



Fishing Scenario ID #39 & 41

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Big Sabin Lake Kamloops Trout



For many trout anglers British Columbia *means* "Kamloops" -- a strain rainbow that may show you parts of your backing you've haven't seen for awhile. If your tastes run to fly rods and catch-and-release, that is, and you're eager to find a reasonably-priced private spot where you'll have shots at 25 to 35 one- to two-pound plus fish per day, on an un-crowded lake...where you may also hook-up a six-pounder.

Best known as Canada's largest cattle operation, Douglas Lake Ranch manages trout as well as steers, limiting access to provide fish and fishers a quality experience. No question that Kamloops fill Big Sabin Lake. As to the catching, we'll give you three options from which to choose, or combine, if you like. Just remember --

-- we warned you about that backing.



Big Sabin Kamloops

Timing Details

- 1. DATES: **May 14 -- 28;**

Scenario #41 -- **one rod per person**

Scenario #39 -- **two rods per person.**

- 2. Contact Douglas Lake Ranch 1-800-663-4838 (or see their online report if dated within 4 days of trip at [douglaslakereport](http://douglaslakereport.com)). Go only if "Excellent" or "Very Good."

Don't go when:

- a. Merrit BC's Daytime **high** temperature is forecast for above 73 degrees, or **below** 61 degrees. Ideally, try to go when high temps will be between 63. and 70 degrees. [weatheroffice](http://weatheroffice.com)
- b. Forecast indicates high temperatures will drop 7 degrees or more from one day to next.
- c. A cold front is on the way.



All Sabin photos courtesy Douglas Lake Ranch

Special Regulations Licenseses, Fees:

- 1. **Fly-fishing, catch-and-release only:** "Guests are permitted to use fly rods with (one only) artificial fly on a single barbless hook."
- 2. **A valid British Columbia Freshwater Fishing License is required,** and may be purchased at Douglas Lake Ranch. You may also check at BC Lic
- 3. **Special Fees:** 2006 Douglas Ranch rates for fishing Big Sabin: \$55 (Canadian) per angler per day; special 15% discount on all rod fees Mondays, Tuesdays and Wednesdays. Number of rods allowed on Big Sabin, 8 per day: number of boats allowed: 3 total. [US Canada \\$ conversion](http://US Canada $ conversion)
- 4. Guests may bring their own boats, but must notify Douglas Ranch in advance.
- 5. An angler fishing **solo** in a rowboat with two rods (at once) pays twice the daily rod fee, counts for two rods against the maximum of 8 allowed on lake per day, and must advise Douglas Ranch in advance. Note: if more than one angler in a boat, neither may fish with two rods at a time.
- 6. Canadian and US customs regulate what you may bring into Canada, so check rules carefully at Canadian Customs. For return to the US, we strongly recommend you carry a US Passport, and that before going you use this link, US Customs.



Big Sabin Kamloops

Equipment/Tackle

- 1. **A pram or rowboat with an electric motor, with two anchors.** (Guests may bring their own, if they notify Ranch in advance; or rent a boat at the Ranch for **\$25 per day, Canadian, \$20 extra for motor.** [US Canada \\$ conversion](#))
- 2 Five- to six-weight fly rods, 8' - 9.5' long.
- 3 Reels balanced to rods, equipped with 100 to 150 yards of backing, and the following lines:
 - Floating;
 - Intermediate sinking (preferably clear "Slime Line" or equivalent);
 - Fast sinking, ie. Type IV (preferably density-compensated "uniform sink");
- 4. Nine-foot leaders tapering to 4X.
- 5. Flourocarbon or Maxima Ultragreen™ tippet spools in 3X, flouro tippet in 5X.
- 6. Medium small indicators, ie. size 8 and 10 corky indicators or the equivalent .
- 7. A selection of flies including the following:
 - For Fast Troll Method** (preferably lightly-weighted):
 - #10 olive Woolly Buzzer with Crystal Flash tail;
 - #10 black Woolly Buzzer with HOT RED head;
 - (Ranch recommends #6 & #8 cinnamon and black leech patterns)
 - For Subsurface Midge Fishing:**
 - #10 gold beadhead olive chironomid pupae (tapered body, no tail!);
 - #14 brown beadhead chironomid pupae
 - For Surface Midge Fishing:**
 - #14 Olive chironomid cripple;
- 9. Standard fly-fishing accessories, including nippers, floatant, hook-sharpener, etc.
- 10 Either a depth sounder, or a hemostat for finding depth (Yes, that's right—see pg. five, #3.)
- 11 **Hemostats or needle-nose pliers for pinching down barbs!!** (See pg. 9.)





