

Intelligence Division • Case File

AGILITY MASTERY

A Field Guide to Efficient 1-99 Training - Rooftop & Endgame Circuits



SUBJECT	Old School RuneScape - Agility skill	SCOPE	Members-only skill - no Free-to-Play training path exists; live game version, 2026.
ENTRY POINT	Level 1 Agility	TARGET	Level 99 Agility

Briefing. Agility training is rooftop courses through level 52, then the Hallowed Sepulchre carries almost the entire rest of the grind - its Floor 5 (87 Agility) is the single fastest xp/hr in the skill, ahead of the more commonly-cited Prifddinas course. **P2P time to 99, recalculated from the real xp table: roughly 160-190 hours** - Agility is a genuinely long skill, not a quick one. **Agility has no Free-to-Play training path at any level** - every rooftop course (Draynor included), the Hallowed Sepulchre, and Prifddinas all require membership; an F2P account cannot meaningfully raise Agility above level 1.

PROGRESSION LADDER

					
1	10	30	52	87	99
START	GNOME COURSE	VARROCK	SEPULCHRE UNLOCK	SEPULCHRE FL.5	99

ICON	TIER	LEVEL RANGE	METHOD	KEY REQUIREMENT
	I	1-30	Gnome Stronghold → Draynor Rooftop	None
	II	30-52	Varrock → Canifis → Falador Rooftops	None
	III	52-87	Hallowed Sepulchre, Floors 1-4	52 Agility + Sins of the Father
	IV ★	87-99	Hallowed Sepulchre Floor 5 (or Prifddinas, lower-effort alt.)	87 Agility, or 75 Agility + Song of the Elves

Reading The Access Tags

F2P

Free-to-Play - no membership required for this method.

P2P

Pay-to-Play - requires an active OSRS membership.

F2P & P2P

Identical method works on either account type.

I-II MEMBERS (P2P) ROUTE - EARLY & MID LEVELS

Free-to-Play Status

Agility has **no Free-to-Play training path at any level**. Every rooftop course - including Draynor Village, often mistaken for an F2P course because of its low level requirement - is members-only, along with the Hallowed Sepulchre and Prifddinas endgame overleaf. An F2P account cannot raise Agility above level 1 by any practical method. Membership is required from the very first level; the route below is therefore the complete guide, P2P start to finish.

TIER I - GNOME STRONGHOLD & DRAYNOR ROOFTOP

P2P

1 → 30



METHOD

Gnome Agility Course (Tree Gnome Stronghold) from level 1; Draynor Rooftop (also lvl 1) is an equally valid start



LOCATION

Tree Gnome Stronghold, or Draynor Village

EST. TIME (THIS TIER)

~1-2 hrs (only 13,363 xp separates level 1 from 30)

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This bracket is tiny in xp terms - don't overthink it. Mark of grace drops are graceful-outfit/amyase-crystal currency, not worth detouring for this early.

UNLOCK / REQUIREMENTS

Unlocks at level 1 - no other requirement

RATE

~10,000 xp/hr (Draynor, confirmed) rising toward the low-20,000s as later rooftops unlock (Al Kharid at 20)

TIER II - VARROCK, CANIFIS & FALADOR ROOFTOPS

P2P

30 → 52



METHOD

Varrock Rooftop (unlock 30) → Canifis Rooftop (unlock 40) → Falador Rooftop (unlock 50)

LOCATION

Varrock · Canifis · Falador

EST. TIME (THIS TIER)

~3-5 hrs

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The **Canifis course** is unusually short and fast for its level bracket - run it as long as your level allows before moving on to Falador.

UNLOCK / REQUIREMENTS

Matching level per course - 30 / 40 / 50 Agility respectively, no other requirement

RATE

~14,000 xp/hr on Varrock at 30 (confirmed: 270 xp/~70s lap), climbing through Canifis and Falador as level rises

TIER III - HALLOWED SEPULCHRE, FLOORS 1-4

P2P

52 → 87



METHOD

Run the Hallowed Sepulchre, floor depth scaling with Agility level (see floor requirements)

LOCATION

Entrance in Darkmeyer (via the Sins of the Father questline area)

EST. TIME (THIS TIER)

~55-65 hrs (this bracket carries far more of the grind than its level range suggests - Agility's xp curve is back-loaded)

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The Sepulchre also feeds **Guardians of the Rift** and Revenant cave access via marks of grace and the Ring of endurance. For players who'd rather avoid Darkmeyer/the quest gate short-term, rooftop courses (Pollnivneach 70, Rellekka 80) remain a fallback through this range at meaningfully lower xp/hr - not recommended once Sepulchre is open. Advanced/PK-tolerant players can also run the **Wilderness Agility Course** (52 Agility, boostable from 47) for the single fastest xp/hr in the 47-62 bracket - XP Department doesn't route through it by default given the deep-Wilderness PK risk, but it's a legitimate option for risk-tolerant players.

