



GALAR

EXPEDITION GUIDE

**The official guide of the
locations that inspired
Pokémon Sword and
*Pokémon Shield***

GREETINGS TRAINERS!

Welcome to the official guide to the inspirations behind the Galar region.

What is the Galar region?

The Galar region is the setting for the Pokémon Sword and Pokémon Shield video games. When creating the Galar region, GAME FREAK, creators of Pokémon Sword and Pokémon Shield, based the region on real-world locations across the United Kingdom.



How does the Galar Expedition Guide work?

This printable guide will highlight locations in the United Kingdom that inspired areas in Pokémon Sword and Pokémon Shield. We hope you'll have fun viewing all the inspirational sites.

Be safe out there Trainers!
We hope you use this official guide to set out on your own amazing adventure across the Galar region!

GAME FREAK'S DESIGN PHILOSOPHY

One of the features of GAME FREAK's design philosophy is that of creating mimicry.

Games act as a tool for players' imaginations—by experiencing mimicry as part of a game's design, a player can be deeply immersed and invested into the game's setting, story, and characters.

When playing a video game, a player knows that whatever is happening within the game is not real, but they use the experience the game offers combined with their own imagination to role-play as if they were in the game. The key to obtaining this deep level of play and engagement is simulating a realistic world in the game.

By taking inspiration from real-world environments, game designers can allow players to really feel like they're part of the game.

This guide will take you through some of the real-world locations that GAME FREAK used as inspiration to create the realistic and lived-in environments within the Galar region.

The locations in this guide were just the starting points of Galar's design; GAME FREAK used their creativity to iterate on these real-life locations and create the unique environments that players can see in Pokémon Sword and Pokémon Shield.



Want to explore the sites of Galar from home? Check out the Explore Galar YouTube series now at [Pokemon.com/Pokemonbus](https://www.pokemon.com/pokemonbus)

Join the likes of DanTDM, Ali-A, and more as they tour the UK in a Pokémon-themed bus visiting some of the key locations that inspired Pokémon Sword and Pokémon Shield!



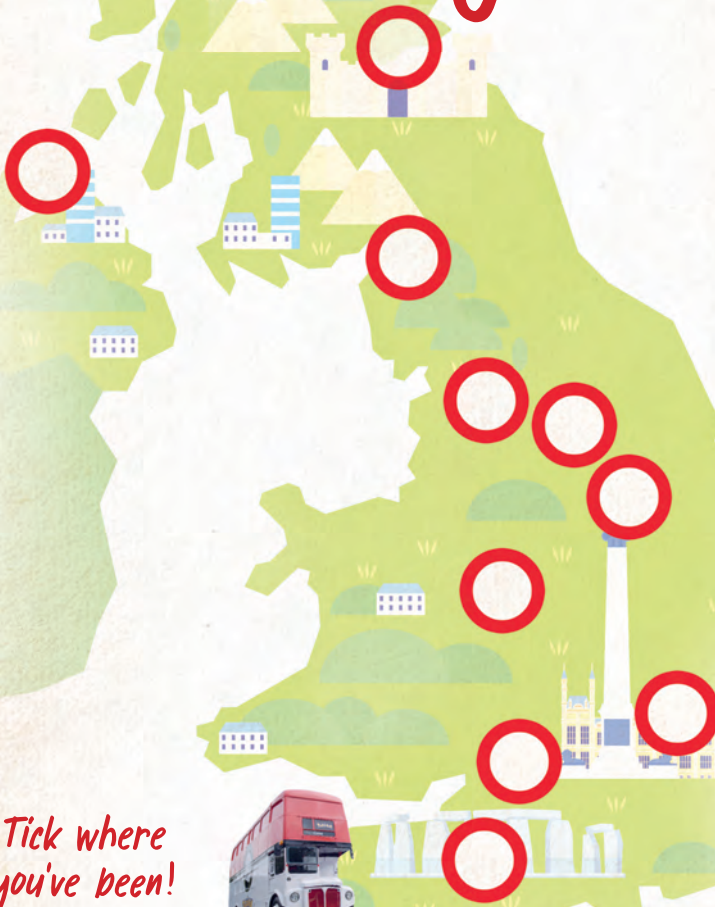
GALAR

EXPEDITION GUIDE

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let's Begin!



