



Lake Fishing Strategies

An Introduction to Fly Fishing Stillwaters



The following is an outline of the 4 hour class that was taught last year.

- **Overview**
- **General Techniques for fishing Trout Lakes**
- **Fishing the Depths**
- **Fishing the Surface Layer**
- **Reading a Lake**
- **The Life of a Trout Lake**
- **Insects and other Trout Foods**
- **Flies for Trout Lakes**
- **Casting**
- **Boats, Float Tubes and Tackle**
- **Knots**
- **First Lake, New Lake**
- **Physics of a fly rod**

An Introduction to Fly Fishing Stillwaters

Acknowledgements

- Fishing still water skills have been passed on from fisherman to fisherman in many publications, books, websites, and videos and my personal experiences and my skills and knowledge are the culmination of many of these fine fishermen who have spent thousands of hours on stillwaters before me.
- I want to thank Brian Chan for his fine lectures, videos, and books on this subject. Brian has more knowledge about Stillwater fishing strategies and fish biology than any one person I know. Thanks Brian for all you have given us to use.
- The “Stillwater Aquatic Insect Emergence Chart of Washington State” chart was developed by Roger Rohrbeck and more information can be found on his website www.FlyfishingEntomology.com

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Terminology

- Stillwater fishing
- Caddis or Caddisfly
- Midge
- Float Indicator
- Scuds
- Lake Fishing
- Sedge
- Chironomidae
- Bobber, Strike Indicator
- Fresh Water Shrimp

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Fishing the Depths

- Fish stay away from predators
- Fish stay at a constant water temperature
- Use a fish finder (depth finder) to find the fish
- Use your forceps to find the bottom
- Use sinking lines (rated I, II, III and IV)
- Use a sink tip line



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Fishing the Depths (cont.)

- To get the sinking fly to the fish, count the seconds until your fly line is the proper depth
- Use a floating line with a long leader to get down to the fish
- Add a float indicator to the long leader



Lake Lenore
March 15, 2006

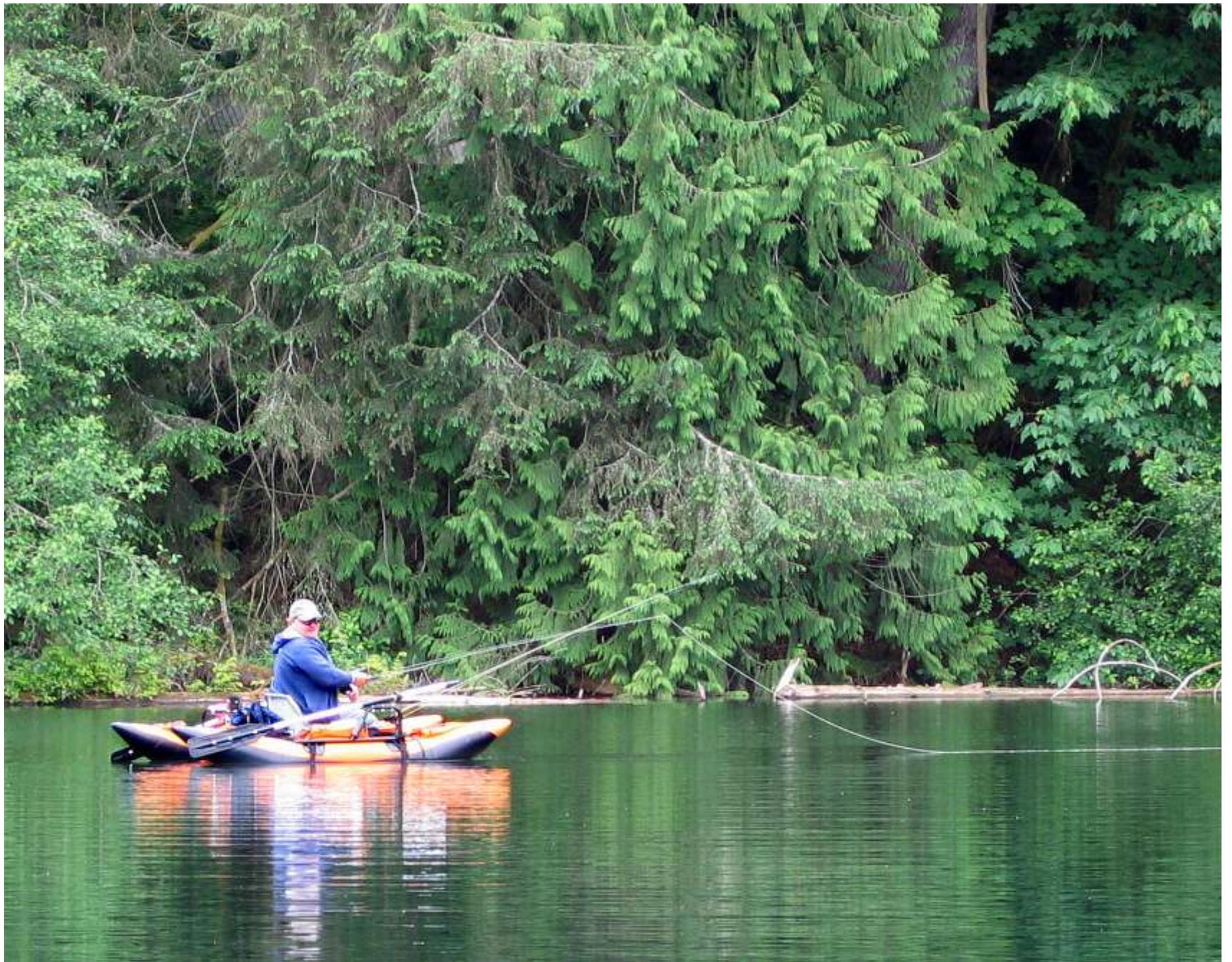
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Fishing the surface

