

ISLAND WATERS FLY FISHERS
INTRODUCTORY PACKAGE
FOR
NEW MEMBERS

Last Updated January 15, 2017

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Welcome to the Island Waters Fly Fishers Club! (IWFF) The following information has been compiled by club members to answer some of the questions that new members may have.

A. Some administrivia . . .

1. Contact numbers	President	Don Ginter	756-4867	donheather@shaw.ca
	Vice President	Bob MacEachern	585-0418	bomac2@shaw.ca
	Secretary	Gordon Sharrock	753-6556	gsharrock123@gmail.com
	Treasurer	Ian Stewart	722-2158	iandalestew@shaw.ca

2. Club fees

Fees are payable after the Annual General Meeting in November of each year. We ask that members pay their fees by February 28 or sooner so that we can renew our insurance with the BCFFF as soon as possible. Fees for new members are \$55.00 and returning members are \$40.00. Additional family members are \$15.00.

3. Meetings

Meetings are held at 7:15 PM on the fourth Tuesday of the month at the 808 Thunderbird Wing building 719 Nanaimo Lakes Road. (not far from Wakesiah). They are held every month except December (replaced by a Christmas party), June (replaced by a summer barbecue) and July and August.

The meetings are conducted in two parts with guest speakers starting out the session followed by a coffee break and then a business meeting. Most business meetings end with the Gilly, where members share fishing stories or tell tall tales and contribute \$1.00 to the draw. The biggest liar (determined by drawing from tickets purchased with the \$1.00) receives the proceeds of the Gilly collection. A fly draw is also held and the funds produced by ticket sales (\$2.00 for one, \$5.00 for three) provide additional funds for club activities and projects. All members are encouraged to tie flies to add to the fly draw.

B. Other club activities

1. Fly tying at Oliver Woods Community Centre

6 sessions are offered during the year on Saturdays in Oct, Nov, Jan, Feb, Mar and April. These sessions are well attended and those with good fly tying skills are always helpful to anyone who wishes to come out and learn. There is a small charge of \$5.00 to help offset costs. A potluck lunch is provided with one IWFF member providing the main course and the others bringing appetizers, salads or desserts. If your last name begins A-M please bring a side dish or salad for the lunch, N-Z please provide a dessert. If you would like to exercise your culinary skills and provide the main course at one of the sessions please contact Jack Toomer at jtoomer@shaw.ca or 250-756-0987 (you will be re-imbursed by the club. Please give receipts to Jack Toomer or the Treasurer.)

2. Assisting with salmon take and stripping at Nanaimo Hatchery

Club members have gone out with hatchery staff in past years to help with pink salmon capture and egg take. Dates vary from year to year and members are kept apprised through the newsletter.

3. Club fishouts

Each year some club members get together to try some old favourites and seek out new waters. These fishouts occur about 4 or 5 times each year and are open to any club members. A club favourite is the Chum Fest on October 26 (or shortly thereafter) at the end of Raines Road in the Nanaimo River Estuary. A morning's fishing is followed by a pub lunch at one of the nearby watering holes.

4. Fly casting sessions

In some cases, free sessions are offered by club members for beginners (usually in the spring at Westwood Lake) and we also periodically arrange for professional fly casters to come in and provide more lengthy sessions with small groups with similar casting abilities. These sessions require the payment of a fee but the club may provide a small subsidy to keep the cost lower for members.

5. Volunteer activities

In past years, opportunities have arisen for club members to be involved in various activities run by VIU and by the Ministry of the Environment. These have included monitoring salmon smolts in the Millstone River, purchasing and attaching radio transmitters to coho salmon in the Millstone and monitoring water quality in streams in the Nanaimo area. These opportunities are advertised at club meetings and in the weekly newsletters.

C. Information for the beginning fly fisher

Please note that this is just a starting place. Ask other club members and people you meet when out fishing for information. Fly shops and sporting goods stores are also good sources along with an abundance of web sites which can be found using any good search engine on the internet.

1. Fly fishing equipment

The following are recommendations for a beginner's fly fishing equipment to get started fly fishing in an affordable way.

(a) Rods, lines, and reels

For a beginner who doesn't want to spend a lot of money there are packages available, and a decent one can be obtained for around \$150. They can be found at all three of the Nanaimo stores (Cabelas, Gone Fishin' and Wholesale Sports) and also at other stores that sell fishing equipment. The problem that arises, is choosing a weight for a package that will suit all types of flyfishing you may want to try. While a 4 or 5 weight rod, line, and reel would be ideal for trout in our island lakes, it would be too light for salmon which would ideally require a minimum 8 or 9 weight rod. The usual compromise that will work for everything is a 7 weight outfit. A floating line would be the best choice in lines if only 1 line is purchased. It would be best to also purchase a sink tip line and keep it on a spare spool or spare reel (this can be used both in lakes and in streams where the fish are not near the surface). Fly rod materials can range from Graphite, graphite composites, fibreglass, bamboo, or other more exotic choices. Graphite has become the most popular choice for the last 30 or 40 years and is highly recommended. Most rod, reel, and line packages will include either a graphite or graphite composite rod. Fibreglass is making a comeback and is also very affordable.

(b) Waders

Your choices in waders are either neoprene (wet or dry suit material), breathable waders (Goretex or similar), or the older style rubber waders which seem to be making a comeback. All are good and all seem to start at around \$100, but can get up to \$500 or more. Neoprenes give warmth for fishing in the colder weather but are usually considered to be rather uncomfortable in the warmer weather. Most fly fishers choose the breathable type because you can remove and add under layers to fit the weather. Don't ignore the old rubber type for a compromise between the two others because they have the boots built in and you won't need to buy wading boots. The most popular by far are the type with the sock foot which is waterproof neoprene. This style of waders will require wading boots that go on over the sock. Boots are available starting at around \$50. They usually come with felt soles which are the best choice for gripping on slippery rocks in stream beds. More expensive boots will sometimes come with changeable soles for different surfaces such as large rocks or other surfaces in stream beds. Some fishers will fasten metal screws into the felt soles to improve traction. At the time of this writing it should be cautioned that felt soles are not allowed in some provinces and U.S. states because of their ability to carry contaminations to other streams or lakes. B.C. could disallow felt soles in the not too distant future. Currently, a wading boot with interchangeable soles can be found for around \$100.

