

HRH 24 - Dyke Vale Dash

↔ 7.1 mi

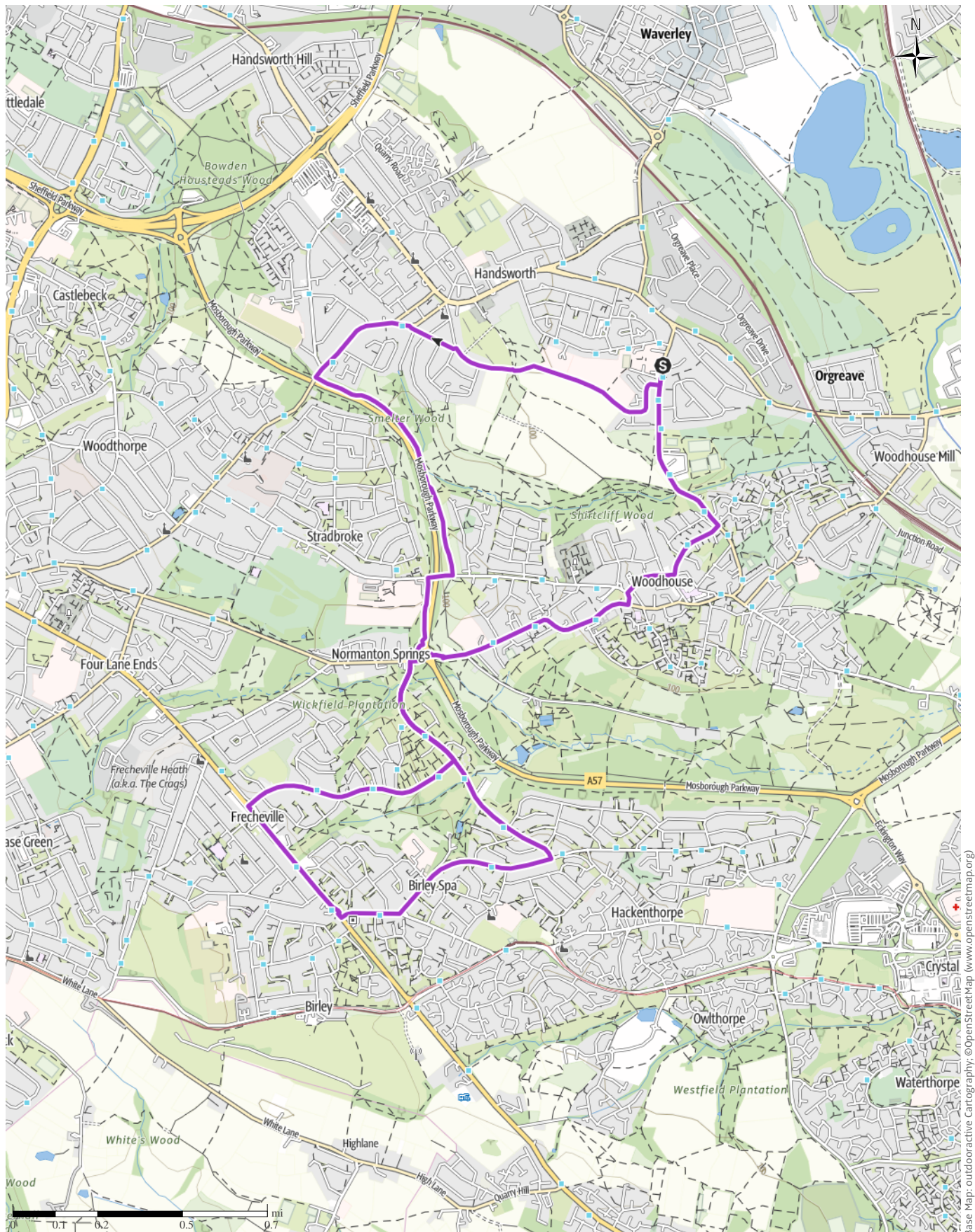
🕒 1:45 h

🏔️ 623ft

🏔️ 541ft

Difficulty

moderate



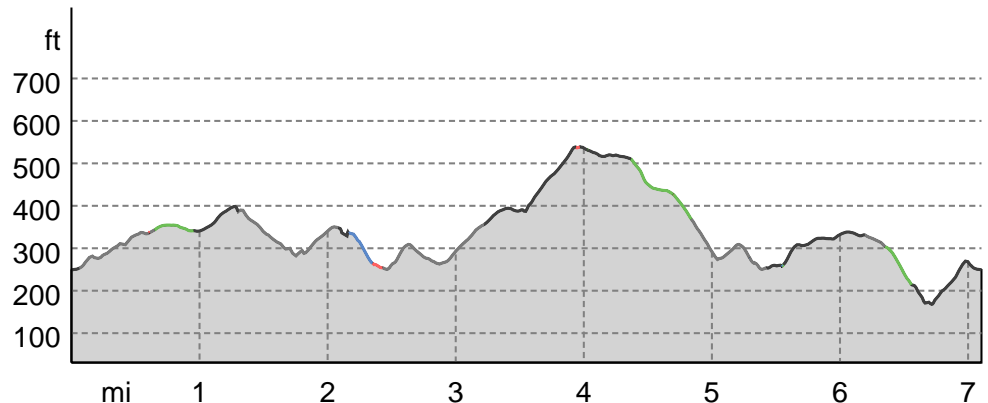
Base Map: outdooractive Cartography, ©OpenStreetMap (www.openstreetmap.org)

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Track types

Asphalt	2.9 mi
Dirt road	0.2 mi
Forested/wild trail	1 mi
Path	0.1 mi
Road	2.9 mi

Elevation profile



route data

Running

Distance ↔ 7.1 mi

Duration ⌚ 1:45 h

Ascent ▲ 623 ft

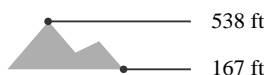
Descent ▼ 541 ft

Difficulty moderate

Stamina ●●●●●

Technique ●●●●●

Altitude



Best time of year

JAN | FEB | MAR
 APR | MAY | JUN
 JUL | AUG | SEP
 OCT | NOV | DEC

Ratings

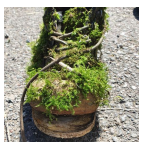
Authors

Experience ●●●●●

Landscape ●●●●●

Community

More route data



Andrew Lewis

Update: June 09, 2025

Dyke Vale Dash - 7 miles of tarmac and trails

Starting from Handsworth Grange Sport Center, go up Grange Lane and along Richmond Road to the TPT. Turn left down the TPT towards Woodhouse, crossing Stradbroke Road towards Coisley Hill. (Normanton Springs)

At Coisley round about, head up Dyke Vale Road until you reach Birley Spa Lane, turn right onto Birley Spa Lane, then at Occupation Lane turn right again until you reach Birley Moor Road.

Turn right at Birley Moor Road and head towards Silkstone Road (just past Sherwood), turn right down Silkstone Road and follow all the way back to Dyke Vale Road.

Turn left onto Dyke Vale Road and follow back to

Coisley round about, now head up Coisley Hill towards Woodhouse. Go through Woodhouse and down Tithe Barn onto Beaverhill Road, then up Beaver HILL to the Sports Center

Takeaway route for iPhone and Android



Scan QR code, save this route offline, share with friends and more...

Website

<https://out.ac/IH9ren>