Big Sabin Kamloops

Fast Troll Method: Rigging & Techniques

Rigging

- 1. Use a relatively stiff or "fast" fly rod.
- 2. Begin with a Type IV sinking line.
- 3. Attach 20 feet of 6 lb. Maxima Ultragreen™ as a leader.
- 4. Tie on a #10 olive Woolly Bugger. REMEMBER TO CRAMP DOWN THE BARB! (pg. 9)

Techniques

- 1. Start fishing the best trolling zones shown in "Location Details" (pg. 7).
- 2. Start trolling at high speed – about as fast as you could reasonably row.
- 3. Pay out entire fly line – with leader, approximately 110 to 125 feet.
- 4. Hold the rod – do *not* place in holder – always aiming the tip straight back, about five inches above where your line enters the water.
- 5. Turn the boat often, and pretty sharply. This causes the bugger to rise and fall – fish like this action.
- 6. Every 60 seconds give your fly a jerk by rapidly stripping 9 inches of line...then slowly release this.
- 7. If no hits or hookups within 30 minutes, switch to a #10 black Woolly Bugger with a hot-red head.
- 8. If action remains slow for 30 more minutes, switch to an intermediate line; or, if you're seeing lots of surface activity, to a floating line instead. (You may also want to consider Subsurface midge, Option 2.)
- 9. If missing strikes, or if the day is cold, troll slower.
- 10. After landing or losing a fish, *immediately* turn around and troll back through the area where you hooked up. You've found fish -- don't move away from them!
- 11. CONSTANTLY EXPERIMENT! With...
 - a. Area you're fishing
 - b. Trolling speed
 - c. Depth
 - d. Flies
 - e. Fly lines of different sink rates



At Big Sabin, you know the fish are there...so keep experimenting and you'll find them!

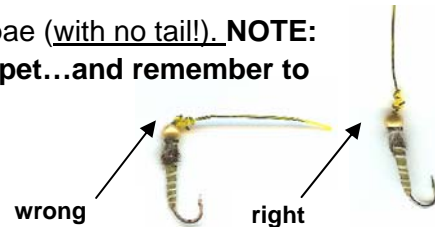


Big Sabin Kamloops

Subsurface Midge Fishing: Rigging & Techniques

Rigging

- 1. Rig rod with a floating line and a nine-foot leader tapering to 5X.
- 2. Watch for rises, or proceed to "Subsurface Midge" areas identified in "Location Details."
- 3. Use your electronics to find depth, or try the "Hemostat Method":
 - a. Lock your hemostat to the tip end of your leader – or knot on, if hemo doesn't lock *tight*.
 - b. Slowly lower to bottom to determine depth.
 - c. Find area not less than 6 feet deep, not more than 10
- 4. Once you've determined the depth you wish to fish (see "Techniques" just below) add enough 4 lb. test fluorocarbon tippet to reach the depth you want to fish, plus enough to tie on fly. Begin the day fishing just off the bottom – 6 inches to a foot.
- 5. If using a corky indicator, slip on leader now.
- 6. Knot on a # 10 gold beadhead olive chironomid pupae (with no tail!). **NOTE: fly *must* hang straight from knot, in line with tippet...and remember to pinch down barb.**
- 7. Position indicator on leader.



Techniques

- 1. Cast; allow pupae to drift down and remain motionless for one to three minutes, then gently strip indicator forward in one-inch increments for five or six inches. Repeat and repeat until your sanity wears thin.
- 2. If indicator dips, darts or trembles, set the hook quickly with a long soft lift of the rod, especially if fishing five-feet down or deeper! You must pick up slack, but a powerful jerk will snap your tippet. If quick-response strikes are unsuccessful, experiment with counts.
- 3. If you fail to get a strike in four casts...
 - a. **Vary depth of indicator, from within 18" of the fly if you see many rises around you...down to 10 feet if you see little surface action.**
 - b. **Change to # 14 brown beadhead chironomid pupae.**
 - c. **Move to a new location! Look for rises!**
- 4. When you do find a productive spot, *quietly* set both anchors, so you won't spin, or drift out of the hotspot.



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Surface Midge Fishing: Rigging & Techniques

Rigging

- 1. ONE hour before dark, rig rod with a floating line and a nine-foot leader tapering to 5X.
- 2. Add 3 to 6 feet of 5X monofilament tippet (or 4 lb test Maxima Ultragreen), *not* fluorocarbon. Use less tippet if windy or breezy, more, if surface is still.
- 3. Tie on a #14 Olive chironomid cripple. Apply floatant, but only to deer hair fibers extending above hook eye.



