

**TURTWIG**

GEN IV - SINNOH

#387



MADE FROM SOIL, THE SHELL ON ITS BACK HARDENS WHEN IT DRINKS WATER. IT LIVES ALONG LAKES.

**MONFERNO**

GEN IV - SINNOH

#391



TO INTIMIDATE ATTACKERS, IT STRETCHES THE FIRE ON ITS TAIL TO MAKE ITSELF APPEAR BIGGER.

**GROTE**

GEN IV - SINNOH

#388



IT KNOWS WHERE PURE WATER WELLS UP. IT CARRIES FELLOW POKÉMON THERE ON ITS BACK.

**TORTERRA**

GEN IV - SINNOH

#389



SMALL POKÉMON OCCASIONALLY GATHER ON ITS UNMOVING BACK TO BEGIN BUILDING THEIR NESTS.

**CHIMCHAR**

GEN IV - SINNOH

#390



IT AGILELY SCALES SHEER CLIFFS TO LIVE ATOP CRAGGY MOUNTAINS. ITS FIRE IS PUT OUT WHEN IT SLEEPS.

**INFERNAPE**

GEN IV - SINNOH

#392



IT USES A SPECIAL KIND OF MARTIAL ARTS INVOLVING ALL ITS LIMBS. ITS FIRE NEVER GOES OUT.

**PIPLUP**

GEN IV - SINNOH

#393



BECAUSE IT IS VERY PROUD, IT HATES ACCEPTING FOOD FROM PEOPLE. ITS THICK DOWN GUARDS IT FROM COLD.

**PRINPLUP**

GEN IV - SINNOH

#394



IT LIVES ALONE, AWAY FROM OTHERS. APPARENTLY, EVERY ONE OF THEM BELIEVES IT IS THE MOST IMPORTANT.



**EMPOLEON**  
GEN IV - SINNOH

#395

WATER  
STEEL

THE THREE HORNS THAT EXTEND FROM ITS BEAK ATTEST TO ITS POWER. THE LEADER HAS THE BIGGEST HORNS.



PIPLUP → PRINPLUP → EMPOLEON

**STARLY**  
GEN IV - SINNOH

#396

NORMAL  
FLYING

THEY FLOCK IN GREAT NUMBERS. THOUGH SMALL, THEY FLAP THEIR WINGS WITH GREAT POWER.



STARLY → STARAVIA → STARAPTOR

**STARAVIA**  
GEN IV - SINNOH

#397

NORMAL  
FLYING

IT FLIES AROUND FORESTS AND FIELDS IN SEARCH OF BUG POKÉMON. IT STAYS WITHIN A HUGE FLOCK.



STARLY → STARAVIA → STARAPTOR

**STARAPTOR**  
GEN IV - SINNOH

#398

NORMAL  
FLYING

IT HAS A SAVAGE NATURE. IT WILL COURAGEOUSLY CHALLENGE FOES THAT ARE MUCH LARGER.



STARLY → STARAVIA → STARAPTOR

**BIDOOF**  
GEN IV - SINNOH

#399

NORMAL



WITH NERVES OF STEEL, NOTHING CAN PERTURB IT. IT IS MORE AGILE AND ACTIVE THAN IT APPEARS.



BIDOOF → BIBAREL

**BIBAREL**  
GEN IV - SINNOH

#400

NORMAL  
WATER

IT MAKES ITS NEST BY DAMMING STREAMS WITH BARK AND MUD. IT IS KNOWN AS AN INDUSTRIOUS WORKER.



BIDOOF → BIBAREL

**KRICKETOT**  
GEN IV - SINNOH

#401

BUG



IT SHAKES ITS HEAD BACK TO FRONT, CAUSING ITS ANTENNAE TO HIT EACH OTHER AND SOUND LIKE A XYLOPHONE.



KRICKETOT → KRICKETUNE

**KRICKETUNE**  
GEN IV - SINNOH

#402

BUG



IT CROSSES ITS KNIFELIKE ARMS IN FRONT OF ITS CHEST WHEN IT CRIES. IT CAN COMPOSE MELODIES AD LIB.