(c) Flies

The different species of fish all require different flies, with perhaps some flies that will work fine for all the species of salmon. The choices are many but the California Neil in blue, green, red, and pink can be highly recommended for all the salmon species and should be obtained in sizes ranging from #6 to #2. For trout in lakes and rivers, a selection of nymph patterns (such as Doc Spratley, Carey Special, Dragonfly and Damsel nymphs) sizes 10, 12, and 14, leech patterns in a variety of colours and sizes (#10 olive leech is an all round winner) and include a few dry fly patterns such as the Tom Thumb, the Royal Coachman, or the Adams pattern. These are proven patterns that will catch trout in nearly all conditions or situations. It's recommended that a person ask for advice from the sales reps at fishing equipment stores on the current pattern selections that are producing best. Also refer to our web site that shows favourite IWFF flies.

(d) Watercraft

For a beginner a float tube (belly boat) is highly recommended to get you on the water at minimal cost. It is also very portable and can be carried easily for a few miles if you intend to fish lakes where you need to walk in. For ease of use the horseshoe style is recommended over the full circle type. An improvement in comfort that can be recommended is a pontoon boat. You will find those starting at around \$500 and they are very popular with many fly fishers. They are light enough to carry for short distances. (100 meters to 200 meters) The other choices would be either a hard dinghy or an inflatable such as the Zodiac type. All are good choices for flyfishers when weight is not a big consideration. However, in addition to the weight consideration there is also the suitability of a boat to being transported to the lake or river by car or truck. Talk to your fellow club members and find what their choices are and why they have made those choices.

(e) Nets

The first and most important consideration in a net is that it should be of a soft material that will do minimal damage to the fish. That type of net material is by far the most popular in stores that are selling fishing equipment. Avoid the hard plastic net material that is made of monofilament strands. Other considerations for a net are obviously size and length of handle. It can be recommended that one net to serve all fishing purposes would be one with a telescoping handle that will extend to about 36" and a hoop size of 15", with a depth of 20" to 25". This will serve the purpose for trout as well as for salmon.

2. Fly Tying Equipment and Materials

Once you are comfortable with your fly fishing equipment and have a few flies, it is likely that you may wish to move into the world of fly tying. It is particularly rewarding when you catch your first fish on a fly you have tied. Tour the fly fishing shops (or the Internet) to see the offerings. You can consider a fly tying kit or purchasing individual tools.

(a) Tying Vise

Prices range from around 20 dollars to several hundred. Regardless of price, the jaws must be adjustable to clamp all sizes of hooks.



The vise on the left sells for about \$39.00 and has a fixed head. The one on the right sells for about \$200.00 and has a rotatable head.

(b) Thread bobbin

The thread bobbin holds the thread spool and has a tube to help lay out even wraps and tie in fly material, Prices range from \$3.00 (metal tube) to \$25.00 (ceramic tube).



(c) Scissor

Scissors are an essential part of fly tying. Look for a pair that fits comfortably over your fingers and hold a sharp edge. The scissors are used for cutting thread and trimming material tied into the hook. If you are going to tie many flies with wire, buy a second cheap pair. (or buy a small pair of side cutters). It will save the cutting edge on your primary scissors.

(d) Whip finisher



The whip finisher is designed to finish off the fly. It can be replaced with the dextrous use of hand tied half hitches.

(e) Bodkin



The bodkin can serve two purposes. The first is to pick out material to give a more buggy appearance. The second is the application of head cement. You can create your own. A long needle or a bamboo skewer works fine.



(f) Hackle pliers

Hackle pliers aid the wrapping small feathers and some artificial materials onto the hook.

(g) Head cement

Despite securing the finished fly with a series of half hitches, fly tiers like to ensure the wrapping will not unwind. Head cement accomplishes this task. Head cement is available in all fly fishing shops. An alternate and cheaper solution is Sally Hansen "Hard as Nails" fingernail polish.

(h) Threads

Threads are sold in a bewildering variety of colours and thicknesses. Two common methods of giving thickness are the "ought" method and the "denier" method. In the first method, the larger the number is, the finer the thread. Common thread sizes are 3/0, 6/0 and 8/0. In the second, a larger number is a thicker thread. Common sizes are 60, 90 and 140 denier (for a detailed explanation, refer to the final section of the guide where useful web sites are mentioned.) The strength of the thread depends on the diameter but more importantly, it depends on the material. The modern synthetic materials tend to be stronger than natural threads.

Threads used are highly dependent on the size and type of fly you are tying. For example, a spun deer hair fly requires a strong thread (3/0 or 60 denier) to allow you to control the hair fibres as you are spinning them while a delicate dry fly requires a thin thread so the weight of the fly is kept down and it will float better.

(i) Hooks

Hooks come in sizes centred on zero. Smaller hooks start at 2 (large) going up by 2's to sizes as small as 28 or 30 (small). Larger hooks start at 1/0 (1 ought) and go up to 8/0 or larger. Here the increasing number indicates a larger hook. Fly fishermen tend to use #6 to #16 for trout and other smaller fish and move to larger hooks for steelhead and salmon.

