attack, then he will send out a lv12 Zigzagoon, use Pelipper's Wing Attack, next he sends out a lv12 Aron, hit it with Wingull's Water Gun, next is a lv12 Poochyena, use Pelipper's Wing Attack, he will send out a lv12 Tailow, use Pelipper's Wing Attack, he will end the battle with a lv12 Makuhita, use Pelipper's Water Gun Attack. Head east, challenge Bug Maniac Derek, he will start with a lv15 Nincada, use Pelipper's Wing Attack,

next is a lv15 Dustox, use Pelipper's Wing Attack, then he will end the battle with a lv15 Beautifly, use Pelipper's Wing Attack. After this battle head north, challenge Triathlete Maria, she uses a lv18 Doduo, hit it with Pelipper's Wing Attack. Continue east, challenge Pokemon Breeder Lydia, she will start with a lv12 Wingull, use Pelipper's Wing Attack, next is a lv12 Goldeen, use Pelipper's Wing Attack, then a lv12 Shroomish, use Pelipper's Wing Attack, then a lv12 Roselia, use Pelipper's Wing Attack, then a lv12 Marill, use Pelipper's Wing Attack, the battle will end with a lv12 Skitty, use Pelipper's Wing Attack. After the battle continue east, go to the north, challenge Triathlete Dylan, hit his lv18 Doduo with Pelipper's Wing Attack. Go back to the fork, head south, challenge the two people standing together, SR. and JR. Anna and Meg. They use a lv16 Zigzagoon and a lv18 Makuhita, just use Gravler's Magnitude Attack. After the battle continue east and enter Mauville City.

Exit Mauville City to the north, take Route 111, go up the steps past the Winstrate homestead and up to the breakable rocks, use Rock Smash to break them and continue through. Continue north, follow the road as it branches left to Route 112, go up the steps, then off to the right, you will go between some gates and into an open building. This is the Cable Car Building, speak to the lady inside and go up to the top on the cable car. Exit the Cable Car Building and go right, head up the steps you see to the north, follow the steps all the way to the top, speak to the man in blue from Team Aqua, Archie, continue to the west, when this path ends go north, challenge the Team Magma Grunt, he will start with a lv20 Zubat, use Pelipper's Wing Attack, then he will use a lv20 Poochyena, use Pelipper's Wing Attack, after the battle continue to the north. Next challenge the Magma Admin Tabitha. She will use a lv20 Numel, use Pelipper's Wing Attack, next is a lv20 Poochyena, use Pelipper's Wing Attack, she will end the battle with a lv20 Numel, use Pelipper's Wing Attack. After the battle head to the north, speak to Maxie, the leader of Team Magma, get ready to challenge him. He will start with a lv24 Mightyena, use Gravler's Magnitude, one hit should be enough, next is a lv25 Camerupt, use Pelipper's Water Gun, one hit should do it, next is a lv24 Golbat, use Gravler's Rock Throw, one hit should do it. After the battle Archie will thank you for helping him.

Head back to the Cable Car Building, go south from it and down the Jagged Pass. Head south, jump down the rock ledges, you can avoid all the trainers, exit the Jagged Pass and go east into Lavaridge Town, run to the south eastern part of the town and enter the Gym, the leader here is Flannery.

9.9) The fourth gym

This is a Fire-Type Gym, so keep your Wingull in the lead off spot. Follow these directions exactly to get to Flannery, this is a puzzle style gym.

- 1 - Go through the first hole on the left
- 2 - Take the other hole in this room
- 3 - Go to the hole in the top right
Here Cool Trainer Zane will jump out, he has 1 Pokemon, it is a lv24 Kecleon, use Pelipper's Supersonic to confuse it then, use moves according to Kecleon as it changes types.
- 4 - Take the hole to the left of Cool Trainer Zane
- 5 - Take the other hole in this room
- 6 - Go to the southern most hole on the right hand wall
Here is Kindler Axle, he will start with a lv23 Numel, use Pelipper's Wing Attack, next is a lv23 Slugma, use Pelipper's Water Gun.
- 7 - Take the northern most hole on the left wall

- 8 - Take the northern most hole in this room
- 9 - Take the northern most hole on the right hand wall
- 10 - Take the other hole in this room
- 11 - Take the southern most hole of the left hand wall
- 12 - Take the other hole in this room and its for the gym leader.

Lead off the battle with Pelipper, she will start with a lv26 Slugma, one hit from your Pelipper's Water Gun will take care of it. She will then use a lv26 Slugma, use Pelipper's Water Gun. Last is a lv28 Torkoal, use Pelipper's Water Gun, one hits should do it. For Defeating Flannery you will receive TM50 which contains Overheat. The Ability to use Rock Smash outside of battles, and also you will receive the HEAT BADGE.

- 13 - Use the hole on the lower right side wall
- 14 - Run to the bottom, jump the ledge, to through the hole on the right side
- 15 - Exit the gym

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*Flannery's defeat story*  
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I led off the battle with a lv30 Pelipper, I used Water Gun on her lv26 Slugma, it went down in one hit. She sent out another lv26 Slugma, use Pelipper's Water Gun, one hit did it. To finish off she sent out a lv28 Torkoal, two hits from Pelipper's Water Gun finished it off. This battle can really be done in only 4 hits, and should be completed on the first try.

9.10) Getting to the fifth gym

As you exit the gym May will come greet you, she will give you the GO-GOGGLES. Head to the east, jump all the ledges, hit Route 111, then go south, break through the Rocks you come to, head west to Route 117, pass through Verdanturf Town, go into the Rusturf Tunnel, exit the other side, head west back to Rustboro City. Exit Rustboro City to the south, cross the bridge you come to, go through the Petalburg Woods, then exit the other side. Cross the beach, and head east into Petalburg City. Heal at the Poke Center, then head to your Fathers Gym.

