From Sheltowee Trace Outfitters to Redbird River Access:
From the parking lot, turn right onto Hwy 90 (East). Go .8 miles and turn right onto Log Cabin Road. Go 2.6 miles and the road will come to a T with Hwy 204 (Canada Town Road). Turn right onto Canada town Road. Note the Canada Town Market on the left. Go 4.6 miles and cross the bridge over the Cumberland River. The road will come to a T. Turn right onto Hwy 478. Go .2 miles and turn right onto the small paved road. It opens into a large parking area for the river access.

From the Redbird River Access back to Sheltowee Trace Outfitters:
From the river access parking lot, then left onto Hwy 478. Go .2 miles and turn left onto Hwy 204 (Canada Town Road). You will immediately cross the Cumberland River. Go 4.6 miles. You will pass the Canada Town Market on the right hand side. About .1 miles past that is Log Cabin Road. Turn left onto Log Cabin Road. Follow that for 2.6 miles. It will T onto Hwy 90. Turn left onto Hwy 90. Go .8 miles and Sheltowee Trace Outfitters is on the left hand side.