A #8 hook can be 2X long (#8 hook gape but same length shaft as a #6 hook) or 3X long (length of a #4 hook). Hooks can also be 2X or 3X heavy where the thickness of the wire is the same as a hook 1 or 2 sizes larger.

Different lengths and thicknesses are used for different types of flies . . . 2X or 3X long hooks are used to tie long nymph or dry fly imitations like stone, damsel and dragon flies as well as some leech patterns.

2X or 3X heavy wires are used where you wish the fly to sink more quickly or if fishing for larger fish (to prevent the hook from straightening out).

(j) Sources of inexpensive materials

Generally, materials are best bought at your local tackle shop or from a reputable on-line supplier, but considerable savings can be made by using some of the following sources:

Dollar stores – good source of foam strips (for booby or emerger flies), fluorescent materials for tying salmon flies like the handlebar and the Kiss Off (see Bob K.) for Pink Salmon, wire for ribbing, lower quality feathers to use in tying streamers and woolly buggers, bungee cords to dismantle and use thin rubber strands for “silli” legs.

Craft stores—for plastic beads for bead head flies and making “eyes” for shrimp or dragonfly imitations. (dumbbell eyes can be made by using a lighter to make blobs on the ends of short pieces of 20 or 30# monofilament to hold two beads in place), sparkly yarns and threads for nymph bodies, foam sheets for boobies and emergers.

Thrift stores--Used clothing with fur and feather trim can be a good source of tying materials (rabbit fur is commonly used in trim).

Road Kill--Those squirrels, pheasants and rabbits are a good source of fur if you don't mind preserving the material after you skin it out. Any flesh needs to be removed and it's a good idea to cure the skin using coarse salt.

3. Casting hints

When fly fishing, the lure used (a fly) has almost no mass. To propel this near weightless fly, a weighted fishing line (a fly line) is necessary. The fly is attached to the thin end of a tapered section of nylon fishing line (a leader) while the thick end of this leader is attached to the fly line.

Fly casting is the action of propelling the weighted fly line with the use of a lever (fly rod) which magnifies your arm's movement. Once the fly line is cast the tapered leader and fly ride along and the fly is subtly (we hope!) delivered to the fish.

There are two types of rods for casting, the single handed fly rod and the two handed spey or switch rod. For the beginner the most important thing to do is to TAKE A LESSON (most club members could help here) before you develop bad habits that are very hard to “unlearn”.

All fly casting revolves around the basic backward and forward casting strokes and the control of loop size, direction and speed. Your eyes, legs, shoulders, arms wrists and hands should all combine to energize and control the rod to cast the line, leader and fly to the target area.

(a) Single Handed Casting

(i) **Standard or overhand cast.** In a standard cast the fly line and rod are lifted with a smooth motion in an up and back direction. The back cast motion is stopped when the rod reaches slightly past vertical. As the fly line begins to fall or straighten out, the forward cast begins with increasing acceleration as the wrist snaps the rod from its 1 o'clock to the 11 o'clock positions, shooting the line and fly forward toward the presentation area. This cast can be used in either single or two handed casting.

(ii) **False Casting.** False casting refers to casting backwards and forwards without actually presenting the fly to the target area. It is useful when you wish to gain distance by working out more line when you aim the fly over a certain target or when you want to remove water from a dry fly.

(iii) **Roll Casting.** In a roll cast, the fly line is not lifted from the water for the back cast but is simply pulled back along the water then cast forward. Roll casting is used to best advantage when back casting room is unavailable or when strong winds make back casting impossible.

(iv) **Curve Casting.** A curve cast bends to the right or left and is a variation of the standard cast. Curve casts are useful when presenting the fly around surface obstacles or when preventing the leader and fly line from being seen by a fish as the fly passes over it.

(v) **Slack line or Serpent Casting.** A slack line cast causes the fly line to fall on the water in a series of S curves. Such a cast allows the fly to float without dragging and is especially useful when casting across current or directly downstream.

(vi) **Reach Casting.** Reach casting allows the fly, leader and line to be presented to a target area at an extreme right hand or left hand angle from the caster. It is especially useful when presenting a fly across a stream that has several current speeds. This prevents the fly from dragging downstream faster than the water on which it lands.

(vii) **Shooting Line Cast.** A shooting line cast is accomplished in either the backward or forward cast by using considerably more power than is needed to cast the line already extended. This cast is similar in purpose to the false cast when it is used to extend out more line.

(viii) **Hauling.** Hauling is a technique of increasing line speed or overall fly casting efficiency by using the power of both the rod arm and the free-hand arm. To accomplish a haul, the caster, just as the power stroke is applied with the fly rod, simultaneously pulls down on the taut fly line below the fly stripper guide. This pull-or-haul increases the line's outward speed. Double hauling involves hauling on both the forward and backward stroke.

(ix) **Mending.** Mending line is a technique of repositioning the fly line and leader on moving water. It is accomplished by using various rod-lifting and roll casting movements. When you are fishing streams mending line is about as important as casting.

(b) Two handed or spey casting

There are times when using two hands can be better than one and even more fun. Welcome to the world of double handed fly casting, also called Spey casting after the river Spey in Scotland where the technique originated. It can also be accomplished with a single handed rod but for our purposes we are going to direct our discussion to casting techniques performed with double-handed rods specifically designed for this type of casting.

A Spey Cast is a dynamic roll cast that enables the angler to change the direction of the cast. One of the most obvious advantages with Spey Casting is that you do not have to make long back casts so you can use it in places where obstructions like trees and rocks might have prevented you from casting. Longer casts are easier to execute and using two hands can be less fatiguing and easier on the upper body than using one hand. Another advantage is related to the longer rod length—it becomes much easier to mend the line and control the line on the swing when fishing in a current. From a safety standpoint the fly can be cast with less chance of hooking oneself in windy conditions.

