



**High Adventure**

# **Fishing and Fly Fishing**

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- Why Fish?
- Two Approaches
- Places to Go
- Plan for Success
  - When to Go?
  - Weather & Water
  - What's Biting?
  - Match the Hatch
  - What Gear?
- Some Resources



# Why Fish?

1. Explore new places
2. Learn new skills
3. Earn merit badges
4. Supplement trail diet
5. Have FUN !



# Two Approaches

A person is seen in a canoe on a calm lake at dusk. In the background, a tent is pitched on the shore, and a campfire is burning brightly, casting a warm glow. The sky is a mix of purple and blue, and the water reflects the light from the campfire and the sky.

## Fishing Trip

1. Fishing is primary
2. Plan other activities around fishing (first aid, exploring, insect study, backpacking, camping, cooking, etc.)

## Backpacking, Canoeing, etc. Trip

1. Fishing is secondary
2. Spare time activity
3. Plan fishing around other activities

**Variety Meets Everyone's Needs**

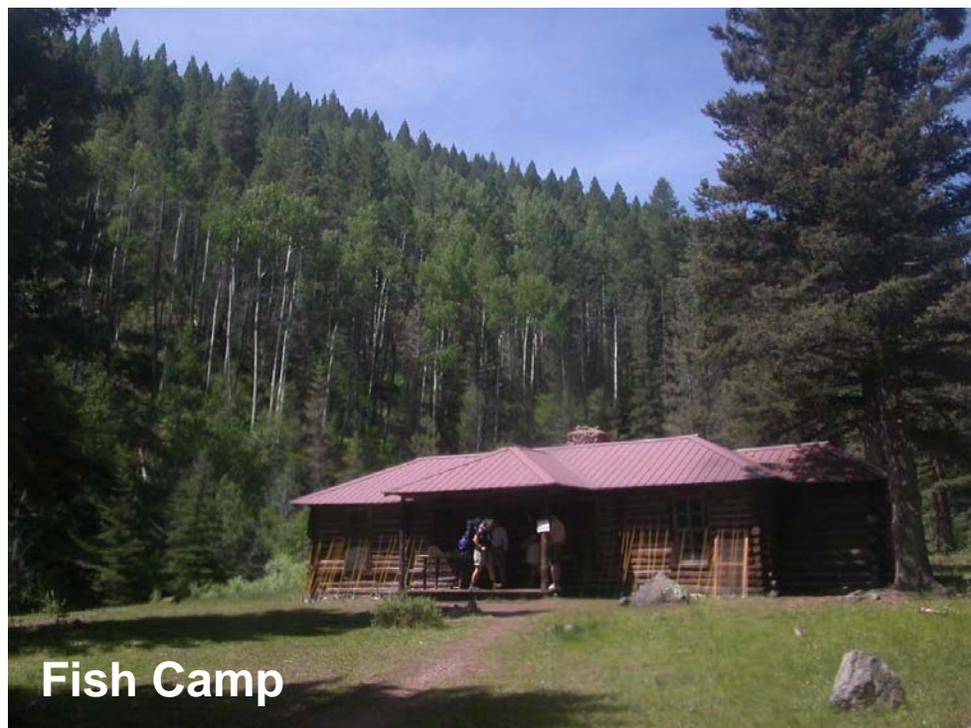
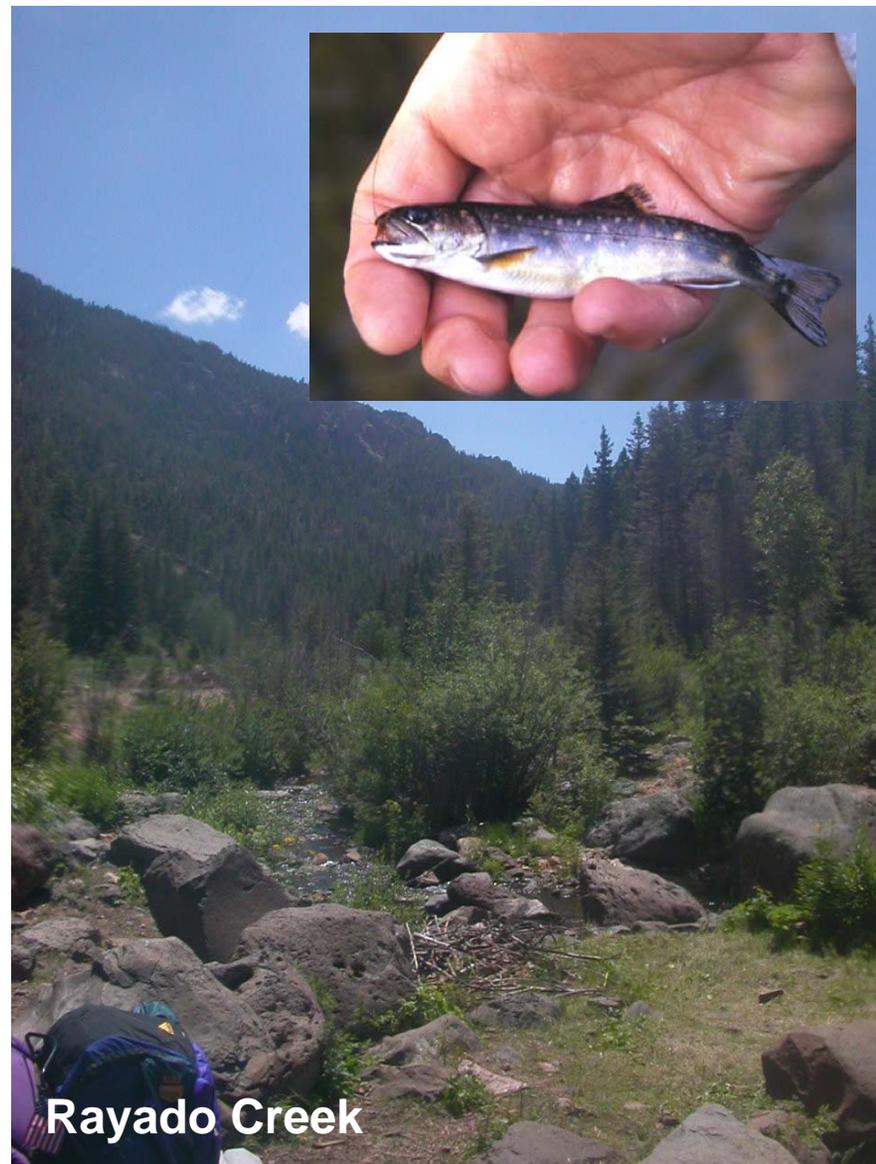
# Some Places to Go

- **Philmont Scout Ranch**
- **Florida Sea Base**
- **Northern Tier Boundary Waters**
- **Maine High Adventure Base**
- **Shenandoah Area**
- **Inshore Saltwater**
- **Local Waters**



# Philmont Scout Ranch

- Creeks offer challenging small-stream trout “hunting”
- Fish are small and wary; subdued colored clothing and extreme stealth required!
- Most streams are catch-and-release



