



Guide to Choosing the Right Fly in Stillwaters

In stillwaters different conditions call for different fly patterns. Matching your fly to water clarity, depth, and light can dramatically improve your catch rate. This Guide was created to stop guessing and start fishing the right flies in the right waters, for beginners!



by **Stillwater Edge**

Clear Water Fly Choice Guide.



Midges (Chironomids)

Zebra Midge, Chromie, and Ice Cream Cones imitate tiny larvae pupa. Fish these under an indicator with a slow retrieve.



Damsel Nymphs

Olive and Marabou Damsel patterns mimic these abundant damsel insect in stillwaters. Use a slow or erratic retrieve.



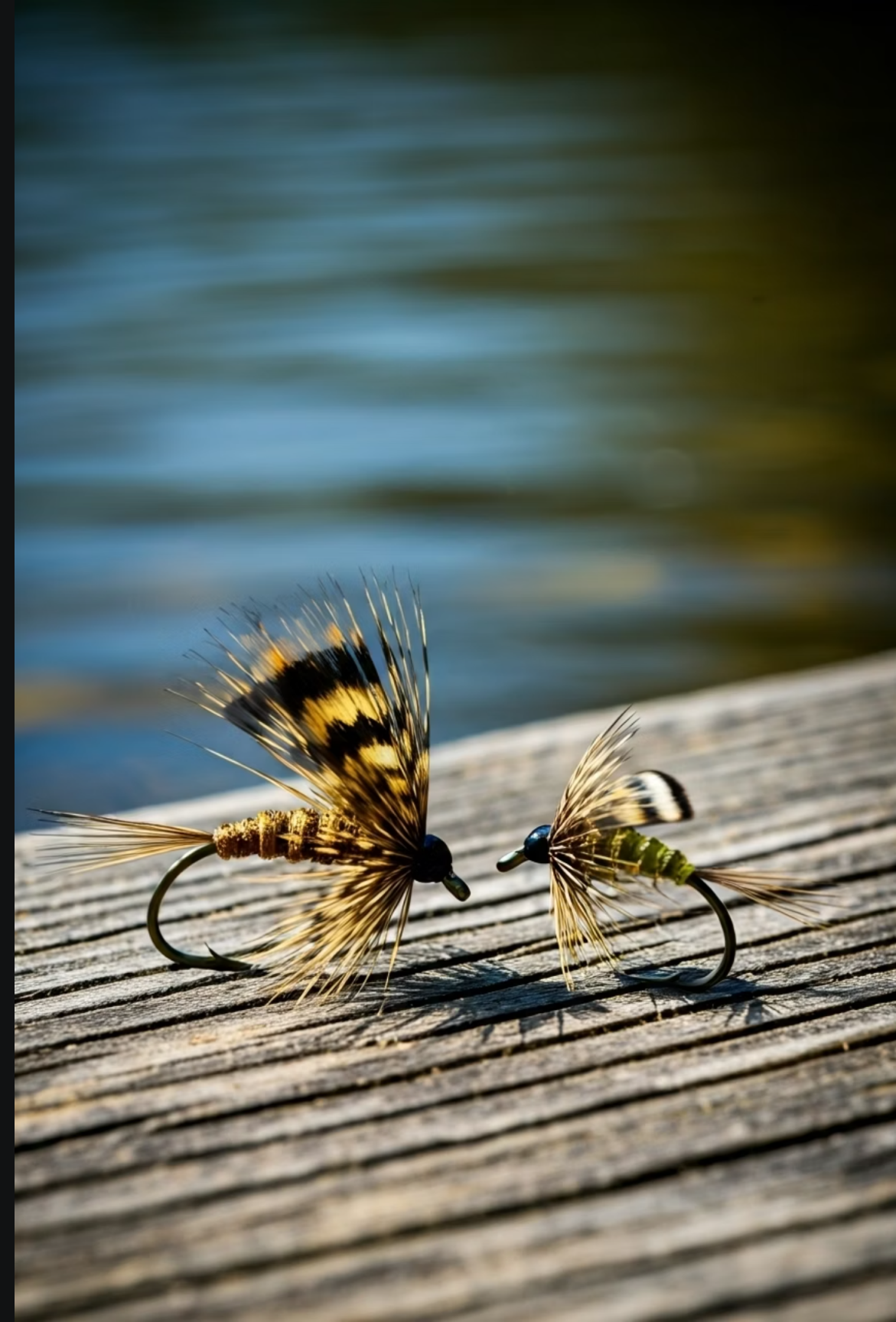
Scuds

(Fresh water shrimp) Olive or tan patterns work best. These crustaceans are protein-rich food sources found near weed beds.



Callibaetis

Pheasant Tail nymphs and Callibaetis imitate these common mayflies. Fish near the surface during hatches, or mid columns .





Murky Water Techniques



Booby Flies

Use bright colors with foam eyes. These create disturbance and movement that attract fish in poor visibility.



Blob Flies

Choose orange, pink, or chartreuse. Their bright profiles stand out in stained water.



Woolly Buggers

Select black, purple, or dark olive with flash. These versatile flies create strong silhouettes.



Leech Patterns

Darker colors work best. Their undulating movement triggers strikes even when visibility is poor.

Deep Water Tactics



Balanced Leeches

Perfect under indicators at depth



Weighted Chironomids

Beadhead versions reach the strike zone



Dragonfly Nymphs

Bulky patterns with slow movement



Booby Flies

Suspend just off bottom on sinking lines

Deep water patterns must penetrate light-deprived zones quickly. Use weighted flies that maintain a natural presentation in the strike zone.

Weather Adaptations

Windy Conditions

Wind creates challenges but concentrates food sources along shorelines. This often triggers aggressive feeding behaviour .

- Use flashy patterns for visibility
- Try large Buggers that cut through chop
- Add weight to maintain depth control or sinking lines

Algae Blooms

During algae blooms, visibility decreases dramatically. Fish rely more on vibration and contrast than visual details.

- Bright blob patterns stand out
- Egg-style attractors grab attention
- Movement-based flies like leeches trigger strikes

Seasonal Pattern Selection

Winter

Fish deep, slow, and small. Try micro leeches and tiny chironomids near the bottom.

Fall

Fish are feeding heavily. Use leeches, streamers, and scuds to imitate protein-rich food sources.



Spring

Focus on emerging insects. Use damsel nymphs, callibaetis, and chironomids during hatches.

Summer

Early and late are best times. Try dragonfly nymphs, hoppers, and beetle patterns near shorelines.

Additional Resources Available from Stillwater Edge



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