On the downside, the longer rods can make fighting and landing fish more difficult and transporting the longer rods can be an issue.

Some terms related to two handed casting are listed below.

(i) **Casts.** Casts used by Spey casters include Overhand, Switch, Off-Shoulder, Single spey, Double spey, Snake Roll, Snap T and the Perry Poke to name a few.

(ii) **Anchor.** The anchor refers to the section of a fly line including the leader that lies on the water at the conclusion of the back cast in preparation for the forward cast. This is also commonly referred to as the stick or grip. Ideally the less line lying on the water surface when starting the forward cast, the better because less effort will be needed to free the line from the water surface.

(iii) **Belly or D-Loop.** This refers to the loop of the line formed during the back cast. It normally forms a shape that resembles the letter “D” but accomplished casters making a nearly horizontal stroke followed by an immediate abrupt stop can form a more “V” shaped profile resulting in an even deeper bend in the rod. Up to a point at least, a large belly puts more weight behind the rod, which creates more bend (load) on the rod resulting in less effort needing to be expended on the forward cast.

(iv) **Splash and Go Anchor.** This is the type of anchor where a section of the fly line and leader make only brief contact with the water surface during the formation of the “D” loop. This is used with the sitch cast, single spey and snake roll casts.

(v) **Water borne anchor.** With this anchor a section of fly line and leader is placed on the water surface prior to the back cast. It is used for the Double Spey, Snap T and Perry Poke.

(vi) **Long Belly Traditional Spey Casting vs Skagit Casting.** Traditional Spey casting uses touch and go anchors or water borne anchors. Skagit uses only water borne sustained anchors, meaning the sink tip

and fly is allowed to sink beneath the surface of the water for a couple of seconds prior to the formation of the cast D-loop and forward cast stroke.

Detailed instructions and descriptions of all these casts can be found by referring to the internet references given at the end of this document.

4. Fly Fishing techniques

(a) Dry fly

This is considered by some fly fishers to be the only true fly fishing technique and it certainly is a very popular way to fish. You can see the fish take the fly (sometimes from far underneath) and it takes nerves of steel not to pull the fly away from the fish before it is hooked up! The flies are tied so they perch on the surface film of the water and at times fish will not take anything but a perfectly floated fly.

To cast to fish feeding on the surface, you need a good floating line, preferably with a long taper, to allow you to drop the fly gently on the surface and not spook the feeding fish. Use at least an 8 foot leader or longer depending on how fussy the fish are and on the water conditions (longer for quiet, clear water.) Cast a few feet short of the rise on your first cast then fish to either side and finally to the back in case the fish has moved from where it took the floating insect. This is the type of fly fishing where leader thickness is the most important. The smaller the fly, the smaller the tippet is needed. The line should be well greased right up onto the leader up to about 2 feet from the fly. The last bit should sink enough that it isn't visible as a line on the surface; otherwise the fish may take a pass on your offering.

Some good go to flies to have in your box are Tom Thumbs, Elk hair or deer hair caddis, Grizzly Adams, to names a few, in sizes 10 to 16 in a variety of colours. (you can try some smaller flies, but I find it a challenge to tie anything smaller than a size 16 on the leader!)

You will know that fish are taking dry flies or emerging flies by watching the surface where the fish are feeding. If they are taking dry flies, there are usually some small bubbles formed as the fish will take some air in when taking the surface insect. At times, the fish will come clear out of the water in pursuit of an insect on or near the surface.

Your retrieve should mirror what the insects are doing on the surface, either dead drifting or skittering along.

(b) Emergers

Emerger flies are tied so that the wings of the fly are suspended in the surface film but the legs and back of the hook hang below the film. When fish feed on emergers, there is often no surface splash at all . . . just a swirl where the fish grabbed the insect up to a few inches below the surface.

The gear setup is the same as for dry flies but the whole leader can be greased if you wish. Parachute type flies (e.g. Parachute Adams) are designed to suspend flies in the surface film. You can also fish foam flies (e.g. Boobies) on a slow sink tip and fish them slowly near the surface to reach fish that are eating the emergers deeper down.

(c) Nymphing

Insects spend most of their life in the pupal and nymph stages of the insect life cycle. That means it is important to have a selection of nymphs in your fly box if you want to increase your chances of catching a fish.

Nymphs may be fished on a floating line with a weighted fly (either lead wire on the shank or a metal bead behind the hook eye) and a leader which is long enough to allow the fly to sink down to the level where the fish are feeding.

If the fish are deeper than 10 feet or so, it is a good idea to switch to a sink tip line or a full sink line.

Common nymph patterns to use include Damsel, Dragon, Woolly Bugger, Doc Spratley, Carey Special, leeches and microleeches (even though leeches are not nymphs but flatworms, many leech patterns will be taken by fish targeting an insect nymph. An olive leech pattern is a good imitation of a damsel nymph in the smaller sizes.)

(d) Chironomiding

Most commonly fished when in the pupal stage drifting slowly to the surface. May be fished using indicators, sink tip or full sink lines. The main idea for all chironomiding is to use a painfully slow retrieve because these critters are not moving anywhere fast just very slowly in a vertical fashion.

For indicator fishing, a floating line is used with up to a 25 foot leader and a long (10 to 12 ft) rod is useful to help control the long leader. The main leader can be fairly heavy mono or fluorocarbon, but the tippet is best kept to 4 to 6 lb test. A swivel may be attached between the tippet and the main leader. This will help the fly get down to the feeding zone more quickly. Bead head chironomid imitations will also sink faster, but sometimes the beads will put off fussy trout.

Chironomids can be fished “naked” with no indicator on leaders up to 20 or 30 ft. Both methods of fishing require careful observation of the indicator or the leader/line connection, because takes are often very subtle (sometimes just a sideways twitch of the line or indicator). It is important not to “set” the hook until you have lifted (or pulled in about a foot of line) and made sure of contact with the fish.