Fish Camp

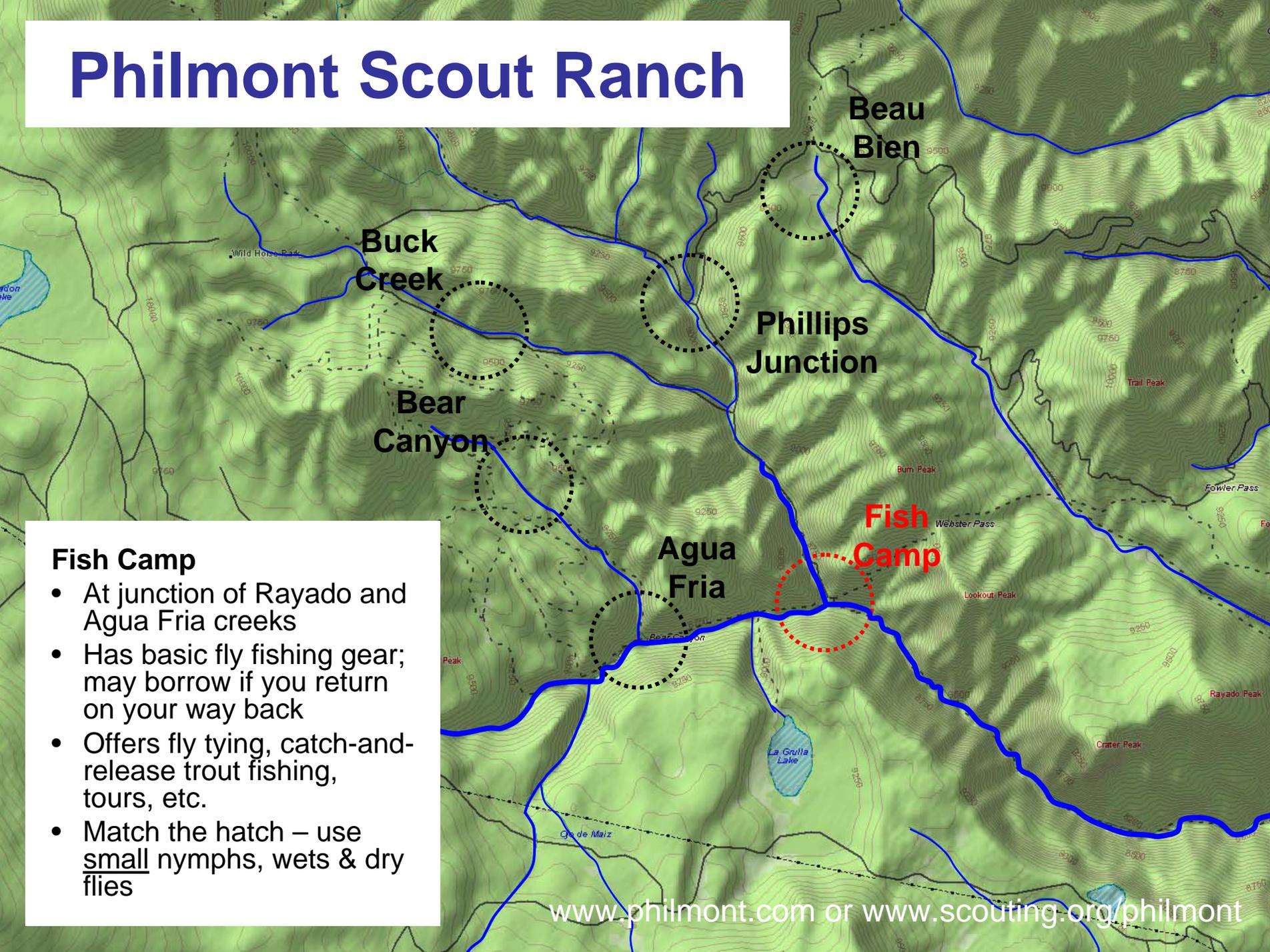


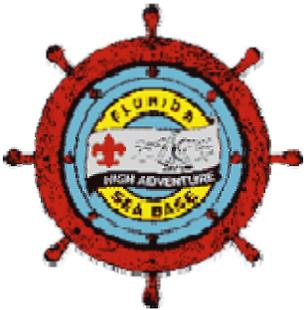
Rayado Creek

# Philmont Scout Ranch

## Fish Camp

- At junction of Rayado and Agua Fria creeks
- Has basic fly fishing gear; may borrow if you return on your way back
- Offers fly tying, catch-and-release trout fishing, tours, etc.
- Match the hatch – use small nymphs, wets & dry flies





# Florida Sea Base

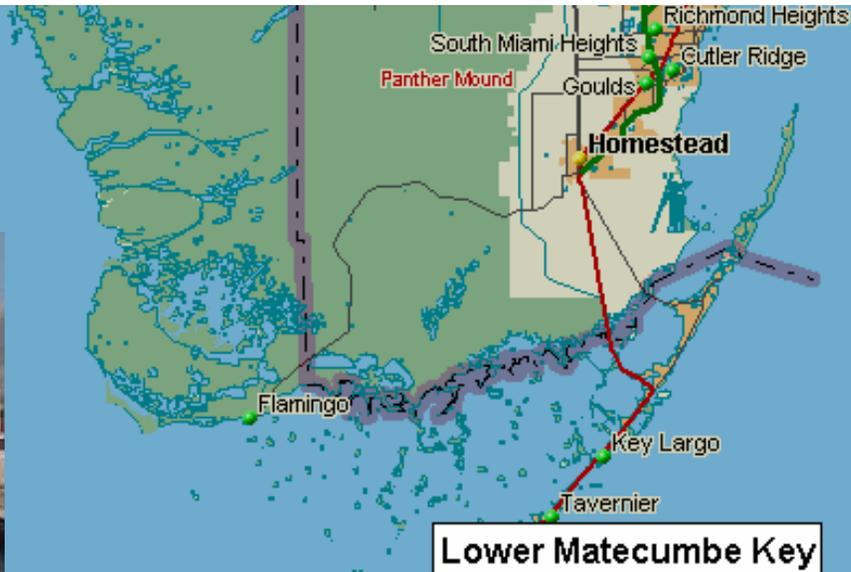
- 9 programs from 3 locations
- Fishing is a major part of most programs
- Fly fishing is popular but not formally offered
  - Participants bring their own gear
- Large variety of saltwater fish available