UNLOCK / REQUIREMENTS

52 Agility **and** the quest Sins of the Father to enter at all. Floor access is separately gated: Floor 2 needs 62 Agility, Floor 3 needs 72, Floor 4 needs 77 (all boostable, e.g. Summer pie). 70+ Hitpoints recommended for trap damage.

RATE

~30,000 xp/hr at Floor 1 (52), rising to ~40,000 (F2, 62), ~63,000 (F3, 72), ~73,000 (F4, 77) - looting coffins along the way; ~10-15% faster if skipping loot entirely

✓ QUICK-REFERENCE RECAP

Late Levels - Hallowed Sepulchre Floor 5 (87-99, FLAGSHIP)

Requires 87 Agility to access Floor 5. This is the **fastest xp/hr in the skill**: ~75,800 xp/hr looting normally, up to ~88,500-90,000 xp/hr if looting only the Grand Hallowed Coffin (needs 84 Thieving + 87 Agility, or 66 Thieving + 92 Agility, to open it). **Lower-effort alternative**: the Prifddinas Agility Course (75 Agility + Song of the Elves quest, **not** level 60 as sometimes assumed) is less click-intensive but slower - about 60,000 xp/hr at 75, capping around 65,000 xp/hr from level 90+. It is not the fastest method in the skill, despite that reputation; treat it as a lower-effort trade-off, not an upgrade.

Combined Estimate

Recalculated end to end from the real xp table, a full 1-99 Agility grind via the Sepulchre-flagship route runs roughly **160-190 hours** - the back half (Sepulchre Floors 4-5, levels 77-99) alone accounts for the large majority of that, since Agility's xp curve is heavily back-loaded. Swapping to Prifddinas for the final stretch instead of Sepulchre Floor 5 adds meaningfully to that total (Prifddinas's ~60-65k xp/hr is slower than Floor 5's ~75-90k) but is a reasonable trade for a less click-intensive endgame. There is no F2P figure to report - Agility has no Free-to-Play training path at any level.

ICON	TIER	LEVEL RANGE	REQUIREMENT	LOCATION	RATE (XP/HR)	EST. TIME
	P2P I - Gnome & Draynor Rooftop	1-30	None	Tree Gnome Stronghold / Draynor	~10k-20k	~1-2 hrs
	P2P II - Varrock/Canifis/Falador	30-52	None	Varrock / Canifis / Falador	~14k-30k	~3-5 hrs

	P2P III - Hallowed Sepulchre Fl.1-4	52-87	52 Agility + Sins of the Father	Darkmeyer (Sepulchre entrance)	~30k-73k	~55-65 hrs
	P2P IV ★ - Hallowed Sepulchre Fl.5	87-99	87 Agility	Darkmeyer (Sepulchre entrance)	~76k-90k	~100-120 hrs
	P2P IV-alt - Prifddinas (lower effort)	87-99	75 Agility + Song of the Elves	Prifddinas	~60k-65k	~140-150 hrs

All figures approximate and recalculated against the OSRS xp table as of this revision. In-game xp rates, minigame rewards, and item prices fluctuate and were cross-checked against the OSRS Wiki current as of early September 2026 - the Wiki is the primary source for level requirements and stated xp/hr; hour estimates are XP Department's own arithmetic (xp required ÷ stated xp/hr), not copied from any single source. Mid-bracket rooftop rates (Al Kharid/Canifis/Falador/Seers) are community-consensus approximations pending a full per-course reverification. This dossier assumes full game access unless noted otherwise. Always confirm current mechanics in-game before committing to a specific method.

- OSRS Wiki - Agility training
- OSRS Wiki - Rooftop Agility Course (and per-course pages: Draynor Village, Varrock)
- OSRS Wiki - Hallowed Sepulchre (Requirements & Experience rates sections)
- OSRS Wiki - Prifddinas Agility Course
- OSRS Wiki - Wilderness Agility Course
- XP Department xp-table arithmetic (verified checkpoints: L50=101,333 / L92=6,517,253 / L99=13,034,431 total xp)

COMPILED BY - XP DEPARTMENT INTELLIGENCE DIVISION

FILED FOR - GUIDES SECTION (SKILL MASTERY SERIES)