(e) Trolling vs anchoring

Some fly fishers feel that trolling is not true fly fishing. It does have an advantage of covering a great deal of water quickly and it allows a solo fisher to try two different flies at different depths. Usually, the trolling speed should be kept to a bare minimum to allow the fly to get down to feeding fish. (a full sink

line is useful as well.) If fish are hitting regularly in one area, then anchoring and casting may be more productive than trolling.

If you have a sounder, it is useful to look for structures—drop offs, rises and sunken trees. Fishing in these areas is generally more productive.

5. Where and when to fish and what equipment to use

(a) Some lakes to visit on Vancouver Island

This is by no means an exhaustive list but will give some information to get you started. In general, the best lake fishing is in the spring and fall with lower elevation lakes turning on in March/April and higher elevation lakes not getting good until May or so. In the fall fishing will improve as the waters cool down—earlier on higher altitude lakes (September) and later on lower lakes (as late as November).

Early in the season, chironomids, dragonfly nymphs, leeches and damsel nymphs are good in many lakes. As the season progresses, fish will start targeting the hatches which develop in the lakes including mayflies, caddis and damsels. You should have a variety of nymphs in varying sizes and colours as well as a selection of dry flies.

If you wish to find more information on local lakes and rivers, be sure to check the local fly fishing departments and with other club members.

Key to flies: Leech L, Doc Spratley DS, Pumpkinhead PH, Chironomid CH., Dragonfly DF, Damsel DA
Key to Fish: Rainbow R, Cutthroat C, Smallmouth Bass SB, Brown B, Dolly Varden DV, Salmon S (Coho Co, Chinook Ck, Chum Ch, Sockeye Se, Pink P) Steelhead St

Name	Species	Flies to use	Access
Chemainus	R, C	CH,L,DS,PH,DF	10 km S of Ladysmith, turn right at light
Brannen	R,C	L, DS, PH,CH,DF,DA	Mostar Rd to Dunster then drive to end of Rd where a launch ramp is.
Diver	R, C	L, DS, PH,CH,DF,DA	Off Labieux Rd, right into Diver Lake park 1 km north of Co-op centre (on Bowen Rd)
Fuller	R	L, DS, PH,CH,DF,DA	Turn at light 11 km S of Ladysmith (near Arena).
Green	R,SB	L, DS, PH,CH,DF,DA	Turn off Metral Drive onto Doumont Rd then take first right after underpass and go 1 km to launch.
Lois	R, B	DF, DA, larger dry flies when fish feeding on surface	Sat and Sun via Timberwest logging gate south of Duncan.
Long	R, SB	L, DS, PH,CH,DF,DA	Public Park off Norwell Drive then left

			on Victoria Rd to park on the lake
Quennell	R, SB, C	L, DS, PH,CH,DF,DA	Out Yellow Pt Rd to Ritten Rd. 1 km to a launch (trailed boats use Zuidersee ramp .5 km north)
Spider	R,SB, C	L, DS, PH,CH,DF,DA	North on Inland Highway to Horne Lake Caves turnoff. Follow signs to Spider.
Westwood	R, C	L, DS, PH, CH, DF, DA	End of Westwood Rd. Launch ramp available.

(b) Rivers to try on Vancouver Island

River fishing is heavily dependent on available food supply in the rivers. In the fall and winter months, trout are targeting salmon eggs and dead salmon. In the spring and summer, they will target various hatches which start developing in late February or early March. In the spring, when salmon fry are making their way to the ocean, trout will add those to their menu. Use streamer flies in combinations of blue, green, white and silver. Cutthroat trout near the ocean will move in and out of the rivers in response to available food sources.

Fishing swift rivers often requires the use of a sink tip line or the attachment of a sinking tip to your floating line. Sinking line can be bought by the foot at Tackle Shops and can go from T3 (slow sink) to T22 (rapid sink).

Cutthroat trout are the most common of the small salmonids in coastal rivers near the ocean, but Dolly Varden can be found in just about any river which drains into the ocean. Retention of dolly varden is not permitted and rainbow and cutthroat trout may only be retained if they are hatchery fish (have a clipped adipose fin).

All island rivers had salmon runs in historical times but many of the runs were decimated by overfishing and habitat destruction. There is no fishery in fresh water for salmon unless specifically identified in the fishing regulations. In other words, don't fish for salmon unless you are aware of the regulations for the body of water you are targeting! Refer to lake section for key to fish species. Key to flies: (Muddlers M, Egg Pattern EP, bunny leech BL, streamers S, Dry flies DF, Nymphs N, Tom Thumb TT, Mayfly MF, Pink Flies PF

Name	Species	Best Times	Flies to use	Access
Ash River	S (Co, Ck), St, R, C	Spring and Fall	M, EP, BL	Via Port Alberni, Great Central lake area
Campbell	S (Co, Ck, P), St, R,	Spring and Fall	M, EP, BL, S, DF, N	Hwy 19 at Campbell river