*Tick where
you've been!*



THE WILD AREA

Location: Central Galar

A defining feature of Galar is the massive uninhabited wilderness known as the Wild Area. You'll visit this wide, open expanse often on your adventure.

Situated in the county of Cumbria in the North West region of England is the Lake District. Consisting of sprawling lakes, large mountains, and a variety of interesting wildlife, the Lake District is known for its incredible natural beauty and is home to 12 of the largest lakes in England as well as England's highest mountain: Scafell Pike.

Nestled within the Lake District are several charming countryside villages that are well worth a visit, such as Keswick, Grasmere, and Bowness-on-Windermere—all of which have become popular tourist destinations for their rural British charm.

Known for inspiring a variety of classic British authors, the Lake District was also an inspiration in the creation of the Galar region. We can see some comparisons from the opening moments of the games within the rural towns of Postwick and Wedgehurst as well as in one of the games' biggest features, the Wild Area.

The Wild Area is a huge place to explore, filled with a variety of lakes, deep caves, huge landmarks, and lush wildlife. In the Wild Area, you can pour hours into your favourite pursuits, whether you want to catch a huge variety of Pokémon, set up a campsite to cook curry with other Trainers, take part in Max Raid Battles, or even uncover hidden items!

ROTOM PHONE MINI QUIZ

What can you cook in your campsite in the Wild Area?

(A) Stew (B) Soup (C) Pie (D) Curry

Answers bottom of next page



Check out the first episode of the Explore Galar series at [pokemon.com/pokemonbus](https://www.pokemon.com/pokemonbus) to watch DanTDM discover the secrets of the Galar region!



Camping
A great way to bond with your Pokémon and make delicious curry!

Scorbunny

Type: Fire
Height: 0.3m
Weight: 4.5kg



Bitter Cheese-Covered Curry Ingredients

- 1) Rawst Berry 2) Aguav Berry
- 3) Pomeg Berry 4) Ganton Berry
- 5) Apicot Berry 6) Coba Berry
- 7) Moomoo Cheese



POKÉMON DENS

Location: South, East and Central Galar

Pillars of light shining out from Pokémon Dens signal exciting activities for you to join.

Off the coast of the county of Antrim in Northern Ireland is a natural wonder known as the Giant's Causeway. Made up of around 40 thousand hexagonal basalt stone columns, the Giant's Causeway was created as the result of a volcanic eruption approximately 50 to 60 million years ago. In Celtic mythology, the causeway was said to be created by the Irish giant Fionn mac Cumhaill as a means of crossing the channel so he could fight with the Scottish giant Benandonner.

"How did this inspire the Galar region?" you may be asking yourself. Well, in the world of Pokémon Sword and Pokémon Shield, there is the Dynamax phenomenon, which causes Pokémon to take on gigantic proportions in battle.

Wild Dynamax Pokémon can be found in Pokémon Dens scattered across the Wild Area, and Trainers must team up with three other Trainers to defeat and catch these giant Pokémon.

The Giant's Causeway was not only the inspiration behind these supersized Dynamax battles, but it also inspired the appearance of the Pokémon Dens themselves.

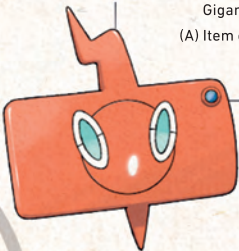


ROTOM PHONE MINI QUIZ

What is the name of the mechanic that introduces Dynamax and Gigantamax Pokémon in the Pokémon Trading Card Game?

(A) Item cards (B) Stadium cards (C) VMAX cards (D) Energy cards

Answers bottom of next page



Pokémon Den

Interact with an active den to start a Max Raid Battle!



Gigantamax Pikachu

Type: *Electric*

Height: 21+m

Weight: ????.?Kg



Look for a beam of light.
If there isn't one, try
using a Wishing Piece!



TURFFIELD

Location: West Galar

Welcome to the town of Turffield. A town nestled within the nurturing bowl of many terraced farming fields.

Stonehenge is an ancient site found in Amesbury in the South West region of England. Still shrouded in mystery, Stonehenge is one of the oldest human-made structures still standing today and was created around 4,500 years ago.

