AutoKarnet

Honda VFR800 782 maintenance sheet

VFR800 V-TEC · 109 PS (80 kW)

Years : 2002–2013 Generated on : 04 November 2026

Technical specifications

Petrol | Engine code : Honda 782 V4 | 782 cm³ | Manual 6

Maintenance schedule

≈: estimated reference — the vehicle's service indicator prevails.

ITEM	INTERVAL	
Oil and filter change	**≈ 12,000 km or 1 year**	JASO MA or MA2 approved four-stroke motorcycle oil (JASO MB on scooters): an "energy conserving" car oil makes the wet clutch slip. Change it more often in city use or on track.
Brake fluid	**Every 2 years**	Replace the fluid in both circuits (and the hydraulic clutch if fitted), whatever the mileage; dark fluid has absorbed moisture.
Fork oil	**≈ 30,000 km**	Fork oil change and seal check; an oil film on the tubes means a seal needs replacing before it contaminates the brake caliper.
Chain kit (chain and sprockets)	**≈ 25,000 km**	Lubricate and check the tension every 500 to 1,000 km and after rain; replace chain and sprockets together when the chain no longer holds its tension or the teeth are hooked.
Spark plugs	**Every 16,000 km**	Replace the full set; worn plugs raise consumption and cause misfires.
Air filter	**Every 18,000 km**	Replace more often in dusty conditions.
Valve clearance	**Every 16,000 km**	Check and adjust if needed, often together with the plugs; too little clearance burns the valves, too much makes the engine noisy.
Coolant	**Every 3 years**	Replace the coolant and check the hoses and radiator; check the level cold between services.

Service record

DATE	MILEAGE	WORK DONE	WORKSHOP

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> Indicative intervals and costs: adapt maintenance to the engine, use and manufacturer’s instructions.

Full schedule and updates : https://auto-karnet.com/en/maintenance/honda/vfr800/vfr800-vtec-2002-2013/782-109