9.11) The fifth gym

Walk in, Go through the SPEED ROOM door, it is the one on the left. Challenge the trainer in this room, it is Cool Trainer Randall, he will use a lv27 Delcatty, use Combusken's Ember, two hits should be enough. By now your Combusken should be around lv32, teach it Quick Attack in place of Scratch. Go through the door on the right, the DEFENSE ROOM, lead off this battle with your Gravler. Challenge the trainer in here, this is Cool Trainer Lori, she will use a lv27 Linoone, use Gravler's Magnitude Attack. She will tend to start the battle with an X Defend, so it will take a few more attacks to take out Linoone than normal. After the Battle go into the ONE-HIT KO ROOM, start out with Gravler, Cool Trainer Berke will start with a lv27 Zangoose, use Gravler's Magnitude Attack, two hits should do it. After the battle head through the other door in this room, it will lead to Norman.

Speak to your father, he will start with a lv28 Slaking, use Combusken's Double Kick, two hits should do it. Next he will send out a lv31 Slaking, use Combusken's Double Kick. He will use a lv30 Vigoroth, use Combusken's Double Kick, two hits should do it. For Defeating Norman you will receive TM42 which contains Facade. The Ability to use Surf outside of battles, and also you will receive the BALANCE BADGE.

Norman's defeat story
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I started with my lv32 Combusken's, Norman started with a lv28 Slaking, I used Combusken's Double Kick, two attacks took it out. My Gravler grew to lv29, it tried to learn Rollout, do not teach it Rollout. Next Norman sent out another Slaking, this one was at lv31, use the same tactic as before. He then sent out a lv30 Vigoroth, I used Combusken's Double Kick and it went down in two attacks.

9.12) Getting to the sixth gym

Exit the gym, go west, then into Wally's house, speak to the man, he will give you HM03, Surf. Teach HM03 to Pelipper, teach it in place of Mist. Exit Petalburg City to the east and take Route 102. Pass through Oldale Town and then go north to Route 103, when you come to the water swim in it. Swim over to the other side. Follow the road past the trick house, go south, and ride up the cycling road to the cycling road to Mauville City. Enter the city, then head east out onto Route 118, go up to the water and surf. Cross east, avoid the trainers here and go up onto the grass, a man will jump over the ledge, it is Steven. Head north to Route 119. The grass is so thick that you can't even ride a bike in it, so you'll have to walk through it. Exit the other side, then go up the steps you see, follow the steps all the way up to the top, then cross the bridge you come too, go up the steps at the end, pass through the tall grass. Continue north through the tall grass, go up the steps you come to, continue up the steps, when you come to the Weather Institute, go in.

Off to the left of this building is a rest area, you can heal your Pokemon here or use the computer to access your computer. Head to the east side of the room, challenge Team Magma Grunt. He will use a lv28 Numel, use Gravler's Magnitude. Continue through this floor, challenge the next Team Magma Grunt, he will use a lv27 Zubat, use Gravler's Rock Throw, next is a lv27 Poochyena, use Combusken's Ember. After the battle go up the steps, challenge the Team Magma Grunt up here, he will use a lv27 Poochyena, use Combusken's Ember, next is a lv27 Numel, use Gravler's Magnitude. Continue west, challenge the Team Magma Grunt, he will start with a lv26 Poochyena, use Combusken's Ember, next is a lv26 Numel, use Gravler's Magnitude. Last is a lv26 Zubat, use Gravler's Rock Throw. Continue to the west, challenge the Magma Admin Courtney at the end, she will use a lv28 Numel, use Gravler's Magnitude, next is a lv28 Mughtyena, use Combusken's Double Kick. After the battle, they will leave, speak to the scientist, he will give you a lv25 Castform. Exit the Weather Institute.

Head east over the bridge, then go up the stairs, May will come greet you. She will start the battle with a lv29 Shroomish, use Combusken's Ember, next is a lv29 Numel, use Gravler's Magnitude, she will end the battle with a lv31 Marshtomp, use Gravler's Rock Throw. After the battle she will give you HM02,

or better known as Fly. Continue north up the stairs, head north, then east into Fortree City. Pass through the city by way of the tree paths. Do not bother to go into the gym yet, it is blocked. Go east onto Route 120.

Challenge Parasol Lady Clarissa, she will start with a lv29 Goldeen, use Graveler's Rock Throw, next is a lv29 Wailmer, use Graveler's Rock Throw. After the battle continue east, run down through the tall grass, cross the bridge, speak to Steven on the bridge, he will use the Devon Scope to remove the barrier. This will make the invisible lv30 Kecleon perfectly visible, use Combusken's Double Kick and the Pokemon should go down in one hit. He will then give you the Devon Scope, run back into Fortree City. Follow the rope bridges to the Gym, use the Devon Scope on the mysterious obstacle in your way. Head into the Gym.

9.13) The sixth gym

Enter Winona's Gym. Challenge Bird Keeper Jared, he will use a lv30 Doduo, use Combusken's Ember Attack, one hit should do it, continue east. Challenge Picknicker Kylee, she will use a lv30 Swablu, use Combusken's Ember, one attack should be enough. Continue north through the gym. Challenge Camper Terrell, he starts with a lv29 Taillow, use Combusken's Ember, next is a lv29 Swellow, use Combusken's Ember. Continue through the gym, sneak past the next trainer you come to, then work your way to Winona.

She will start out with a lv31 Swellow, use Graveler's Rock Throw, she will then send out a lv30 Pelipper, use Graveler's Rock Throw, next is lv32 Skarmory, use Pelipper's Water Gun. She will end with a lv33 Altaria, use Graveler's Rock Throw, if he faints, use Pelipper's Supersonic to confuse it, then Wing Attack to finish things off. For Defeating Winona you will receive TM40 which contains Aerial Ace. The Ability to use Fly outside of battles, and also you will receive the FEATHER BADGE.

