

HVAC Discovery Data

2011 Workshop Tips

Finding Trout

When trying to locate trout, anglers should always consider what are the four essential needs of trout?

- Comfort i.e. cool, clean, oxygenated water.
- Adequate food supply: *Being able to catch sufficient food, using minimum effort, to produce an energy surplus that will convert to growth.*
- Shelter
- An escape route

When these factors are considered, the most likely holding lies for feeding trout should be easier to find. There are no rules with trout though, only exceptions. So we must treat every stretch of river with a fresh approach.

A more than rudimentary knowledge of the fish's habitat is recommended and this would be of great worth when "reading the water" in search of trout or prime feeding lies. Similarly, knowledge of the insect life that comprises around 90% of the trout's diet is invaluable and will surely convert to angling success. The book "Trout Stream Insects of New Zealand" by Norman Marsh comes highly recommended.

Top Ten (22) Flies

Every angler has their favourite flies and the challenge was to list ten flies that novices should carry to cover most situations. Twenty two flies were listed and these were spread over five groups.

1. **Nymphs:** Hare and Copper, Pheasant Tail, Green Caddis, Horn Cased Caddis, Copper John, Prince Nymph.
2. **Dry Flies:** Royal Wulff, Elk Hair Caddis, Cicada, Parachute Adams.
3. **Wee Wets:** Red tipped Governor, Greenwell's Glory, Partridge (spider style), Dk Winged Caddis.
4. **Lures:** Woolly Bugger, Red Setter, Rabbit, Mrs Simpson or Hamills Killer, Smelt flies.
5. **Emergers:** Mayfly emerger, Caddis emerger.

Ten Tips to Improve results.

They are not listed in any particular order.

1. When fishing during the day, wear Polaroids and a brimmed hat or cap.
2. Wear dull or neutral toned clothing, avoid fluoro and bright colours.
3. Move slowly when beside the water. Trout detect movement easily.
4. Be prepared to change tactics; it can be the difference between failure and success.
5. If you are not catching fish then don't waste time in the wrong spot.
6. Only wade if you need to.
7. When you arrive at a fishing spot always put on waders, clothing, etc. before removing your rod. On return to your vehicle always put away your rod first. By doing this breakages resulting from carelessness can be avoided.
8. Always approach from downstream unless wet-lining across and down.
9. If you spook a brown trout – move on. If you spook a rainbow trout it may return.
10. Always carry your cellphone, in a sealed plastic bag, on your person. In an emergency you may be able to text even in poor reception/coverage areas.

Another Ten Tips with Some Explanations

1. * Apply the **2 D's** (the most natural **D**rift and fish at the correct **D**epth).
2. Before fishing apply the 2 **W's**. **W**atch and **W**ait, stand back and observe.
3. Observe the **3 F's** – **F**ish-**F**ee**F**irst. Often trout are lying close to the edge.
4. If your line snags, do not try to free it by bending your rod as this could result in breakage. Point your rod at the snag and pull straight on the line, keeping your back to the river so that you won't be hit in the face if the hook suddenly springs free.
5. * Change of light, morning and evening are good bite times.
6. Fish can be hard to see, so fish all likely water thoroughly.
7. * Have confidence in your gear and ability — losers don't win.
8. Lead a trout over the net with its head up and lift the net to capture it.
9. If releasing a trout, take great care that it has recovered, be gentle.
10. * Changing fly size is often more important than changing pattern.

Additional Notes

1.* Although a dead drift is usually recommended, there are times when added movement can entice a trout to take. For instance at the end of your drift, the floating line pulling on the fly causes it to lift towards the surface and this may suggest to the fish that the nymph is making its way to the surface and should be eaten. The second **D** (depth) may mean that extra weight needs to be added in deep or fast water to take the fly into the feeding zone for a fish. In fast water the trout will be hugging the bottom unless it is sheltering in pocket water. The water flow is slower along the riverbed due to water passing over the uneven rocky surface.

5.* On a fishing trip to the Mohaka River two of our club anglers were nymphing in early evening but in bright summer sunshine. They were fishing in a deep pool but not having much success. On the far bank there was a high bluff and as the sun started to set behind this high bank, the far side of the river was plunged into deep shade. Within minutes both anglers had several hook ups and trout were caught. This was clearly due to the change of light because nothing else changed.

7. * It is difficult to have confidence in your ability and gear until you have caught some fish; this is especially true for inexperienced anglers. It has to be said however that if you don't expect to catch fish then you most probably won't! So, feel confident and go catch a trout.

10. * If your fly is refused by a trout then don't keep offering the same fly to that fish too many times. Very often the same fly pattern in a smaller size will do the trick. If you have any niggling, fishing questions in your mind, no matter how trivial they may seem, these can usually be answered by talking with an experienced club member.