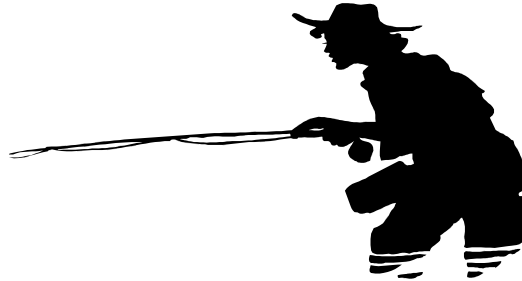


European Nymphing



By: Jonathan Keisling

History

- Originated in Poland in the early 80's; refined by the Czechs soon after.
- Polish anglers were forced to fish short due to the lack of fly lines; they tied heavy flies that imitated caddis and shrimp.
- The Czech method is now the accepted method for competition fly fishing, and Team U.S.A.

Equipment

- 9' - 10' rods with varying tip speeds (Sage XP and Z-Axis)
- Balancing equipment can be important in reducing fatigue.
- A quality mid/large arbor reel that holds a 4-6 weight line and has a smooth drag system is a must. (Ross Evolution)
- A Czech leader can be a level fluorocarbon makeup; a hybrid Andy Burk style leader can also be used.
- Boots with good support and traction- studded felt or studded Aqua Stealth are recommended. (Simms - L2 and Guide Boot)
- Polarized sun glasses- don't leave home without them! (Action Optics Guides Choice)
- Strike indicators and lead- do leave home without them!
- A variety of heavily weighted and slim-bodied flies that imitate the local fauna.

Technique

- Avoid traditional casting which can tangle your leader and flies; practice a simple swing lob method that keeps flies and leader in a straight line.
- Drive the flies into the water to achieve a fast sinking rate.
- Maintain positive tension on the line; feel the flies roll and tick the along the river bed.
- Micro set at every line twitch or bump, and set often. Position sets must happen at the end of each cast.
- Keep your rod tip low and moving slightly faster than the speed of the current.
- Adjust the depth at which your flies roll by raising and lowering the rod tip to avoid hanging on the bottom.
- Change your flies often. Alternate colors and types of flies to make the trout react differently. Incorporate various fly weights to accommodate the depth and speed of water.
- Keep a short line when lobbing; 6' of fly line past the tip of the rod is way too much!

The Approach

- Start fishing close and work your way out; fish will often hold in spots that you least expect.
- Fish absolutely every nook and cranny of the river; fish skinny water, fast water, pockets behind boulders, as well as the obvious runs. You will be amazed where some fish will hold.
- Fish the shotgun method by moving, moving, moving! Avoid locking up; make eight to ten casts, then move on.
- Sight fish- keep your eyes moving at all times; look for flashes and feeding fish.

The Bugs

- "MEAT" scuds, sows, caddis, stones, minnows, worms, eggs, crayfish, crane flies
- Incorporate mayflies and midges as they are an abundant part of a trout's diet.
- Attractor flies vs. natural flies- pay attention to the reaction of the trout and then decide what pattern to use.
- Incorporate streamers and jigs in your set up; you will be surprised at what you can get trout to turn on.