



Time of Day

Trout will feed most actively early morning & early evening, however weather such as increased water temperature & incoming low pressure storms affect this.



Water Temperature

Trout are cold blooded & will seek out the optimal region of water temperature of approximately 10 to 18 degrees. During summer Trout will seek cooler depths, during winter stormy weather can mix the water increasing the optimum range from a few feet to several meters.



Falling Barometric Pressure

Trout have a swim bladder that allows them to react to low pressure conditions. This weather is indicated by a falling barometer which causes the trout to react accordingly, by swimming deeper to equalise their swim bladder. Trout conserve energy during this low pressure periods, so bottom fishing with bait & trolling deep at slow speeds is ideal. Drifting nymphs or soft plastics in the rivers can also produce an catch.



Rising Barometric Pressure

A rising barometer can produce good results, many insects sense the incoming warm weather & prepare to hatch at the right time, providing feeding opportunities for trout.



Overcast, Rain & Frost

Overcast weather provides more stability, providing ideal fishing conditions for most of the day. Clear mornings after frosty calm nights will prove largely unproductive, wait until the afternoon. A slight breeze or rainy drizzle ripples the surface, providing some cover, trout can feed all day in these conditions.

IDEAL BAROMETRIC PRESSURE

1020 - 1080

SUMMER

Trout will seek colder water during the hotter part of the day, sunrise & sunset are best.

Ideal Time : Cooler mornings & evenings.

Before & After Sunrise - 5am > 9am
Late evening & after dark - 6pm > 10pm

AUTUMN

Autumn brings cooler weather & more activity, late afternoon produces best results.

Ideal Time : Warmer afternoons.

Morning to mid morning - 7am > 10am
Late afternoon & evening - 4pm > 7pm

WINTER

Winter is spawning time, as trout move into the rivers, inlets can produce good catches.

Ideal Time : Inlets & Rivers (until they close).

Early to mid morning - 7am > 10am
Afternoon to early evening - 3pm > 6pm

SPRING

Spring brings lower water temperatures along with snow melt, late afternoon is best.

Ideal Time : Calm mornings & warmer afternoons.

Sunrise to mid morning - 6am > 9am
Late afternoon & evening - 4pm > 7pm