River	C		PF	
Elk River	R, C	Spring and Fall	DF, N, TT	Hwy 19 on way to Gold river
				Hwy 18 Duncan to Lake
Cowichan River	S (Co, Ck, Ch), St, R, C, B	Spring and Fall	M, EP, BL, S, DF, N	Cowichan
		Summer	TT, MF	
Englishman River	S (Co, Ck, Ch), St, R, C	Spring and Fall	M, EP, DF, N	Hwy 19 at Parksville
Eve River	S (Co, Ck,P),St, R, C	Spring to Fall	PF, EF, M, S	Hwy 19 25 km north of Sayward via logging rd
Gold River	S (Co, Ck), St, R, C	Spring and Fall	M, S	Hwy 19 at Gold River
Little Qualicum	S (Co, Ck,P, Ch), St, R, C	Year round	S, DF, N, MF	Hwy 19 at Qualicum Beach
Nanaimo River	S (Co, Ck,P), St, R, C	Spring and Fall	M, EP, S, DF, N	Hwy 1 South of Nanaimo
Nitnat River	S (Co, Ck,P, Ch), St, R, C	Spring and Fall	M,	Access west of Lake Cowichan via logging road
Puntledge River	S (Co, Ck,P), St, R, C	Spring and Fall	M, S	Hwy 19 at Courtenay
Quinsam River	S (Co, Ck, P), St, R, C	Spring and Fall	M, EP, S, DF, N	Hwy 19 at Campbell river
		Summer		
Salmon River	S (Co, Ck,P), St, R, C	Spring and Fall	M, S, DF, N	Hwy 19 at Sayward Junction
Stamp River	S (Co, Ck, Se), St, R, C	Spring and Fall	M, S, DF, N	Access at Port Alberni
		Summer		

(c) Beach fishing on the Island

Beach fishing can be done any month of the year but the favourite times are July to October because that is when pink (earlier) and coho (later) can be caught by this method. Cutthroat trout may be caught on the beach at any time of the year, but best times are when the salmon fry are returning to the ocean in the spring and in the fall when salmon are returning to spawn. Chum and Chinooks can also be caught from the beach in September-November (Chinook earlier, chum later) and both definitely require a minimum 8 wt rod, preferably heavier.

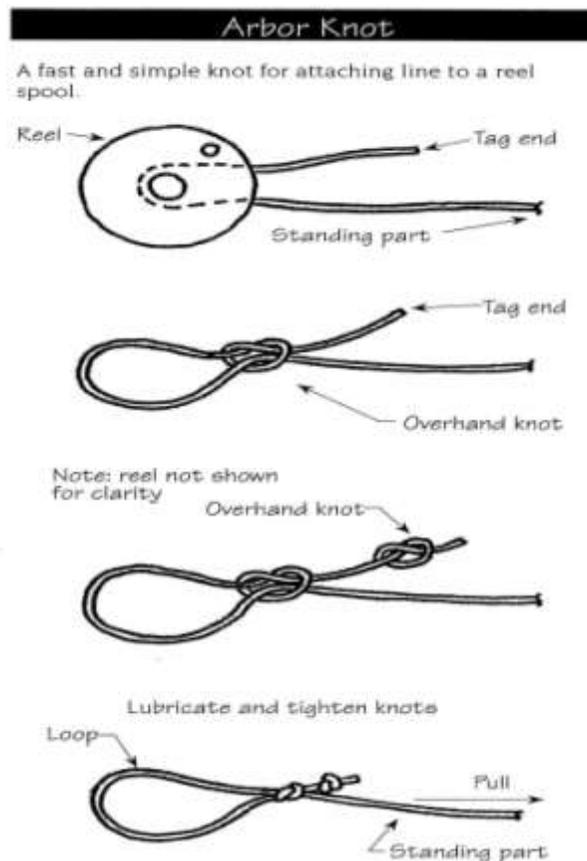
A long (10-12 ft) rod in at least a 7wt is a good idea for the beach. A large arbour reel with plenty of backing (minimum 150 yards overall) is also good idea, especially when targeting coho. Waders are essential as well as the ability to put out a long cast. (minimum 75 feet usually). Your odds can be increased by fishing from a pontoon boat or other water craft. Often the best place to fish is where you see other fishermen casting, but use your sense of fishing etiquette and space yourself accordingly.

General consensus is that the best time to fish is around low tide and on the first few hours of a rising tide. Sometimes, however, the fish will only be close enough to cast to at high tide. As with any general rule, there are always exceptions! In the fall when salmon are close to spawning time, they become very “choosy” and will only bite for very short periods. You need to be on the water and casting when they turn on, or you will have little success.

Beaches in the central Island area include Lantzville, Nanoose Bay, Englishman River estuary, Qualicum Beach and Little Qualicum estuary, Qualicum Bay (south of Nile Creek), Nile Creek, Deep Bay, Courtenay Harbour, Black Creek estuary, Oyster River estuary, Salmon Point, Saratoga Beach, Eve River estuary, Cluxewe River estuary and Keogh River estuary. Flies to use include Streamer patterns in a variety of colours, handlebar flies in several colours, and Muddlers. If fish are feeding, “match the hatch”!

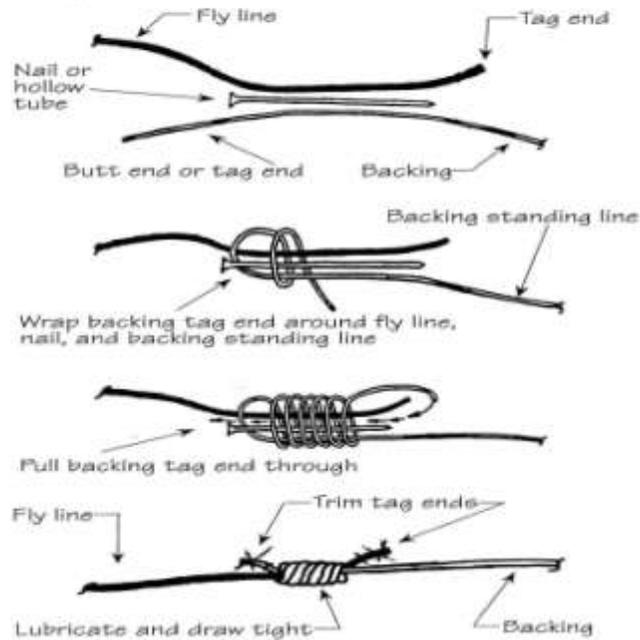
6. Some useful knots for fly fishers.

