

# Let's go **trout** fishing



[www.ifs.tas.gov.au](http://www.ifs.tas.gov.au)



*Brown trout*



*Rainbow trout*



*Brook trout*



*Atlantic salmon*



**Trout fishing in Tasmania is for everyone – children, families, outdoor enthusiasts and first-time or experienced anglers.**

**If you haven't tried it, you should.** Kids especially love catching trout. If you already fish, share the tradition and skills with your kids or grandkids.

Tasmania has a long history of trout fishing. Generations have grown up with the sport since 1864. Trout are everywhere, great fun to catch and even better to eat.

Brown trout, rainbow trout, brook trout and Atlantic salmon can be caught in Tasmania. All you need is an angling licence, some basic fishing gear and a few tricks up your sleeve!

***Let's go trout fishing.***

## What you need

- A licence if you are 14 years of age or older  
Visit [www.ifs.tas.gov.au](http://www.ifs.tas.gov.au), Service Tasmania or a licenced tackle store to get yours
- A rod of around two metres in length matched with any small to medium spinning reel. If you have fished for flathead the same gear is usually fine
- Fishing line with a breaking strain of 2 - 4kg
- A running sinker and single hook if using bait or a lure or a fly to fish



## How to catch a trout using bait

One of the most popular methods to catch trout is using bait. Garden worms, wattle grubs, mudeyes, cockroaches, crickets and grasshoppers all work well. Frogs and fish must not be used.

A running sinker and single hook shown in the diagram on page 11 is the simplest for most baits. For grasshoppers, crickets and mudeyes you won't need a sinker or swivel at all.

***Bait it up and off you go.***





## Trolling lures from a boat

If you have a boat, trolling lures is great fun. Most of Tasmania's lakes and lagoons and rivers like the Derwent are great for trolling. Try to get your lure to the depth where you think the fish might be.

Using the same rod and reel as for bait fishing, you just need some trolling lures like Tasmanian Devils or Lofty's Cobras to tow behind your boat. Most will swim at a depth of only a metre. Floating or diving lures will reach their maximum depth by having 50 - 75m of line out.

Do your homework on where you will be fishing and practise safe boating at all times.

### **Expert tip:**

*Line thickness is really important. Use 4kg line or less with a maximum thickness of 0.25 mm. You don't need anti-kinks, fly droppers, snap swivels or beads. Use a small number 14 black swivel 600mm up the line, run the line through the centre of the lure and tie it to a number 2 split ring attached to a treble hook.*

The lure will work better with fewer attachments. Let the fish see the flash of the lure and nothing else.

When trolling a new lake, check with the locals where the weed beds are; this is where the fish will be.

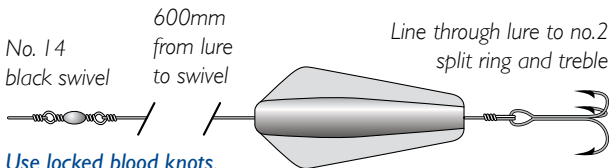
Troll with a good long cast from the back and then some more. The lure needs to be well back. This is especially true in shallow lakes as the boat spooks the fish.

Speed is critical. A good electronic fish finder is worth the money as it will give you speed and depth. Most fish are caught between 2.7 to 3.2 kph. If you don't have a fish finder, make sure the rod has a nice kicking action. If the rod stops its constant throbbing, there is probably weed on your lure. Keep the rod level with the water, not up in the air as this drags the lure up to the surface.

Set the drag of the reel very lightly. It doesn't need to be high; the fish will hook itself. You will land big fish by playing them out gently.

When you catch a fish take note of where you hooked it. Troll back over the area several more times. You are probably over a weed bed or some structure.

Your local tackle store will recommend the best lures and colours for the waters you intend to fish.



**Use locked blood knots.**  
**See how to tie it on page 10**

## Casting with lures

Lure fishing is popular especially with the younger anglers. Lighter rods and thinner lines work best. Any tackle store can help you choose the right outfit to suit your budget, and give you some casting tips.

Soft plastics, celtas, spinners and hard bodied lures are great fish-catchers. You will be busy casting and retrieving. They are an active way to fish and loads of fun. Most lures imitate prey and the most popular for trout fishing in Tasmania are lures that look like small fish. Lures 50 - 75mm long in black, brown and green shades with touches of red are a great starting point.







## Lure fishing tips for rivers

When fishing a wadable river, go into the middle so you can cast and reach both sides. There will be parts of the river that will be too deep to wade out to. Go out to a level that you feel comfortable. Avoid taking risks. No fish is worth it.

Fish your way out and then start casting upstream to one river bank and work your way around by making the next cast about one metre apart until you have completed 180 degrees.

Do this at least three times then move upstream another six metres and repeat the same procedure. Using this method, you cover every part of the river and this will give you the best chance.



On bigger rivers, such as the Derwent, Huon, and Mersey, you will not be able to wade out very far. Concentrate on any piece of structure that may be a safe refuge for fish. Any point, drop off, snag or current line is worth a few casts.

