

Intelligence Division • Case File

ATTACK MASTERY

A Field Guide to Efficient 1-99 Training - Melee Accuracy Protocol



SUBJECT	Old School RuneScape - Attack skill	SCOPE	Free-to-Play & Members routes covered; live game version, 2026.
ENTRY POINT	Level 1 Attack	TARGET	Level 99 Attack

Briefing. Attack training is a two-stop journey on a members account: crab spots carry the early and mid game, then Nightmare Zone takes over as a semi-afk endgame method fuelled by Absorption (and optionally Overload) potions bought with reward points. **P2P time to 99: roughly 140-245 hours** once the real xp curve is reconciled tier-by-tier (levels 70-99 alone are ~94% of all the xp in the skill, so the Nightmare Zone stage dominates the total). F2P accounts instead climb a single continuous giant-hunting ladder with no potions or afk multiplier available at all - budget roughly **520-870 hours**.

PROGRESSION LADDER

			
1	40	70	99
START	SAND CRABS	NMZ ABSORPTION	99

ICON	TIER	LEVEL RANGE	METHOD	KEY REQUIREMENT
	F2P	1-99	Cows → Al Kharid → Hill Giants → Moss Giants	None
	I	1-40	Sand Crabs / Ammonite Crabs, Attack style	None
	II	40-70	Continue Crabs; bank NMZ points on the side	None
	III	70-99	Nightmare Zone, Attack style, Absorption (+ optional Overloads)	5 of 43 quests to enter NMZ

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.

F2P ROUTE - COWS & AL KHARID TO HILL/MOSS GIANTS

F2P

1 → 99



METHOD
Lumbridge Cows (1-15) → Al Kharid Scorpions/Warriors (15-30) → Hill Giants, Edgeville Dungeon (30-75) → Moss Giants, Wilderness camp (75-99, endgame)

LOCATION
Lumbridge → Al Kharid → Edgeville Dungeon → Wilderness Moss Giant camp

EST. TIME (1-99)
~520-870 hrs

REQUIREMENTS
None; appropriate melee gear equipped and Attack style selected

RATE
~6,000-25,000 xp/hr, rising sharply through the ladder (Cows/Al Kharid ~6k-12k at low levels, Hill/Moss Giants ~15k-25k from level 30+)

No F2P equivalent to potions or an afk multiplier exists - this is **active melee combat the whole way**, and levels 70-99 alone are roughly 94% of the skill's total xp, which is why the honest full-route estimate runs in the hundreds of hours rather than the tens. The Moss Giant spot (Wilderness Pond, north of the Lava Maze) carries real **PK risk**; Hill Giants (Edgeville Dungeon, or the quieter Giants' Plateau near Al Kharid) are the safer, slightly slower alternative for players who'd rather not risk it. Every P2P tier below (Sand Crabs onward) is unreachable on a free account - all three require a members world.

TIER I - SAND CRABS / AMMONITE CRABS (ATTACK STYLE)

P2P

1 → 40



METHOD
Attack-style melee on Sand Crabs (Hosidius, Kourend) or Ammonite Crabs (Fossil Island)

LOCATION
South of Hosidius, Great Kourend / Fossil Island

EST. TIME (THIS TIER)
~2-5 hrs

REQUIREMENTS
Members world required for both spots. Sand Crabs: no quest needed, just travel to Hosidius. Ammonite Crabs: the short **Bone Voyage** quest, for boat access to Fossil Island.

RATE
~8,000-20,000 xp/hr (real-world rate ramps with level and weapon tier - closer to the low end at level 1, the high end by level 40)

Zero real requirements beyond membership and fully afk-friendly - crab damage is low and erratic, so **no food is needed**. Total xp needed for levels 1-40 is only ~37,000 - a small fraction of the grind - so this tier passes quickly regardless of exact rate. A newer group-friendly alternative, **Gemstone Crab** (Varlamore, requires the Children of the Sun quest), has an effectively unlimited hit-point pool that several players can share at once with no downtime.

