



SIGHTFISH NC
Fly & Light Tackle
Guide Service
 Capt. Allen Cain

Low Tide vs. High Tide

Low

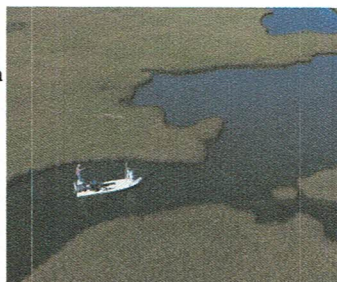
- ✗ Concentrates bait and fish in smaller bodies of water
- ✗ Shallower water means better visibility
- ✗ Best time to fish in winter as shallow water warms quickly

High

- ✗ Best on hot summer days
- ✗ On flood tides redfish move into grass
- ✗ Some flats can only be reached or fished on high tides

Fishing the Cape Fear Coast

- ✗ Topsail Island
- ✗ Figure 8 Island
- ✗ Wrightsville Beach
- ✗ Carolina Beach
- ✗ Bald Head Island
- ✗ Oak Island
- ✗ Southport
- ✗ Wilmington



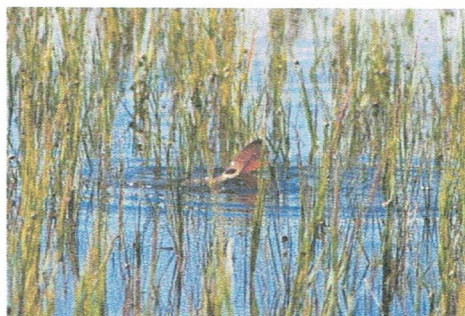
Low Tide School



Tides

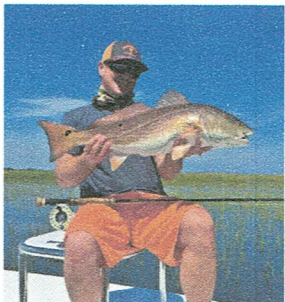
- ✗ Tides average around 4 feet but can vary depending on moon phase and wind direction.
- ✗ Spring tides result higher than normal high tides known as flood tides and lower than normal low tides known as negative tides. They occur during the full and new moon phases and provide the highest tidal movement.
- ✗ Neap tides occur during the 1st and 3rd quarter moon phases and result in the lowest tidal movement.
- ✗ Wind effects tides by forcing water in or out depending on direction

High Tide Tailer



Redfish

- × Year round species that provide the best opportunity for sightfishing
- × Redfish can be found tailing, finning, crawling with their backs out of the water, winking(rolling on their sides to eat bait causing a gold flash), and pushing water
- × Opportunistic feeders and will take most any fly with the right presentation
- × 7-9 wt. rods with floating lines



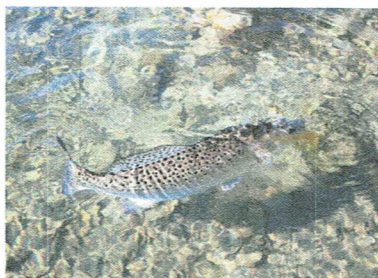
Sheepshead

- × Generally found around structure in the summer and fall and often seen tailing over oyster bars
- × Provide great sightfishing when tailing but are very picky. They will often race over to your fly and take a look but turn away without eating.
- × 7-8 wt. rods with floating lines



Speckled Trout

- × Can be caught year round but are most prevalent in our area during the spring and fall
- × Trout feed mainly on shrimp and baitfish and generally hold in deeper water with good current flow
- × 7-9 wt. rods with intermediate or sinking lines



Sharks

- × Summer and fall
- × Can be chummed up or found on the surface behind shrimp trawlers. Sometimes have to be teased but often will take a big bright fly
- × Range from 10 to over 200 pounds
- × 10-12 wt. rods with floating lines



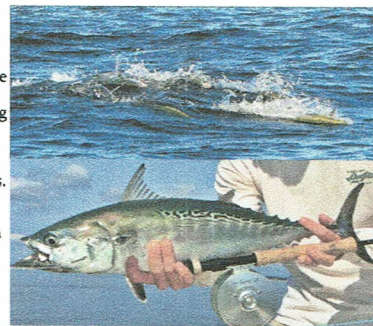
Flounder

- × Generally hold in deeper water and are an ambush predator
- × Hard to target on fly in most areas
- × Most fly caught flounder are by catch while casting for other species
- × 7-9 wt. rods with sinking lines



False Albacore

- × September - November
- × Found in schools feeding on the surface
- × Very fast and make long runs often taking you deep into the backing
- × Early fish range 5-8 lbs. with fish 10-12 lbs. showing up later in fall
- × 7-8 wts. for small fish and 9-10 wts. for larger fish



Striped Bass

- × Cape Fear River – Catch & Release only
- × Resident fish
- × Do not spawn due to Lock & Dams
- × Best in Winter
- × Caught around structure and depth/current changes
- × Fly fishing – sinking & floating lines with bright colored baitfish flies



