

Cable routing frame triangle



AI Overview

Internal cable routing through a bike's front and rear triangles improves aesthetics, protects cables, and can enhance performance, but requires careful planning and the right tools.

Front Triangle Routing Internal routing in the front triangle involves running cables through the head tube, down tube, and sometimes the seat tube. This setup hides cables for a cleaner look and reduces exposure to dirt and damage, improving durability and aerodynamics. Key considerations include:

- Frame Compatibility:** Only frames designed for internal routing can accommodate it; retrofitting is generally not possible.
- Cable Paths:** Plan entry and exit points carefully to avoid sharp bends that could impair shifting or braking performance.
- Tools:** Use cable cutters, pick tools, and optionally magnetic routing kits to guide cables through tight spaces.
- Techniques:** For tricky passages, a J-bend spoke or spare shift cable can help guide the housing through the frame.

Rear Triangle Routing Routing through the rear triangle (seat stays and chainstays) is more complex due to tight bends and limited space. Common approaches include:

- Full Internal Housing:** Some frames allow continuous housing from shifter to derailleur, simplifying installation but requiring precise alignment.
- Partial Internal Routing:** For hydraulic brakes or dropper posts, some builders route cables internally through the front triangle and externally along the chainstays for easier maintenance.
- Protection:** Foam sleeves or frame protectors prevent rattling and reduce wear at contact points.

General Tips

- Plan Before Installation:** Map out all cable paths and check for potential friction points.
- Use Quality Components:** High-quality cables and housing reduce friction and improve longevity.
- Maintenance:** Internal routing may require more frequent service than external routing, so consider accessibility when designing the setup.
- Safety:** Ensure cables are not pinched or kinked, as this can affect braking and shifting performance.

By carefully planning cable paths, using the right tools, and protecting contact points, internal routing thr...

Article Content

How to Set Up a Full Internal Cable Routing Frame for a

By hiding the cables within the frame, you achieve a cleaner look while also reducing drag and preventing cable damage. Here's a step-by-step

Internal Cable Routing Tips for Mountain Bikes

Internal cable routing for a mountain bike frame doesn't need to be a thing of mystery. Sam James shows us how to make it simple.

Cable Routing

It's been several years since internal cable routing was the latest and greatest feature to hit mountain biking. There were a few growing pains along the way, highlighted by excessive rattling

The Total Race Bike | TCR Advanced SL 0 Red

INTERNAL CABLE ROUTING Frame/handlebar/stem feature unique cable porting for sleek, non-cluttered appearance and easier adjustability.

Giant Defy Advanced Pro | Giant Bicycles UK

Internal Cable Routing Frame/handlebar/stem feature unique cable porting for sleek, non-cluttered appearance and performance.

Tricks for Internal Cable Replacement

Bicycle cable routing made easy My 1975 René Herse has internal brake and shift cables. What's impressive about how Herse did it is that there are separate small

The Great Internal Cable Routing Debate

I only build with internal routing. I do non-sleeved routing throughout the frame. Fully internal for everything besides flat mount

ITPro Today, Network Computing, IoT World Today combine

ITPro Today, Network Computing and IoT World Today have combined with TechTarget . The page you are looking for may no longer exist.

Huawei Technical Support

Find detailed instructions for cable routing and bundling in Huawei's technical support documentation.

Sage Journals: Your gateway to world-class journal research

Hier sollte eine Beschreibung angezeigt werden, diese Seite lässt dies jedoch nicht zu.

Best Bike Cable Frame Clips for Clean, Reliable Routing

Seeking an easy way to manage brake and derailleur cables on your bike? These cable frame clips offer simple, secure routing to reduce snagging and wear. This guide highlights five

Stride Expert

INTERNAL ROUTING - Cables are fed in, via openings near the headtube, to cable exits under the downtube. Cable routing is quick and easy, making installation a breeze.

INTERNAL ROUTING THE EASY WAY

If you are just replacing an already existing and routed cable or brake hose in a frame, the hard work has already been done for you. Follow these steps for replacement.

The New 2026 Marin Tam is an Aluminum Framed Love

Marin Tam Quick Hits Series 4 Aluminum Frame 29" Wheels 120mm Isotrac Flexstay suspension 65 degree headtube angle / 76 degree seat tube

2026 KTM 690 SMC R

Every surface the rider touches on the KTM 690 SMC R - from the tank spoilers to the cable routing near the footpegs - has been optimized for maximum performance.

How to Set Up a Full Internal Cable Routing Frame for a

Setting up a full internal cable routing frame can drastically enhance the aesthetics and performance of your bike. By hiding the cables within the

Threaded #14: an easier route to internal cable routing

This edition of Threaded covers just a few tips, tools, and tricks that I find to be day-savers when dealing with frames with internal cable routing.

15 Best Internal Routing Kit Bicycle Frames for a Sleek

The Bicycle Internal Cable Routing Tool Kit is an excellent choice for cyclists and DIY enthusiasts who want to streamline internal cable installation,

6 Best Cable Routing Tools For Difficult Frame Angles

Struggle with internal housing? Discover the 6 best cable routing tools for difficult frame angles and simplify your bike maintenance today. Read our full guide.

Trail 7 | Trail Bikes | Hardtail Mountain Bikes | Cannondale

StraightShot Internal Cable Routing For an integrated look and easy maintenance, the shift and dropper post cables route cleanly through the StraightShot window

TIPS AND TRICKS FOR INSTALLING INTERNALLY

Internally routed cables seem to be the norm and not the exception in the mountain bike world now, especially if you're looking at carbon frame models.

From External to Internal Cable Routing: What's the

In contrast, internal cable routing requires pre-designed routing holes and internal channels, with cables routed through the frame's main triangle and

Full Internal vs Semi-Internal Cable Routing: Which Is Better?

Full internal routing means every cable and hose is completely enclosed within the frame from the cockpit to the exit points. On frames like the Trifox SDY21, cables enter through the headtube and

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Amazon : Internal Cable Routing Kit

Find bike cable routing kits with coated guide wires to protect your frame. Works with carbon fiber, titanium, and aluminum frames for professional results.

Contact Us

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