# Florida Sea Base



Brinton Environmental Center



Big Munson Island

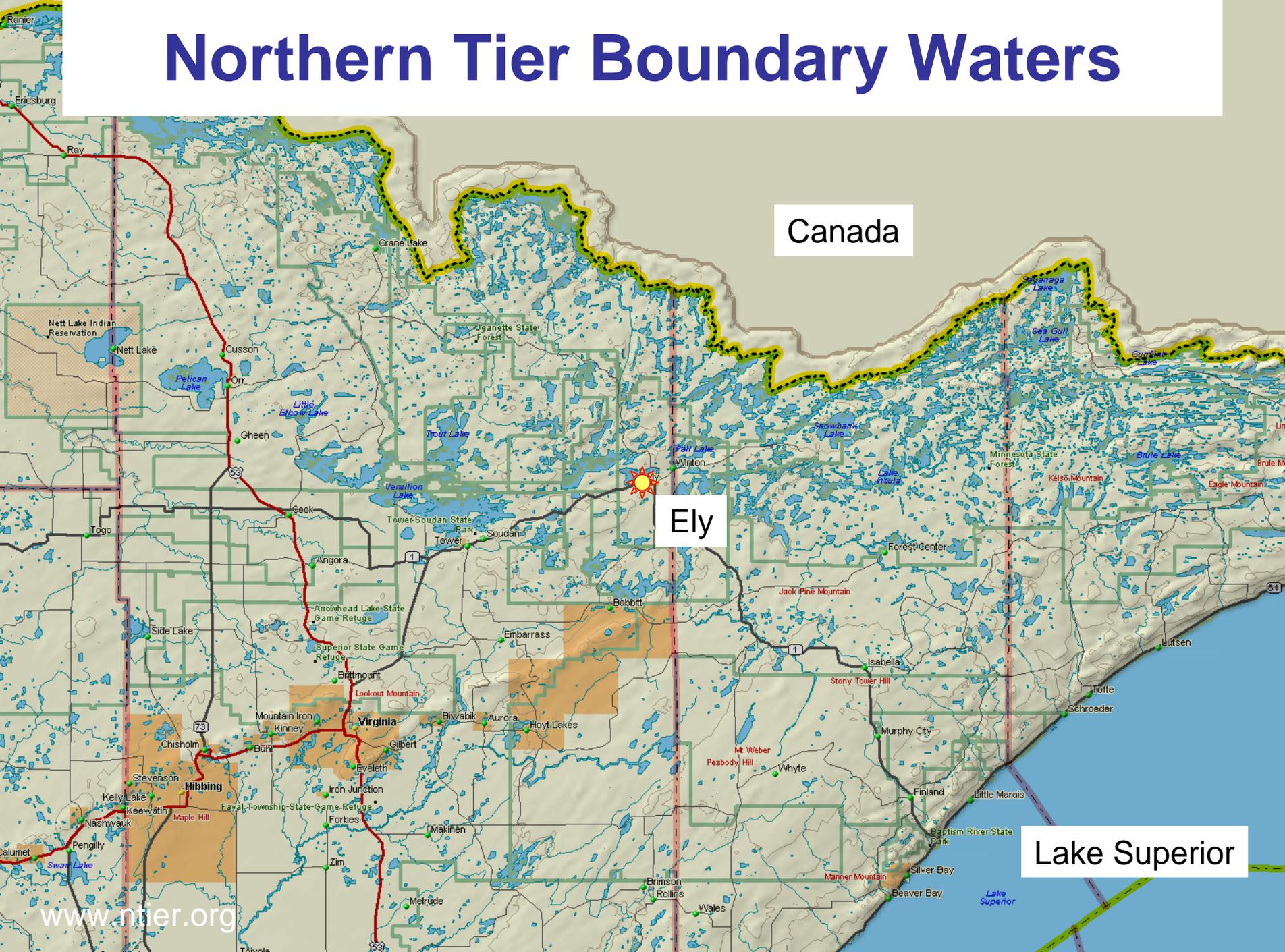


# Northern Tier Boundary Waters

- Open June - August
- 3 Program Bases
  - Charles L. Sommers National High Adventure Base on Moose Lake near Ely, Minnesota
  - Atikokan Canoeing, in Atikokan, Ontario, Canada
  - Northern Expeditions at Bissett, Manitoba, Canada
- Focus on Canoeing Treks
  - Wilderness camping
  - Navigation
  - Many challenge levels
- Lots of Fishing Opportunities
  - Large variety of conditions & fish



# Northern Tier Boundary Waters



Canada

Ely

Lake Superior

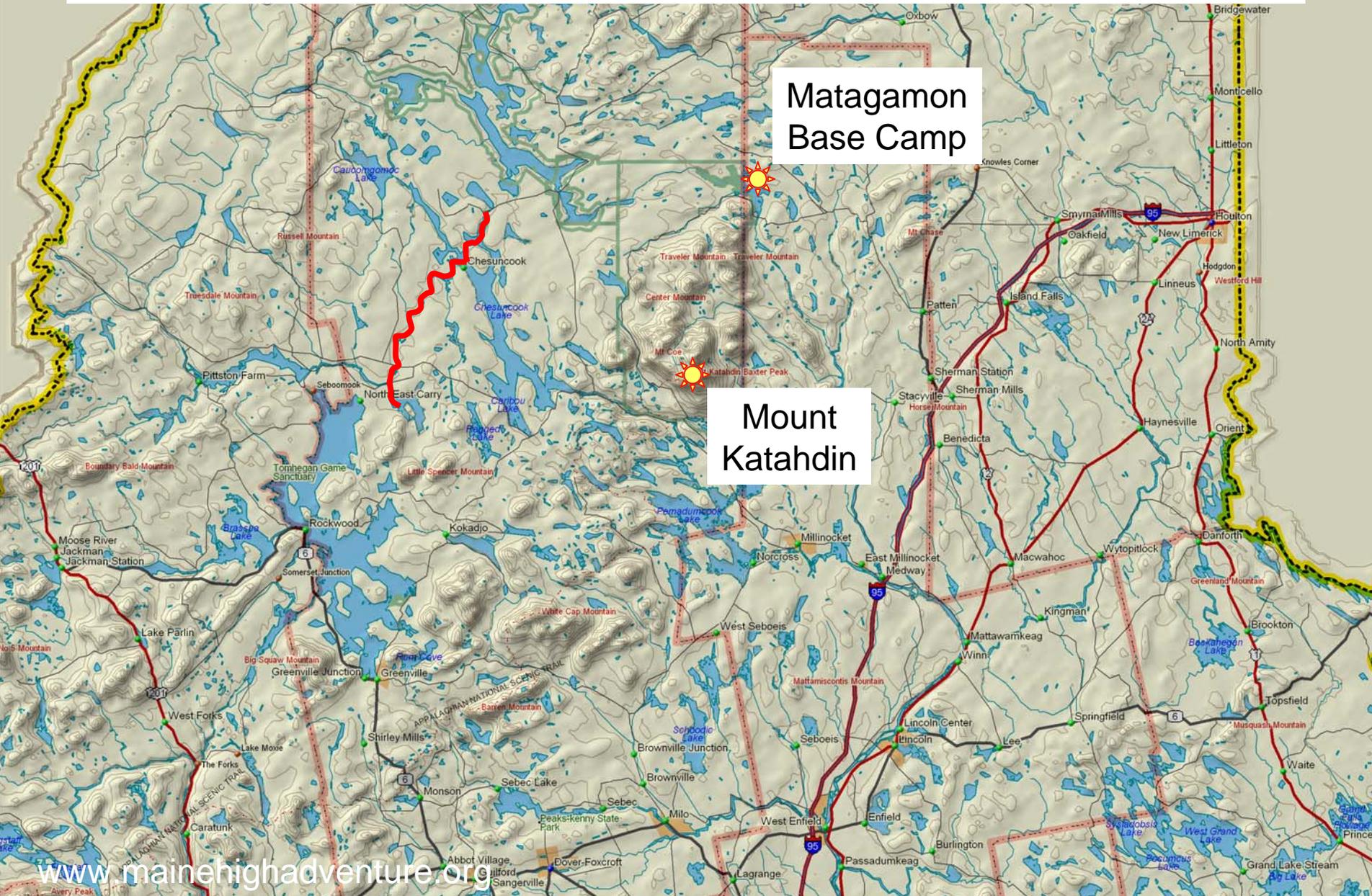
# Maine

## High Adventure Base

- Matagamon serves as “outfitter” & provides experienced ranger
- Treks are tailored to you
  - What kind of fish do you want to catch?
  - What kind of waters do you prefer?
  - Combine hiking, canoeing, camping, fishing, etc.
- Be prepared to deal with Northwoods conditions: terrain, insects, bears, weather, etc.