Winona's defeat story
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I led the battle off with a lv33 Graveler, she started with her lv31 Swellow, I used Rock Throw, then she sent out a lv30 Pelipper, I used Graveler's Rock Throw, it has to hit quick or else you will be dead by the Water Gun Attack. I sent out my lv25 Castform that is received at the Weather Institute, I used Powder Snow on the lv32 Skarmory she sends out, I froze it and she never fixed the status ailment. Then she will send out a lv33 Altaria, I used Graveler's Rock Throw.

9.14) getting to the seventh gym

After this battle your Combusken should have leveled up to 36, Combusken will evolve into Blaziken, delete your Quick Attack and teach Blaziken Blaze Kick. Exit Winona's Gym, teach HM02, Fly, to your Pelipper, put it in place of Supersonic, head east to Route 120. Cut through the tall grass here, it will curve back to the left, cross the bridge you come to. Head south at the end, then follow it as it goes east, sneak by these trainer's, there is no need to fight them. Follow the path as it heads south, through the tall grass,

jump the ledge you come to and cross the bridge. Head south, pass the trainer you come to, continue south, follow the road as it goes right, and enter Route 121. Continue east sneaking past the trainers. You will soon see Team Magma talking, go down the steps and continue east, follow the path as it weaves through the fence area. You will soon enter Lillycove City.

Head to the northern area of this city, you will see May in front of the department store, challenge her, she will use a lv31 Swellow, use Blaziken's Blaze Kick, next is a lv33 Numel, use Gravler's Magnitude, next is a lv32 Shroomish, use Combusken's Blaze Kick, she ends with a lv34 Marshtomp, use Gravler's Magnitude Attack. From here head east, jump the ledges you come to, walk down the steps and get onto the beach. Run over to the dark blue water and use surf. Head north and enter the Magma Hideout, it is a lonely cave. Head back west, exit Lillycove City and pass through Route 121, head south when you get a chance to Route 122. Head down the steps you see and surf across the water. This is Route 122, follow it. Swing around to the other side of Mt Pyre, enter the cave you see, this will lead into a cemetery, go through this room, make a left, exit through the opening, follow this path all the way up to the top of Mt Pyre. You will run into some Team Magma Grunts. First Team Magma Grunt will start with a lv30 Zubat, use Gravler's Rock Throw, next is a lv30 Zubat, use Gravler's Rock Throw, then there is another lv30 Zubat, use Gravler's Rock Throw. Continue up this path, the next Team Magma Grunt uses a lv31 Poochyena, use Blaziken's Blaze Kick, next is a lv31 Numel, use Gravler's Magnitude. Keep following this path, challenge the next Team Magma grunt, he will use lv31 Numel, use Gravler's Magnitude, next is a lv31 Numel, use Gravler's Magnitude. Continue up the path, it is Maxie, Maxie says he is going to Slateport next, right after that all of Team Magma will disappear you are given the Red Orb by the old lady at the top. Maxie says he is going to Slateport next, right after that all of Team Magma will disappear.

Descend the mountain. Re-enter the grave yard area, go up the steps in the northern area of this room, on the next floor challenge Pokemaniac Mark, he will use a lv32 Lairon, use Blaziken's Blaze Kick. Below this trainer you will see an Item Container, pick it up, it is an Ultra Ball. Challenge the two people standing together, it is Young Couple Dez and Luke, they will use a lv32 Delcatty, and a lv32 Manectric, use Blaziken's Blaze Kick on Delcatty and Gravler's Magnitude to finish up. Now go up the stairs to the next floor. Go south, challenge Psychic Kayla, she will use a lv32 Kadabra, use Combusken's Double Kick, two hits should be enough. Head west, check the Item container, it holds a Super Repel, continue north, challenge the trainer. This is Psychic William, he will use a lv31 Ralts, use Blaziken's Blaze Kick, one hit should do it, next is a lv31 Kirlia, use Blaziken's Blaze Kick. Continue up to the next floor. Head east, challenge the trainer you come to, it is Black Belt Atsushi, he will send out a lv30 Makuhita, use Gravler's Magnitude, next is a lv30 Machoke, use Gravler's Magnitude, next is a lv30 Hariyama, use Gravler's Magnitude. Head up the next set of steps, challenge the trainer in this room, it is Hex Maniac Tasha, she will use a lv31 Shuppet, use Blaziken's Blaze Kick, next is a lv31 Kadabra, use Blaziken's Blaze Kick. Go up the next set of steps. Challenge the trainer here, it is Hex Maniac Valerie, she will use a lv32 Sableye, use Blaziken's Blaze Kick. After the battle go down the steps, pick up the Item container, it is TM30, or Shadowball. Drop down the hole in the ground, check the Item container, it contains Lax Incense, drop down the hole to the south, pick up the Item container, it is the Sea Incense. Continue to drop down these holes until you get back to the lower level, and exit.

Use Pelipper's Fly and fly back to Slateport. Head north, then east from the Poke Center, go into the mob of people, speak to Captain Stern, he is the man being interviewed and is directly in front of the door. Speak to Captain Stern, you will then hear Team Magma over the Megaphone, they are trying to steal the submarine and get to the hidden cavern, follow Captain Stern inside,

head forward, speak to Maxie, he will say that you can't even catch him in their hidden base in Lillycove City, then he jumps off into the water, so that means off to Lillycove City next, exit the building you are in and use Pelipper to Fly to get to Lillycove City. From Lillycove's Poke Center head up the steps to the east, run east, jump down the ledge's you see and walk down the steps. Run east then go north, use Pelipper's Surf ability and go north enter the cave you see.

