

## **FLY SELECTION 3**

### **STREAMS - RIVERS - LAKES - STILLWATERS**

#### **STREAMS AND RIVERS**

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#### **FLY SELECTION**

Fly fishing is all about food and there are three main types of flies to use. The most effective flies are nymphs; the immature stage of the many flies that inhabit the rivers and these constitute about 80% to 90% of the trout's diet. They live around structure and plants and they are preyed upon constantly at all times of the day. Emergers and wet flies which imitate other foods are also effective but these methods are not a 24/7/12 method. There are many other factors determining their efficacy.

#### **NYMPHS**

There is little doubt that nymphing is the most effective method of trout fishing and it takes several forms. Long line upstream nymphing involves a long cast with 1,2 or 3 nymphs fished along the bottom of the river. Mix the nymphs and we suggest a green flashback nymph, a brown and something with striking colour like orange or red.

French nymphing is somewhat similar but shorter casts and very long leaders up to 7 metres long are used. Two different nymphs are ideal for the purpose.

The other method is Czech or short line nymphing which involves similar fishing methods but with a 2 to 3 metre leader which does not have a taper. Using this technique you can catch up to three times the amount of trout of anyone on the river.

The retrieve must be slow because nymphs swim slowly and you must feel the fly bouncing along the bottom on occasions to know you are really fishing where the trout are. I use a figure 8 retrieve although any short tugs of 5 – 10 centimetres will suffice.

Just ensure it is a natural as possible movement. Also you would be surprised how many trout are caught just when you are lifting the nymph to the surface. I think they hate the idea of dinner leaving the diner.

To begin nymphing a single nymph is suggested and a weighted brown nymph is a magnet to a feeding trout and it is best fished slowly along the river's floor. If you are not on the bottom, you will not be in the high catch zone. When the water is coloured due to floods then use a nymph with a gold copper or orange bead head with sparkle in colourful bodies to get the fishes' attention.

Nymphs can also be fished 600 mms to a metre, depending on water depth, below a floating stimulator or large red tag to give you a double chance. Nymphs can also be fished all year long.

Look under rocks in the streams and you will know what nymphs are on the menu this day. Other excellent nymphs are : olive nymph, pheasant tail, Philbrick's nymph, hare's ear nymph, brown and copper and redhead nymphs.

## **EMERGERS**

These are flies which are transitioning from nymph to the dun stage; the species first stage as an actual fly. These have dull colouring of greys, beige and green. They move to the top to emerge from their nymphal stage and they are sitting ducks for feeding trout because it takes time before they can dry their wings and fly to safety. Really good emergers are: CDC emerger [various colours], deer hair emerger, foam emerger, Klinkhamer special, possum emerger and sparkle emerger. CDC feathers are from around the anus of a duck and these are water resistant and the flies do not require floatant: thus the natural look is maintained

## **WET FLIES**

Wet flies and streamers simulate small fish and trout willingly take these on the move. Woolly buggers in green and black catch many fish as do magoos, Tom Jones, Mrs Simpson, Yeti, flash Harry and especially any mud eye patterns. These can be fished all season also. A figure 8 retrieve or short retrieves in groups of three followed by a rest often results in a take.

## **DRY FLIES**

Dries are fished on the surface and they imitate any fly you see buzzing around the rivers. Floatant needs to be applied to dries to keep them on the surface and you can also have two dries about 45 centimetres apart to maximise the chances of a catch. You must have the dry fly floating downstream in a natural mode hence the use of mends to ensure this.

We suggest you cast upstream so you will have a fly covering the length of your cast above and below your position. Position yourself in the middle of the stream and cover all the water and structure from the left bank to right bank then keep moving upstream to the next likely spot.

Really good dry flies are elk hair caddis, stimulators of varied colours, mayflies [duns and the coloured adults], Royal Wulff, humpies [red, yellow and green], brown, black and gum beetles, the Adams and beige and black muddlers. Grasshopper patterns are also successful in the Summer with green in the early season, [Nov, Dec] and beige/yellow in later Summer.

Once again observe the flies around the stream and they are likely to be on the menu. Also look around any trees overhanging the rivers because many species of ants, spiders and a multitude of grubs make themselves available through poor gymnastic skills.

**FLY SELECTION**

Remember all flies wet or dry represent some type of food fish may be feeding on and fish may be feeding on more than one type of food at any time

After observing food evidence or fish activity and depending on the season, time of day, temperature, sun or clouds, wind direction then select an appropriate fly

YOU NEED TO LEARN HOW AND WHY TO SELECT A CERTAIN FLY WHICH IMMITATES THE FOOD BELOW

**LAKE FOODS**

Below are the major items of food which lake trout feed on represented by flies

**AQUATIC**

Mayflies --- nymphs -- emergers -- mayflies -- spinners

Midge --- nymphs -- pupae -- emergers -- adult midge

Caddis --- nymphs -- pupae -- caddis moth

Damsel --- damsel nymph -- damsel fly

Dragon fly --- mudeye nymph -- dragon fly

Yabbies -- tadpoles -- frogs -- smelt -- scud -- shrimp -- snails -- leeches -- water boatman -- daphnia

**TERRESTRIAL**

Beetles -- ants -- grasshoppers -- jassids -- cicadas -- crane fly -- wasp

YOU NEED TO LEARN ABOUT ALL OF THESE TYPES OF FOOD AND FLIES