KRICKETOT → KRICKETUNE

**SHINX**

GEN IV - SINNOH



ALL OF ITS FUR DAZZLES IF DANGER IS SENSED. IT FLEES WHILE THE FOE IS MOMENTARILY BLINDED.

**ELECTRIC****LUXIO**

GEN IV - SINNOH



ITS CLAWS LOOSE ELECTRICITY WITH ENOUGH AMPERAGE TO CAUSE FAINTING. THEY LIVE IN SMALL GROUPS.

**ELECTRIC****LUXRAY**

GEN IV - SINNOH



IT HAS EYES THAT CAN SEE THROUGH ANYTHING. IT SPOTS AND CAPTURES PREY HIDING BEHIND OBJECTS.

**ELECTRIC****BUDEW**

GEN IV - SINNOH

**GRASS**  
**POISON**

OVER THE WINTER, IT CLOSES ITS BUD AND ENDURES THE COLD. IN SPRING, THE BUD OPENS AND RELEASES POLLEN.

**ROSERADE**

GEN IV - SINNOH

**GRASS**  
**POISON**

IT ATTRACTS PREY WITH A SWEET AROMA, THEN DOWNS IT WITH THORNY WHIPS HIDDEN IN ITS ARMS.

**CRANIDOS**

GEN IV - SINNOH

**ROCK**

IT LIVED IN JUNGLES AROUND 100 MILLION YEARS AGO. ITS SKULL IS AS HARD AS IRON.

**RAMPARDOS**

GEN IV - SINNOH



#409

ITS POWERFUL HEAD BUTT HAS ENOUGH POWER TO SHATTER EVEN THE MOST DURABLE THINGS UPON IMPACT.

**SHIELDON**

GEN IV - SINNOH

**ROCK**  
**STEEL**

A POKÉMON THAT LIVED IN JUNGLES AROUND 100 MILLION YEARS AGO. ITS FACIAL HIDE IS EXTREMELY HARD.



**BASTIODON**  
GEN IV - SINNOH

#411



ROCK

STEEL

ANY FRONTAL ATTACK IS REPULSED. IT IS A DOCILE POKÉMON THAT FEEDS ON GRASS AND BERRIES.



SHELDON

BASTIODON

**BURMY**  
GEN IV - SINNOH

#412

BUG



TO SHELTER ITSELF FROM COLD, WINTRY WINDS, IT COVERS ITSELF WITH A CLOAK MADE OF TWIGS AND LEAVES.



BURMY

WORMADAM

MOTHIM

**WORMADAM-PLANT**  
GEN IV - SINNOH

#413

BUG

GRASS



WHEN BURMY EVOLVED, ITS CLOAK BECAME A PART OF THIS POKÉMON'S BODY. THE CLOAK IS NEVER SHED.



BURMY

WORMADAM

MOTHIM

**MOTHIM**  
GEN IV - SINNOH

#414

BUG

FLYING



IT LOVES THE HONEY OF FLOWERS AND STEALS HONEY COLLECTED BY COMBEE.



BURMY

WORMADAM

MOTHIM

**COMBEE**  
GEN IV - SINNOH

#415

BUG  
FLYING

A POKÉMON FORMED BY THREE OTHERS. IT BUSILY CARRIES SWEET FLORAL HONEY TO VESPIQUEN.



COMBEE

VESPIQUEN

**VESPIQUEN**  
GEN IV - SINNOH

#416

BUG  
FLYING

ITS ABDOMEN IS A HONEYCOMB FOR GRUBS. IT RAISES ITS GRUBS ON HONEY COLLECTED BY COMBEE.



COMBEE

VESPIQUEN

**PACHIRISU**  
GEN IV - SINNOH

#417

ELECTRIC



IT MAKES FUR BALLS THAT CRACKLE WITH STATIC ELECTRICITY. IT STORES THEM WITH BERRIES IN TREE HOLES.

**BUIZEL**  
GEN IV - SINNOH

#418

WATER



IT HAS A FLOTATION SAC THAT IS LIKE AN INFLATABLE COLLAR. IT FLOATS ON WATER WITH ITS HEAD OUT.