**Expert tip:**

*On flowing waters look for a bubble line on the surface. This often indicates where food is concentrated and where the trout may lay in wait.*

## Lure fishing tips for a lake

You need a methodical approach to get the biggest reward. Time spent observing is never wasted. Do not just walk up to the edge and start throwing your lure as far as possible.

The fan effect is best. Start with short casts directly in front and then work your way left and right extending your casts as you go.

If you are using a sinking lure have one cast and retrieve it immediately. Let the lure sink for a second or two with the next cast as you will cover the deeper water.

Concentrate on any point or drop off and work your way around the shore. Any type of structure is worth a few extra casts. If you catch a fish, remember what the area was like and try to find similar places.

Trout can also be in very shallow water in lakes so do not go barging in until you have fished the close in water first.



## Locked blood knot

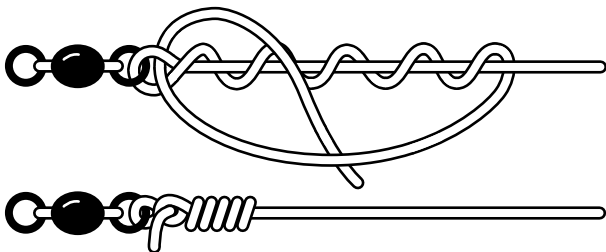
A common and strong knot for joining line to hooks swivels and terminal tackle is the locked blood or clinch knot.

Pass the line through the eye of the hook, swivel or lure and make five to six turns around the main line. Hold the coils in place and thread the line back through the loop above the eye. Then thread the line back through the large loop.

Lubricate the knot before tightening. Hold the tag end and ensure the coils do not overlap; tighten slowly. Clip the tag end.

### **Expert Tip:**

*Use the lightest sinker possible, light line and a locked blood knot.*

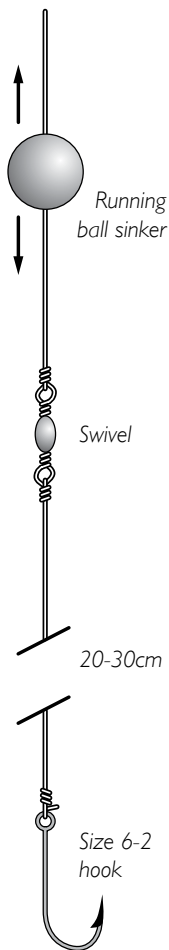


## A running sinker rig

This is the simplest rig of all. A swivel is often used as a stopper to keep the ball sinker away from the hook and bait. It is not always necessary, and the sinker should always be as small as possible. The leader and hook, being below the sinker and swivel, drifts around naturally.

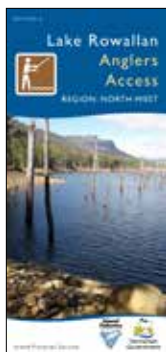
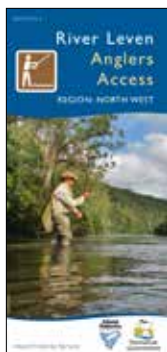
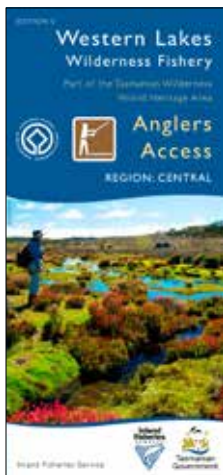
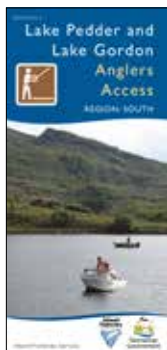
In a river, the back eddies and quiet deep holes are good spots to fish. You can walk slowly upstream and with only a hook and bait (remove the sinker and swivel). Cast up and let the bait drift back towards you naturally. Ensure you wind in the slack as the bait drifts back towards you.

In a lake, dam or lagoon try to fish without any added weight. You can fish your bait under a float as well. Ask your tackle shop for some advice on this.



## Angler access brochures

There is a large range of free detailed 'Angler Access' brochures available on Tasmanian trout fishing destinations. They give you specific information on each waterway, plus other smaller waters in that area. Pick them up from all good tackle stores or download them from [www.ifs.tas.gov.au](http://www.ifs.tas.gov.au)



## Before you go trout fishing

Download the INFISH app. There are some basic rules for trout fishing in Tasmania. Firstly, there are some areas you are allowed to fish and others you are not. There are also some waters you can fish all year but others may have a set season.

*Free on iOS and Android*



The general trout season is open from August to April. You will find out all the information you need in the *Tasmanian Inland Fishing Code* available from [www.ifs.tas.gov.au](http://www.ifs.tas.gov.au), Service Tasmania or your local tackle shop.

**[www.ifs.tas.gov.au](http://www.ifs.tas.gov.au)**

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