

## Specification

### VFR800X CROSSRUNNER

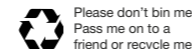
<b>Engine:</b> Liquid-cooled 4-stroke 16-valve DOHC 90°V-4	<b>Seat Height:</b> 835 / 815 mm
<b>Displacement:</b> 782 cc	<b>Ground Clearance:</b> 165 mm
<b>Bore x Stroke:</b> 72 x 48 mm	<b>ABS System Type:</b> 2-channel
<b>Compression Ratio:</b> 11.8 : 1	<b>Front Suspension:</b> 43 mm HMAS cartridge-type telescopic fork with stepless preload and ten DF adjustment, 131 mm axle travel, 145 mm stroke
<b>Max. Power Output:</b> 78 kW @ 10,250 rpm	<b>Rear Suspension:</b> Pro-Link with gas-charged HMAS damper, 35-step (remote-controlled hydraulic) preload and stepless rebound damping adjustment, 148 mm axle travel
<b>Max. Torque:</b> 75 Nm @ 8,500 rpm	<b>Front Wheel:</b> 10-spoke die-cast aluminium
<b>Fuel Consumption:</b> 18.8 km/l (WMTC mode)	<b>Rear Wheel:</b> 10-spoke die-cast aluminium
<b>Oil Capacity:</b> 3.9 litres	<b>Front Rim Size:</b> 17 M/C x MT 3.5
<b>Starter:</b> Electric	<b>Rear Rim Size:</b> 17 M/C x MT 5.5
<b>Carburation:</b> PGM-FI electronic fuel injection	<b>Front Tyre:</b> 120 / 70 - R17 M/C
<b>Battery Capacity:</b> 12 V / 11 AH	<b>Rear Tyre:</b> 180 / 55 - R17 M/C
<b>ACG Output:</b> 427 W	<b>Front Brakes:</b> 310 x 4.5 mm dual floating hydraulic disc with radial fit 4-piston calipers and sintered metal pads
<b>Clutch:</b> Wet, multiplate with coil springs	<b>Rear Brakes:</b> 256 x 6 mm hydraulic disc with 2-piston caliper and sintered metal pads
<b>Final Drive:</b> O-ring sealed chain	<b>Instruments:</b> Fuel meter, fuel consumption, water temperature, gear-position indicator, Grip Heat ON-OFF, ambient temperature and clock
<b>Transmission:</b> 6-speed	<b>Security System:</b> HISS
<b>Frame Type:</b> Diamond, aluminium twin-spar, pivotless	<b>Headlight:</b> LED (Hi-2/Low-2) with extension
<b>Caster Angle:</b> 26° 30'	<b>Tail-light:</b> LED
<b>Trail:</b> 103 mm	
<b>Kerb Weight:</b> 242 kg	
<b>Fuel Capacity:</b> 20.8 litres	
<b>Length x Width x Height:</b> 2,190 x 870 x 1,360 mm	
<b>Wheelbase:</b> 1,475 mm	

**Crossrunner**

All specifications are provisional and subject to change without notice. Accessories shown are subject to change and may vary depending on region. The technical data given is general data (ED-type). Please speak to your Honda Dealer for local information.

WATCH THE VFR800X  
CROSSRUNNER FILM

Simply scan here  
to find your escape



Please don't bin me.  
Pass me on to a  
friend or recycle me.

Honda Motor Europe sources  
paper responsibly from  
manufacturers within the EU.



BLUE SKIES FOR  
OUR CHILDREN

ADVENTURE

# VFR800X CROSSRUNNER



**HONDA**  
The Power of Dreams

The specific details of this brochure do not apply to any particular product supplied or offered for sale. Manufacturers reserve the right to vary specifications, including colours, with or without notice at such times in such manner as deemed appropriate. Major as well as minor changes may be involved. Every effort, however, is made to ensure the accuracy of the particulars contained in this brochure. Consult your Dealer for details regarding the specifications of any featured product. This publication shall not constitute - under any circumstances whatsoever - an offer by the Company to any individual. All sales are made by the Distributor or Dealer subject to and with the benefit of the standard Conditions of Sale and Warranty provided by the Distributor or Dealer, copies of which may be obtained upon request. While efforts are made to ensure specification accuracy, brochures are prepared and printed several months in advance of distribution and consequently cannot always immediately reflect either changes in specification or in some isolated cases the provision of a particular feature. Customers are always advised to discuss specific details with the supplying Dealer, especially if a selection is dependent upon one of the features advertised. Please note that the fuel consumption figures provided are results obtained by Honda under standardised testing conditions prescribed by WMTC. Tests are conducted on a rolling road using a standard version of the vehicle with only one rider and no additional optional equipment. Actual fuel consumption may vary depending on how you ride, how you maintain your vehicle, weather, road conditions, tyre pressure, installation of accessories, cargo, rider and passenger weight, and other factors. You accept that if you do go ahead and make a purchase or enter into any kind of transaction, whether for payment or not, you did so entirely in reliance on your own skill and judgement and not on that of anyone else.