BUIZEL

FLOATZEL

**FLOATZEL**  
GEN IV - SINNOH

#419



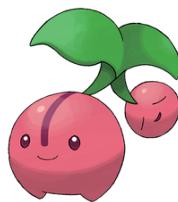
WATER

IT FLOATS USING ITS WELL-DEVELOPED FLOTATION SAC. IT ASSISTS IN THE RESCUES OF DROWNING PEOPLE.

**CHERUBI**  
GEN IV - SINNOH

#420

GRASS



THE SMALL BALL HOLDS THE NUTRIENTS NEEDED FOR EVOLUTION. APPARENTLY, IT IS VERY SWEET AND TASTY.

**GASTRODON**  
GEN IV - SINNOH

#423

WATER  
GROUND

IT HAS A PLIABLE BODY WITHOUT ANY BONES. IF ANY PART OF ITS BODY IS TORN OFF, IT GROWS RIGHT BACK.

**AMBIPOOM**  
GEN IV - SINNOH

#424

NORMAL



TO EAT, IT DEFTLY SHUCKS NUTS WITH ITS TWO TAILS. IT RARELY USES ITS ARMS NOW.

**CHERRIM**  
GEN IV - SINNOH

#421

GRASS



IT BLOOMS DURING TIMES OF STRONG SUNLIGHT. IT TRIES TO MAKE UP FOR EVERYTHING IT ENDURED AS A BUD.

**SHELLOS**  
GEN IV - SINNOH

#422

WATER



ITS COLORS AND SHAPES DIFFER FROM REGION TO REGION. IN THE SINNOH REGION, TWO TYPES ARE CONFIRMED.

**DRIFLOON**  
GEN IV - SINNOH

#425

GHOST  
FLYING

A POKÉMON FORMED BY THE SPIRITS OF PEOPLE AND POKÉMON. IT LOVES DAMP, HUMID SEASONS.

**DRIFBLIM**  
GEN IV - SINNOH

#426

GHOST  
FLYING

AT DUSK, SWARMS OF THEM ARE CARRIED aloft on WINDS. WHEN NOTICED, THEY SUDDENLY VANISH.



**BUNEARY**  
GEN IV - SINNOH

#427



NORMAL

IT SLAMS FOES BY SHARPLY UNCOILING ITS ROLLED EARS. IT STINGS ENOUGH TO MAKE A GROWN-UP CRY IN PAIN.



BUNEARY → LOPUNNY

**GLAMEOW**  
GEN IV - SINNOH

#431



NORMAL

IT CLAWS IF DISPLEASED AND PURRS WHEN AFFECTIONATE. ITS FICKLENESS IS VERY POPULAR AMONG SOME.



GLAMEOW → PURUGLY

**LOPUNNY**  
GEN IV - SINNOH

#428



NORMAL

AN EXTREMELY CAUTIOUS POKÉMON. IT CLOAKS ITS BODY WITH ITS FLUFFY EAR FUR WHEN IT SENSES DANGER.



BUNEARY → LOPUNNY

**MISMAGIUS**  
GEN IV - SINNOH

#429



GHOST

ITS CRIES SOUND LIKE INCANTATIONS. THOSE HEARING IT ARE TORMENTED BY HEADACHES AND HALLUCINATIONS.



MISDREAVUS → MISMAGIUS

**HONCHKROW**  
GEN IV - SINNOH

#430

DARK  
FLYING

BECOMING ACTIVE AT NIGHT, IT IS KNOWN TO SWARM WITH NUMEROUS MURKROW IN TOW.



MURKROW → HONCHKROW

**CHINGLING**  
GEN IV - SINNOH

#432



NORMAL

IT IS A BRAZEN BRUTE THAT BARGES ITS WAY INTO ANOTHER POKÉMON'S NEST AND CLAIMS IT AS ITS OWN.



CHINGLING → CHIMECHO

**PURUGLY**  
GEN IV - SINNOH

#433



PSYCHIC

IT EMITS CRIES BY AGITATING AN ORB AT THE BACK OF ITS THROAT. IT MOVES WITH FLOUNCING HOPS.

