

# Can aluminum frames be modified to have internal cable routing

I converted my 90's mountain bike to use internal cable routing. No more cables on the top tube! I modified the frame and milled slots for the cables. I added brackets to hold the cable...

Combining the FSA ACR stem with the Deda spacer seemed possible if I could find a way to route the cables into the stem. The Enve SES Aero bar I chose wasn't drilled for fully internal ...

Nobody is going to recommend that you drill your frame out. Internal routing is a pain in the ass and doesn't improve the function of anything. It just looks cleaner.

Make sure you can route the housing down the down tube, through the BB shell and around the BB bearing before you make any mods to the frame. Looking at the Talon on Giant 's ...

There's obviously a lot of debate surrounding internal routing in the bike world in general. Working in the design field, I'm a sucker for clean lines, but keeping the cables on the outside has ...

Would it be possible in any DIY way to convert to full internal cables on a frame that isn't specifically made for it? If so, how? Running the cables through the bar and stem is pretty ...

Your frame may not fail for its entire lifetime after drilling it for internal cables, but if it does, you run the risk of impaling yourself on a razor sharp metallic scalpel where your top tube once was.

Internal cable routing is pretty, but also potentially prone to steerer tube wear. Here are some precautions you can take to save your teeth.

All of the internally routed carbon and aluminum frames, that I have seen, have no guides or tubes to route the cables. They simply have a hole in the frame and the bare cable runs through the frame.

This DIY guide will help you understand the benefits of internal cable routing, the tools you'll need, and the step-by-step process to achieve a clean and efficient setup.

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