# Maine High Adventure Base



Matagamon  
Base Camp

Mount  
Katahdin

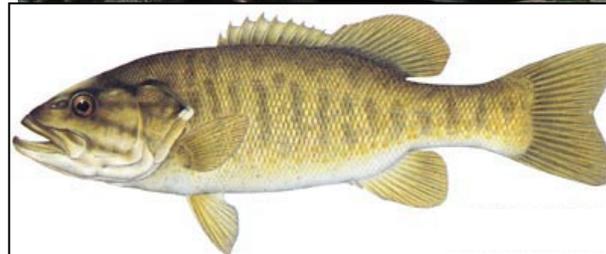
# Shenandoah Area

## Shenandoah National Park

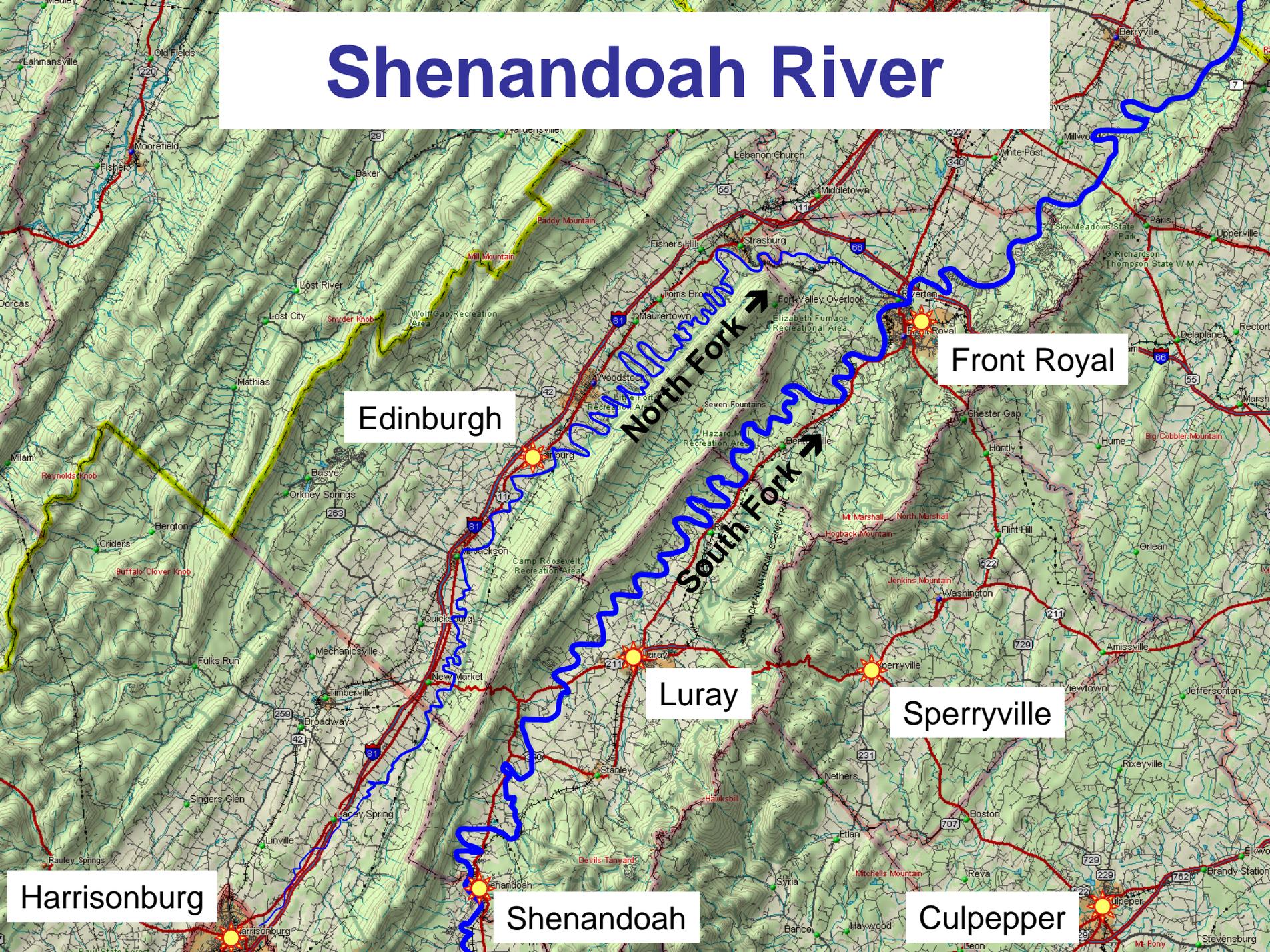
- Wild Trout
- Small mountain streams
- Best hatches April & May
- Low & clear water starting June: time for terrestrials

## Shenandoah River

- Smallmouth Bass
- North Fork: best from early May
- South Fork: 5 times as large as North Fork; best from mid June
- 150 miles of fishable river
- Recovering from major fish kill



# Shenandoah River



Edinburg

North Fork

South Fork

Front Royal

Luray

Sperryville

Harrisonburg

Shenandoah

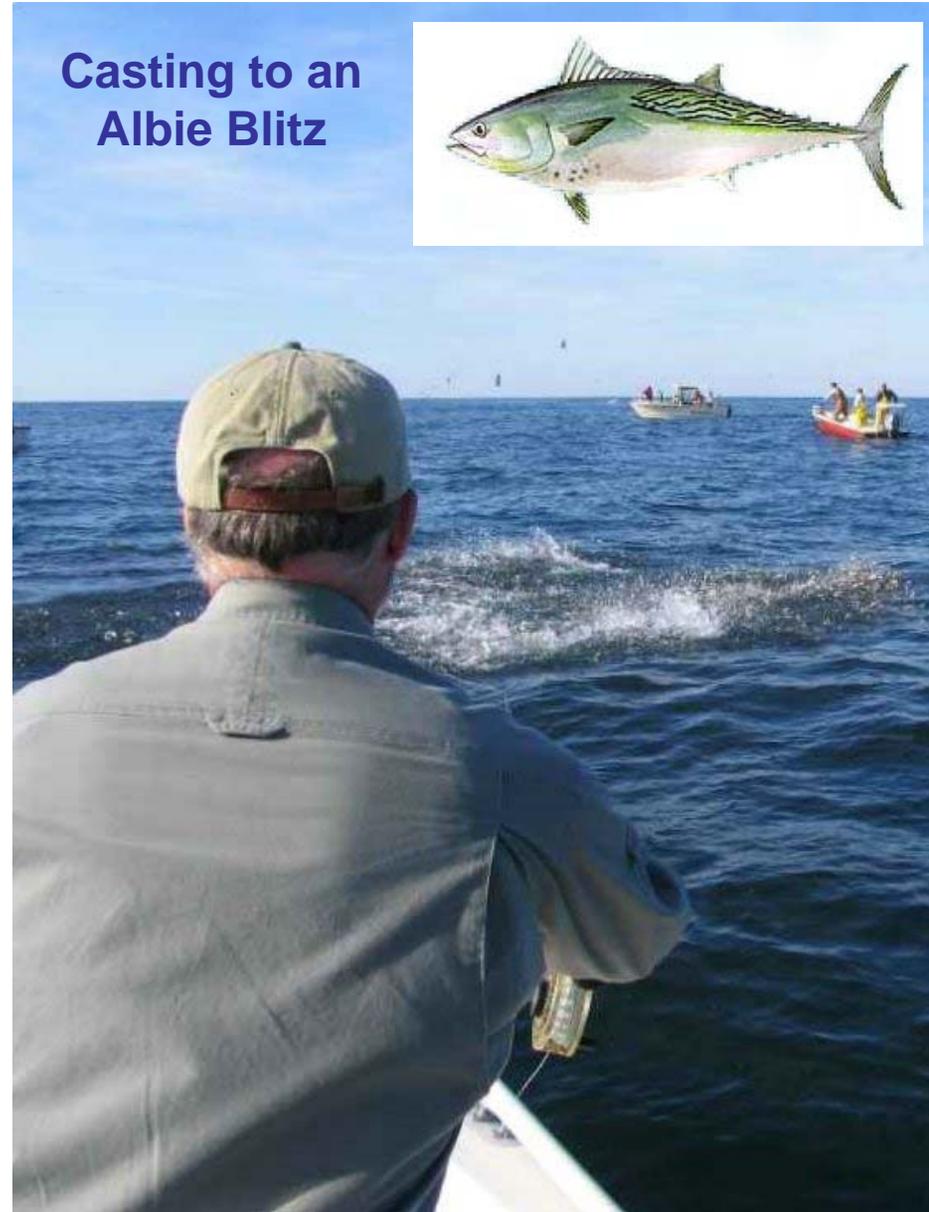
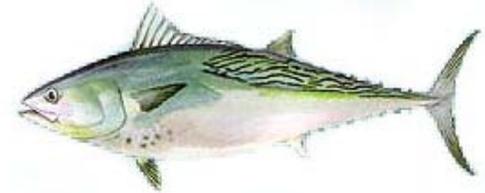
Culpepper

# Inshore Saltwater

## Harkers Island & Point Lookout, NC

- Inshore and offshore saltwater fishing
  - False Albacore, Bluefish, Dolphin, Redfish, Wahoo, Sailfish, etc.
- Primitive waterfront camping (\$15/night/tent incl. firewood)
- Hiking trails
- Sea Kayaking
- Summer Camps
  - Cape Lookout Environmental Education Center (CLEEC)
- Wild ponies on Shackleford Banks

Casting to an  
Albie Blitz



# Harkers Island at Cape Lookout, NC



# Be Prepared - Plan For Success

## Questions to Ask

- Where are we going?
- When are we going?
- What conditions do we expect?
- What do we hope to catch?
- What gear do we need?