**STUNKY**  
GEN IV - SINNOH

#434

POISON  
DARK

IT PROTECTS ITSELF BY SPRAYING A NOXIOUS FLUID FROM ITS REAR. THE STENCH LINGERS FOR 24 HOURS.



STUNKY → SKUNTANK

## SKUNTANK

GEN IV - SINNOH

#435



POISON

DARK

IT SPRAYS A VILE-SMELLING FLUID FROM THE TIP OF ITS TAIL TO ATTACK. ITS RANGE IS OVER 160 FEET.



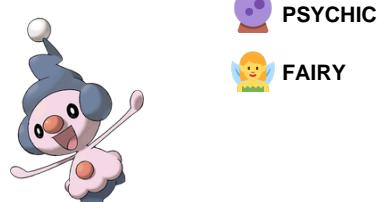
STUNFY

SKUNTANK

## MIME-JR

GEN IV - SINNOH

#439



PSYCHIC

FAIRY

IT HABITUALLY MIMICS FOES. ONCE MIMICKED, THE FOE CANNOT TAKE ITS EYES OFF THIS POKÉMON.



MIME-JR

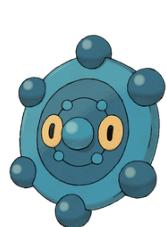
MR-MIME

MR-RIME

## BRONZOR

GEN IV - SINNOH

#436



STEEL

PSYCHIC

IMPLEMENT SHAPED LIKE IT WERE DISCOVERED IN ANCIENT TOMBS. IT IS UNKNOWN IF THEY ARE RELATED.



BRONZOR

BRONZONG

## HAPPINY

GEN IV - SINNOH

#440



NORMAL

IT LOVES ROUND WHITE THINGS. IT CARRIES AN EGG-SHAPED ROCK IN IMITATION OF CHANSEY.



HAPPINY

CHANSEY

BLISSEY

## BRONZONG

GEN IV - SINNOH

#437



STEEL

PSYCHIC

ONE CAUSED A NEWS SENSATION WHEN IT WAS DUG UP AT A CONSTRUCTION SITE AFTER A 2,000-YEAR SLEEP.



BRONZOR

BRONZONG

## CHATOT

GEN IV - SINNOH

#441



NORMAL

FLYING

IT CAN LEARN AND SPEAK HUMAN WORDS. IF THEY GATHER, THEY ALL LEARN THE SAME SAYING.

## BONSLY

GEN IV - SINNOH

#438

ROCK



IT LOOKS AS IF IT IS ALWAYS CRYING. IT IS ACTUALLY ADJUSTING ITS BODY'S FLUID LEVELS BY ELIMINATING EXCESS.



BONSLY

SUDOWOODO

## SPIRITOMB

GEN IV - SINNOH

#442

GHOST

DARK



A POKÉMON THAT WAS FORMED BY 108 SPIRITS. IT IS BOUND TO A FISSURE IN AN ODD KEYSOME.

**GIBLE**

GEN IV - SINNOH

#443



DRAGON

GROUND

IT NESTS IN SMALL, HORIZONTAL HOLES IN CAVE WALLS. IT POUNCES TO CATCH PREY THAT STRAY TOO CLOSE.



GIBLE → GABITE → GARCHOMP

**RIOLU**

GEN IV - SINNOH

#447



FIGHTING

THE AURA THAT EMANATES FROM ITS BODY INTENSIFIES TO ALERT OTHERS IF IT IS AFRAID OR SAD.

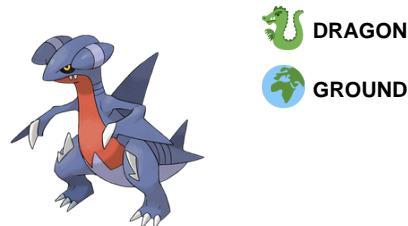


RIOLU → LUCARIO

**GABITE**

GEN IV - SINNOH

#444



DRAGON

GROUND

THERE IS A LONG-HELD BELIEF THAT MEDICINE MADE FROM ITS SCALES WILL HEAL EVEN INCURABLE ILLNESSES.