Techniques

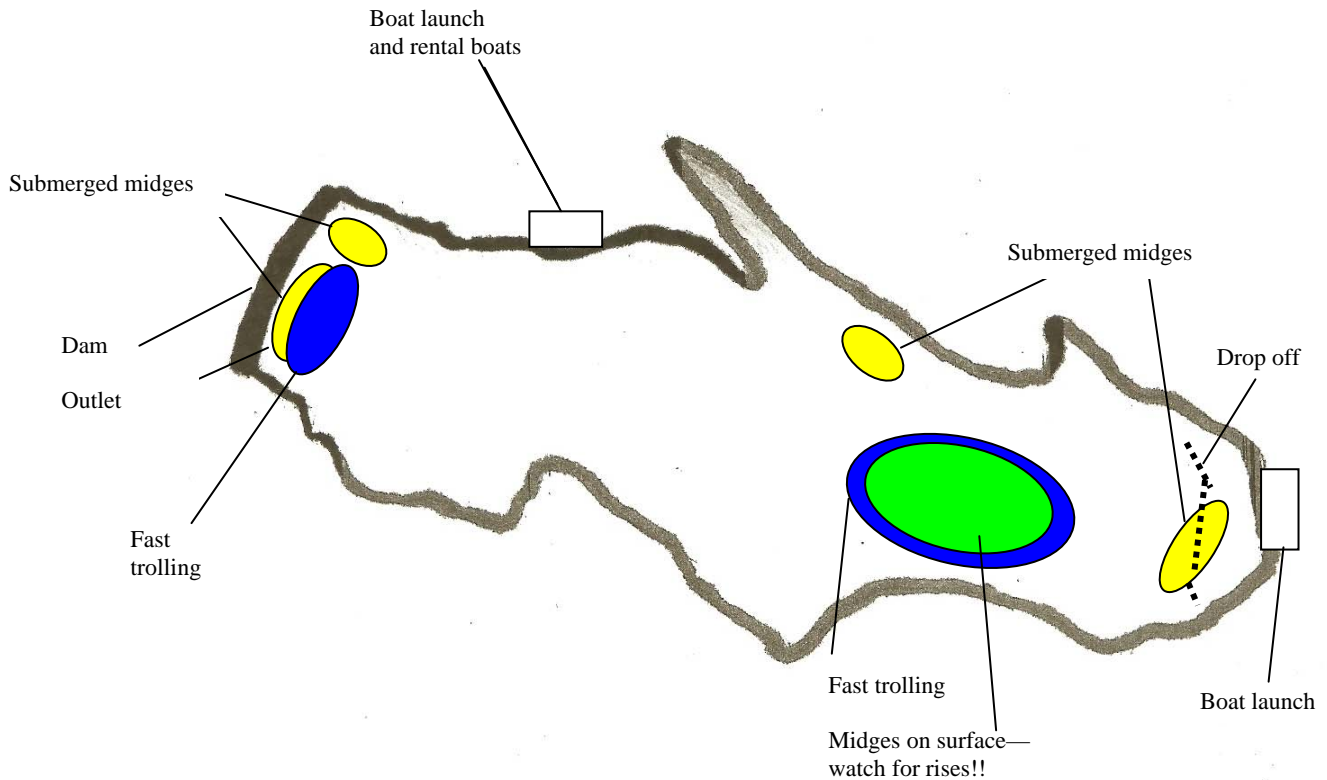
- 1. **Constantly watch for and move to rising fish!**
Start at "Midges on Surface" area in "Location Details," but for this technique you **must** find a spot with a concentration of steadily rising fish.
- 2. Watch direction fish seem to be moving. If possible, locate "lanes" through which fish pass. Quietly set anchors.
- 3. Cast 5 to 10 feet ahead of rising fish! Wait...then look for another rise! Your fly must land delicately! If you're spooking too many fish, extend your tippet 3 or more feet.
- 4. If fish don't respond to static fly, try twitching, then waiting 10 or 20 seconds; then try a short strip retrieve.
- 5. If fish consistently reject cripple, try Subsurface Technique (above), with indicator set at 18" or less, then try cripples again later in the hatch.
- 6. Strike **gently** after fish takes fly and turns **down**.