## Getting Ready

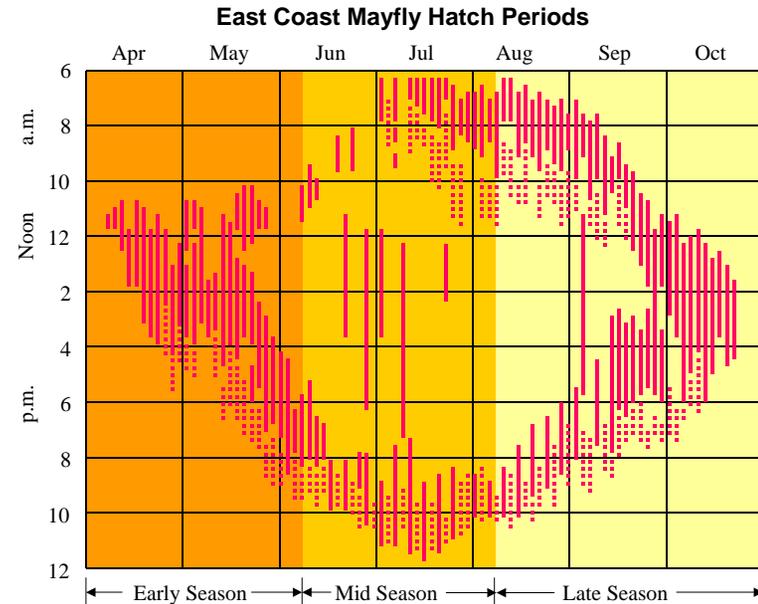
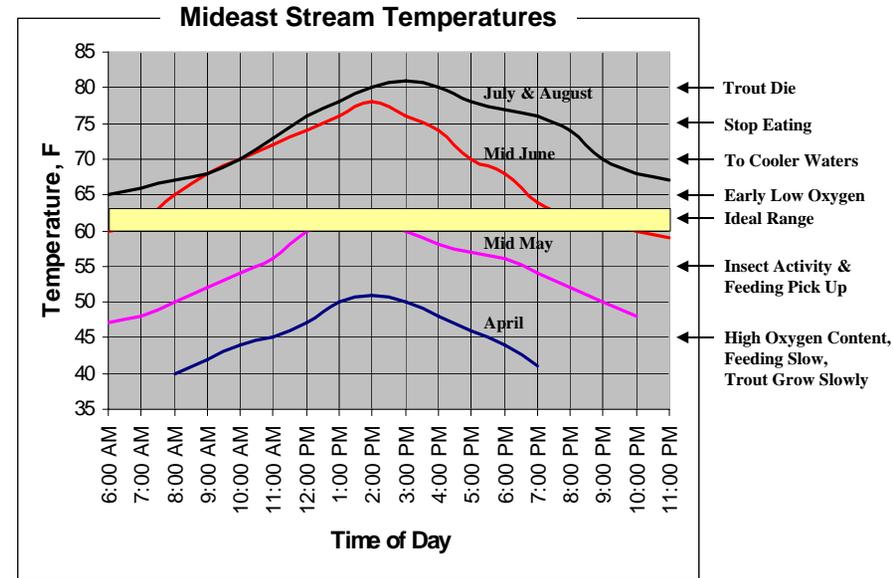
- Select the right gear
- Check it out
- Practice, especially with new equipment
- Reconnoiter the territory



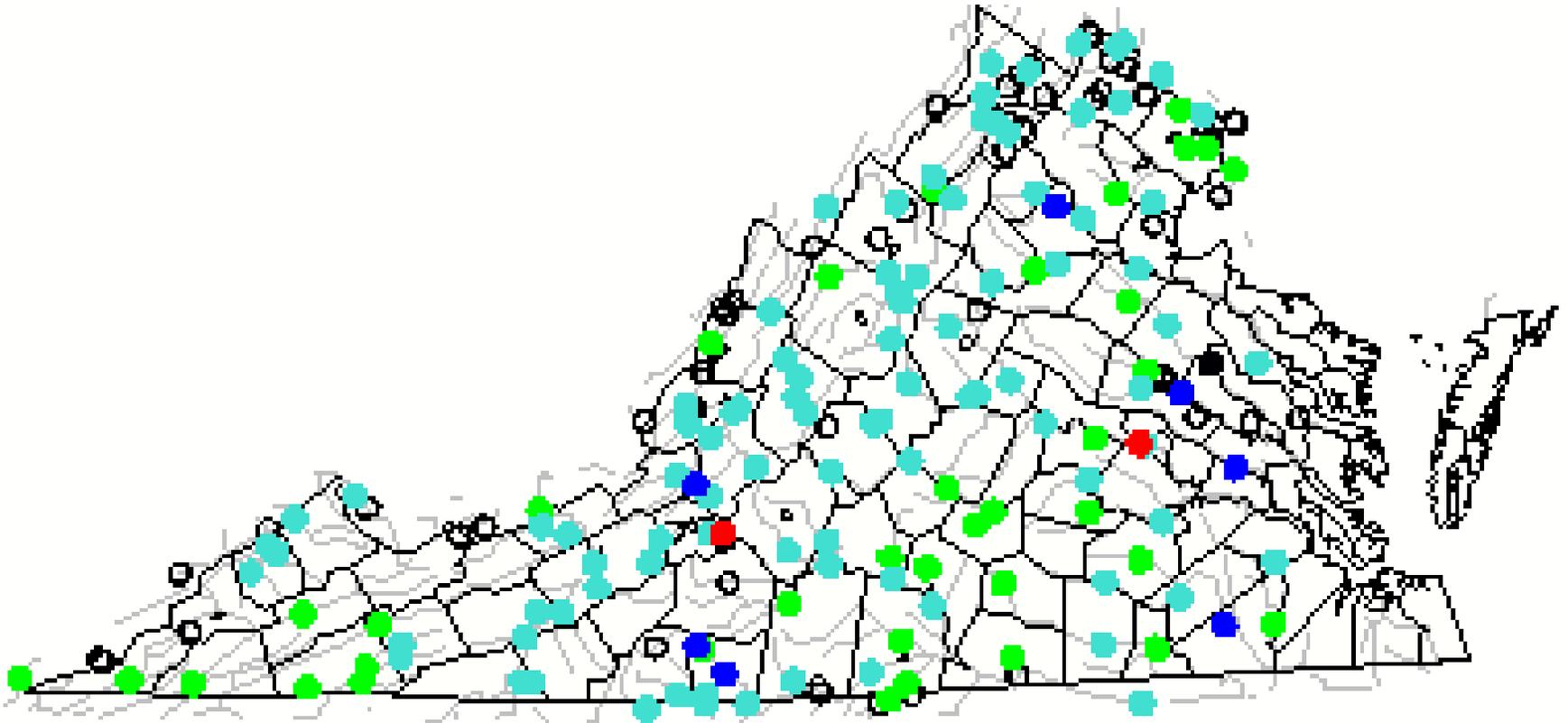
# When Are You Going?

## Consider:

- Water
  - Temperature
  - Flow Rate
  - Acidity
  - Clarity
- Weather
  - Temperature
  - Precipitation
  - Wind
- Time of Day
  - Light intensity & direction
- Fish Preferences



