

Steelhead Fly Fishing Tips from the Pros

(Tips taken from the Fly Fishing Podcast)

Getting Started

Choose a Setup and Fish - When starting out fishing for steelhead don't get overwhelmed with all of the lines and rods. Find a rod and line that are balanced and fish it. Get on the water and put your time in. ([Click here to hear more at the 13:15 minute mark of WFS 004](#))

Balancing Your Rod

Use Rio's Line Selector - If you are trying to figure out which fly line goes with which rod you can check out [Rio's line selector](#) that walks you through most of the popular lines. You enter a rod and it spits out a suggestion. ([Click here to here more at the 18:10 minute mark of WFS 003](#))

Fly Casting

Both hands on Top - If you are new to spey casting it's a good idea to learn how to cast with both hands on top. Meaning you should be able to cast with your right hand on top and alternating with your left hand on top. This helps your mind pick up the cast and many spey casters find that they are better with their off hand ([Click Here to hear more at the 20:00 minute mark of episode 002](#))

Finding Fish

Heads and Tails - Make sure to focus on the heads and tails of the runs when fishing for steelhead. These areas are the transitional zones and is especially important with changing water conditions. ([Click Here to hear more at the 14:00 minute mark of episode 002](#))

Use Road Pull-offs - A great place to start if you are new to a river and don't know where to find good runs and fish is to look for road pull-offs. Usually if there is a pull off it means there is some good water to check out. ([Click here to here more at the 11:15 minute mark of WFS 003](#))

Knots

Non Slip Loop Knot - One of the best knots for tying your fly to the lead is the non slip loop knot. It gives your fly more movements and keeps it from getting hitched at a 90 degree angle. ([Click here to hear more at the 25:30 minute mark of WFS 003](#))

Presenting the Fly

Don't drag the bottom - You need to get down for winter steelhead but don't want your fly under the fish since fish feed at their mouth and up. Dry to determine the depth of the fish and fish at that depth and higher up. ([Click Here to hear more at the 12:30 minute mark of episode 002](#))

Two Sinking Tips - Use two sinking tips when fishing a run and unsure what depth the fish are at. Go through with a lighter tip then come behind that with a heavier tip on your second run through. ([Click Here to hear more at the 13:20 minute mark of episode 002](#))

Hang Down 4-5 Count - On the hang down, make sure to let your fly hang for 4-5 seconds and then give it a couple of strips. Sometimes fish follow your fly and will hit given a little strip or something different. ([Click Here to hear more at the 48:50 minute mark of episode 002](#))

Covering Water

Step through based on visibility - When swinging through a run there is a good rule of thumb to increase efficiency. If there is 2 feet of visibility, take 2 steps between casts. If there is 3 feet of vis. Take 3 steps and if there is 4-5 feet of visibility, take 4-5 big steps between castings when swinging. ([Click Here to hear more at the 30:15 minute mark of episode 002](#))

Hooking Up

A Tip and a Tap - If you feel a very light tip or tap or any other light touch of your fly it's likely a steelhead. It's a good idea to put another cast back in the same spot or slightly above to work the fish. You might try switching your fly as well to try something more subtle. ([Click here to hear more at the 24:20 minute mark of WFS 003](#))

I will have more tips to come as I have time to add more relevant content.

[Click here to check out the steelhead fly fishing podcast and find many more tips and stories about steelhead fishing.](#) If you like it please subscribe on itunes.

Thanks!

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