To this day, no one knows exactly why it was built. Some believe it was a calendar, some believe it was an ancient temple to long forgotten deities, and some think it was created as a mass graveyard. Even during the height of the Roman empire, the stone circle at Stonehenge was considered ancient!

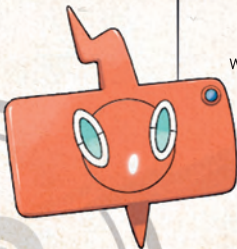
With such huge historical significance and ties to the United Kingdom, it is no wonder that the archaeological site of Stonehenge was the inspiration behind one of the early towns Trainers visit in the Galar region: Turffield. Home of the Grass-type Gym Leader Milo,

Turffield is known across the region for its sprawling green hills and history.

The town features ancient stone structures and prehistoric works of art that many believe showcase the Dynamax phenomenon. Not only did Stonehenge inspire Turffield, but its mystery also helped build the lore of the Galar region being an enduring area that is home to many generations of people over thousands of years.

Additional fact: Just outside of Turffield on Route 4, Trainers will encounter wide open golden fields surrounded by dry stone walls. These field boundaries are very common across Britain.

Dry stone walls can be from times as ancient as the Iron Age and today they are an integral part of the British agricultural landscape. Turffield is one of the towns in Pokémon Sword and Pokémon Shield that captures the essence of the British rural life.



ROTOM PHONE MINI QUIZ

What Badge do you earn after defeating Milo, the leader of the Turffield Gym?

- (A) The Bug Badge (B) The Grass Badge (C) The Ground Badge
(D) The Rock Badge

Answers bottom of next page





MOTOSTOKE

Location: Central Galar

Welcome to the city of Motostoke. An industrial city studded with steam-powered marvels of modern engineering.

In northern England lies one of the United Kingdom's largest cities, Manchester. This city's population and economy boomed at the turn of the 19th century with the invention of the steam engine and the opening of textile factories.

A shift of the population and the economy from the countryside to busy urban areas gave birth to a new era known as the Industrial Revolution.

Within Manchester runs the River Irwell, which was used in the 19th century to build the Manchester Ship Canal, making the city a major inland seaport in Britain.

Red brick, ironwork, a prominent clock tower, railway, and steam power can all be seen in Motostoke, a city located in the

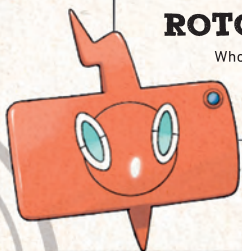
centre of the Galar region and GAME FREAK's take on British cities with a rich industrial past, just like Manchester.

Motostoke is known across the Galar region as an industrial city studded with steam-powered marvels of modern engineering and a place where people and Pokémon work hard to develop the region together.

Motostoke is also built around a great river, which helped increase its importance in Galar's economic success.

The Industrial Revolution was a huge influence in the creation of the Galar region—not just in the design of Motostoke but also within the region's ethos.

Galar is a fast-developing region with a gigantic industrial infrastructure. Can you think of any other ways the Industrial Revolution inspired Pokémon Sword and Pokémon Shield?



ROTOM PHONE MINI QUIZ

Who is the red-hot leader of the Motostoke Gym?

(A) Kabu (B) Marnie (C) Leon (D) Sonia

Answers bottom of next page





Galarian Weezing

Type: *Poison/Fairy*
Height: *3m*
Weight: *16kg*



! Check out episode three of the Explore Galar series at [Pokemon.com/Pokemonbus](https://www.pokemon.com/Pokemonbus) to see Ali-A explore Motostoke!

! Galarian Weezing consumes polluted particles and expels clean air!

GLIMWOOD TANGLE

Location: North West Galar

A dark and mysterious forest which links the towns of Stow-on-Side and Ballonlea.

Situated in the middle of England is the county of Nottinghamshire, home of Sherwood Forest and the legend of Robin Hood! Sherwood Forest is one of the UK's most famous forests and is comprised of around a thousand ancient oak trees, including the Major Oak, known as Robin Hood's shelter. Estimated to be between eight hundred and one thousand years old, the Major Oak is the biggest oak tree in Britain, with a canopy of 28 metres and a trunk circumference of about 10 metres! Sherwood Forest

is a mysterious place and has inspired many British fairy tales and stories across the centuries.