Head up the three sets of steps you come to, at the top challenge the Team Magma Grunt, he will use a lv32 Poochyena, use Combusken's Ember, next up is a lv32 Poochyena, use Combusken's Ember. Go up the next set of steps you come to. On the next floor go through the portal on the southern end of this room, check the Item Container, it holds a Max Elixer, go back through the portal, take the other portal in this room. Head through the door in this room, in this room go east, challenge the Team Magma Grunt in this room, he will use a lv33 Zubat, use Graveler's Rock Throw. After the battle head up the steps, step on the teleporter in this room, head all the way east, challenge the stationary Team Magma Grunt, he will use a lv32 Numel, use Graveler's Magnitude, next up is a lv32 Zubat, use Graveler's Rock Throw. Now go challenge the Team Magma Grunt that is running back and forth in the room, he will use a lv31 Poochyena, use Graveler's Magnitude, next is a lv31 Numel, use Graveler's Magnitude, next up is a lv31 Numel, use Graveler's Magnitude. Continue west and go through the portal. Head through the portal in this next room. In the next room go through the left portal, then the middle portal, then the right, then the right portal. Check all the Items on the floor, one is a lv30 Electrode, use Graveler's Magnitude, another lv30 Electrode, use Graveler's Magnitude, one is the Master Ball, and the other is a Nugget. Go back through the portal, in this room go through the middle portal, then the left, in this next room, go through the northern most portal. Go through the other portal in this next room, in the next room you come to go east and through the portal you come to. Challenge the Team Magma Grunt in this room, he will use a lv30 Zubat, use Graveler's Rock Throw, next is a lv30 Numel, use Graveler's Magnitude, next is a lv30 Poochyena, use Graveler's Magnitude, the Grunt will end with a lv30 Poochyena, use Graveler's Magnitude. By now your Graveler should be up at lv37, teach it Rock Blast in place of Rock Throw. Go down the steps in this room. Run east, challenge the Team Magma Grunt running around, he will use a lv33 Numel, use Graveler's Rock Blast. Continue east, step on the portal, in the next room run south, speak to the Team Magma Grunt in this room. Challenge the Magma Admin Tabitha, she will start with a lv32 Numel, use Graveler's Rock Blast, next up is a lv32 Camerupt, use Pelipper's Water Gun, two attacks should do it, she will end the battle with a lv32 Mightyena, use Graveler's Magnitude. After the battle Maxie, the boss will get away, head all the way west, step on the portal, this will take you back to the entrance, leave the Team Magma Base, swim back to Lillycove City, heal your Pokemon, then go back to the water and swim east. You will then come to Mossdeep City.

Enter the city, heal your Pokemon and go into the city's gym, the leaders here are Liza and Tate.

9.15) The seventh gym

Step on the pad to the right with the arrows facing right, you will come to a wall, the arrows will send you upwards. When you stop take one step left, challenge Psychic Fritz, he will use a lv35 Natu, use Graveler's Rock Blast, one attack should do it, next is a lv35 Girafarig, use Graveler's Magnitude, two hits should do it, next is a lv35 Kadabra, use Graveler's Rock Blast. Now just to the north of the man you battled is a switch, flip it so the arrow to your left that is red is facing left. From the switch, take one step right, then go

north up the sliding path, when you stop take one step right, slide over the arrow, head north, challenge the trainer, it is Psychic Maura, she starts with a lv36 Kadabra, use Graveler's Rock Blast, next is a lv36 Kirlia, use Graveler's Magnitude. To the right of Psychic Maura is a path of arrows going north, follow them, challenge the trainer here, it is Psychic Samantha, she will use a lv37 Xatu, use Graveler's Rock Blast, one attack should do it. After the battle go left, flip the switch until you see the arrow below you that is outlined in red is facing to the right. From the switch, take two steps right, then go south down the arrows facing south, at the end take two steps south, two steps left, one step south, then step on the arrow facing right, run east until you come to a switch, flip the switch you come to, look to your left, make sure that the red outlined arrow is facing north, now from the switch, take 3 steps right, 3 steps south, one step left, then step on the arrows facing left, when you come to the end you will be sent off the path by one of the red arrows. Challenge the trainer you come to, it is Psychic Hannah, she will start with a lv36 Ralts, use Graveler's Rock Blast, next is a lv36 Kirlia, use Graveler's Rock Blast. After the battle go 3 steps left, and step on the arrow to the south, challenge the trainer here, it is Psychic Virgil, he will use a lv36 Ralts, use Graveler's Rock Blast, next is a lv36 Kadabra, use Graveler's Rock Blast. After the battle flip the switch to your right, you will see the panel to the right turn from the left to the right. Head south and step on the row of arrows facing south, when you stop head five steps left, two steps south, two steps right and step on the row of arrows. Now go ahead and switch your Blaziken to the first spot, and Graveler to the second spot. When the path stops head upwards and challenge the two leaders Liza and Tate.

Leader Tate and Liza will lead off the battle with a lv42 Lunatone and a lv42 Solrock, this is a dual battle, use Blaziken's Double Kick on Solrock, and use Graveler's Rock Blast on Solrock. The best plan is to Focus on Solrock since it has the strongest offensive attacks, then focus on Lunatone with the same combination of attacks. For Defeating Tate and Liza you will receive TM04 which contains Calm Mind. The Ability to use Dive outside of battles, and also you will receive the MIND BADGE.

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*Tate and Liza's defeat story*
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I led off the battle with a lv 42 Blaziken I tought it Slash in place of Ember, when it leveled up to have the stronger attack for later, and a lv 39 Graveler. They will start with a lv42 Lunatone and a lv42 Solrock, this is a dual battle. I used Blaziken's Double Kick on Solrock, then used Graveler's Rock Blast on Solrock, it went down after that round. I used the same combination of attacks on Lunatone and it went down after the next round.