GIBLE → GABITE → GARCHOMP

**LUCARIO**

GEN IV - SINNOH

#448



FIGHTING

STEEL

IT HAS THE ABILITY TO SENSE THE AURAS OF ALL THINGS. IT UNDERSTANDS HUMAN SPEECH.



RIOLU → LUCARIO

**GARCHOMP**

GEN IV - SINNOH

#445



DRAGON

GROUND

WHEN IT FOLDS UP ITS BODY AND EXTENDS ITS WINGS, IT LOOKS LIKE A JET PLANE. IT FLIES AT SONIC SPEED.



GIBLE → GABITE → GARCHOMP

**MUNCHLAX**

GEN IV - SINNOH

#446



NORMAL

IT WOLFS DOWN ITS WEIGHT IN FOOD ONCE A DAY, SWALLOWING FOOD WHOLE WITH ALMOST NO CHEWING.



MUNCHLAX → SNORLAX

**HIPPOPOTAS**

GEN IV - SINNOH

#449

GROUND



IT LIVES IN ARID PLACES. INSTEAD OF PERSPIRATION, IT EXPELS GRAINY SAND FROM ITS BODY.



HIPPOPOTAS → HIPPOWDON

**HIPPOWDON**

GEN IV - SINNOH

#450

GROUND



IT BLASTS INTERNALLY STORED SAND FROM PORTS ON ITS BODY TO CREATE A TOWERING TWISTER FOR ATTACK.



HIPPOPOTAS → HIPPOWDON

**SKORUPI**

GEN IV - SINNOH

#451



IT GRIPS PREY WITH ITS TAIL CLAWS AND INJECTS POISON. IT TENACIOUSLY HANGS ON UNTIL THE POISON TAKES.



SKORUPI → DRAPION

**DRAPION**

GEN IV - SINNOH

#452



IT HAS THE POWER IN ITS CLAWED ARMS TO MAKE SCRAP OF A CAR. THE TIPS OF ITS CLAWS RELEASE POISON.



SKORUPI → DRAPION

**CROAGUNK**

GEN IV - SINNOH

#453



ITS CHEEKS HOLD POISON SACS. IT TRIES TO CATCH FOES OFF GUARD TO JAB THEM WITH TOXIC FINGERS.



CROAGUNK → TOXICROAK

**TOXICROAK**

GEN IV - SINNOH

#454



ITS KNUCKLE CLAWS SECRETE A TOXIN SO VILE THAT EVEN A SCRATCH COULD PROVE FATAL.



CROAGUNK → TOXICROAK

**CARNIVINE**

GEN IV - SINNOH

#455



IT ATTRACTS PREY WITH ITS SWEET-SMELLING SALIVA, THEN CHOMPS DOWN. IT TAKES A WHOLE DAY TO EAT PREY.

**FINNEON**

GEN IV - SINNOH

#456



AFTER LONG EXPOSURE TO SUNLIGHT, THE PATTERNS ON ITS TAIL FINS SHINE VIVIDLY WHEN DARKNESS ARRIVES.



FINNEON → LUMINEON

**LUMINEON**

GEN IV - SINNOH

#457



IT LIVES ON THE DEEP-SEA FLOOR. IT ATTRACTS PREY BY FLASHING THE PATTERNS ON ITS FOUR TAIL FINS.



FINNEON → LUMINEON

**MANTYKE**

GEN IV - SINNOH

#458



A FRIENDLY POKÉMON THAT CAPTURES THE SUBTLE FLOWS OF SEAWATER USING ITS TWO ANTENNAE.



MANTYKE → MANTINE

**SNOVER**

GEN IV - SINNOH

#459



IT LIVES ON SNOWY MOUNTAINS. HAVING HAD LITTLE CONTACT WITH HUMANS, IT IS BOLDLY INQUISITIVE.



SNOVER → ABOMASNOW

**ABOMASNOW**

GEN IV - SINNOH

#460



IT WHIPS UP BLIZZARDS IN MOUNTAINS THAT ARE ALWAYS BURIED IN SNOW. IT IS THE ABOMINABLE SNOWMAN.