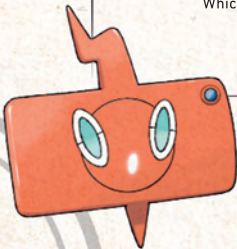
But which area of Galar does this relate to? Well, when designing the Glimwood Tangle, GAME FREAK took cues from Sherwood Forest's winding paths and mystifying history of folklore and myth. Amid the lights of Glimwood Tangle's luminescent mushrooms, enormous tree trunks and roots appear along the dark natural maze that takes you to the hidden town of Ballonlea. There, at the heart of these woods, you will find a place where people have made their homes among the trunks of the towering trees.

ROTOM PHONE MINI QUIZ

Which Illuminating Pokémon can you find in the glowing woods of Glimwood Tangle?

(A) Snorlax (B) Shiinotic (C) Wooloo (D) Eevee

Answers bottom of next page





Absorbs life energy from the forest and stores it in its mane.

Galarian Ponyta

Type: *Psychic*
Height: *0.8m*
Weight: *24kg*



CIRCHESTER

Location: North East Galar

Welcome to the town of Circhester. Buildings from an age long gone still stand about the steaming hot spring that covers the town.

Our journey now takes us to the South West region of England, to the county of Somerset to visit the city of Bath. This ancient city has a rich historical past and is well known for the Roman baths from which it derives its name.

The main thermal spring on which these spas are built was used as a shrine during the Iron Age by a Celtic tribe called the Dobunni.

It was then turned into a bathing complex under the Roman occupation of Britain. After the Romans withdrew from Britain at the beginning of the fifth century, the baths were abandoned and eventually collapsed. Over the following centuries, the Roman baths went through many excavations and modifications to create the baths that stand in the city today.

The city of Bath was the inspiration behind the city of Circhester in Pokémon Sword and Pokémon Shield.

Circhester features buildings from an age long gone standing beside the steaming hot springs seen around the town.

When stood in the main square of Circhester, Trainers will notice that Hotel Ionia is a strangely curved building.

The design and name of this building are a nod to Bath's famous Royal Crescent, a five-hundred-foot-long row of terraced houses and 114 Ionic columns designed by architect John Wood the Younger in the 18th century.

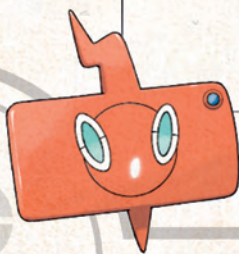
We hope Trainers will enjoy exploring Circhester on their journey through Galar. There may even be some interesting items to find!

ROTOM PHONE MINI QUIZ

Where in Circhester can you enjoy a yummy meal?

- (A) Hotel Ionia (B) The Circhester Bath (C) Bob's Your Uncle
(D) Circhester Stadium

Answers bottom of next page





To reach Lirchester, take Route 8 or Route 9—both to the south of the city!



Keep an eye out for Ice-type Pokémon around the city!

WYNDON

Location: North Galar

Welcome to the modern city of Wyndon. This booming metropolis was designed and developed by Galar's very own Chairman Rose.

In the southeast of the United Kingdom lies London, the largest city in Britain and the capital of England. Originally called Londinium, the city of London was established over two thousand years ago during the Roman occupation of Britain.

Since its founding as a settlement on the River Thames for Roman citizens, London has become one of the most affluent cities in the world with so much history that we could not possibly cover it in this guide!

The banks of the River Thames are filled with unique architecture and globally recognisable locations, such as the Houses of Parliament, Big Ben, the Tower of London, and more. Ancient monuments sit alongside huge modern skyscrapers, as well as buildings and shops from the medieval times up until the Victorian age.

London is incredible for its diversity of both people and environment.

The final big city that Trainers will visit in their journey throughout Galar is the region's largest and most important one: Wyndon. Wyndon is a cultural melting pot with the biggest population in Galar, and it's split by a large river. The city is home to the iconic Rose Tower, the gigantic Wyndon Stadium, and a huge shopping district.

The most epic Pokémon battles in the Galar region take place in this city and are broadcast across the world.