9.16) Getting to the eighth gym

Exit Tate and Liza's gym by using the teleporter over to the right, walk out of the main door. Run back to the Poke Center and heal. Exit the Poke Center, head west, then go north, enter the house, this is Steven's house, he will give you HM08 which contains Dive. Run back down to the shallow water, surf out on your Pelipper, and swim around in the water, catch a Tentacool and teach it Dive. Swim into the water, go south, you will come to a gigantic area you can dive in, follow it as long as you can, you will see a cave, go in it. Inside is the Submarine Explorer 1, inside this room, re-surface, swim to the sand and run through the next cave. Enter the cave, go left, break the rock to the

north, then push the moveable rock to the point where the breakable rock was. Go east, then push this rock east, continue north, challenge the Team Magma Grunt here. He will use a lv37 Poochyena, use Gravler's Magnitude, next is a lv37 Numel, use Gravler's Magnitude. Go up the steps and challenge the Grunt to the south. He will use a lv38 Numel, use Gravler's Magnitude. Head south through the cave opening, head south, you will come to two rocks side by side, use Gravlert's Strength to move the rock, move the rock on the right, push it two steps south, take one step left and break the jagged rock. Continue south and go through the door. Head east, then north, go through the cavern door, in, push the boulder you come to north, go west, push the rock you come to east, then go south, exit this room, and re-enter. Push the rock north, go east, then north, go west, push the rock over to the west, break the rock to the north, go north, push the rock to the north, go west, break the rock, push the next rock west, then go north through the cave opening. Use surf to get to the ledge on the left side of this room, if you go down the middle area it will take you back to the start. Go through the cave, move the boulders in this room, challenge Magma Admin Courtney, she starts with lv38 Camerupt, use Pelipper's Water Gun, next is a lv38 Mightyena, use Gravler's Rock Blast. After the battle continue past Magma Admin Courtney, go through the cave opening. Push through the rocks in this room, go through the opening on the other side. Run east, check the Item container, it is TM26, or Earthquake, continue south, down the steps. Follow this as far as you can, you will soon be stopped by Maxie yelling at you. He will challenge you, he uses a lv41 Mightyena, use Gravler's Rock Blast, next is a lv43 Camerupt, use Pelipper's Water Gun, he will end the battle with a lv41 Crobat, use Gravler's Rock Blast. You will go outside, swim west to Sootopolis City. To enter the city you must dive into the deep water and find the cave entrance, on the inside surface. Swim to the left inside the city, go up all the steps, you will come to Steven, he will introduce you to Wallace, this town's gym leader. He will then have you follow him. When you stop enter the Cave of Origin.

Run forward, go through the next opening, have your Seedot use Flash. Go left and down the ladder. Go south, west, then north down the ladder. Go through this next room and down the ladder at the end. In this room head north, check the Item container, it is HM07, or Waterfall. Continue east down the ladder. This room will have a Pokemon, run so it can see you, it will come over to you and challenge you, it is a lv45 Groudon, now if you still have your Master Ball, which you should, throw it at this Pokemon and it will get an instant catch no matter what. Exit the Cave of Origin. Now heal your Pokemon and make sure that you have the lv45 Groudon in your party in place of Castform. Enter the gym.

9.17) The eighth gym

Upon entering the gym, go up the steps, at the top take one step forward, one step right, one step forward, two steps left, one step up, one step right, now go up the steps. At the top go one step forward, three steps left, two steps forward, two steps right, one step down, three steps right, one step down, one step right, two steps up, three steps left, and go up the steps. On this next floor take one step forward, two steps right, one step forward, two steps right, one step south, one step right, three steps north, two steps left, one step south, one step left, one step upwards, one step left, two steps south, two steps left, one step south, one step left, one step upwards, one step left, one step south, one step left, one step upwards, one step left, two steps upwards, one step right, one step south, one step right, one step upwards, one step right, one step south, one step right, one step upwards, one step right, then go up the stairs that appear.

He will start the battle with a lv40 Luvdisc, use Groudon's Earthquake, one hit should do it. Next is a lv42 Whicash, use Groudon's Earthquake, one hit. Next is a lv40 Sealeo, use Groudon's Earthquake. Next up is a lv42 Seaking, use Groudon's Earthquake. He ends the battle with a lv43 Milotic, use Groudon's Earthquake. For Defeating Wallace you will receive TM03 which contains Water Pulse. The Ability to use Waterfall outside of battles, and also you will receive the RAIN BADGE.

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*Wallace's defeat story*
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I led off the battle with a lv45 Groudon, he sent out his lv40 Luvdisc, I used Earthquake, one hit took it out. Next he sent out a lv42 Whicash, I used Groudon's Earthquake, one hit took it out. He sent out a lv40 Sealeo, I used Groudon's Earthquake, one hit took it out. Next he sent a lv42 Seaking, I used Groudon's Earthquake. He will end the battle with a lv43 Milotic, I used Groudon's Earthquake, two hits did it.

9.18) Getting to the Elite Four

Exit Wallace's Gym. Exit the city and head east to Ever Grande City. Teach Waterfall to your Tentacool, when you reach Ever Grande City you will have to enter through a huge waterfall, use Tentacool's Waterfall to reach the top. Swim up on to the land, heal at the Poke Center, then enter Victory Road. Enter, run forward, go up the steps, go left across the bridge. Go north, challenge this trainer, it is Cool Trainer Hope, she uses a lv44 Roselia, use Groudon's Slash, two hits should do it. Go down the ladder you come to, in this area use Seedot's Flash. Work through this area, go south, break through the first rock you come to, follow the path, challenge the trainer you come to, it is Cool Trainer Samuel, he uses a lv42 Dodrio, use Groudon's Fire Blast, next is a lv42 Lairon, use Blaziken's Double Kick, next up is a lv42 Kadabra, use Blaziken's Blaze Kick. Continue through this tunnel, go down the ladder you come to. Head north, challenge this trainer, it is Cool Trainer Julie, she will use a lv43 Sandslash, use Groudon's Earthquake, next up is a lv43 Ninetales, use Groudon's Earthquake. Continue forward, swim up the waterfall you come to, swim west, drop down the next waterfall, swim east, go up the ladder you come to. Run south, break through the rocks you come to and move the others using strength. Go up the ladder you come to, on the next floor, go up the steps, cross the bridge, go down the steps, go north, challenge the trainer you come to, it is Cool Trainer Edgar, he will use a lv44 Cacturne, use Groudon's Fire Blast. Continue north, go Wally will come running up behind you. He will start with a lv44 Altaria, use Groudon's Slash, next up is a lv44 Roselia, use Groudon's Earthquake, one hit should do it, next is a lv43 Delcatty, use Groudon's Earthquake, one hit should be enough, next is a lv41 Magnetron, use Graveler's Magnitude, and to end the battle he uses a lv45 Gardevoir, use Blaziken's Blaze Kick. After the battle exit through the cave opening. Run through this city, enter the Pokemon League building you come to. In this room you can heal your Pokemon to the left and buy new items to the right. Stock up on Hyper Potions, Full Restores, and Revives. Also fly to Lillycove City, go to the 4th floor of the super market and purchase TM25, use it on Groudon, teach it to him in place of Bulk Up, next purchase TM14, and teach it to Pelipper in place of Water Gun. Fly back to Ever Grande City

