

# Focus on Fishing

Guidelines for success

## Trout: Brook, Brown and Rainbow



### General facts

New Jersey offers extensive year round trout fishing opportunities through an aggressive stocking program encompassing over 200 waterways and extending across three seasons. Holdover and trophy trout lakes, trout conservation areas and naturally reproducing trout streams provide fishing opportunities that range from fishing for small native brook trout to trophy fisheries for lake trout.

### Prime Fishing Time

Season	Time of Day
Spring	Morning, late afternoon
Summer	Morning, late afternoon
Fall	Morning, late afternoon
Winter	Morning, late afternoon

### Gear:

*Spinning Rod* — 5 to 6 ft.

*Line* — 4 to 8 lb. test monofilament

### Key Fishing Areas:

In early spring, over 570,00 trout are distributed among 200 lakes, ponds, rivers and streams throughout the state. In the fall, selected large streams throughout the state and lakes in central and southern portions of the state are re-stocked with 14- to 16-inch trout. Additional lakes are stocked prior to Thanksgiving for winter trout fishing opportunities. For more information concerning New Jersey's trout program, see page 31, trout stocked waters are listed on pages 14 and 15.

### Size (typical range):

Brook — 1/3-2 lbs. (avg. 1/2 lb.)

Brown — 1/3-4 lbs. (avg. 1/2 lb.)

Rainbow — 1/3-4 lbs. (avg. 1/2 lb.)

### Seasonality

In early spring, lower water temperatures conducive to trout remain through the end of May. In designated holdover lakes, stocked trout can be found in relatively shallow water along the shoreline. By June, increasing temperatures limit trout fishing to designated Holdover Trout lakes, plus Seasonal and Year Round designated Trout Conservation Areas and naturally reproducing trout streams. Fish in designated holdover lakes will move to moderate depths of 20-50 feet as surface temperatures begin to increase. In the fall, as cooler temperatures prevail, trout can be found at all depths.

### Bait

Try earthworms, night crawlers, meal worms, salmon eggs, powerbait and minnows on a #6 to #10 hook. Place a small BB sized split shot 6 to 12 inches above the hook. In streams, cast towards opposite bank, in a slight upstream direction and allow to drift and bounce along the bottom. In lakes, fish on the bottom or add a bobber to suspend bait. From a boat, drift night crawlers, shiners or alewife herring using a slip bobber or egg sinker and suspend at desired depth.

### Artificial Lures

**Spinners** – Small spinners, silver, gold or black in color. Cast towards opposite bank, slightly upstream and retrieve. Also cast to undercut banks, overhanging vegetation and upstream-end of pools. *Examples:* Mepps No. 1, Rooster tail 1/16 oz. and Panther Martin 1/12 oz.

**Spoons** – Small spoons for seasonal lakes, large spoons for holdover lakes. Common colors include silver, gold, blue/silver, or firetiger. Troll shallow waters in early spring, moving deeper with the use of downriggers by mid-summer. *Examples:* Luhr Jensen's Needle Fish, Phoebe and Cleo. *Examples:* Storms Thunderstick, Rapalas (floating) and Yo-Zuri's Crystal Minnow.

**Crankbaits** – Small, minnow imitation-style crankbaits. Troll shallow waters in early spring, moving deeper with the use of downriggers by mid-summer.



Be sure to see Nonstop Trout-Jersey Fresh on page 31 for endless trout fishing opportunities.