**RIDE WITH STYLE** Read the owner's manual thoroughly. Get to know your machine and its capabilities. Concentration assists anticipation. Observe other road users' movements. Brake in plenty of time. Wear quality kit, ride fit and NEVER after drinking alcohol. Good roadcraft and courtesy identify the skilled and stylish rider. Honda endorse the law that all helmet visors must comply with BS 4110. Visors that transmit less than 50% of visible light cannot legally be used on the road.

#### Honda Motor Europe - Motorcycles

Cain Road, Bracknell,  
Berkshire, RG12 1HL, England  
(insert local URL here)



## FIND YOUR ESCAPE

The new VFR800X Crossrunner sets you free. Free from the daily grind of city life and the hustle and bustle that comes with it. Sharing the same chassis and engine as the VFR800F, its pumped-up adventure-sport styling turns every ride into an escape. The boosted torque and power from the V4-VTEC engine makes taking on and escaping the city easy, and the Honda Selectable Torque Control (HSTC) system ensures that you're always in control. It's practical too, with a commanding but comfortable riding position and a host of clever design features such as 5-stage heated grips, full LED lighting front and rear and auto-cancelling indicators that enhance your riding experience.



---

## BREAK FREE

---

When you're breaking free from the everyday, you need an engine that packs a punch. The VFR800X Crossrunner's 782cc 16-valve 90° V4-VTEC power plant is a willing partner in escape, responding instantly with the strong torque of a 2-valve head design and top-end power of 4-valves per cylinder. The new mass-centralised exhaust assists the uprated torque output while retaining a strong rush of power at higher rpm, for seamless, soulful acceleration from anywhere in the rev range. The Honda Selectable Torque Control (HSTC) system offers extra assurance in demanding riding conditions, reducing torque to allow the tyre to grip if the system senses an imminent loss of rear wheel traction. The telescopic fork features 131mm (long) travel and the rear shock operates through a new lightweight aluminium Pro-arm swingarm, via pro-link. The result is a plush ride on all road surfaces, combined with agile manoeuvrability.



# ALL ROUND PERFORMANCE

The VFR800X Crossrunner has a lot of ground to cover. It needs to commute through the city, tour continents and carve corners on twisty mountain passes with equal ease. A relaxed, upright but commanding riding position aids versatility in all riding situations, with gentle forward tilt, and seat height that adjusts to either 815mm or 835mm for optimal comfort. The 675mm wide handlebars offer assured control and the slim body and seat profile delivers all-round visibility, while amplifying agility. 17-inch wheels wear 120/70 and 180/55 front and rear tyres for maximum traction and fingertip feedback, and the radial-mount four-piston front brake calipers provide powerful, progressive performance, backed up by Honda's Anti-Lock Braking System (ABS) for added confidence in low-grip conditions.



# TOUGH SOPHISTICATION

Muscular adventure-sport style puts the VFR800X Crossrunner's hardware on display, showing off its V4-VTEC engine and aluminium twin-beam frame. The X-shape LED headlight and compact, effective fairing, prowl over the short front mudguard, and a sump guard protects the underside from road debris. The aluminium subframe underscores the clean tail unit and features integrated pannier mounts. The LCD dash uses a reverse display against white LED backlight. To aid usability, the speedometer and tachometer are located in close proximity and the gear position, fuel consumption and cruising range indicators are all easy-read. Clock, ambient temperature gauge, twin trip meters and heated grip indicator also feature on the informative instrument panel.



## Colours

A choice of three classic, premium colours.



▲ **CANDY ARCADIAN RED**



▲ **MATT GUNPOWDER BLACK METALLIC**



▶ **PEARL GLARE WHITE**

## Details

### HONDA SELECTABLE TORQUE CONTROL (HSTC)

If the Honda Selectable Torque Control (HSTC) system senses an imminent loss of rear wheel traction it reduces torque to allow the tyre to grip. Controlled from the handlebar, it features two modes – plus off – and mode selection appears within the LCD instrumentation.

### HEADLIGHT

The VFR800X Crossrunner's distinctive X-shape headlight uses a bright 'white light' LED for improved visibility and beam penetration. This is combined with the LED tail-light to add a premium finishing touch.

### WAVE KEY

Improving security, the 'wave' design key with internal grooving also reduces the chance of accidental breakage thanks to its compact, easy-to-carry form.

## Accessories

The VFR800X Crossrunner has a range of Honda Genuine Accessories and 'Ready to Go' packs available.

Adventure Packs are available, tailor made for the longer journey. Featuring: 45L or 31L Top Box, 29L Integrated Panniers, LED Fog Lights, Cowl Bar and Centre Stand.

A Sports Pack is also available, featuring: Quick-shifter, Rear Hugger and Akrapovic Slip-on Exhaust.

45L TOP BOX

29L INTEGRATED PANNIERS

LED FOG LIGHTS

COWL BAR

CENTRE STAND

For information on the full range of Honda Genuine Accessories and Honda Genuine Parts contact your local Honda Dealership.

Model shown fitted with an Adventure Pack.