9.19) The Elite Four

First off is a lv46 Mightyena, use Blaziken's Blaze Kick. Next is a lv48 Sharpedo, use Blaziken's Slash, next up is a lv46 Cacturne, use Blaziken's Blaze Kick, next he uses a lv49 Absol, use Blaziken's Double Kick, one attack should do it, he will then end the battle with a lv48 Shiftry, use Blaziken's Double Kick.

Go into the next room, this is Phoebe's Room, she starts with a lv48 Dusclops, use Groudon's Earthquake, two hits should do it, next is a lv51 Dusclops, use Groudon's Earthquake, then a lv49 Banette, use Blaziken's Blaze Kick. Next is a lv50 Sableye, use Groudon's Fire Blast, and last is a lv49 Banette, use Groudon's Earthquake.

Head off to the next room, this is Glacia's room, she will start with a lv50 Glalie, use Blaziken's Blaze Kick, next is a lv50 Sealeo, use Groudon's Thunder, next is a lv52 Sealeo, use Groudon's Thunder, next is a lv52 Glalie, use Blaziken's Blaze Kick, and last is a lv53 Walrein, use Groudon's Thunder.

Into the next room, this is Drake's Room. He will start with a lv53 Shellygon, use Pelipper's Blizzard attack, next is a lv53 Flygon, use Pelipper's Blizzard attack, next is another lv53 Flygon, use Pelipper's Blizzard, he sends out a lv54 Altaria next, use Pelipper's Blizzard, he ends the battle with a lv55 Salamence, use Pelipper's Blizzard.

9.20) Steven

Steven will start with a lv57 Skarmony, use Blaziken's Double Kick, next is a lv56 Armaldo, use Blaziken's Double Kick, next is a lv58 Metagross, use Gravler's Magnitude Attack. Next is a lv56 Cradily, use Blaziken's Blaze Kick, next is a lv55 Claydol, use Blaziken's Double Kick, and he ends the battle with a lv56 Aggron, use Blaziken's Double Kick.

You have just finished the game, congratulations, now its to to go and catch 'em all.

9.21) Rayquaza

9.21.1) Why should I get Rayquaza?

Are you kidding? This is the best pokemon in the game! It has incredible looks, ungodly power, super speed, and a hot lil' defense. It completes your Pokedex, too. Although, you have to be ready, otherwise, Rayquaza will OWN you! Rayquaza can only be seen once, so that's another issue to pad on. But, once you catch the ultimate Rayquaza, you'll be glad you did.

9.21.2) Stats and Moves

Ahh... The well awaited part. So, here are Rayquaza's base stats...

POKEMON: Rayquaza
NUMBER: 200, 385 for National Dex.
TYPE 1: Dragon
TYPE 2: Flying
HEIGHT: 23'00
WEIGHT: 455.2 lbs
ABILITY: Air lock; Negates all weather effects.
RESIDENCE: Sky Pillar
ITEM: None
RIBBON: None
HP: 238/238
ATTACK: 203
DEFENSE: 138
SP. ATK: 229
SP. DEF: 159
SPEED: 152
MOVES:

FLY 70/95 Flies on first turn, strikes on next. HM Effect: Can transport you to previously visited cities. CONTEST: Smart; Can avoid being startled by others. 1 appeal.

REST ---/100 Heals you of all status ailments except frozen and heals your HP completely. Requires you to stay asleep for 2 turns. CONTEST: Cute; Can avoid being startled by others. 1 appeal.

EXTREMESPEED 80/100 An extremely fast attack that always strikes first. CONTEST: Cool; The next appeal can be made earlier next turn. 3 appeal.

OUTRAGE 90/100 An attack lasting 2-3 turns that confuses the user after that time period. CONTEST: Cool; Jams the others, and misses one turn of appeals. 4 appeal, 4 jam.

POKEDEX NAME: Sky High Pokemon
POKEDEX ENTRY: Rayquaza lived for hundreds of millions of years in the Earth's ozone layer, never descending to the ground. This pokemon appears to feed on water and particles in the atmosphere.

ESTIMATED SIZE: 4 times as big as you

9.21.3) Suggested Material list

30 Ultra Balls (or a Master ball if you have more than one)
Timer balls
Groudon
Regice
Blaziken
LOTSA Max potions/revives/full heals
A pokemon that knows Surf
Mach Bike

HOW TO GET EACH MATERIAL:

Ultra/Master balls: You could just buy the ultra balls. For the Master balls,

defeat the Elite Four and get it, then duplicate it (explained in other FAQs).

Timer balls: Buy them in Fortree City.

Groudon: In Ruby, beat the game until you enter Cave of Origin. Catch Groudon with Ultra balls and weakening.

Regice: Complete Sealed Cavern, then go to the Sea and find the cave. Defeat the puzzle inside, and catch Regice with some ultra balls and weakening.

Blaziken: Pick Torchic as your starter pokemon and evolve it into Combusken, then into Blaziken.

Max Potions/Revives/Full heals: Buy them at the Poke Mart in the Pokemon League.

A pokemon that Knows surf: Het HM03 and teach it to a pokemon.

Mach Bike: Get it from Rydle's Cycles in Mauville.

