

Intelligence Division • Case File

RANGED MASTERY

A Field Guide to Efficient 1-99 Training - Projectile Discharge Protocol



SUBJECT	Ranged (Combat Skill)	SCOPE	Both Free-to-Play and Members routes covered; live game version, 2026.
ENTRY POINT	Level 1 Ranged	TARGET	Level 99 Ranged

Briefing. Ranged training splits sharply along account type. **F2P Ranged is a slow, gear-capped grind through Cows and Giants with no upgrade path** - a literal 99 this way realistically runs into four figures of hours. Members-game training splits into a cheap early crab-grind and an explosively fast, GP-heavy endgame: **chinning Maniacal Monkeys is the single best Ranged xp/hr method in the game** once affordable - but it sits behind Monkey Madness II, a Grandmaster quest with a long chain of its own skill requirements, not just a Ranged level. Players who haven't finished that quest yet have a real, slower fallback (Skeletal Monkeys, or simply continuing Crabs) rather than being locked out entirely.

PROGRESSION LADDER



1
START



40
SAND CRABS



65
BLACK CHINS



99
99

ICON	TIER	LEVEL RANGE	METHOD	KEY REQUIREMENT
	F2P	1-99	Cows → Hill Giants → Moss Giants (Ranged style)	F2P gear cap only
	P2P I	1-40	Sand / Ammonite Crabs (Ranged style)	None
	P2P II	40-65	Continue Crabs (or Grey/Red Chinning if MM2 already done)	Grey chin 45 Ranged / Red chin 55 Ranged
	P2P III	65-99	Black Chinchompa Chinning at Maniacal Monkeys (flagship)	65 Ranged; Monkey Madness II (Grandmaster quest)

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.



GETTING STARTED: F2P & EARLY MEMBERS LEVELS

F2P ROUTE - COWS, HILL GIANTS & MOSS GIANTS

F2P

1 → 99



METHOD

Train Ranged directly on F2P monsters: Lumbridge/Al Kharid Cows early, graduating to Hill Giants (Edgeville Dungeon) then Moss Giants (Wilderness giant camp) as the long-term F2P endgame spot



LOCATION

Lumbridge / Al Kharid (Cows) → Edgeville Dungeon (Hill Giants, F2P) → Wilderness giant camp (Moss Giants, F2P, PK risk)

EST. TIME (THIS TIER)

~725-1,300+ hrs for a literal 99 - see note

REQUIREMENTS

F2P equipment cap applies: Maple shortbow/longbow + Adamant arrows are the ceiling - Yew+ bows and Rune arrows are members-restricted items even on an account that can otherwise obtain them

RATE

~10,000-18,000 xp/hr

This is the entire F2P Ranged route - there is no F2P upgrade path beyond Moss Giants. No chinchompas (a members Hunter item, unusable regardless of source) and no potions are available on F2P. Level 1-99 needs 13,034,431 xp total, so even at this route's upper rate a literal 99 is a many-hundred-hour project; most F2P accounts use it to reach a workable combat level rather than push to 99.

MEMBERS TIER I - SAND & AMMONITE CRABS

P2P

1 → 40



METHOD

Sand Crabs (Hosidius, south of Kourend) or Ammonite Crabs (Fossil Island), Ranged combat style

LOCATION

Hosidius / Fossil Island

EST. TIME (THIS TIER)

~1-2 hrs

REQUIREMENTS

Members access to Hosidius or Fossil Island (Bone Voyage) - cheap arrows only beyond that

RATE

~25,000-35,000 xp/hr

Same crab spots used for melee training - just switch combat style to Ranged. **Erratic low damage means minimal food is needed**, making this afk-friendly. Levels 1-40 only require 37,224 xp under the real xp curve, so this tier clears in a couple of hours even at a modest rate - it is not a multi-day grind.

MEMBERS TIER II - CONTINUE CRABS, OR GREY/RED CHINNING

P2P

40 → 65



METHOD

Continue Crabs (default); or, only if Monkey Madness II is already complete, switch to Grey (45 Ranged) or Red (55 Ranged) Chinchompas at Skeletal Monkeys or Maniacal Monkeys



LOCATION

Crab spots (default), or Ape Atoll (chinning, if quest-eligible)

REQUIREMENTS

Crabs: none beyond Tier I. Early chinning: GP for chins, plus Monkey Madness II already finished - most accounts this early in Ranged will not have that quest done yet

RATE

~35,000-55,000 xp/hr (crabs, scaling with level); ~270,000-410,000+ xp/hr if chinning is already unlocked

EST. TIME (THIS TIER)

~8-12 hrs on crabs; ~1-2 hrs if already chinning

For most players this is simply "more crabs, higher level" - the popular advice to start chinning at 40-63 assumes Monkey Madness II is already done, which is a Grandmaster quest (70 Crafting, 69 Slayer, 60 Hunter, 55 Agility, 55 Thieving, 60 Firemaking, plus its own quest chain) most accounts finish much later. If it's genuinely already complete, switching to chinning here is a large speed-up; otherwise, continue crabs and treat Tier III below as the real transition point.

