

HOKA CLIFTON 8 REVIEW: THE GATEWAY TO COMFORTABLE RUNNING

EXPERT RATING: 9.5/10

Upgrade Your Run with Unmatched Comfort and Responsiveness

Best Suitable For: Everyday Running, Walking, and Athletes looking for a blend of softness and lightness in their move.

HOKA CLIFTON 8 REVIEW

The Hoka Clifton 8, a top choice for runners looking for a comfortable and lightweight shoe, offers a smooth and responsive ride. Using expert reviews and user testimonials, this version continues Hoka's reputation for providing excellent cushioning with its EVA foam midsole.

Most of the users note, "The Clifton 8 provides luxurious softness underfoot," saving joints from harsh road impact.

Pros:

- **Enhanced Cushioning:** Users love the Clifton 8's cushioning, which, according to CNET, "softens each step." The EVA foam midsole provides a comfortable and supportive experience that "reduces the strain on your knees while running on hard surfaces."
- **Responsive Ride:** Despite its plush feel, the Clifton 8 remains responsive. According to the company, this shoe has a feature called the early-stage Meta-Rocker geometry. This helps to create a smooth transition when running, making it feel more efficient and propulsive, even on long runs.
- **Breathability:** The mesh upper allows air to flow efficiently. According to a professional runner who said, "It kept my feet cool and dry." It provides excellent ventilation for intense workouts or hot weather.

- **Stability without Bulk:** Thomas, a professional athlete, praises the lightweight and supportive cushioned bed, which is perfect for runners who value comfort and performance.

Cons:

- **Fit:** Some reviewers raise fit concerns, with some suggesting sizing up, especially for wider feet." So, we recommend opting for the wide version to enhance optimal comfort.

Hoka's Clifton 8 stands out as a prime example of their commitment to providing unmatched comfort with top-notch cushioning and responsiveness.

This versatile, cushioned trainer is perfect for everyday training, casual wear, and those seeking optimal comfort without sacrificing performance.

Key Specifications of the Hoka Clifton 8



The Hoka Clifton 8 has a stack height of 29mm in the heel and 24mm in the forefoot, with a 5mm drop. The weight ranges (size 9) from 7.6 ounces for women's version to 8.8

ounces for men's version, providing a lightweight feel. The lightweight nature of the shoe, provides a comfortable and agile running experience without feeling burdensome.



The upper of the Hoka Clifton 8 is made of engineered mesh and vegan materials, offering durability and a knit-like feel.



The midsole of the Hoka Clifton 8 is a compression-molded EVA that delivers the typical Hoka cushioning feel. It features an early stage meta rocker for forward movement, enhancing the ride experience.

Traction of the Hoka Clifton 8: **Overall Rating: 9.5/10**



[Chase the Summit](#)

Rating: 10/10

"The Clifton 8's outsole traction is a pleasant surprise. "With its durable lugs, this shoe grips all surfaces with strength and stability. Whether you're tackling light trails or urban explorations, the traction inspires confidence with every stride."

[Run Tall with Tim](#)

Rating: 9/10

"While the Clifton 8 shines on roads, its traction also allows for some off-road fun. The rugged outsole provides reliable grip, unleashing your inner adventurer to veer off the beaten path when desired. Just be wary of the medial sidewall rubbing some arches."

[JackRabbit](#)

Rating: 9/10

“Traction is impressive in the Clifton 8, providing equal grip on pavement and dirt. However, its true superpower shines during daily training runs with its rhythmic responsiveness and smooth ride.”

Cushion of the Hoka Clifton 8: **Overall Rating: 10/10**



[The Run Testers](#)

Rating: 10/10

"The Clifton 8's cushioning is the Goldilocks of midsoles - not too soft, not too firm, but just right. "It provides a responsive forefoot spring for added propulsion during acceleration. Like running on a bouncy cloud, it's maximum cushioning at its best."

[kofuzi](#)

Rating: 10/10

"The Clifton 8 by Hoka showcases exceptional cushioning. The midsole's EVA foam molds to your feet, reducing impact with every step. However, it maintains a responsive forefoot, avoiding any excessive mushiness. It perfectly captures Hoka's pursuit of luxurious, cloud-like comfort over the past decade."

[TF XC Running Shoe Reviews](#)

Rating: 10/10

"The Clifton 8 running shoe has a balanced design with maximum cushioning, providing long-run luxury. The soft and responsive midsole offers impact-reducing comfort without losing its bouncy feel, making it perfect for those who want cushioning with a touch of energy."

Materials of the Hoka Clifton 8: Overall Rating: 8.5/10

[Run Moore](#)

Rating: 9/10

"The Clifton 8's breathable vegan mesh upper keeps feet ventilated on warm runs."

[Doctors of Running](#)

Rating: 9/10

"The mesh upper is lightweight and cool, while the gusseted tongue locks feet in place."

[UltraTrailSteven](#)

Rating: 9/10

"The Clifton 8 combines a vegan mesh upper and an earth-friendly midsole foam for eco-conscious running without compromising performance."

[BillyVisuals](#)

Rating: 7/10

Using EVA foam for the midsole may cause durability problems over time, like flattening or losing quality, as reported in reviews mentioning wear and tear issues. This aspect could affect the longevity and performance of the sneaker.

Support of the Hoka Clifton 8: Overall Rating: 9.5/10

[BillyVisuals](#)

Rating: 10/10

"The EVA cushion in the Hoka Clifton 8 provides a balance between responsiveness and plushness by offering energy return during running while maintaining adequate cushioning for comfort when stationary."

[Seth James DeMoor](#)

Rating: 9/10

“The Hoka Clifton 8 is lightweight, weighing 252 grams, which makes it agile, reduces strain on the feet, and easy to move in. This makes it suitable for different activities without feeling heavy.”