# Check Water Conditions: USGS Streamflow Charts

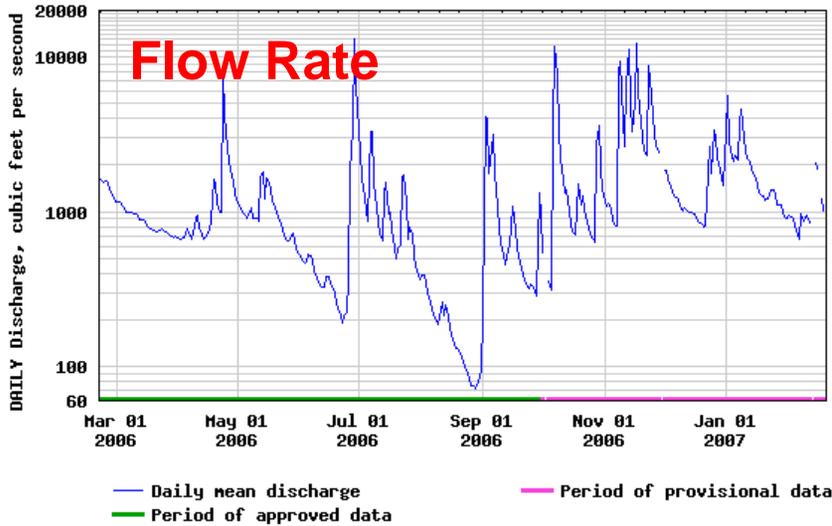


<http://waterdata.usgs.gov/nwis/current/?type=flow>

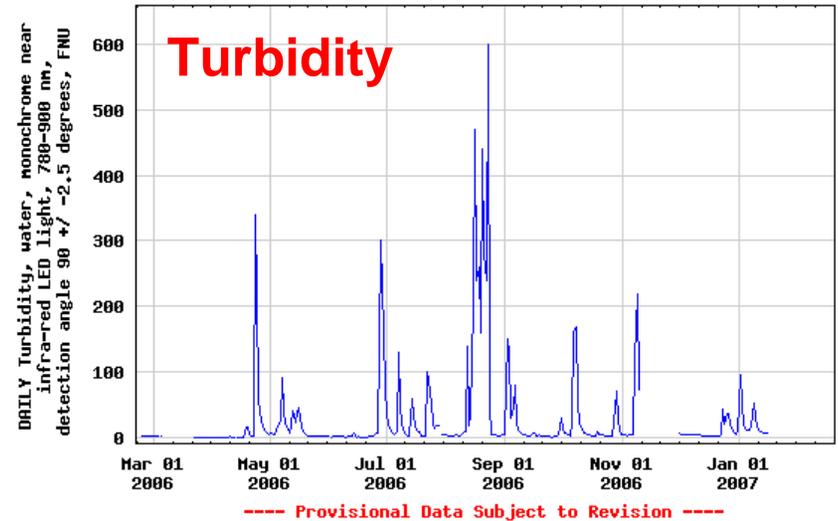
# Typical Stream Information

## Fredericksburg, VA (Mar 06 – Feb 07)

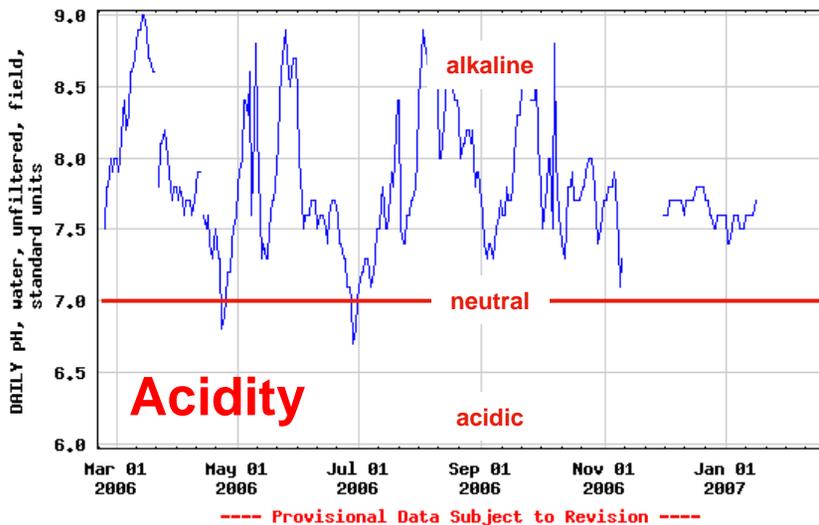
USGS 01668000 RAPPAHANNOCK RIVER NEAR FREDERICKSBURG, VA



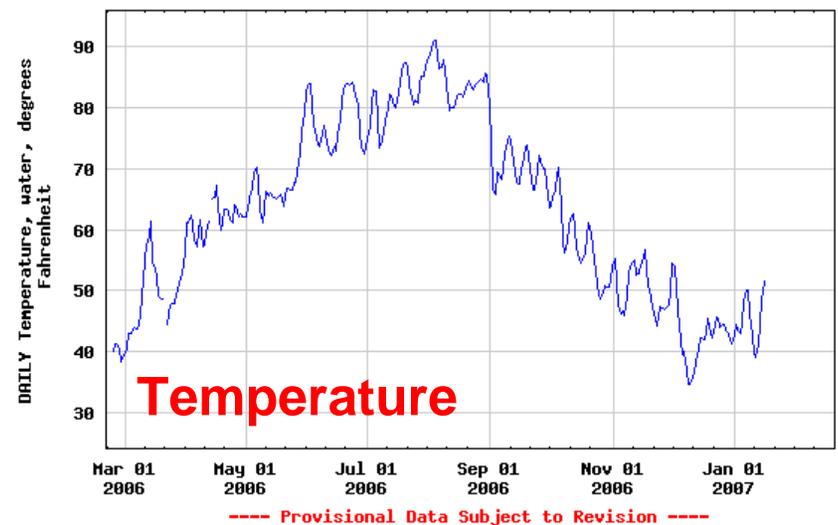
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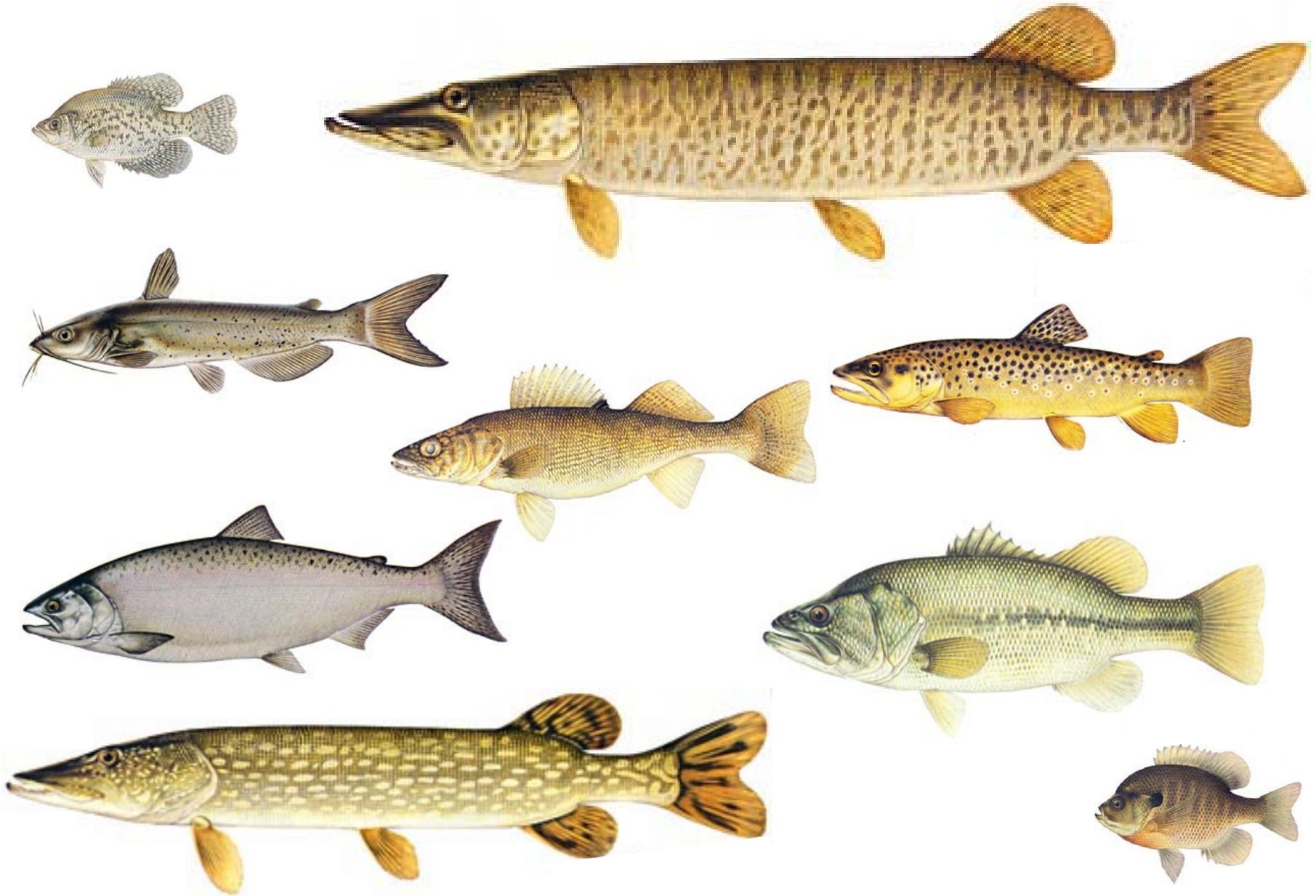
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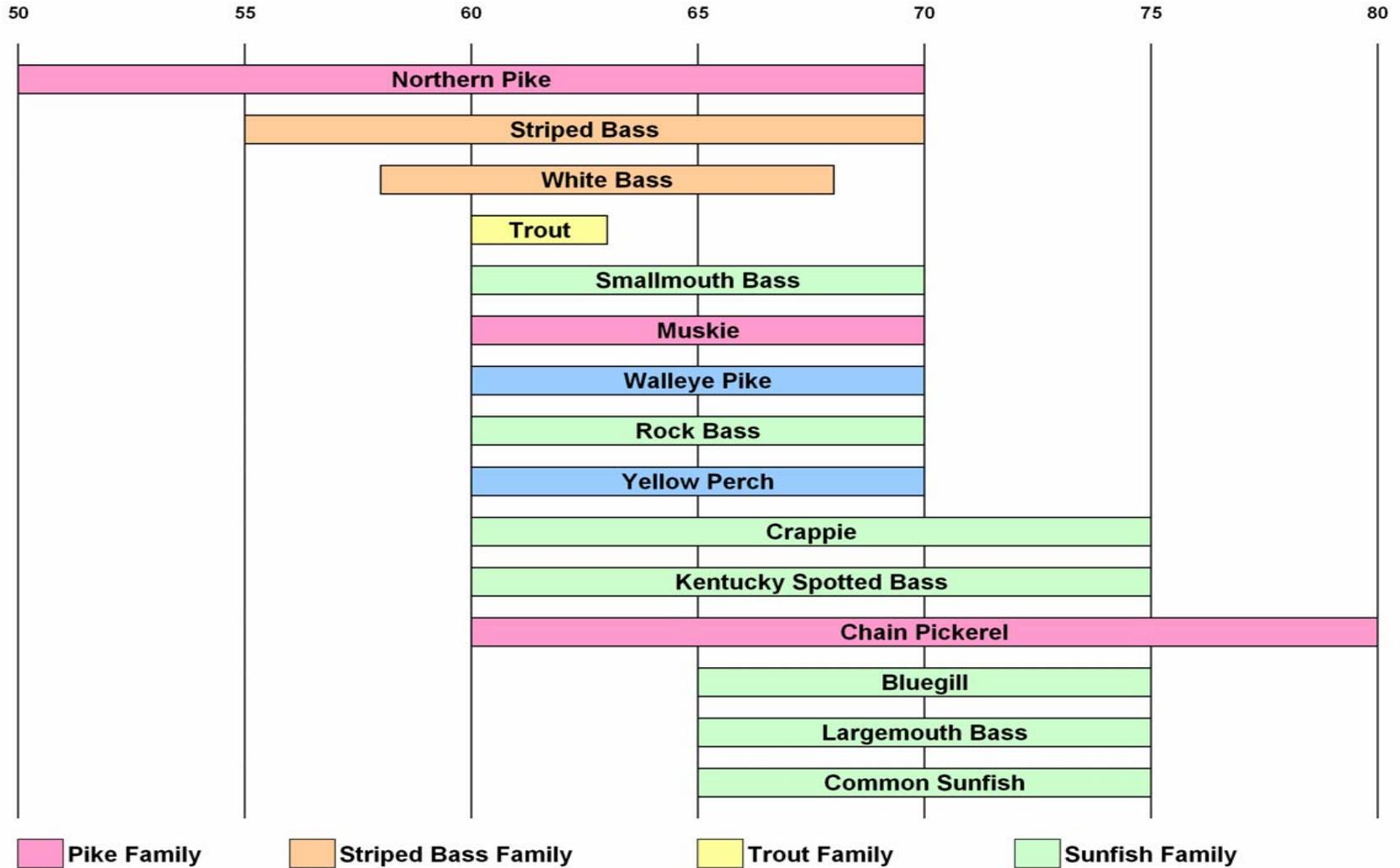
USGS 01668000 RAPPAHANNOCK RIVER NEAR FREDERICKSBURG, VA



