

Upland Idaho

Date	October 5, 2005	Time	9:00 AM – 4:00 PM
Location	South Fork Boise River	Weather	Clear skies & calm by midday
Fish Species	Rainbow Trout, Whitefish	Size Range	18"-20" Rainbows
Fish Caught	Landed 3 Rainbow in the 18"-20" range; hooked a dozen including a 22" Rainbow. Landed a few Whitefish.		
Flies Used	Large rubber leg Golden Stonefly Nymph; size 18 bead head Pheasant Tail		
Techniques	Wet fly swing with Stonefly Nymph and Pheasant Tail as a dropper.		
Comments	I saw at least 50 fish over 18". Caught my first 20" Rainbow on a fly rod		

Glenn (a coworker) and I left Boise around 7:00 AM to hit the South Fork Boise River. We heard there was a Stonefly hatch and the river at 300cfs and couldn't resist. We started fishing around 9:00 and had a few bites but the fishing didn't seem to pick up until a few hours later. We fished several locations below the dam fishing only the riffles. I could see very many large fish as I waded down through the river. I easily saw 50 fish over 18 inches. I didn't see many fish rising to the surface or much insect activity.



South Fork Boise River

I hooked several fish, the largest being an estimated 22 inches. I could see the fish surrounded by other large fish below me in the shallow riffles and continued drifting my fly in front of its nose. Much to my surprise, it latched on, b-lined it for the other side of the river jumping entirely out of the water shaking ferociously. With one last shake of the head, the fly was released, and he disappeared into the depths. Glenn just smiled because that was pretty much the story of our day to this point, both having lost several big fish.

We stopped at the last area with a few hours left before it was time to go. There was a series of side channels and riffles. I walked all the way to the top of a side channel and on the first cast sent a large fish racing downstream with my reel a screaming. It didn't last long as again another fish had escaped. I was getting pretty frustrated at this point and wondered what I could do different.

I moved down to the next riffle. I cast a few times and on the third cast, a monster took my fly. I instantly thought, hey, he's still on. I called down to Glenn to look. After a good struggle I ended up down by him as the fish forced me down river. Glenn helped me net it and it was my first 20" Rainbow on a fly rod.



My first 20" Rainbow on a size 18 Pheasant Tail

Glenn soon landed an 18" Rainbow on the Stonefly and I ended up landing another 19" Rainbow on the Pheasant Tail. The fishing was great and I had many opportunities to land several big fish. I was amazed at all the big Bows that lurked in the river.

The South Fork of the Boise River is certainly a Gem in the Southwest part of Idaho that we are lucky to enjoy. They are educated fish but when the river is low it's easy to wade and your chances are greatly improved to catch a large Rainbow on this tail water fishery.