SNOVER → ABOMASNOW

**WEAVILE**

GEN IV - SINNOH

#461



THEY LIVE IN COLD REGIONS, FORMING GROUPS OF FOUR OR FIVE THAT HUNT PREY WITH IMPRESSIVE COORDINATION.



SNEASEL → WEAVILE → SNEASLER

**MAGNEZONE**

GEN IV - SINNOH

#462



IT EVOLVED FROM EXPOSURE TO A SPECIAL MAGNETIC FIELD. THREE UNITS GENERATE MAGNETISM.



MAGNEMITE → MAGNETON → MAGNEZONE

**LICKILICKY**

GEN IV - SINNOH

#463



IT WRAPS THINGS WITH ITS EXTENSIBLE TONGUE. GETTING TOO CLOSE TO IT WILL LEAVE YOU SOAKED WITH DROOL.



LICKITUNG → LICKILICKY

**RHYPERIOR**

GEN IV - SINNOH

#464



IT PUTS ROCKS IN HOLES IN ITS PALMS AND USES ITS MUSCLES TO SHOOT THEM. GEODUDE ARE SHOT AT RARE TIMES.



RHYHORN → RHYDON → RHYPERIOR

**TANGROWTH**

GEN IV - SINNOH

#465



IT ENSNAres PREY BY EXTENDING ARMS MADE OF VINES. LOSING ARMS TO PREDATORS DOES NOT TROUBLE IT.



TANGELA → TANGROWTH

**ELECTIVIRE**

GEN IV - SINNOH

#466



AS ITS ELECTRIC CHARGE AMPLIFIES, BLUE SPARKS BEGIN TO CRACKLE BETWEEN ITS HORNS.



ELEKID → ELECTABUZZ → ELECTIVIRE

**MAGMORTAR**

GEN IV - SINNOH

#467



IT BLASTS FIREBALLS OF OVER 3,600 DEGREES F FROM THE ENDS OF ITS ARMS. IT LIVES IN VOLCANIC CRATERS.



MAGBY → MAGMAR → MAGMORTAR

**GLACEON**

GEN IV - SINNOH

#471



AS A PROTECTIVE TECHNIQUE, IT CAN COMPLETELY FREEZE ITS FUR TO MAKE ITS HAIRS STAND LIKE NEEDLES.



UMBREON → LEAFEON → GLACEON → SYLVEON

**TOGEKISS**

GEN IV - SINNOH

#468



IT WILL NEVER APPEAR WHERE THERE IS STRIFE. ITS SIGHTINGS HAVE BECOME RARE RECENTLY.



TOGEPI → TOGETIC → TOGEKISS

**YANMEGA**

GEN IV - SINNOH

#469



BY CHURNING ITS WINGS, IT CREATES SHOCK WAVES THAT INFILTRATE CRITICAL INTERNAL INJURIES TO FOES.



YANMA → YANMEGA

**LEAFEON**

GEN IV - SINNOH

#470



JUST LIKE A PLANT, IT USES PHOTOSYNTHESIS. AS A RESULT, IT IS ALWAYS ENVELOPED IN CLEAR AIR.

**GLACEON**

GEN IV - SINNOH

#471

**GLISCOR**

GEN IV - SINNOH

#472



IT OBSERVES PREY WHILE HANGING INVERTED FROM BRANCHES. WHEN THE CHANCE PRESENTS ITSELF, IT SWOOPS!



GLIGAR → GLISCOR

**MAMOSWINE**

GEN IV - SINNOH

#473



**GALLADE**  
GEN IV - SINNOH

#475



A MASTER OF COURTESY AND SWORDSMANSHIP, IT FIGHTS USING EXTENDING SWORDS ON ITS ELBOWS.



RALTS

KIRLIA

GARDEVOIR



## GEN IV - SINNOH

#479



ITS BODY IS COMPOSED OF PLASMA. IT IS KNOWN TO INFILTRATE ELECTRONIC DEVICES AND WREAK HAVOC.

**PROBOPASS**  
GEN IV - SINNOH

#476



IT FREELY CONTROLS THREE SMALL UNITS CALLED MINI-NOSES USING MAGNETIC FORCE.