The knots included here are given in the order of where they would be used starting with the backing to fly reel and moving out to the hook to leader. These knots should be practiced with large diameter monofilament to start or even nylon or cotton rope.



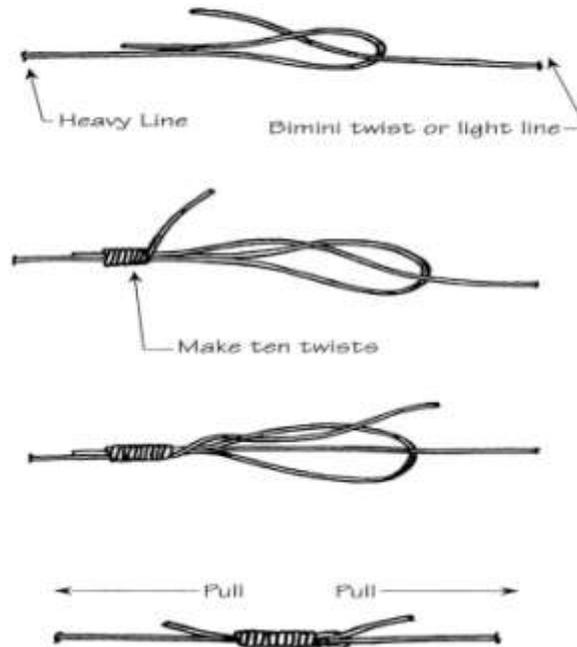
Nail Knot

The strongest connection for connecting fly line to backing. Using a small brass, aluminum, or thin plastic tube, such as the ink container inside a ballpoint pen, makes passing the tag end back through the loops much more easy. The nail knot is near 100 percent strength knot.



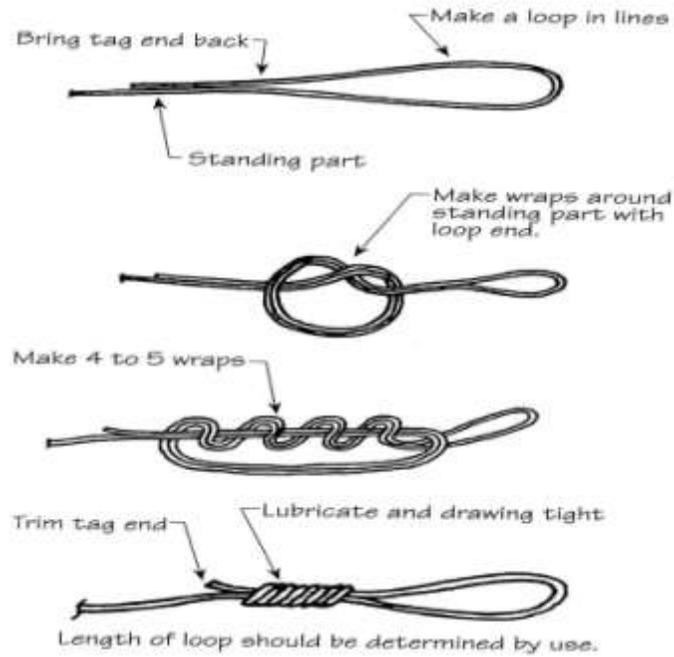
Albright

Used to join two lines of unequal diameters or wire to monofilament. It is also good for joining fly lines to leaders and/or backing.



Surgeon's Loop

The surgeon's loop is tied like the surgeon's knot except only a single line is used. One of the easiest and quickest loops to tie and retains near 100 percent of original line test. Ideal when a loop is needed quickly for a loop-to-loop connection.

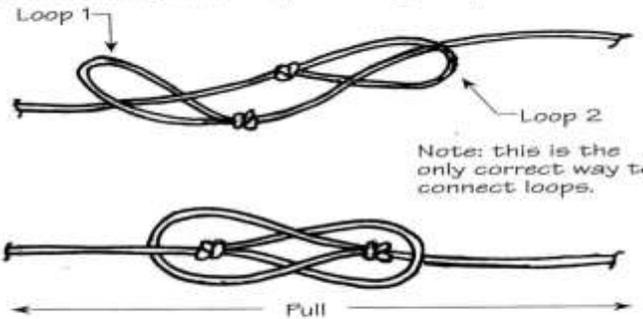


Loop-to-Loop

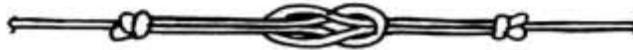
Interlocking Loops

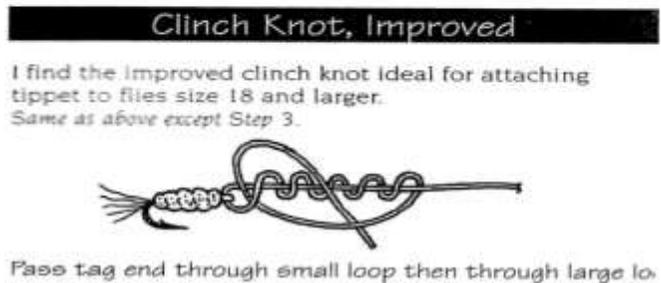
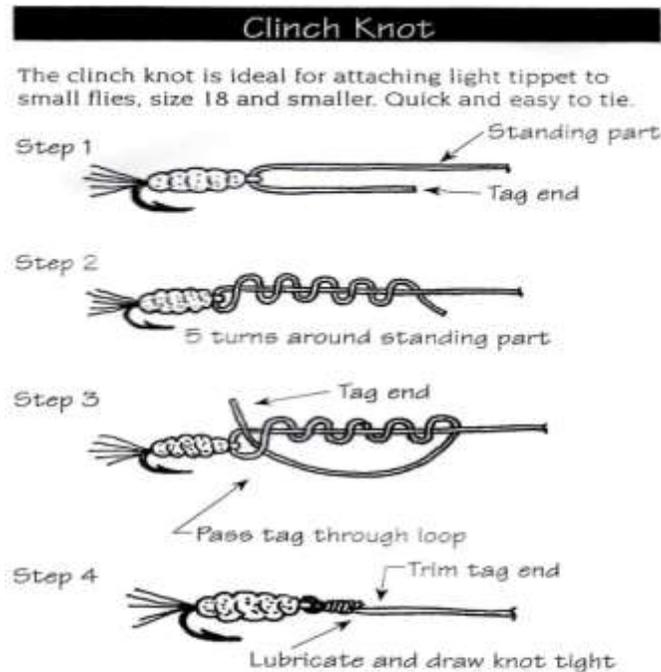
An easy method of connecting two lines. Ideal for changing lines in the field fast and with ease. The loop-to-loop system is ideal for attaching the leader to the fly line and larger diameter leader sections when saltwater fishing. When using light tippet it is best to experiment to identify the difference in the presentation of small flies. The amount of area the loops cover may cause unwanted water disturbance when a delicate presentation is required.

