



# Stillwater 101

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## Fly Fishing Stillwater 101

### Basic Equipment Needed for Stillwater Fishing

- A Floatation Device
  - Rowboat, Pontoon or Float tube will aide in catching fish.
  - There are many lakes in our area that can be fished by shore, contact your local fly shop for details.
- A Basic Fly Rod
  - 5-7wt
  - 9-10' (10' is preferred)
- Fly Line
  - Buy the best (most expensive) fly line you can afford.
  - Floating Line
    - Floating fly lines cover the shoal zone, water between 2 to 20 feet in depth, and are ideal for presenting floating, emerging, pupal, and nymphal imitations.
  - Sink Tip
    - A slow or intermediate sinking is a good line for fishing the deeper parts of the shoal such as water between 10 and 20 feet deep.
  - Full Sinking Line
    - This line allows slow presentation of pupal and nymphal patterns while ascending at a gradual angle towards the surface.
- Leader/Tippet
  - It depends on what fly line your using and the of Stillwater presentation.
  - *Chironomid's*
    - Floating Line
    - Long Leaders 3-4x, 10 to 15'
    - Strike Indicator and Weight
  - *Emerger/Nymph Patterns*
    - Sink Tip
    - Leaders 3-4x, 3 to 7'
  - *Streamers*
    - Full Sink Line
    - Leaders 3-4x, 3 to 7'

### 5 Tips for Stillwater Success

1. Know Where the Trout Live
  - a. The most productive lake zone is the shoal.
2. Fish Subsurface
  - a. Most trout feeding takes place subsurface. A sink tip and full sink line is a must.
3. Window of Opportunity
  - a. Overcast or dark days or rippled water provide opportunities for trout to move into the shallows and feed.
  - b. On windy days, the shoreline is a natural area to target because the waves churn up food sources and trout will often move right into this frothy, muddy water.
4. Water Temperature
  - a. For most lakes that have rainbow trout, it is recommended to use a scale of 55F to 65F. When temperatures are in this range the trout's metabolism will be at its peak and it should be feeding.
5. Carry a Basic Selection of Flies
  - a. Insect hatches follow a seasonal sequence that typically begins with midges, followed by mayflies, then damselflies, caddis flies and lastly dragonflies.

# Lake Profile

[http://www.kidfish.bc.ca/our\\_lakes.htm](http://www.kidfish.bc.ca/our_lakes.htm)

Lakes have four different parts; the shoreline, the shoal, the drop off and the deep zone.

## Shoreline

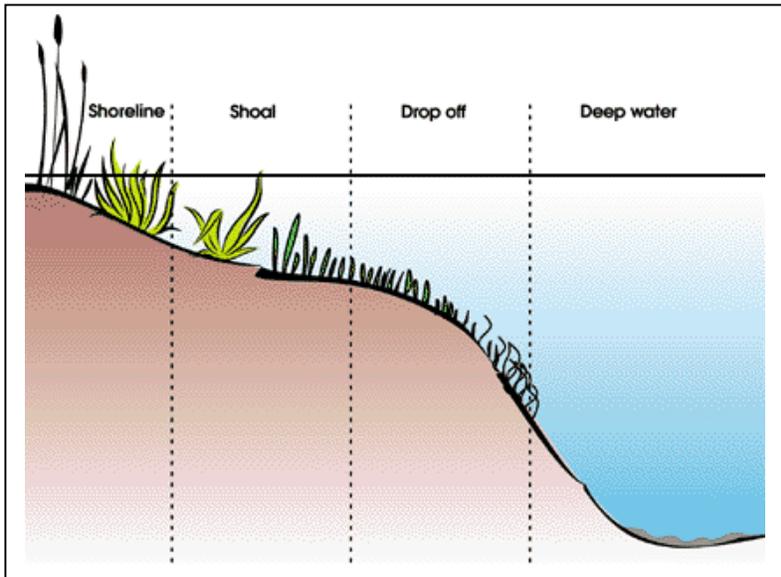
- The shoreline is a shallow area near the edge of the lake. It is generally less than half a meter deep. It is a very important area for a number of water and land creatures because it offers quick access to both land and water.

## Shoal

- The shoal is the area of a lake from the shoreline to six meters deep. In many ways, this is the most biologically interesting part of a lake: it is where you will find most of the lake's plants growing. Because the plants offer habitat and shelter, it is also an area very rich in insects, small animals and small birds. Small fish also like to spend time here because they can catch an easy meal.

## Drop-Off

- At the edge of the shoal is a place where the water becomes deeper, often very quickly. This is called the drop off zone, and it is usually 6 to



8 meters in depth. As the water becomes deeper, less sunlight can get to the bottom, and this is often where you will see the plants stop growing.

## Deep Water

- Once you pass the drop off zone, you are into deep water. Not a lot happens in the deep water of the lake. Light cannot penetrate enough for good plant growth, and fish stick to areas where there are plants, because that's where the insects are.

# Basic Stillwater Fly Choices

## 1. Woolly Buzzer

- a. Troll the Woolly Buzzer slowly behind your boat at a depth of a few feet to down near the bottom at about 15–20 feet.
- b. Also try to cast the Woolly Buzzer and retrieved slowly with frequent twitches.

## 2. Leech Pattern

- a. Fish similar to the Woolly Buzzer above but try the high speed retrieval to invoke a predatory attack.
- b. Black is most common. Opt for darker colors.
- c. 6-Pack, Carrie Specials

## 3. Nymphs

- a. Fish under an indicator with an intermediate line through weed beds.
- b. Nymphs are more effective if retrieved slowly.
- c. Zug Bugs, Hares Ears, Pheasant Tails

## 4. Chironomids

- a. Non-biting Midges
- b. Fish on a floating line under an indicator with weight.
- c. Zebra Midge, Snowcone Chironomid, Chan's Chironomid

## 5. Dry Flies

- a. Fish on a floating line.
- b. Midge, Damselflies, Dragonflies  
Callibaetis Mayfly