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Subject: : Tips and Tricks

Topic: : Polish Nymphing

Re: Polish Nymphing

Author: : JMP

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URL:

I will attempt to answer your questions. This was my fourth attempt at this technique. I did not catch any on my first two trips to the river. The water was extremely low and clear and no clouds in the sky. I know I spooked the fish. I caught one on my third attempt the water was even lower and again no clouds in the sky. Maybe I was more patient wading that day. I fished a section of the Little J that I am very familiar with. From my previous history, I fished an area I normally find success. Areas that I never caught fish, I typically pass so I can fish the prime lies. This time since it had rained and it was cloudy, I decided to fish the entire stretch. I caught fish in water that was 12" deep. I typically nymph fish with a tuck cast and strike putty as my indicator with short casts. My set up would actually be hybrid of Polish and Check nymphing. Since I am Polish, I chose Polish Nymphing as the topic title. I attached about 40 feet of 20lb mono to the end of my fly line. Tied in a fluorescent green and fluorescent red sighters 8" long each. I attached 5' of 5X fluorocarbon and 30" of 5X fluorocarbon tippet. The dropper was attached at the juncture. A #16 bead head pheasant tail was attached to the dropper and my version of a #16 green woven bead head caddis worm at the point fly. When fishing, only about a foot of the 20lb mono was outside of the rod tip. I waded into the stream and flipped the rig up stream. I guided the nymphs down stream with the sighters above the water surface at a 45 degree angle. The purpose of two different colored sighters is easier strike detection. When you cast, the point nymph is immediately on the bottom. You can feel this bouncing along the bottom better than with a tuck cast. I caught several fish within seconds of the nymph hitting the surface. I also failed to hook several others. Believe me, you feel the take and you can distinguish the take versus a rock. Yes, you will most likely lose more flies this way. I attached the 40' of 20 lb mono in case I need to cast longer distances. I have not tried any long distance casting at this time. There are many sites that explain this method. I will locate the sites I found most beneficial and post them.

Thank you

Joe