- What brings a fish to the surface?
- How do you prepare for a rising fish?
- How do you fish the shore line?







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Shallow Water Fishing

- Shallow water would be 3 feet or less
 - Near shore
 - Over a Shoal

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Lake Profile

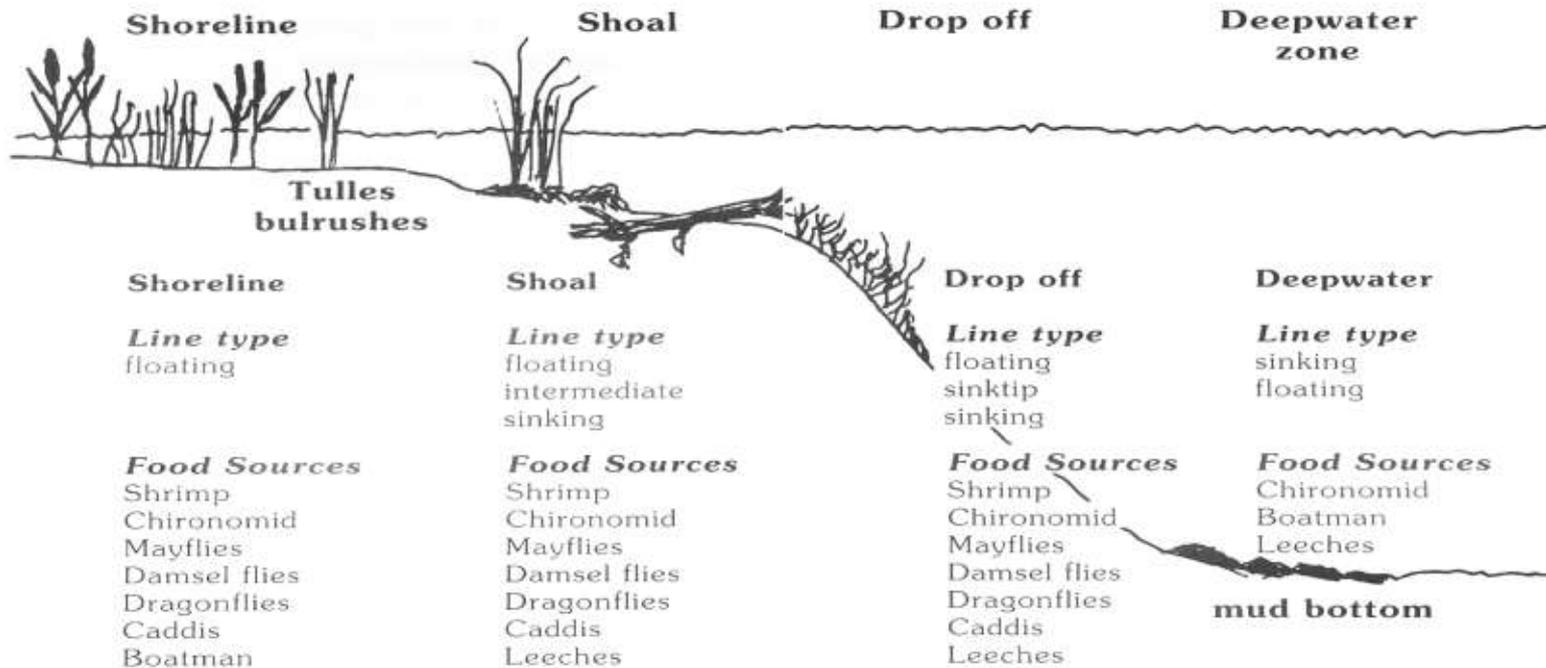


Chart from "Flyfishing Strategies for Stillwaters" by Brian M. Chan



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Understanding the Rise

- Gentle sipping
- Splashy rise
- Boil

Fish Territory

- Weeds, Rocks, Fallen Trees

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Improve your options - Carry two rigged rods

- 1st Rod – Sinking Type II, Weight Forward
 - This rod does not need to be your best rod as you will not be casting it so much for accuracy
- 2nd Rod – Floating Line
 - This rod is rigged for a dry fly on the surface or wet flies just under the surface.