# What's Biting?



# Fish Temperature Preferences



# Match the Hatch

	Size	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
Little Black Caddis	16-18								
Little Black Stonefly	10-18								
Quill Gordon	12-14								
Blue Wing Olive	18-20								
Hendrickson	14-16								
Blue Quill	14-18								
Little Mahogany	16-20								
Black Quill	10-16								
Grannom	12-16								
March Brown	10-12								
Little Yellow Stonefly	12-14								
Gray Fox	12-14								
Eastern Green Drake	8-10								
Sulphur	14-20								
Light Cahill	14-16								
Eastern Gray Drake	10-12								
Green Stonefly	6-12								
Spotted Sedge	16								
Pale Evening Dun	12-16								
Brown Drake	8-10								
Hexagenia Limbata	6-8								
Yellow Drake	12-14								
Isonychia Bicolor	12-14								
Brown Stonefly	8-12								
Golden Drake	8								
Slate Wing Olive	16-18								
Trico	22-24								
Tiny Blue Wing Olive	22-24								
White Mayfly	14-16								
Brown Sedge	12-14								



Gray Fox



Elk Hair Caddis



Stonefly

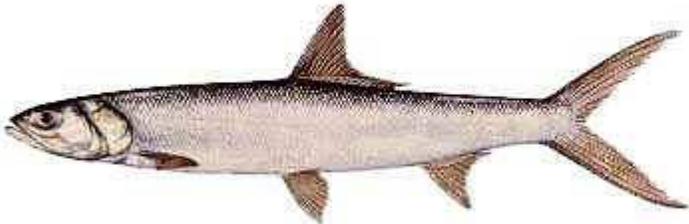
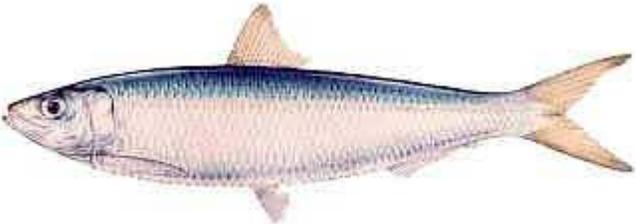
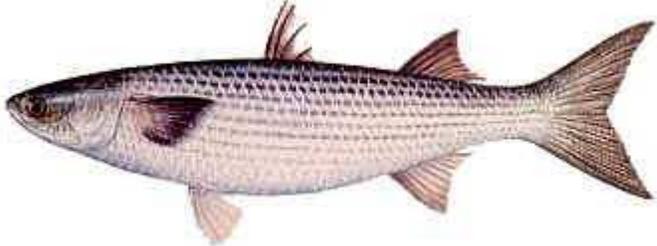
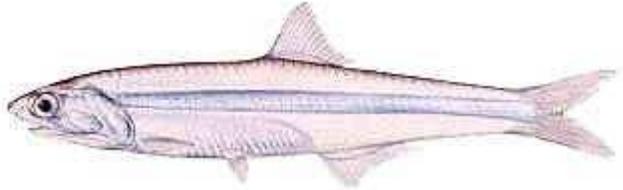
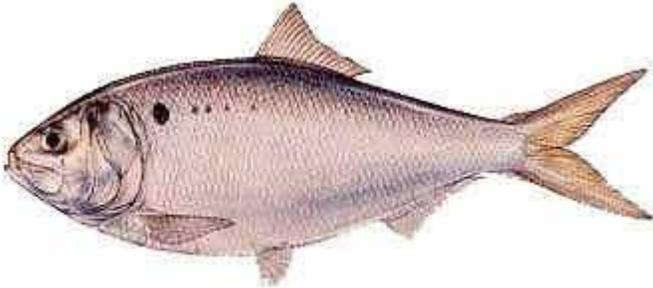


Mayfly

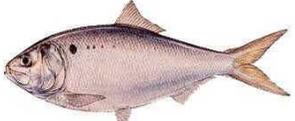


Caddisfly

# Match the Saltwater "Hatch"



# Match the Saltwater "Hatch"

Name	Size	J	F	M	A	M	J	J	A	S	O	N	D
Herring	5" - 10"				■								
Shad	6" - 20"					■							
Cinder Worm	.75" - 2"					■							
Sand Eel	up to 3"					■							
Sand Hopper (amphipods)	.5" - 1.5"						■						
Peanut Bunker (Menhaden)	2" - 3"							■					
Bay Anchovy	1" - 1.5"									■			

# Fishing Kit

- **Multi-Piece Rod w/ Sack**
- **Matching Reel**
- **Matching Line w/ Backing**
- **Matching Leaders & Tippetts**
- **Small Tackle Box or Bag**
- **Flies, Lures, etc.**
- **Hooks**
- **Weights**

