


Old school runescape agility guide

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Introducing flexibility is one of the slowest and most monotonous skills to learn in OSRS, but it provides some very useful uses. As you align your skill, you will have increased run energy as a constant boost. There are several alternative ways of learning skills, but most of your agility training skills at OSRS will take place in a variety of agility courses. Rooftop courses will be an important part of your travel agility, as you will collect signs to buy a sleek set, or use for profit. More Skill Guides Levels 1-10 - Gnome Agility Before Learning, note that the first 32 levels of agility can be missed quests. Completing the following quests in order will net you enough experience to go directly to Level 32 agility: Set Drive, Tourist Trap (use reward volumes for agility), and Grand Tree. This is highly recommended if the type of your account is able to complete the tasks. If you decide to skip these quests, or the type of your account is unable to complete them (i.e. Skiller), you need to start elsewhere. Head to the Three Dwarf Fortress northwest of Ardogne, rinse this course until you reach level 10. Starting with 0 experience, it will take you about 14 laps to reach level 10 agility. If you find yourself low on the course of energy while running laps, consider bringing a few 4 doses of energy potions. How to get there Use the map to quickly find your way to the gnome Agility course. Some quick methods: Ardougne teleport (or tab), run to the northwest. Buy a Grand Seed Pod from GE, use it to teleport directly to the top of the Gnome Stronghold glider area. Spirit Tree Teleport, GE is the easiest to achieve. The Gnome Glider system can be used from anywhere else in the Glider. Levels 10-20 - Draynor Roof From Here, you will use rooftop courses for most of your workouts. First place is the Draynor Rooftop course. Depending on your level of Hitpoints, you may need to take food to drop the damage. You can also choose to buy a Regen bracket, which works well for many of these courses. From now on, you will begin to receive signs of grace at random during training. Make sure to pick up everyone you find, they will be extremely useful later. Starting at Level 10, it will take you about 28 laps to reach the level of 20 agility. Each full circle rewards you with 120 experiences. How to get there Use the map to quickly find your way to the Draynor Rooftop course. Some quick techniques: Amulet fame teleported directly to Dreynor. Draynor Manor teleport from Arceus Spelling. Must be at least 60% Arceus House For use. Explorer's Ring 2 or higher for Cabbage Teleport. Levels 20-30 Al-Harid Roof The next tier of the rooftop course is located in Al-Harid. Some players prefer to continue using the Draynor Rooftop course for up to 30 years because it is about the same xp/hr without Potions. You get a very small increase in xp rates when using potions, but only about 350 pounds more per hour. Starting at level 20, it will take you about 50 laps to reach the level of 30 agility. Each full circle rewards you with 180 experiences. How to get there Use the map to quickly find your way to the Al Khariid Rooftop course. Some quick methods: Amulet fame teleported directly to Al-Harid Palace. Use a home teleportation spell in Lambridge. Running east to the toll gate, it requires 10 coins if you haven't completed Prince Ali's rescue. Ring Duels teleport to the Duel Arena and then run south to the starting point of the agility course. Levels 30-40 Varrock Rooftop Varrock is the next stop in our Agility training. We will use this course from levels 30 to 40, or 32 to 40 if you decide to do the recommended quests mentioned at the beginning. This course is quite long, but simple. If you have over 20 Hitpoints, you won't need to bring any food along with you. As usual, be sure to keep collecting your signs of grace. Starting at level 30, it will take you about 200 laps to reach the level of 40 agility. Each full circle rewards you with 238 experiences. How to get there Use the map to quickly find your way to the Varrock Rooftop course. Some quick methods: Varrock Teleport tab or spell. This will put you almost directly near the start of the course. Teleport to Edgeville - Amulet of Glory. Running through the GE label or around The Barbarian Village in Varrock. Ring of Wealth teleported to GE, run southeast to the starting point of the course. Levels 40-60 (or 47/52) - Canifis Rooftop Next on our rooftop journey is the Canifis course. You have several different options here depending on how you want to train your agility. The Canifis course between levels 40-60 offers some of the fastest signs of grace possible. If your goal is to reach full graceful, I recommend you stick here for these levels. Don't you care about Marx Grace? At level 47, you can use summer pies to raise your level enough to use the wildlife course. You can use the course without summer pies starting at level 52. It will be better xp/hr than the Canifis course, but offers no signs of grace at all. Starting at level 40, it will take you about 986 laps to reach the level of 60 agility. Each full circle rewards you with 240 experiences. How to get there Use the map to quickly find your way to the Canifis Rooftop course. Some quick methods: Run far east from the Warrock Fountain to Patergomus. Travel under the temple and to Kanifas. After the Ahay Ghost quest, use Teleport Ectophial and run west. Use Fairy Ring C-K-S for teleportation east of Kanifi. Levels 47/52-60 - Wilderness Course This alternative method is up to level 60 much faster but will not give any signs of grace. Wildlife also comes with the risk of PKers, but you won't bring any items, so the