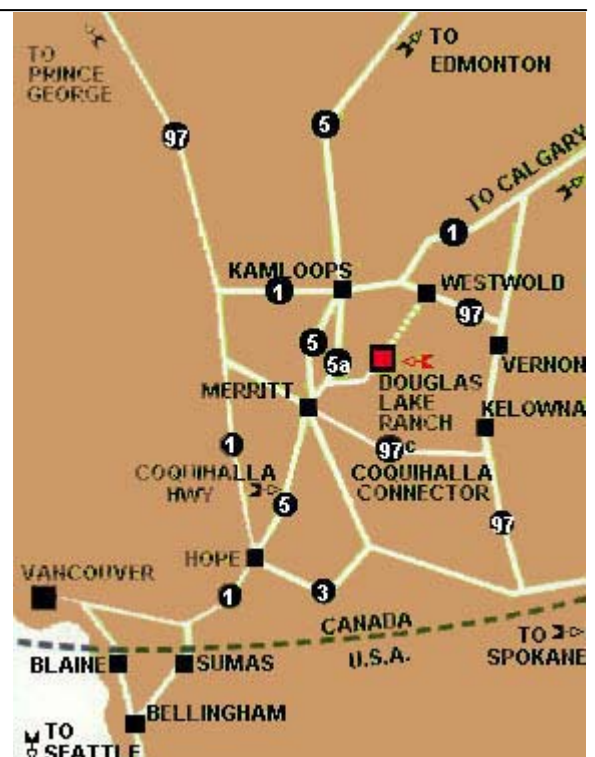
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Location Details



Accommodations, Services and Facilities:

- 1. While there is no camping allowed on Lake Sabin, Douglas Lake Ranch offers a wide, wide variety of accommodations, from well-maintained campgrounds to lodges, serviced RV sites, lakeside cottages and Yurts. There are also small stores with tackle, guide services, and booking for many activities for non-anglers. For a comprehensive look at all that's available, go to douglaslake.com, or call. 1-800-663-4838.

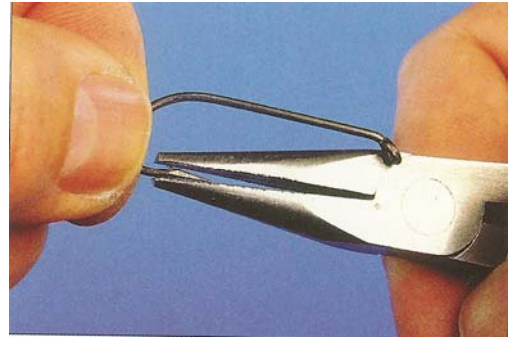




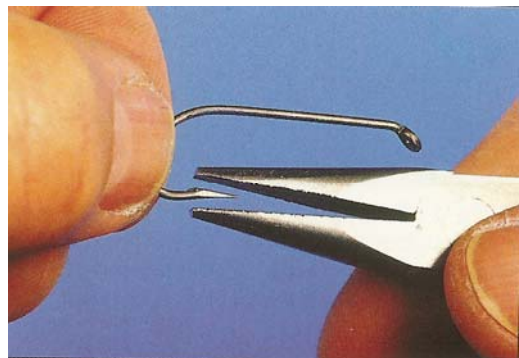
Responsible Catching:

While opinions vary as to whether you'll land more fish with crimped barbs, or fewer, no one argues that improved *catching* makes it critical for anglers to practice the most responsible *releasing* techniques with fish they do not keep. This begins by pinching down the barb of hooks you use in nearly all Fishing Coaches Scenarios, and finishes with the proper landing and reviving of tired fish.

Step 1. Hold the hook by the bend and position the jaws of a pair of flat needle-nosed pliers over the barb. Only the flat hook spear should make contact with the jaw face. (Do not insert pliers far enough to press or scrape against the bend.)



Step 2. Squeeze the pliers to bend the barb down. Use the lightest pressure that will still do the job. Most barbs will not bend completely flat, and some may require touch-up with a file.



Text and illustrations from *Fly Tier's Benchside Reference*, courtesy of Ted Leeson, Jim Shollmeyer, and amatobooks.com

Catch and Release Tips

Adapted from the British Columbia Federation of Drift Fishers www.bcdf.com

Play the fish as quickly as possible.

Leave the fish in the water.

Never poke a finger in the fish's gills, or lift it by the gills.

After removing the hook from an exhausted fish, maintain a gentle grip. In moving water, hold it facing slow current. In still water, rock the fish back and forth to flush its gills. When the fish is able to swim away on its own, release it to swim out of your hands.

If a photo is desired, quickly lift fish up (not longer than 5 seconds out of the water) holding it under the pectoral fins, and the other hand supporting the wrist of the tail.

Fish kept out of the water for more than 30 seconds will almost certainly suffer brain damage, and may not survive.