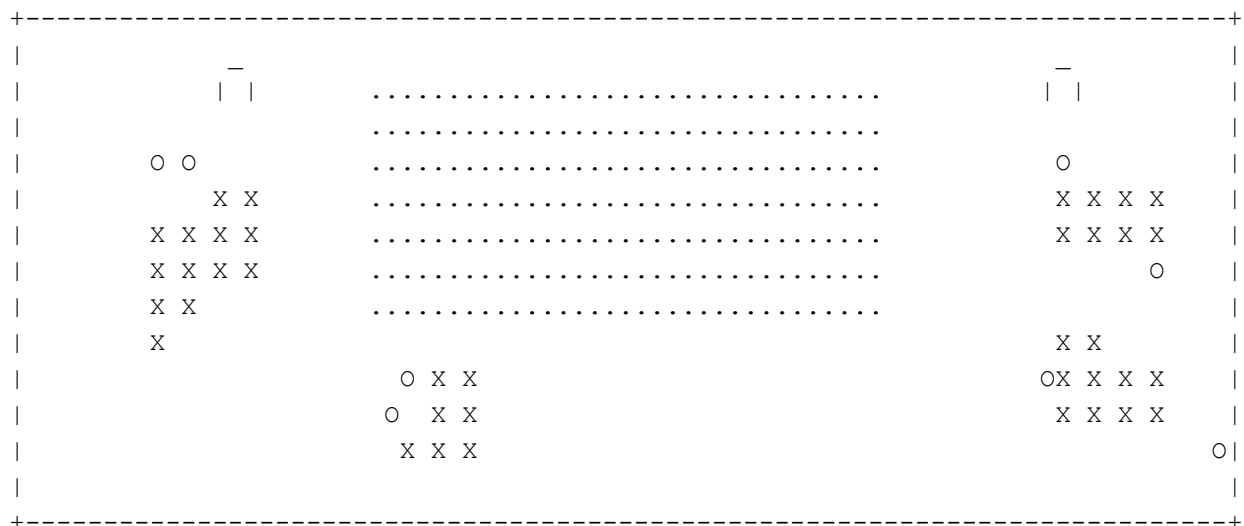
9.21.4) Where should I go?

Sky Pillar. To do so... Go to Pacifidlog town. Then, surf as far north as you can (that's not very far). Then, surf east until you see a kind of rock swirl formation. Navigate through it, and enter the cave. Get ready to fight Rayquaza.

9.21.5) Beating Sky Pillar

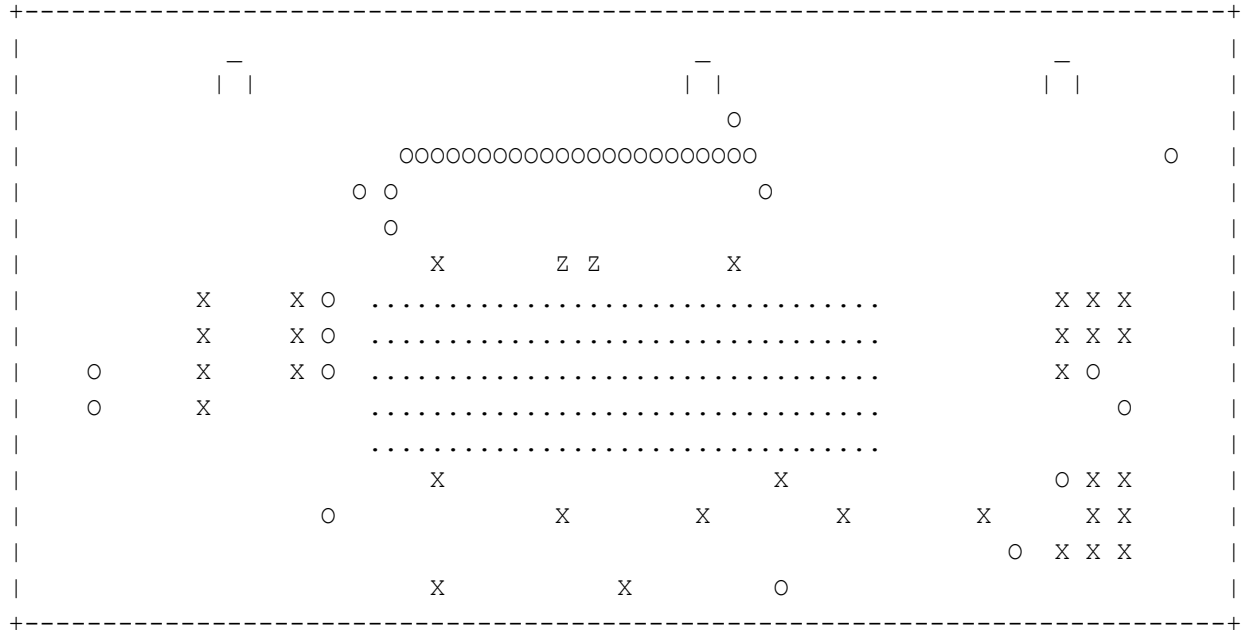
Pokemon seen: Mawile, Dusclops, Claydol, Golbat, between lv 45-60

If you haven't figured it out already, then you must realize that the hardest part of getting Rayquaza is getting through Sky Pillar. First, go up and around, and cross the sand to the building. The first part is easy. Just go left and navigate the rocks. Here's where it gets hard. You have to ride across the cracked floor with your mach bike as fast as you can, and you can't stop or hit anything. Here's what the floor should look like...



-
 | |= Door
 ...= Open Floor
 X= Cracked Space
 O= Rock

Just ride a straight line for the first two cracked areas. Speed another straight line through the third one. For the fourth one, take a good running start, and turn right. If you don't, the rocks will slow you down and make you fall. After you have passed this, it's time for the next floor. Erm... just ride through it, there's no challenge here. Uh oh, here comes he hard floor...
 Map provided:



-
 | |= Door
 ...= Open Floor
 X= Cracked Space
 O= Rock
 Z= Fall-through rock

This is hard. To start off, you go your top speed through the first section. Then, you have to turn right between the rocks WITHOUT STOPPING and keep going. Then, you turn right again WITHOUT STOPPING between the open floor and the three rocks. YOU can stop now. Back up three steps and go left one step and make your back wheel touch the rock to your side. Ride as fast as you can through the first crack. YOU MUST FALL THROUGH ONE OF THE NEXT TWO CRACKS!!!!!! This is imperative. Once you do, go north and enter the room. Go left a little and up the stairs. Navigate through the rocks and go up the stairs. Go up the stairs again here, and talk to the big green thing in the middle of the room. Begin your fight with Rayquaza.

