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2026 BIKES

Charts checked November 2026

Bike Size Chart 2026

Road, gravel and mountain bike frame size by height, maker by maker

Short answer: Most makers put riders of about 5'6" to 5'7" (167 to 170 cm) on a 52 cm road or gravel frame, 5'8" to 5'10" (173 to 178 cm) on a 54 and 5'10" to 6'0" (179 to 183 cm) on a 56. For mountain bikes, Small fits about 5'1" to 5'5" (156 to 165 cm), Medium 5'6" to 5'10" (168 to 177 cm), Large 5'10" to 6'0" (178 to 184 cm) and XL 6'2" to 6'4" (187 to 193 cm).

Bike size chart by height

HEIGHT	ROAD AND GRAVEL FRAME (CM)									MOUNTAIN BIKE SIZE									
	MOST MAKERS	TREK	SPECIALIZED	CANNONDALE	GIANT	BIANCHI	ORBEA	SCOTT	BMC	MOST MAKERS	TREK	SPECIALIZED	GIANT	CANNONDALE	SANTA CRUZ	SCOTT	ORBEA	YETI	TRANSITION
4'10" (147 cm)	**44 or 47**	XS (47)	44	44	–	–	–	–	47	**XS**	XS	–	–	XS	XS	–	–	–	XS
4'11" (150 cm)	**44 or 47**	XS (47)	44	44	–	–	–	–	47	**XS**	XS	XS	–	XS	XS	–	–	–	XS
5'0" (152 cm)	**47**	XS (47)	49	44	–	47	–	–	47	**XS**	XS	XS	–	XS	XS	–	S	–	XS
5'1" (155 cm)	**47**	XS (47)	49	48	–	47	–	–	47	**XS**	XS	XS	–	XS	XS	–	S	S	XS
5'2" (157 cm)	**47**	XS (47)	49	48	XS	47	47	XXS/47	47	**S**	S	XS or S (between)	XS	S	S	XS	S	S	S
5'3" (160 cm)	**47**	S (50)	49	48 or 50	XS	47	47	XXS/47	47	**S**	S	S	XS	S	S	XS	S	S	S
5'4" (163 cm)	**49**	M (52–54)	49	50	XS	47	49	XS/49	47	**S**	S	S	XS	S	S	XS or S	S or M	S	S
5'5" (165 cm)	**52**	M (52–54)	52	50	XS	50	49	XS/49 or S/52	47	**S or M**	M	M	S	M	M	S	M	S	S
5'6" (168 cm)	**52**	M (52–54)	52	52	S	50	51	S/52	51	**M**	M	M	S	M	M	S	M	S or M	M
5'7" (170 cm)	**52**	M (52–54)	54	52	S	53	51	S/52	51	**M**	M	M	S	M	M	S	M	M	M
5'8" (173 cm)	**52 or 54**	M (52–54)	54	54	S	53	51	M/54	51	**M**	M	M	M	L	M	M	L	M	M
5'9" (175 cm)	**54**	ML (56)	54	54	M	55	53	M/54	54	**M**	ML	M	M	L	L	M	L	M	M
5'10" (178 cm)	**54**	ML (56)	56	54	M	55	53	M/54	54	**M or L**	ML	M	L	L	L	M	L	M	M or L
5'11" (180 cm)	**56**	L (58)	58	56	M/L	57	55	L/56	56	**L**	L	L	L	L	L	L	L	L	L
6'0" (183 cm)	**56**	L (58)	58	56	M/L	57	55	L/56	56	**L**	L	L	L	L	L	L	L	L	L
6'1" (185 cm)	**58**	L (58)	58	58	L	59	55	L/56	58	**L or XL**	L	XL	XL	XL	XL	L	XL	L	L
6'2" (188 cm)	**58**	L (58)	58	58	L	59	57	XL/58	58	**XL**	L	XL	XL	XL	XL	XL	XL	L	XL
6'3" (191 cm)	**58**	XL (60–62)	61	58	L	59	57	XL/58	58	**XL**	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'4" (193 cm)	**61**	XL (60–62)	61	61	XL	61	60	XL/58	61	**XL**	XL	XXL	–	–	XXL	XL	XL	XL	XL
6'5" (196 cm)	**61**	XL (60–62)	61	61	XL	61	60	XXL/61	61	**XXL**	2XL	XXL	–	–	XXL	XXL	XL	XL	XXL
6'6" (198 cm)	**61**	XL (60–62)	64	61	XL	–	60	XXL/61	61	**XXL**	2XL	XXL	–	–	XXL	XXL	–	XL or XXL	XXL

Fit check

- **Standover.** Leave 1 to 2 inches (2.5 to 5 cm) between you and the top tube (Cannondale).
- **Between sizes, go smaller.** Saddle height, setback and bar height adjust, but a big frame cannot be shrunk (BikeRadar).
- **Torso.** Between two sizes, a long torso suits the larger frame and a short torso the smaller (Cannondale).
- **Saddle height.** Start at about 0.885 times your inseam, measured from the crank axle to the top of the saddle (Bianchi's ratio).

Free calculator: every maker's frame size for you

Enter your height and inseam for each maker's own size, 2026 bikes in your size and a check for the bike you have.

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Sizes are estimates built from published maker and retailer charts; the sources are listed on the web page. Check the size chart for the exact model you buy. Free to print and share. © 2026 GearSizeChart.com