



2025

TrailLink Unlimited 

Guides



**Georgia  
Florida &  
Alabama Trail  
(GF&A Trail)**  
*Florida*



## Georgia Florida & Alabama Trail (GF&A Trail)

Florida

*The Georgia Florida and Alabama Trail (GF&A) is but a small section of a proposed 52-mile rail-trail, which will one day stretch*



and has restrooms, water fountains and parking. All along the trail, watch for wildlife and be sure to check with the Apalachicola National Forest about hunting season dates.

The trail is open during daylight hours only; pets are allowed but must be on a 6-foot leash at all times.

The Georgia Florida and Alabama Trail (GF&A) is but a small section of a proposed 52-mile rail-trail, which will one day stretch from Tallahassee to Carrabelle, on the Gulf of Mexico. This 2.4-mile section is complete and paved, accommodating cyclists, walkers and inline skaters. It also features nearby hiking trails in the Apalachicola National Forest. It's also called the Gopher, Frog & Alligator Trail.

The trail is wooded and a small section parallels a road but is safely separated with adequate barriers. In a couple of places the trail leaves the rail bed, winding through the forest of longleaf pine, oak and sweetgum and over a bridge or two.

The Trout Pond Recreation Area is at the northern end



# Georgia Florida & Alabama Trail (GF&A Trail)

## Florida

**States:** Florida

**Counties:** Leon

Length: 2.4miles

**Trail end points:** Trout Pond Recreation Area  
(Apalachicola Forest) to Helen Guard Station  
Road

**Trail surfaces:** Asphalt

**Trail category:** Rail-Trail

**Trail activities:** Bike,Inline

Skating,Wheelchair Accessible,Mountain

Biking,Walking

## Parking & Trail Access

Trout Pond Trailhead: From Tallahassee (at Capital Circle SW), take SR 373/Springhill Road south about 6 miles. Turn left at the sign for Trout Pond (GF&A Trailhead).

Helen Trailhead: Follow the directions above but continue past the Trout Pond turn off, another mile or so. Turn right on Forest Road 354. Parking lot is on the left. There is also parking another 0.25 mile farther south, past FR 354; look for Helen Guard Station Road on the right.



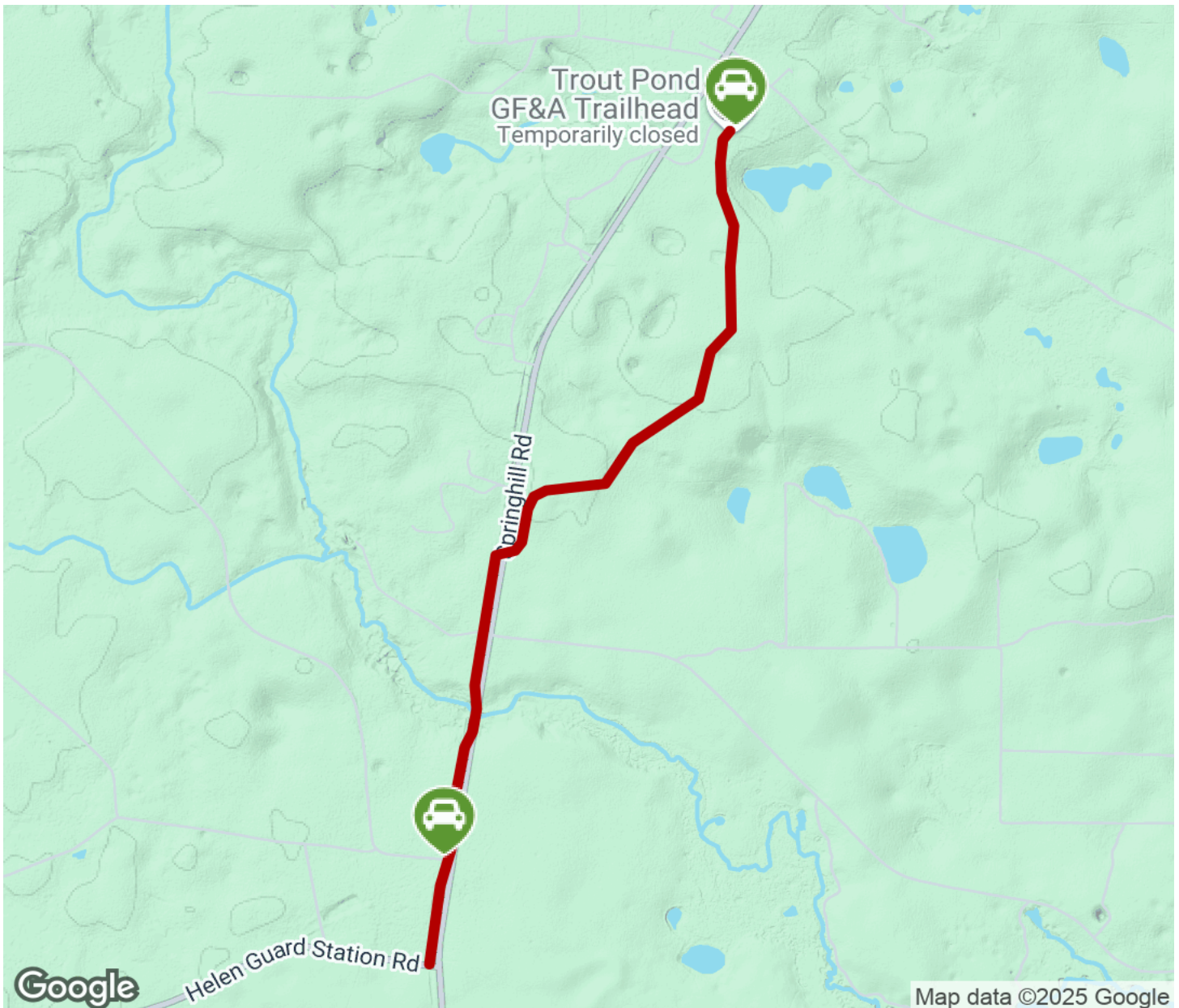
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# Georgia Florida & Alabama Trail (GF&A Trail)

Florida



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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