Equipment – Fly Fishing

- × 6-12 weight medium to fast action fly rods depending on targeted species and conditions
- × Reels – any saltwater reel with a smooth and strong drag to match the chosen rod
- × Fly lines – Tropical weight forward floating lines for most sightfishing conditions. I prefer Rio redfish lines.
- × Leaders – 7-10 feet in length depending on conditions
- × Tippet – 12-20lb. for most species without teeth. Wire tippet for sharks. Monofilament works in most situations but clear water or spooky fish may require fluorocarbon

Other species

Depending on time of year & location other species may be possible

- | | |
|--------------------|-----------------|
| × Spanish Mackerel | × Tripletail |
| × Black Drum | × Bluefish |
| × Cobia | × Jack Crevalle |
| × Atlantic Bonito | × Tarpon |

Seasons

- × Spring – Clear water with warming water temps. Most redfish are still schooled up. The schools will soon begin to break up with more bait arriving. Any redfish in the surf zone will start moving back inshore. Some seasonal species will start showing up.
- × Summer – The water is very warm and slightly stained but sightfishing is still very good. Bait is very plentiful and most fish species are around. Redfish are split up in smaller groups but some groups of 50-100 fish can still be found. Generally fish earlier and later in the day due to water temps. Many species of fish available.
- × Fall – Bait is everywhere and all fish species are still around and very aggressive. Water temps are starting to fall and bait will soon start leaving. Fish begin feeding heavily in anticipation of bait leaving.
- × Winter – As water temps cool it becomes crystal clear. Redfish start forming schools of 20 – 400 fish. Focus on fishing dark muddy bottom or around oyster bars as they warm up with sunlight. With good weather this time of year offers some of the best sightfishing because of the clear water.

Flies



Hell's Bay Boatworks 18 Guide with Yamaha 90

- × Minn-Kota I-Pilot Trolling Motor
- × PowerPole Shallow Water Anchor
- × Yeti Cooler/GPS/Depthfinder
- × Casting Platform
- × Dry Storage

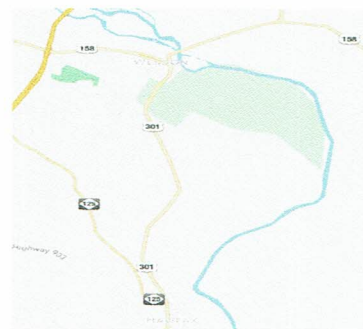


Destination Trips

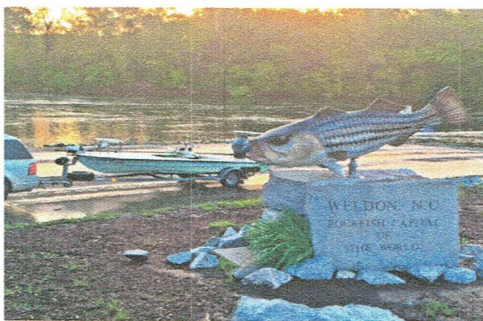
Weldon NC - Striped Bass
Mid April - Mid May

Louisiana - Giant Redfish
October - December
March 2017

Where To Fish



"Rockfish Capital of The World"



Regulations

- ✗ Keeper Season: March 1 – April 30
- ✗ Catch & Release only after April 30
- ✗ Daily bag limit: 2 stripers per angler
- ✗ Size Limits: 18 inch minimum length, with no fish between 18-27 inches possessed at any time. Only one striper over 27 inches allowed.
- ✗ Single, barbless hooks on the upper Roanoke from April 1 – June 30
- ✗ Tagged fish: cut off tag and record tag number, length, date, and location. Red tags = \$100

Roanoke River – Weldon NC



- ✗ April – May
- ✗ Weldon is known as the "Rockfish Capital of the World" due to the enormous population of fish that are concentrated in the area to spawn
- ✗ 50 fish days common
- ✗ 7-9wt rods with heavy sinking lines.
- ✗ Large baitfish flies
- ✗ Floating lines with poppers in May

Louisiana

- ✗ October – December & March 2017
- ✗ Best redfishing in the world
- ✗ Hopedale, LA
- ✗ 45 minutes south of New Orleans
- ✗ Sightfishing for 20-40lb. redfish in 2-4ft. of water
- ✗ 9-10wt. fly rods



Redfish

- ×15-40lbs.
- ×very aggressive & little fishing pressure
- ×can be found solo or in large schools
- ×will eat any fly presented to them




Sightfish NC

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Black Drum

- ×15-60lbs.
- ×Black/Purple or Tan shrimp and crab flies
- ×Found alone in shallow water or in giant schools
- ×Can be picky eaters



Jacks

- ×15-25lbs.
- ×Oct.-early Nov.
- ×Very aggressive & hard fighters
- ×Hang around schools of redfish and black drum in shallow water
- ×9-11 weight rods
- ×Topwater poppers