 9.21.6) The Ultimate Battle

Your fight with Rayquaza has just begun! Start out with Regice and use Icy Wind. It has STAB, plus it's good against both Rayquaza's types, making it 330 power. O_O. It shouldn't knock him out (lv40 against lv70), but it should

weaken him. Rayquaza will eventually use rest; Belt him with Icy winds when that happens. When he's weak enough, get him with the ultra ball. Since he's asleep and weak, that should be game. If not, keep throwing balls at him. If the battle gets longer than 50 turns, start using Timer Balls. If Regice happens to faint, use either Blaziken or Groudon to weaken Rayquaza and then catch him. Watch out for his Outrage attack; It's powerful and it has STAB. It confuses him, though. Once you have caught him, pat yourself on the back for a good catch.

9.21.7) Fine Tuning

We have a Rayquaza. But we need to give it some tuning in order to battle with it... Here are the steps for the tuning...

1.) Give it some Zincs to increase it's SP.DEF stat. This will help against it's major weakness to Ice and Dragon.

2.) Get a heart scale and go to the move tutor. Replace Outrage with Dragon Claw. This way, you lose 10 power, but gain the freedom of not using the same move for 2-3 turns and also losing the confusion factor.

3.) Replace Rest with Surf. Why would you need Rest anyway?

4.) If you want, you can replace Extremspeed with Flamethrower, to help overcome it's weakness to ice.

Now you have a perfect Rayquaza!

9.22) Beldum

Beldum is a Psychic/Steel Pokemon. It evolves into Metang, who evolves into the mighty Metagross. In order to get Beldum, you have to go to Mossdeep city. From the Pokemon Center, Go north and then west. Steven's house is the one on the far right. Read the letter, take the Pokeball on the counter, and you have Beldum! Oh, make sure you have an empty space in your party. You can't take him otherwise.

9.23) Finding Pacifidlog Town

Pacifidlog is a little town that you do not visit during your adventure. After you beat the Elite four, you can find Pacifidlog. Now, Pacifidlog town is the town that's between Route 131 and 132. To get to it, surf west from Ever Grande City until you can go south and reach Route 130. After that, keep surfing west until you find a town resting on a bunch of wooden logs. You are now at pacifidlog, a town built out of logs. Ironic. Anyway, Pacifidlog contains of a pokemon center and four houses. The house farthest to the southeast has a man that tells you if Mirage Island is visible.

9.24) Sealed Cavern

Okay, to start off, beat the Elite four. Also catch the pokemon Relicanth and Wailord, and put them in your party. (Relicanth is found underwater at Routes 124-126 and Wailord is found at Route 129)

Fly to pacifidlog town. You should arrive at the Pokemon Center. Go two steps down and go to the logs at the right. Surf for 12 steps left, 8 steps south, and 7 steps left. The current then should get you and you should battle this guy. Win. Then, take 4 steps south, 7 steps left, and surf. The current should take you to another island. Go straight left until you reach the water, and surf. The current should bring you to open water. Take 6 steps left and surf yet again. You should land on an island. Go 4 steps north, 6 steps left, 3 steps south, 7 steps left, 3 steps south, three steps left, one step north, and one step left, and surf. The current should take you to another island. Go straight left across the island and surf again. You should reach deep water. Now, dive.

Go two steps south and into the entranceway. Go 25 steps south, 3 steps right, 11 steps south, 3 steps left, 6 steps south, 5 steps right, and press B.

Okay, go to the back with the big braille writing. Teach one of your pokemon dig and use it. Onto the next stage.

Again, go to the back. Put Relicanth at the beginning of your party, and Wailord as the last pokemon in your party. Go to the rock at the end, and press A. That's it. You then have to go find caves and get Regirock, Registeel, and RegiIce.

REGIROCK

Go into the desert, and go way south, until you reach a cave. Go straight Forward. The braille says...

RIGHT RIGHT DOWN DOWN THEN USE STRENGTH

Do so, and the wall opens. Go straight forward and encounter REGIROCKlv40! CATCH HIM! Use water moves until he's very low in health. It also helps if you make him fall asleep. Then leave. SAVE BEFORE THE BATTLE!!!!!!!!!!!!

REGIICE

Fly to Dewford. Go to granite cave, go north of it, and surf north, until you reach two islands with trees on them. Go to the islands, and surf north, until you reach a cave. Go to the braille. It says...

STOP AND WAIT WAIT FOR TIME TO PASS TWICE

Erm, just stare at the rock (with the braille still up) for two minutes. Go to the pokemon and FIGHT!!!!!!!!!! Use the same strategy as before. Time for the last Regi. SAVE BEFORE THE BATTLE!!!!!!!!!!!!

REGISTEEL

Okay, fly to Fortree City. Then, go east and follow Route 120. After you cross a bridge made of logs, go as far south as possible. When you see stairs, climb them. Go north from the stairs, cut through the grass, climb another set of stairs, and enter the cavern. Go to the braille. It says...

WITH NEW TIME HOPE AND LOVE AIM TO THE SKY IN THE MIDDLE

Take four steps down and use the HM fly. The door should now open. Go in and

face Registeel. He is very hard to catch. Weaken him as much as possible and then put him to sleep. Throw some Ultra Balls at him and catch him (You'll have to use a lot of ultra balls). That's it for Sealed Cavern. SAVE BEFORE THE BATTLE!!!!!!!!!!!!

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