TIER II - CONTINUE CRABS, BANK NMZ POINTS

P2P

40 → 70



METHOD
Same crab spots scale fine to 70; parallel-track easy Nightmare Zone bosses on the side

LOCATION
Sand/Ammonite Crabs + Nightmare Zone (Yanille)

EST. TIME (THIS TIER)
~16-35 hrs

REQUIREMENTS
None

RATE
~20,000-45,000 xp/hr (weapon-tier dependent - rune/dragon scimitar bracket)

There's no one-time "unlock" for Absorption - reward points are a running currency spent continuously at Dom Onion's Reward Shop (1,000 points per dose, so 4,000 points for a full 4-dose potion). The goal this tier is simply to bank a comfortable points buffer (several thousand+) ahead of Tier III so the loop doesn't run dry mid-session. Note that Nightmare Zone itself requires **5 of 43 eligible quests completed** to enter at all - confirm this is already done before relying on this plan.

TIER III - NIGHTMARE ZONE, ATTACK STYLE (ABSORPTION + OVERLOADS)

P2P

70 → 99

FLAGSHIP ROUTE



METHOD
1 HP + Absorption potions on easy melee bosses (Rock Golem etc.); Overloads optional for points income

LOCATION
Nightmare Zone (Yanille)

EST. TIME (THIS TIER)
~123-205 hrs

REQUIREMENTS
Entry: 5 of 43 eligible quests completed (Dragon Slayer I is a common pick). No stat/skill requirement to buy Absorption (1,000 pts/dose) or Overload (1,500 pts/dose) from the reward shop - just points and 51+ HP to safely drink an Overload.

RATE
~60,000-100,000 xp/hr (approximate, community-sourced - the wiki does not publish an official rate)

Levels 70-99 alone need ~12.3 million xp - about 94% of the whole skill - which is why this single tier dominates the total time. AFK cycle length depends on setup: **Absorption alone** (no Overload, normal rumble) allows up to ~20 minutes away from keyboard at a reported ~100k+ xp/hr; adding **Overloads** shortens that to ~5 minutes per cycle (the boost and self-damage both expire together) in exchange for far higher reward-point income (~250k points/hr on hard rumble) to keep the potion supply funded - it is not a strict xp upgrade over Absorption alone.

✓ QUICK-REFERENCE RECAP

Combined Estimate

P2P: end to end, a full 1-99 Attack grind runs roughly **140-245 hours** (recalculated tier-by-tier against the real xp table - the Nightmare Zone stage alone accounts for the large majority of that since levels 70-99 hold ~94% of the skill's total xp). F2P: the Cows→Giants ladder, with no afk multiplier available, runs roughly **520-870 hours**.

ICON	TIER	LEVEL RANGE	REQUIREMENT	LOCATION	RATE (XP/HR)	EST. TIME
	F2P - Cows & Al Kharid to Hill/Moss Giants	1-99	None	Lumbridge → Al Kharid → Edgeville Dungeon → Wilderness	~6k-25k	~520-870 hrs
	P2P I - Sand/Ammonite Crabs	1-40	Members world	Hosidius / Fossil Island	~8k-20k	~2-5 hrs
	P2P II - Crabs + NMZ Points Banking	40-70	None	Crabs + Nightmare Zone	~20k-45k	~16-35 hrs
	P2P III - Nightmare Zone (Absorption + Overloads)	70-99	5/43 quests for NMZ entry	Nightmare Zone (Yanille)	~60k-100k	~123-205 hrs

All figures approximate. In-game xp rates, minigame rewards, and item prices fluctuate and were sourced from the OSRS Wiki and community efficiency guides current as of early September 2026. This dossier assumes full game access unless noted otherwise. Always confirm current mechanics in-game before committing to a specific method.

- OSRS Wiki - Attack training
- OSRS Wiki - Sand crab
- OSRS Wiki - Ammonite crab
- OSRS Wiki - Nightmare Zone
- OSRS Wiki - Dom Onion's Reward Shop
- OSRS Wiki - Absorption potion
- OSRS Wiki - Hill giant
- OSRS Wiki - Moss giant