



CountryBike

Choosing the right size frame

The table shows a rough guide for what size frame bike should suit you. Please note everybody is different and so it should act as an indicative guide only.

Require extra bikes at one of our partnered venues?

If you are planning a large group or need extra bikes of a particular size, then subject to availability we can deliver extra bikes to any of our partner venues in advance of your visit & free of charge. Please give at least 1 working day notice to help us facilitate things if wanted.

Your age	Your inside leg measurement	Your height	Recommended frame size	Comments
Less than 8 years old			Tag along or child seat attached to adult bike	Please enquire in advance (subject to availability / give at least 1 working day notice)
Circa. 8 years old or older		Approx. 4'11" to 5'3"	14 inch frame (kids standard)	Please enquire in advance (subject to availability / give at least 1 working day notice)
Circa. 12 years old or older / Adult	Approx. 28 inches	Approx. 5'3" to 5'7"	16 inch frame (Adult small)	Available at many venues on a turn up and pay as you go basis
Circa. 12 years old or older / Adult	Approx. 30 inches	Approx. 5'7" to 5'11"	18 inch frame (Adult medium)	Available at many venues on a turn up and pay as you go basis
Circa. 12 years old or older / Adult	Approx. 32 inches	Approx. 5'11" to 6'2"	20 inch frame (Adult large)	Available at many venues on a turn up and pay as you go basis



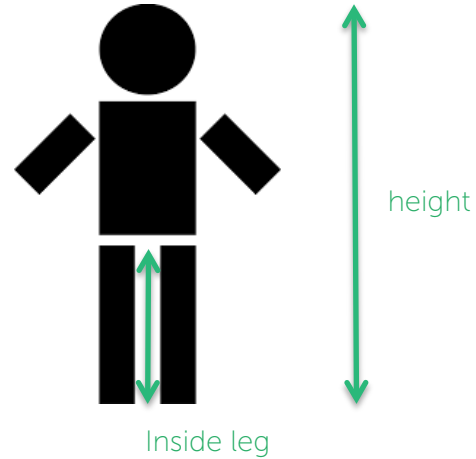
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Frame size



How is frame size measured?

The frame size is measured from the top of the seat tube to the center of the where the seat tube meets to down tube (the center axis of the pedals)



Why is your inside leg measurement important?

This is so you can choose a frame size that when you sit on the saddle means you are still able to reach the floor with your feet if the saddle is on it's lowest setting.

Note by raising the height of the saddle this means the bike can work for people with longer legs of course.

All of our bikes have adjustable saddle heights.

Why is height important?

Whilst your inside leg measurement helps you make sure you will be able to touch the ground with your feet whilst on the saddle, your overall height helps you gauge if you will then also be in a comfortable riding position when reaching forward to the handle bars.

The larger the frame, the longer the distance from the seat to the handle bar of the bikes meaning that if you have a relatively long legs and shorter upper body for your height, it may be worth using a slightly smaller frame but adjust the seat up, rather than use a larger frame.

