MOST TRAILS ARE ONE-WAY! Trails are marked in the direction of travel, or with bi-directional arrows if both directions of travel is allowed. Ride ONLY in the direction of travel, to avoid high speed head-on crashes.

IT IS EXTREMELY DANGEROUS TO RIDE AGAINST TRAFFIC!

HELMETS ARE ABSOLUTELY REQUIRED TO RIDE HERE. Full face helmets and pads are recommended for riding trails that challenge the rider (it is up to you to decide what you should ride, and your responsibility only).

THERE ARE NO BEGINNER TRAILS AT THE GRAPEFRUIT TRAILS. Palm Bay and Malabar have a fine beginner and intermediate singletrac trail system. We recommend that beginners start on that trail system (The Turkey Creek Trails on Briar Creek Blvd, Malabar Scrub Sanctuary, and Jordan Scrub Sanctuary).

Bicycles have the right-of-way on this trail system. Walkers, runners, dog walkers and spectators are welcome, but always be aware of the high speed bicycle traffic.

Where to Park. Parking is very limited near the trails (and is unpopular with local residents). Please park at St. Joes Church or Winn Dixie on Babcock (Just S of Port Malabar Blvd), ride S on Babcock to Omega Street (first road just S of the large Canal), turn Right on Omega and follow Omega West about 0.6 Mi. Omega turns into Norbert. At the intersection of Norbert and Nogales St (a stop sign), turn N onto the grass road next to the drainage ditch. The GFT is 300 feet North, there is a Kiosk.