Pass loop 2 through loop 1. Then pass the standing line of loop 1 through loop 2.



The loop-to-loop system draws tightly and evenly, and comes apart with ease





7. IWFF Club Fly Fishing Safety Considerations and Reminders for a Safe Outing

- Always notify someone about where you are going and when you expect to return.
- Check the weather forecast for the day and area you intend to fish. Dress and equip yourself accordingly.
- River Salmon fishing on the island always has the potential for bear encounters. Read about 'Bear Aware' and what you can do to ensure your safe return.
- When crossing rivers, note tidal and heavy rain influences as they can affect a timely and safe passage. Use a staff to maintain balance, check the bottom for changes or obstructions and determine depth. Use the staff as a third leg upstream of your body and always have 2 of the 3 legs on the bottom at any given time. Link arms with a partner to increase your stability. Always assess the route from start to finish and avoid muddy pathways and embankments, where feasible.
- Remember to use a good pair of sunglasses that reduce glare and protect your eyes on a long day on the water. Use sunscreen as well.

- Talk to others about local hazards: eg logging truck traffic, road conditions and directions and stay informed of special circumstances.
- When casting, ensure no one is crossing behind you and that the cast fits the circumstance. If a cast does hook an individual, assess the situation first. In most cases, the single barbless hook can be less difficult to extract, but a lot depends on where it ends up embedded. If appropriate, use a good whiskey to sterilize the wound, but save some for later along with a sincere apology, that it will never happen again. Otherwise move away from the crazy person.
- Always carry a small suitable first aid kit to attend to minor wounds. However, there are occasions when leaving the wound to open air will assist in the healing process and enable a lively, animated discussion about what a difficult day it was.
- If fishing on the ocean always consult tide and current tables for the area you will be fishing in. Be aware of how the rising tide can trap you if you wading or how currents can carry you a long ways in a short time if you are afloat.

Remember, Safety First!

D. Suggested list of web sites to visit for more information

1. Fly tying interest

(a) Explanation of meaning of denier and “ought” system (3/0, 6/0) system of threads.

<http://globalflyfisher.com/tiebetter/tying-thread/>

(b) Sources of fly tying materials

<http://www.canadianllama.com/> Source of good quality hooks, beads and some tying materials at lower than retail prices in Nanaimo. Free shipping on orders over \$50

(c) Hook sizes clarified

<http://www.bishfish.co.nz/articles/general/sharpend.htm>

2. Fly fishing interest

(a) Beach fishing

Nanaimo tide tables <http://www.dairiki.org/tides/monthly.php/nan>

(b) Fresh water fishing

Vancouver Island Lake Stocking reports <http://www.gofishbc.com/fish-stocking-reports.aspx>

River water levels

http://www.wateroffice.ec.gc.ca/text_search/search_e.html?search_by=p®ion=BC

Entomology: A Guide to the Freshwater Food Sources of BC's Game Fish

<http://www.bcadventure.com/adventure/angling/bugs/index.phtml>

(c) How to sites

Animated knot tying instructions <http://www.animatedknots.com/>

(d) Fishing terminology

Redington's glossary of fly fishing terms www.redington.com/fly-fishing/lingo/

3. Watercraft

Fly fishing from small watercraft <http://www.rioproducts.com/blog/fly-fishing-from-small-craft-by-nick-curcione/>

Pontoon boats and float tubes comparison <http://www.cabelas.com/product/Fly-Fishing-Personal-Watercraft-Buyers-Guide/1838974.uts>

4. Equipment (rods, reels, . . . etc.)

Beginning fly fishing suggestions www.uky.edu/~agrdanny/flyfish/faq/FAQ-1.HTM

A good site with suggestions for brand name products to start with

<http://theflyfishingbasics.com/essential-equipment-to-get-started-fly-fishing/>

5. Fly Casting

<http://www.sexyloops.com/flycasting/contents.shtml>

Go to youtube <https://www.youtube.com/>

and enter your questions into the search box. There are thousands of videos on proper casting techniques out there.

6. General information on a variety of topics

Check the IWFF website <http://www.iwff1.ca/>

For a list of books and videos available in the club library. There are a variety of topics covered, any of which could be of interest to a fly fisher. A call or an email to the librarian will get a copy of the publication brought to the next meeting.

**GOOD LUCK ON THE WATER! NO AMOUNT OF READING OR RESEARCH WILL
SUBSTITUTE FOR HANDS ON EXPERIENCE EITHER ON YOUR OWN OR WITH THE
GUIDANCE OF A KNOWLEDGEABLE FISHER!**