MEMBERS ENDGAME: CHINNING

FLAGSHIP ROUTE

MEMBERS TIER III - BLACK CHINCHOMPA CHINNING AT MANIACAL MONKEYS

P2P

65 → 99



METHOD

Throw Black Chinchompas at the dense, aggressive Maniacal Monkey cluster in Kruk's Dungeon (Ape Atoll) for multi-target Ranged xp per throw

LOCATION

Kruk's Dungeon, Ape Atoll

EST. TIME (THIS TIER)

~15-27 hrs if Monkey Madness II is already done

REQUIREMENTS

65 Ranged (Black chinchompa); **Monkey Madness II completed** (Grandmaster quest - see Tier II note for its own prerequisites); steady Black Chinchompa supply

RATE

~470,000-900,000 xp/hr realistic (active solo play, scales with level; higher end needs near-BiS gear and Rigour)

NO-MM2 FALLBACK

Skeletal Monkeys (Ape Atoll Dungeon, partial Monkey Madness I only): ~300,000-500,000 xp/hr, ~25-42 hrs this tier; or continue Crabs: ~70,000-90,000 xp/hr, ~140-180 hrs this tier

Community-recorded rates for this method occasionally cite figures above 900,000 xp/hr (up to ~1,030,000 at 99) - treat those as a **theoretical ceiling** achieved with maximum-optimization setups (some using multiple accounts to stack monkeys), not what a single well-gearred player should expect session to session. "Ape Atoll Monkey Guards" and "Nightmare Zone chinning" (both referenced in some older guides) are not the correct location - Monkey Guards don't yield these rates, and chinchompas are not a standard Nightmare Zone training method since NMZ fights one boss at a time rather than a monster cluster.

Monkey Madness II - The Real Gatekeeper

The headline Ranged xp/hr figures for this skill all assume Monkey Madness II is finished. That quest alone requires **70 Crafting, 69 Slayer, 60 Hunter, 55 Agility, 55 Thieving, and 60 Firemaking**, plus completion of Enlightened Journey, The Eyes of Glouphrie, Recipe for Disaster (Freeing King Awowogei), Monkey Madness I, Tree Gnome Village, Troll Stronghold, Death Plateau, and Watchtower. Budget quest and support-skill time separately from the Ranged hours quoted here if it isn't done yet - it routinely adds many additional hours beyond Ranged training itself.



QUICK-REFERENCE RECAP

Combined Estimate

P2P, with Monkey Madness II already complete: Tier I through Tier III totals **~25-40 hours**. Without that quest done (Skeletal Monkey fallback): **~35-55 hours**. Grinding Crabs the entire way with no chinning at all: **~150-195 hours**. F2P: a literal 99 via Cows/Giants realistically runs **~725-1,300+ hours**, essentially never pursued that far in practice. The gap between routes is overwhelmingly about account type, GP, and quest progress - not player skill.

Members Tier III - Black Chinchompa Chinning (Flagship)

METHOD

Throwing Black Chinchompas at the Maniacal Monkey cluster in Kruk's Dungeon, Ape Atoll

LOCATION

Kruk's Dungeon, Ape Atoll

EST. TIME (THIS TIER)

~15-27 hrs, MM2-gated

REQUIREMENTS

65 Ranged, Monkey Madness II complete, steady Black Chinchompa supply

RATE

~470,000-900,000 xp/hr realistic (theoretical ceiling near 1,030,000 xp/hr with maximum optimization)

The single best Ranged xp/hr method in the game once Monkey Madness II is complete - but that quest, not GP, is the real barrier. **Without it, Skeletal Monkeys (~25-42 hrs this tier) or Crabs (~140-180 hrs this tier) are the honest fallback.**

ICON	TIER	LEVEL RANGE	REQUIREMENT	LOCATION	RATE (XP/HR)	EST. TIME
	[F2P] Cows / Hill Giants / Moss Giants	1-99	None (F2P gear cap: Maple bow, Adamant arrows)	Lumbridge / Edgeville Dungeon / Wilderness	~10-18k	~725-1,300+ hrs
	[P2P] I - Sand & Ammonite Crabs	1-40	Members world access	Hosidius / Fossil Island	~25-35k	~1-2 hrs
	[P2P] II - Crabs (or Chinning if MM2 done)	40-65	None (crabs) / MM2 (chinning)	Crab spots / Ape Atoll	~35-55k (crabs)	~8-12 hrs
	[P2P] III - Black Chinchompa Chinning	65-99	Monkey Madness II, Black chinchompas	Kruk's Dungeon, Ape Atoll	~470-900k	~15-27 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. Free-to-play figures assume standard F2P equipment restrictions (no members-only bows, ammunition, or Hunter items) as listed on the OSRS Wiki's Free-to-play page. Every "Est. time" figure is derived from the real OSRS xp-to-level curve, not assumed. Always confirm current mechanics in-game before committing to a specific method.

- OSRS Wiki - Pay-to-play Ranged training
- OSRS Wiki - Chinchompa / Maniacal monkey
- OSRS Wiki - Monkey Madness II
- OSRS Wiki - Sand crab
- OSRS Wiki - Free-to-play (equipment restrictions)

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