- **Cord Stringer**
- **Forceps, Pliers**
- **Floats or Strike Indicators**
- **Swivels**
- **Small Repair Kit**
  - **Super Glue**
  - **Light Wire or Size A Thread**
  - **Fingernail Polish**
- **Filet Knife w/ Sheath**

## **Gear should be:**

- Matched to fish & conditions
- Easily packed & carried
- Durable
- Adaptable to changes in conditions
- Easily Repaired
- OK to Lose or Break

**> > > Keep the kit light and compact < < <**



# Some Online Resources

- **BSA**

- **Philmont** [www.philmont.com](http://www.philmont.com) or [www.scouting.org/philmont](http://www.scouting.org/philmont)
- **Northern Tier** [www.ntier.org](http://www.ntier.org)
- **Florida Sea Base** [www.bsaseabase.org](http://www.bsaseabase.org)
- **Summit Base, Adirondack Treks** [www.wpcbsa.org/SummitBase](http://www.wpcbsa.org/SummitBase)
- **Maine High Adventure** [www.mainehighadventure.org](http://www.mainehighadventure.org)
- **Lenhok'sin** [www.highadventurecommittee.org/Lenhoksin.html](http://www.highadventurecommittee.org/Lenhoksin.html)

- **OUTFITTERS**

- **River Point Outfitting**, Ely, MN [www.elyoutfitters.com/nonprofit.htm](http://www.elyoutfitters.com/nonprofit.htm)
- **BWCA Fishing Reports** [www.bwca.cc/activities/fishing/fishingreports.htm](http://www.bwca.cc/activities/fishing/fishingreports.htm)
- **Murray's Fly Shop** [www.murraysflyshop.com](http://www.murraysflyshop.com)
- **Blue Ridge Angler** [www.blueridgeangler.com](http://www.blueridgeangler.com)
- **Fishing Guides Home Page** <http://www.1fghp.com/contents.html>
- **High Adventure Outfitters** [www.highadventurecommittee.org](http://www.highadventurecommittee.org)

- **OTHERS**

- **Shenandoah National Park** [www.visitshenandoah.com](http://www.visitshenandoah.com)
- **USGS** (stream conditions) <http://waterdata.usgs.gov/nwis/current/?type=flow>
- **Merit Badge Passports** <http://www.relia.net/~thedane/scouting.html>
- **BSA Fly Fishing** [www.bsaflyfishing.com](http://www.bsaflyfishing.com)
- **False Cape State Park** <http://www.dcr.state.va.us/parks/falscape.htm>
- **Sea Kayaking** <http://kayakingtoday.com/>
- **Harkers Island** [www.harkersisland.com](http://www.harkersisland.com)

# Some Other Resources

## BOOKS

- Genova, Phil, ***FIRST CAST – Teaching Kids to Fly-Fish***, Stackpole Books, 1998
- Brunquell, Philip, ***Fly Fishing With Children***, Countryman Press, 1994
- Williams, Mark D., ***The Backpacking Flyfisher***, Menasha Ridge Press, 1997
- Murray, Harry W., ***Virginia Blue-Ribbon Streams***, Frank Amato Publications, 2000
- Sousa, Robert (Principal Author of the BSA Fly Fishing Merit Badge Handbook), ***Learn to Fly Fish in 24 Hours***, McGraw-Hill, 2006

## PERIODICALS

- ***Fly Fish America***
- ***Fly Fisherman***
- ***Fly Fishing in Saltwaters***
- ***Fly Rod & Reel***
- ***Fly Tyer***
- ***Warmwater Fly Fishing***

## OTHERS

- ***Orvis Freshwater Fly-Fishing School Notebook***, The Orvis Company, 2000
- ***Flyfishing Passport***, Kerry Rasmussen, 2003
- ***Fishing Passport***, Kerry Rasmussen, 2003

# Questions?





# Catch & Release

- Keep only what you'll eat at the next meal
- Know your seasons – avoid spawning fish
- Use strong line – don't overtire the fish
- Have your camera & release pliers ready
- Give up the lure or fly
- Use sharp, barbless hooks
- Handle them gently
  - Best                      Don't remove from the water
  - 2<sup>nd</sup> Best                Use a fine-mesh rubber net
  - 3<sup>rd</sup> Best                Wet hands & hold upside down
  - Support the delicate belly & avoid the gills
- Get 'em back in the water quickly



# Fishing & Fly Fishing Merit Badge Topics



- First Aid and Safety
- Types of Equipment
- Fishing Knots
- Lures and Baits
- Casting
  
- Leave No Trace
- Fishing Laws
- Sportsmanship and the Outdoor Code
- Catching Fish

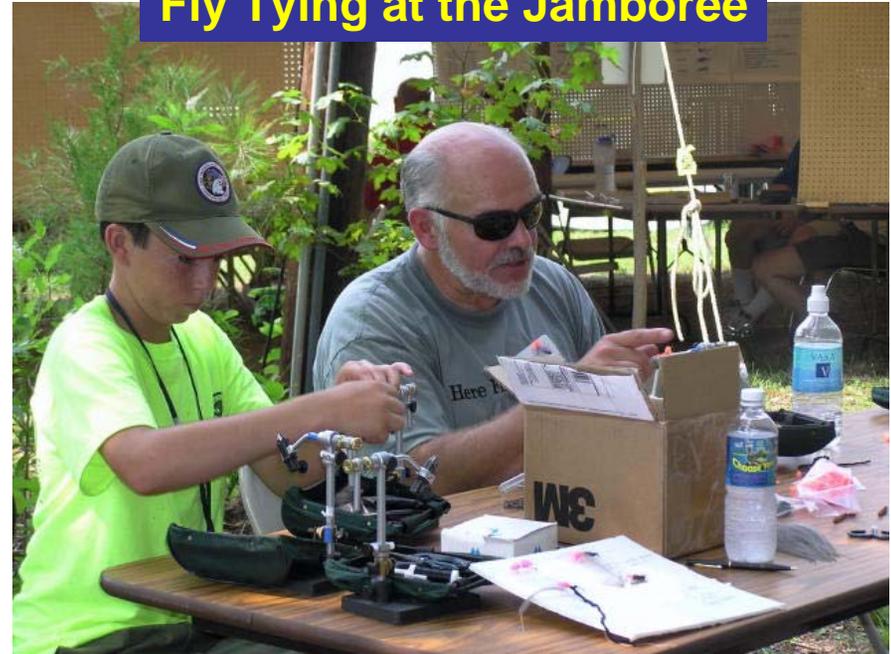
- First Aid and Safety
- A Balanced Outfit
- Fishing Knots
- Flies and Their Use
- Casting
- Wildlife Observation
- Leave No Trace
- Fishing Laws
- Sportsmanship and the Outdoor Code
- Catching Fish

**FFMB Booklet to be Revised Soon**

# Tie Your Own

- KISMIF !
- Build skill & inventory over time
- Lots of “how to” references
- Find someone who’s experienced
- Join a fishing club

## Fly Tying at the Jamboree



### Bead-Head Woolly Bugger



- Hook – 4X long streamer, size 4 – 10
- Thread – black
- Tail – black or olive marabou
- Body – olive or black chenille
- Hackle – medium olive or black saddle, palmered through body
- Head (optional) – brass bead

Note: Additional colors include olive/brown, brown and tan

# Selecting a (Fly) Rod

- Match to Fish & Conditions
  - Weight (000 to 15)
  - Length 5-15 feet
  - Action (full, mid or tip)
  - Delicacy vs. Power
  - Quality (blank, fittings, craftsmanship)
  - Transportation (number of pieces)
- Consult an experienced fly fisher
- Make your own

Fishing Type	Fly Size	Line Size	Rod Length, ft
Offshore Saltwater	1/0 - 5/0	10 - 15	8 - 9
Inshore Saltwater	#2 - #8	6 - 10	8 - 9
Tarpon	3/0 - #2	11 - 12	8 - 9.5
Steelhead Salmon	1/0 - #8	7 - 9	8 - 15
Bass Pike	3/0 - #6	7 - 9	8 - 9.5
Trout Lakes	#2 - #22	4 - 7	9 - 9.5
Large Trout Rivers	#4 - #22	5 - 7	8 - 9.5
Small Trout Rivers	#6 - #22	3 - 6	7 - 9.5
Spring Creeks	#14 - #26	000 - 4	7 - 9