NOSEPASS



## GEN IV - SINNOH

#480



KNOWN AS "THE BEING OF KNOWLEDGE." IT IS SAID THAT IT CAN WIPE OUT THE MEMORY OF THOSE WHO SEE ITS EYES.

**DUSKNOIR**  
GEN IV - SINNOH

#477



THE ANTENNA ON ITS HEAD CAPTURES RADIO WAVES FROM THE WORLD OF SPIRITS THAT COMMAND IT TO TAKE PEOPLE THERE.



DUSKULL

DUSCLOPS

DUSKNOIR

## GEN IV - SINNOH

#481



KNOWN AS "THE BEING OF EMOTION." IT TAUGHT HUMANS THE NOBILITY OF SORROW, PAIN, AND JOY.

**FROSLASS**  
GEN IV - SINNOH

#478



IT FREEZES FOES WITH AN ICY BREATH NEARLY -60 DEGREES F. WHAT SEEMS TO BE ITS BODY IS ACTUALLY HOLLOW.



SNORUNT

GLALIE

FROSLASS

## GEN IV - SINNOH

#482



KNOWN AS "THE BEING OF WILLPOWER." IT SLEEPS AT THE BOTTOM OF A LAKE TO KEEP THE WORLD IN BALANCE.

**DIALGA**

GEN IV - SINNOH

#483



STEEL

DRAGON

LEGENDARY

IT HAS THE POWER TO CONTROL TIME. IT APPEARS IN SINNOH-REGION MYTHS AS AN ANCIENT DEITY.

**PALKIA**

GEN IV - SINNOH

#484



WATER

DRAGON

LEGENDARY

IT HAS THE ABILITY TO DISTORT SPACE. IT IS DESCRIBED AS A DEITY IN SINNOH-REGION MYTHOLOGY.

**HEATRAN**

GEN IV - SINNOH

#485



FIRE

STEEL

LEGENDARY

IT DWELLS IN VOLCANIC CAVES. IT DIGS IN WITH ITS CROSS-SHAPED FEET TO CRAWL ON CEILINGS AND WALLS.

**REGIGIGAS**

GEN IV - SINNOH

#486



NORMAL

LEGENDARY

THERE IS AN ENDURING LEGEND THAT STATES THIS POKÉMON TOWED CONTINENTS WITH ROPES.

**GIRATINA-ALTERED**

GEN IV - SINNOH

#487



GHOST

DRAGON

LEGENDARY

A POKÉMON THAT IS SAID TO LIVE IN A WORLD ON THE REVERSE SIDE OF OURS. IT APPEARS IN AN ANCIENT CEMETERY.

**CRESSELIA**

GEN IV - SINNOH

#488



PSYCHIC

LEGENDARY

SHINY PARTICLES ARE RELEASED FROM ITS WINGS LIKE A VEIL. IT IS SAID TO REPRESENT THE CRESCENT MOON.

**PHIONE**

GEN IV - SINNOH

#489



WATER

MYTHICAL

IT DRIFTS IN WARM SEAS. IT ALWAYS RETURNS TO WHERE IT WAS BORN, NO MATTER HOW FAR IT MAY HAVE DRIFTED.

**MANAPHY**

GEN IV - SINNOH

#490



WATER

MYTHICAL

BORN ON A COLD SEAFLOOR, IT WILL SWIM GREAT DISTANCES TO RETURN TO ITS BIRTHPLACE.



**DARKRAI**

GEN IV - SINNOH



IT CAN LULL PEOPLE TO SLEEP AND MAKE THEM DREAM. IT IS ACTIVE DURING NIGHTS OF THE NEW MOON.

#491



DARK



MYTHICAL

**SHAYMIN-LAND**

GEN IV - SINNOH



#492



GRASS



MYTHICAL

IT LIVES IN FLOWER PATCHES AND AVOIDS DETECTION BY CURLING UP TO LOOK LIKE A FLOWERING PLANT.

**ARCEUS**

GEN IV - SINNOH



#493



NORMAL



MYTHICAL

IT IS DESCRIBED IN MYTHOLOGY AS THE POKÉMON THAT SHAPED THE UNIVERSE WITH ITS 1,000 ARMS.