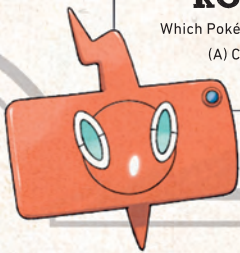
There is so much London-based inspiration found in every corner of Wyndon that it is impossible not to find your own associations. What things can you spot in Wyndon that scream London to you?

ROTOM PHONE MINI QUIZ

Which Pokémon appears on a gigantic statue at the entrance of Wyndon?

(A) Corviknight (B) Sirfetch'd (C) Duraludon (D) Stonjourner

Answers bottom of next page





Corviknight

Type: *Flying/Steel*

Height: *2.2m*

Weight: *75kg*



Said to be the strongest
bird Pokémon in the
Galar region.



THE CROWN TUNDRA

Location: South Galar

A frozen landscape in Galar where people have settled in small, tight-knit communities.

Located in the southeast of Scotland is the city of Edinburgh.

The capital of Scotland, Edinburgh is a city of natural and architectural beauty, known for its rich cultural history and eye-catching castle situated atop a long dormant volcano (known as Castle Rock).

Edinburgh houses the Scottish Parliament, and the city's Palace of Holyroodhouse is the official residence for the British Royal Family in Scotland, indicating a deep connection with the British monarchy.

With such a fascinating past, it is no wonder that Edinburgh inspired the design of the Crown

Tundra in Pokémon Sword and Pokémon Shield.

The Crown Tundra is located in the southernmost part of the Galar region. It is a large, snow-swept realm featuring jagged mountains, beautiful scenery and a wide, shining, silvery landscape, similar to the areas found in the Scottish Highlands. The Crown Tundra features architecture in the style of buildings found in Edinburgh, including a great palace atop the subregion's highest peak.

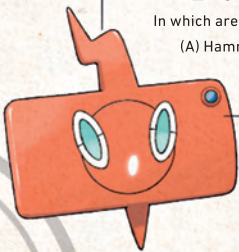
The Crown Tundra is also home to the King Pokémon, Calyrex, which is said to have ruled over the Galar region in ancient times.

ROTOM PHONE MINI QUIZ

In which area of Galar do Trainers meet the mysterious Pokémon Calyrex?

- (A) Hammerlocke (B) The Slumbering Weald (C) The Crown Tundra
(D) The Isle of Armor

Answers bottom of next page





Wooloo

Type: Normal

Height: 0.6m

Weight: 6kg



Wooloo's fleece is so fluffy that it can protect Wooloo if it falls from an extreme height.



If its fleece grows too long, Wooloo won't be able to move.



GALAR COMPETITIONS

Ball-based sports have been recorded in civilisations across the world for thousands of years.

However, the rules and structure of modern-day football were drawn up in Britain during the 19th Century. Since then, football has fast become one of the single most popular sports in the world.

In Galarian culture, Pokémon battles are incredibly popular, with thousands of passionate spectators filling stadiums to cheer on their favourite Gym Leaders, and even more

fans watching the action unfold thanks to the battles being broadcast on television throughout the Galar region, just like real-life football matches. The similarities between Galar's Pokémon League and real-world football don't end there—your Pokémon League uniform resembles a football kit, the Pokémon Stadiums resemble football stadiums, and of course we can't forget the skills of top striker Cinderace as it sends football-like fireballs flying toward its opponents!



Cinderace

Type: *Fire*

Height: *1.4m*

Weight: *33Kg*



It's skilled at both offense and defence, and it gets pumped up when cheered on. But if it starts showboating, it could put itself in a tough spot.



TRAINER STYLE

Have you noticed that the Lass and Schoolboy Trainers look different in the Galar region? In *Pokémon Sword* and *Pokémon Shield*, these Trainers can be seen wearing clothing inspired by traditional British school uniforms. Fashion is a key element and inspiration when creating a new region for *Pokémon* games, as it brings visual and cultural references that help capture the essence of the real-world area the new region is based on!

