

## Module 5 – Caddis Fly Fishing

### What Are Caddis Flies?

1. Caddis Flies are called sedges by anglers.
2. They have three lifecycle stages that are important to fishermen:
  - a. Larvae
    - i. The larvae have elongated bodies resembling the bodies of moths.
    - ii. They produce silk to construct portable shelters from whatever material they find in the lake. Sticks, pebbles, leaves etc.
    - iii. Some people fish using imitations this stage but it is not very common.
  - b. Pupae
    - i. The Pupae are fast swimming bulbous nymphs that have 2 elongated legs that act as paddles that move them around the lake. Pupae imitators are popular flies.
  - c. Adult
    - i. When the pupae mature they swim to the surface, split their casing, and emerge as a moth. This is the adult.
    - ii. When the adults are hatching, dry fly fishing can be spectacular.
  - d. There are numerous species of Caddis, They range in size from less than .25 inch to 2 inches and vary in colour from tan to black.

### 3. Pass out Vials and Photos

### What is Caddis Fly Fishing?

Caddis (or sedge) fishing is the use of caddis nymph (pupae) or adult imitator flies(dry flies) to catch fish.

## **Why do you Fish with Caddis Patterns?**

1. Caddis adults are large food items and attract trout to the surface to feed.
2. Some species (traveler sedges) move fast across the surface which can trigger trout to attack them with speed and ferocity. Sometime the angler is startled by the nature of the attack.
3. The nymphs are fast swimmers so if you are fishing nymph patterns, the hits can be jarring as the trout attack with speed.

## **When do you Fish With Caddis Flies?**

1. The best fishing is when a hatch is occurring.
2. The largest hatches occur in late spring, often after the mayfly and damsel hatches have tailed off and the trout are looking for other good food sources.
3. The hatches can continue late into the summer and sometimes the fall.
4. Most hatches occur late in the evening or after dark.
5. If you are looking for a day time hatch, cloudy and rainy days are usually best.

## **Where do you fish With Caddis Flies?**

- 1) Not all lakes have Caddis Flies- they prefer lakes with clean water.
- 2) They can occur throughout the lake but most people fish them in shallow water.
- 3) Areas near cattails, bull rushes and lily pads are good places to start.
- 4) Hatches can sometimes be seen at a distance because the surface ripples can be violent.
- 5) After they emerge and fly, they leave their shucks (casings) behind on the water surface, which will indicate where they have been hatching if you get there too late.

## **Fishing equipment needed**

### **1. Fishing Equipment needed:**

- I. Fly rod set up with a floating or shallow sink (types I or II) line
- II. Float (strike indicator)
- III. Tapered leader
- IV. Tippet material (6-8lb)
- V. Small swivels
- VI. Small weights
- VII. *Caddis fly patterns. Some of the more popular patterns are:*
  - a) *Adults – Mikulak Sedge, Elk Hair Caddis, Tom Thumb*
  - b) *Nymphs – Carey,*

## **How do you fish using Caddis flies?**

- 1) The best fishing is during the hatch.
- 2) If there is a hatch going on, you will want to use a floating line, dry fly and cast to rising trout.
  - a) If the natural flies are just resting on the surface, keep your fly still or twitch it once in a while.
  - b) If the naturals are skittering along the surface, strip your fly in the same manner.
  - c) When a trout takes your fly :
    - i) Delay a half second before you set your hook, so that you don't pull it out before he can get it in his mouth.
    - ii) Do not set too hard, the fish is probably moving fast and a hard set might break it off.
- 3) If you have no dry flies,
  - i) You can hang a caddis nymph under an indicator (float). Cast it to where the trout are feeding and either wait for a bite or slowly strip it back .
  - ii) You can cast a caddis nymph with a slow sink line and strip it through the hatch area.
- 4) If there is no hatch, but there has been caddis activity (evidence of casings, shucks on the water), you can search for feeding trout by casting or trolling a caddis nymph in likely areas. Edges of weed beds and cattails are a good place to start.

## **Show rod set ups. Demonstrate stripping methods, fast and slow**

## **Demonstration Equipment needed:**

1. Photos of different life stages
2. Vials of sample insects
3. Fly samples
4. Rod set up with a floating line
5. Rod set up with a floating line and indicator.
6. Rods set up with a slow sink line
7. Tippet material
8. Tapered Leader
9. Swivels
10. Strike indicators
11. Small weights