risk is minimal. The course requires a level of 52 to start, but you can use summer pies to give you a 5 pound boost in agility temporarily to start training earlier. Starting at level 47, it will take you about 348 laps to reach the level of 60 agility. Each full circle rewards you with 571.4 experience. Getting the fastest way to the desert course pull the lever in Edgeville or Ardougne to get to the desert store. Run east past The Magician Bank to reach the course. Don't forget to bring a knife or weapon to cut the nets. Levels 60-70 (or 90) - Roof developers at the completion of the Candarin hard diary. The Developers' Village course is the best method of learning from level 60, depending on 90. This diary rewards you with the ability to set your Camelot teleport directly to Seers', next to the start of the agility course. With this method, you can get over 54k xp/hr. Just use the teleport after each full circle to completely miss the distance of running between the circles. If you don't, or can't complete this diary, just stay here until level 70 before moving on to the next affordable roof course. If you complete the diary at a later stage, you can always return to this method to level 90. Starting at level 60, you will need about 8,900 laps to reach the level of 90 agility, or 814 laps to level 70. Each full circle rewards you with 570 experiences. How to get there Use the map to quickly find your way to the Course Roof See. Some quick methods: Camelot teleport and run west, with Kandarin Hard Diary full you can install this place directly near the start of the course. Levels 70-80 - Pollnivneach Roof without Kandarin hard diary, we will move on to the course Pollnivneach. At this point, you have to get the essence of skill. There's nothing much to note about this course other than to continue collecting your signs of grace. Starting at level 70, it will take you about 1403 laps to reach the level of 80 agility. Each full circle rewards you with 890 experiences. How to get there Use the map to quickly find your way to the Pollnivneach Rooftop course. Some quick methods: Use the Amulet of Glory or Ring Of Duels to teleport to Al-Harid. Run south towards Shantay Pass and travel to Pollnivneach using the magic carpet for a small fee. Install your home, owned by the player, in the location of Pollnivneach. You can then use the teleport house to get to this area easily. Change your home settings to switch the teleport outside the home so you can avoid downloading the screen. Create a Pollnivneach teleport with a redirect scroll on a regular House Teleport tablet. Levels 80-90 - The Rooftop Rellekka Rooftop course will provide you with approximately 51k xp/hr. Keep collecting your signs of grace as you train. Again, it's a very simple simple that doesn't need much explained. Experience rates here are still a little lower than Seers with Kandarin Hard Diary. Starting at level 80, it will take you about 4309 laps to reach the level of 90 agility. Each full circle rewards you with 780 experiences. How to get there Use the map to quickly find your way to the Rellekka Rooftop course. Some quick methods: Enchanted Lira from the Fremmenik Trials quest can be used for teleportation directly to Rellekku. Install your home, owned by the player, in the location of Rellekka. You can then use the teleport house to get to this area easily. Change your home settings to switch the teleport outside the home so you can avoid downloading the screen. Levels 90-99 - Ardougne Roof Here We Are, the final big push of that coveted skillcape! Using this course, you will be able to get approximately 62k xp/hr, along with some epic profits. If possible, try to complete the Ardougne Elite Diary before you start here, as it will net you 25% more signs of grace while studying here. Starting at level 90, it will take you about 9,695 laps to reach the level of 99 agility. Each full circle rewards you with 793 experiences. Getting to Ardougne Teleport (or tab). This is the only recommended method, as tabs and 24 are cheap and it teleports you right next to the start of the course. Skillcape Congrats on 99! Agility, being an incredibly easy skill to train, can be painful and mind-blowing grind. Now that you've reached the maximum level, let's take your Skillcape! You can purchase it for 99,000 coins from Capn' Izzy No-Beard at the entrance to the Brimhaven Agility Course. Bonus Tips Here are some fun tips and tricks that you can also use along your journey to 99 agility. You can train it with some other non-traditional methods to create accounts with specific builds or statistics. Your signs of grace can almost directly be turned into a GP. Go to Grace's in the Lairs. You can purchase Amylase packages containing 100 amilaser crystals each for 10 marks of grace. They are used to make Stamina potions, and cost 1k GP each. You can train Magic at the same time as almost any course of agility, using the spell of High Alchemy. Using the right items, you can even make a profit using this method on top of the money earned by trading in signs of grace. Alternatively, you can throw Magic Imbue or Fletch bolts/darts/arrows while running laps. If you do this early on and throughout your agility training, you will get a hefty amount of Magic or Fletching experience while gaining 99 agility. Barbarian Fishing will provide you with a small amount of agility and strength experience during if you plan to max out completely, it is recommended to do this method of fishing up to 99 first, as this will increase your agility from level 31 (required to start this method) to 74. It's This. most of the regular training, but means you won't have a complete graceful set until a much later point. 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