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Reading the lake

- Sight Fishing (where you see the fish)
- Reading the bottom of the lake
 - Fish finder
 - Look into the water
 - Drop your anchor and see what it goes into
- Insects often hatch above their habitat
 - Callibaetis nymphs reside in plant cover

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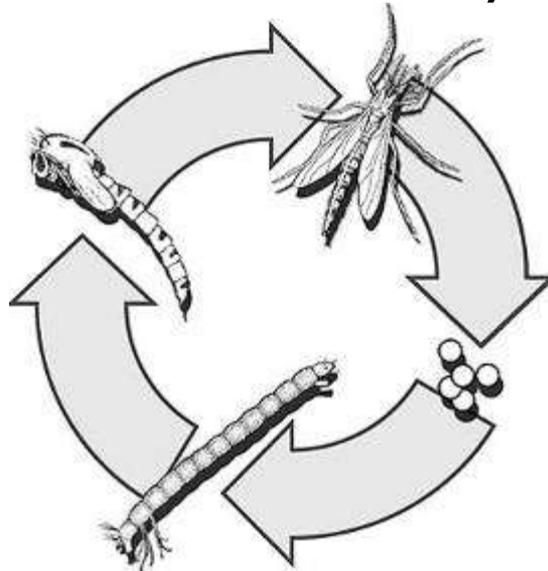
Reading the lake (cont)

- Springs and Streams
- Lakes in Western Washington vs. Lakes in Eastern Washington & Interior BC
- Check the shore line for insects
- Look down in the water often

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Trout Foods

- Chironomids (Midge) is the # 1 food source with over 2,500 species in North America (per Brian Chan)



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Trout Foods (Cont.)

- Mayflies – Callibaetis, Hexageni, Siphonurus, Triorythodes
 - Mayflies do not have a pupa stage



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Trout Foods (Cont.)