GALARIAN BUILDINGS

On your journey through Galar, you might notice that the region features a number of distinctive architectural styles from different time periods. The picturesque buildings that you see here in Ballonlea are reminiscent of traditional Tudor housing. This architectural style stands out with its distinguishable characteristics: half-timbered buildings with front facing gables and steeply pitched roofs, that can be made of slate tiles or thatch. Head to Wedgehurst and look at the *Pokémon* Research Lab where Sonia works and you'll notice that the building also shares the quaint appearance of Tudor architecture!





GALAR HISTORY

Galar is a region with a rich historical past, where tales and myths are an important part of your journey through the games.

Hidden statues, forgotten shrines, and tapestries unveil the story behind the Dynamax phenomenon. Head to the Vault in Hammerlocke, the second major city in the Galar region, and look at the tapestries that tell the legend of the two heroes.

This form of art boomed in Europe in the Middle Ages and the Renaissance. The Hunt of the Unicorn tapestry series and the Bayeux Tapestry are a few of the

works of art that inspired the artefacts that would reveal the secrets of Galar. Galar's great tapestries show two Galarian youths witnessing a disaster, the disaster being brought to an end by a sword and shield, and then the youths being crowned. What happened to the sword and shield?

Were they lost, or were they sealed away by someone? Trainers can uncover the mystery on their adventures across the region!



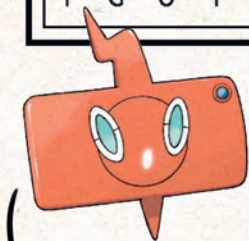
TAXI SERVICE

When in London, you're sure to see the iconic London black cab, and Pokémon Sword and Pokémon Shield give a nod to this popular mode of transport. Pokémon have a very active role in Galarian society, and one Pokémon that is incredibly iconic to the region is the Raven Pokémon Corviknight. With their great intellect and flying skills, Corviknight very successfully act as the Galar region's airborne taxi service. Shown here parked in Wyndon, this Flying Taxi lets the people of Galar call on Corviknight to carry them around the region, zipping them straight to other towns, cities, and routes—and certain spots in the Wild Area!





YOUNGSTERS



SCORBUNNY
PIKACHU
STONJOURNER
GALAR

CORVIKNIGHT
WOOLOO
WYNDON
CIRCHESTER

GLIMWOOD
WEEZING

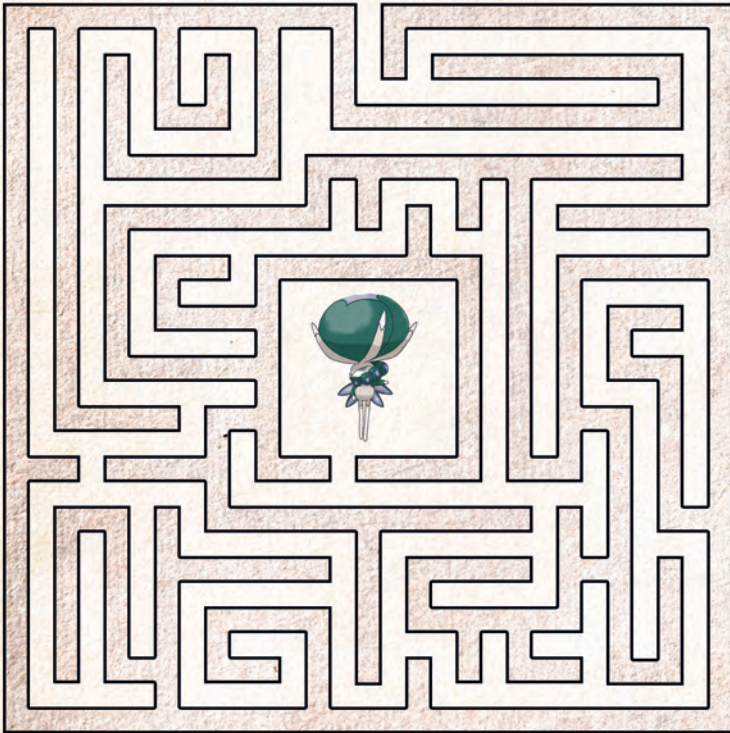
Rotom is a little scrambled. It needs your help to search for the lost words!

Can you guess the names of these Pokémon?



Answers bottom of the page

Start



A rare Pokémon resides within the center of the labyrinth...

Answer: Pikachu / Charizard

