

Subject: : Beginner Forum

Topic: : Time of Year and Trout

Re: Time of Year and Trout

Author: : Maurice

Date: : 2013/10/2 22:48:23

URL:

Trout feeding optimal temps range from 50-60 degrees water temp. That's why limestone streams are year round food plots. The metabolism of trout slows when the temperatures goes in either direction from the sweet spot. The cooler the water gets the less they feed. They will still feed pretty good in the mid forties but go below that and it gets exponentially less productive to fish for them.

However, they still require nutrition for sustenance and even in thirty something degree water they will feed. Usually on an upswing in temperature. This typically occurs in the afternoons on freestone streams when the water is warmed by ambient temperatures. Trout can pick up on water temperature changes under 1 degree so take a thermometer and check temps regularly in winter.

Remember that freestone streams leave the spring source at around 52 degrees. If the night time temps are still in the 50s and daytime temps are rising into the 70s (like now) mean temps during the day tend to be somewhere in the middle (60's) This is good news.

If you find the highs and lows to be 30's - 50s you are up against more lethargic fish. But in the afternoon the water temps can reach the forties on an upswing and there will likely be a feeding window. It may take several days of milder temps after a cold snap for the temperatures to rise to the forties. I always try to wait a few days and fish the second or third of fifty degree weather. Rather than go the first day it gets nice out.

Remember that trout will typically expend less energy than the intended meal to stay ahead of the survival curve so it can be productive to nymph slow and deep where they rest in winter. If it's close enough and they are hungry they may grab it.