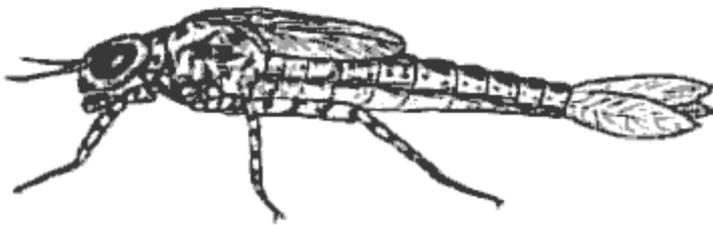
- Caddis (Sedge) life cycle – Larva, pupa & adult



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Trout Foods (Cont.)

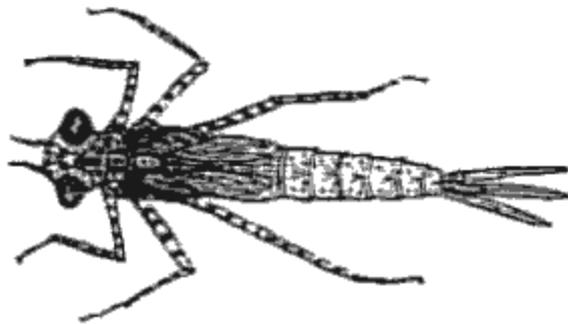
- Damsel flies are blue adults and they swim during migration



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Trout Foods (Cont.)

- Dragon flies
 - Dragon flies are larger than the Damselfly and creep along the bottom



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Trout Foods (Cont.)

- Scuds (Fresh water shrimp) are actually crustaceans
 - Colors are Olive, Green, Tan, Gray or Orange
 - Sizes are normally 8 to 18 hook size



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Trout Foods (Cont.)



- Leeches
 - Colors are brown to black in color
 - Sizes can be 4 to 5 inches long
 - They prowl at night but you can find them out in the daylight in the spring and late in the summer

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Trout Foods (Cont.)

- Terrestrials – Flying insects normally found on land
- Grasshoppers, Crickets, Flying Ants, etc.





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Trout Foods (Cont.)

- **Minnows or other small fish**
- **Fish eggs**



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Stillwater Aquatic Insect Emergence Chart for Washington State

Common Name	Taxonomic Name	Time	Month												Hook Size	
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Mayfly	Ephemeroptera (family)	Mor Aft Eve														
Speckle-Wing	<i>Callibaetis</i> (Baetidae)															
Big Yellow May	<i>Hexagenia</i> (Ephemeridae)															
Gray Drake	<i>Siphonurus</i> (Siphonuridae)															
White-Winged Sulphur	<i>Caenis</i> (Caenidae)															
Trico	<i>Tricorythodes</i> (Leptohephidae)															
Caddisfly	Trichoptera (family)	Mor Aft Eve														
Long-Horn Sedge	<i>Oecetis</i> (Leptoceridae)															
Summer-Flier Sedge	<i>Limnephilus</i> (Limnephilidae)															
Traveler Sedge	<i>Banksiola</i> (Phryganeidae)															
Microcaddis	(multiple genera) (Hydroptilidae)															
Great Late-Summer Sedge	<i>Onocosmoecus</i> (Limnephilidae)															
True Fly	Diptera (family)	Mor Aft Eve														
Midge	(multiple genera) (Chironomidae)															
Damselfly & Dragonfly	Odonata (suborder)	Mor Aft Eve														
Damselfly	(multiple genera) (Lestidae)															
Damselfly	(multiple genera) (Coenagrionidae)															
Dragonfly	(multiple genera) (Aeshnidae)															
Dragonfly	(multiple genera) (Libellulidae)															
Dragonfly	(multiple genera) (Gomphidae)															
Waterbug	Heteroptera (family)	Mor Aft Eve														
Backswimmer	<i>Notonecta</i> (Notonectidae)															
Waterboatman	(multiple genera) (Corixidae)															

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Flies for Trout Lakes

There are 5 major characteristics of any fly pattern you must have when selecting a fly to imitate a food source. They are in the following order:

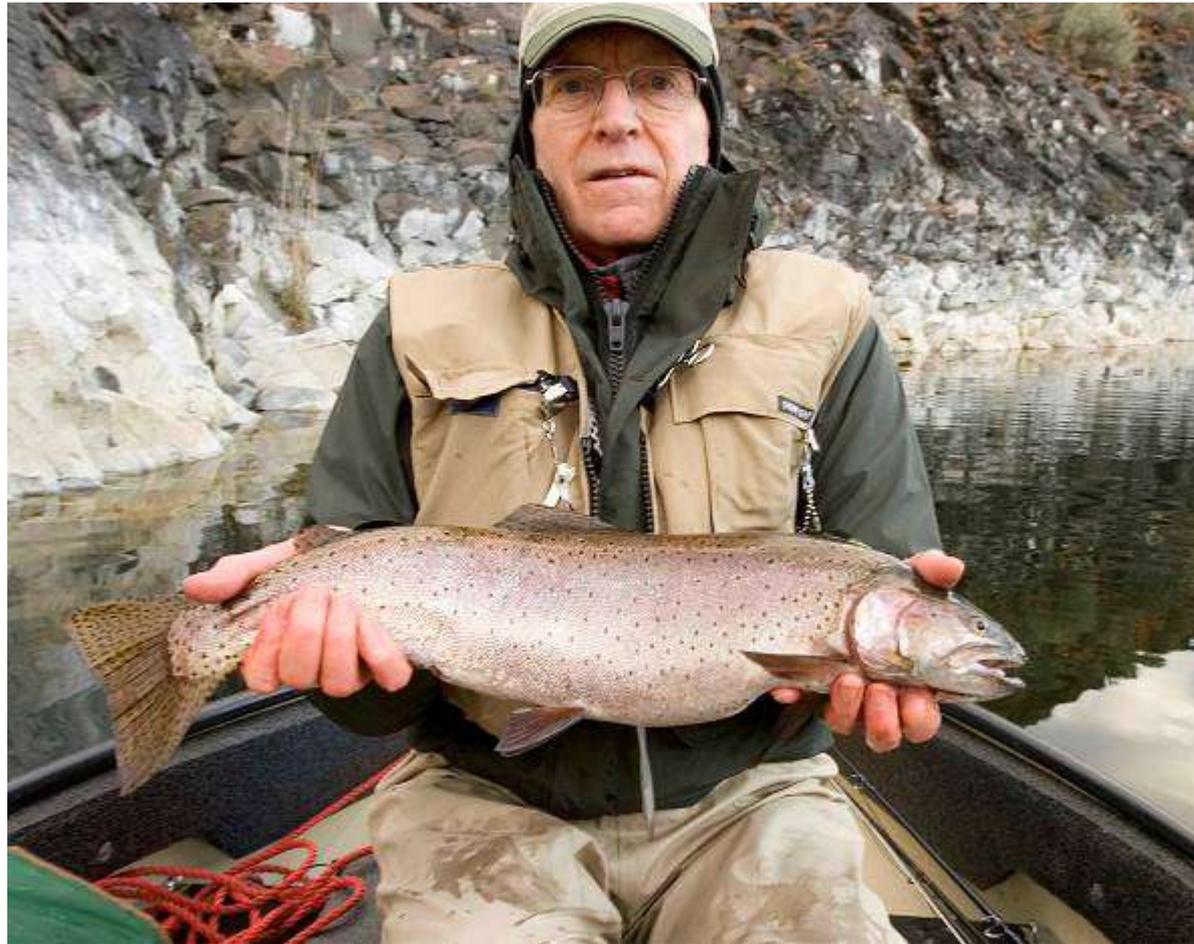
- 1. Action - Swimming, inactive, or struggling – How the fly acts in the water**
- 2. Size - To match the size of the food source being taken**
- 3. Form - It must match the shape of the food source**
- 4. Shade - Overall darkness or lightness**
- 5. Color - A fish will take the fly if every thing else is correct and the color is off**

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Hand outs

- Lake Profile by Bryan Chan
- Stillwater Aquatic Insects of Washington by Roger Rohrbeck
- Recommended Flies and sizes to use on lakes
- Olive Willy fly pattern
- Recommended Reading and Viewing

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Lahonton Cutthroat Trout caught on an Olive Willy, Lake Lenore, April 2, 2007