

Differences Between **Long Bike Stems** And **Short Bike Stems**

Long Bike Stems

Shift handlebars
over the front
wheel



Enable a forward-
leaning position



Aid in uphill riding



Suitable for cross-
country riding



Ideal for long-
distance pedaling



Provide slower and
relaxed steering



Short Bike Stems

Bring handlebars
closer to the fork

Enable a neutral
riding position

Facilitate downhill
riding

Suitable for
trail riding

Suitable for aggressive
enduro riding

Provide quick and
aggressive steering

