

THE LEXINGTON ANGLER



FLY FISHING FOR TROUT

WHERE TO FISH IN KENTUCKY:

CUMBERLAND RIVER TAILWATER BELOW WOLF CREEK DAM: THE CUMBERLAND IS OUR LARGEST AND MOST PROLIFIC TROUT STREAM, WITH NEARLY 70 MILES OF WATER FLOWING FROM BENEATH LAKE CUMBERLAND TO THE TENNESSEE BORDER. IT IS STOCKED HEAVILY WITH RAINBOW, BROWN AND BROOK TROUT AND CAN BE ACCESSED AND FISHED BOTH BY BOAT AND WADING AT MANY POINTS ALONG THE RIVER.

RED RIVER GORGE: THERE ARE SEVERAL SMALL STREAMS RUNNING THROUGH THE RED RIVER GORGE THAT ARE STOCKED WITH TROUT, PREDOMINANTLY RAINBOWS, BUT SOME BROWN TROUT AS WELL. THESE STREAMS ARE JUST OVER AN HOUR FROM LEXINGTON AND ARE BEST FISHED IN THE FALL, WINTER AND EARLY SPRING.

OTTER CREEK: LOCATED IN MEADE COUNTY, JUST ON THE OTHER SIDE OF LOUISVILLE, THIS WILDLIFE DEPARTMENT OWNED OUTDOOR RECREATION AREA CAN PROVIDE GREAT FISHING OPPORTUNITIES FOR RAINBOW TROUT. THE AREA IS OPEN WEDNESDAYS THROUGH SUNDAYS AND A \$3.00 PER PERSON ACCESS FEE WILL BE CHARGED UPON ENTRY.

FLY FISHING GEAR FOR TROUT:

RODS/LINES: IT'S DIFFICULT TO NARROW TROUT FISHING DOWN TO ONE ROD/REEL/LINE WEIGHT COMBINATION. THERE ARE IDEAL SET-UPS FOR DIFFERENT SITUATIONS. FOR OVERALL GENERAL PURPOSES, THOUGH, WE'LL SAY THE MOST COMMONLY USED OUTFIT WOULD BE EITHER AN 8.5' OR 9' 4 OR 5 WT WITH A FLOATING, WEIGHT-FORWARD FLY LINE. THIS WILL COVER MOST OF THE TROUT FLY FISHING TERRITORY VERY WELL. YOU CAN SPECIALIZE AS YOU GO ALONG - SHORT, LIGHTER RODS/LINES FOR SMALL STREAMS, HEAVIER LINE WEIGHTS FOR LARGER STREAMER FISHING, ETC.

LEADERS/TIPPET: A TYPICAL LEADER FOR TROUT WILL BE A 9' TAPERED LEADER. YOU MAY WANT TO USE A SHORTER LEADER FOR VERY SMALL STREAM SITUATIONS OR STREAMER FISHING - THAT WOULD BE AROUND 7.5' IN LENGTH. SOME SITUATIONS MAY ALSO CALL FOR LONGER LEADERS, PERHAPS 10' OR 12' LONG. THESE LEADERS WILL TAPER DOWN TO TIPPET SECTIONS RANGING FROM PERHAPS 2X OR 3X ON THE HEAVY END, TO 5X, 6X, OR EVEN 7X ON THE LIGHTER END. MORE OFTEN THAN NOT, A 9' 5X LEADER WITH A SPOOL OF 5X TIPPET MATERIAL WILL COVER MOST OF YOUR TROUT FISHING CIRCUMSTANCES.

FLIES: TROUT, TO A LARGE DEGREE, FEED ON AQUATIC INSECTS: MAYFLIES, CADDISFLIES, STONEFLIES, ETC. THE FLIES WE GENERALLY USE IMITATE SOME FORM OF THESE INSECTS - EITHER THE LARVAL FORMS (UNDER WATER - NYMPHS) OR THE ADULT FORMS (ON TOP OF THE WATER - DRY FLIES). LAND-BORN OR TERRESTRIAL INSECTS SUCH AS; HOPPERS, CRICKETS, ANTS, ETC. ARE ALSO EATEN BY TROUT AT CERTAIN TIMES OF THE YEAR. CRUSTACEANS SUCH AS; CRAYFISH, SCUDS, GRESS BUGS, ETC., AS WELL AS BAITFISH ARE ALSO PREY FOR TROUT. BAITFISH IMITATIONS ARE CALLED STREAMERS, AND ARE COMMONLY USED TO FLY FISH FOR TROUT. HAVING A GOOD MIX/SELECTION OF THESE DIFFERENT TYPES OF FLIES IN ONE'S FLY BOX IS A GREAT IDEA.

OTHER ESSENTIAL GEAR: WADERS, WADING BOOTS, POLARIZED SUNGLASSES, SUNSCREEN, WATER.

Directions and fishing information on several trout streams in and around eastern and central Kentucky. I've picked 12 streams I have fished and can answer questions about them and many others. Here are the driving directions to the dozen.

- 1) **Roundstone Creek.** This stream is regularly stocked with 3600 rainbows April to July and there are a number of holdovers each year. I've caught fish up to 15 inches from deep pools in this stream. It is fed upstream by a cold spring called the Blue Hole. Drive to E-town and turn south on I-65; take exit 76 and go west on 224. Drive about 3-1/2 miles and turn left onto Copelin Valley Rd. and then left onto 1140 until you come to Riders Mill. Here a bridge crosses Roundstone Creek. Turn left after crossing the bridge into the Nature Preserve and in less than 200 feet park off the roadway. The stream is next to the road. Distance from Lexington is about 110 miles and 2 hours. Fish the big pool and upstream in and below the several tailouts. Use # 12-16 nymphs such as Pheasant Tails and Hare's Ears 2 feet below a strike indicator. Ten fish is a good day in this stream.
- 2) **Big Bone Creek:** This stream is stocked with 3000 rainbows and is a delayed harvest stream from October 1 until March 31st. during this period only artificial baits may be used. It fishes best in late fall and early spring. There are no holdovers to my knowledge. Drive north on I-75 and take Exit 77 going west. Immediately turn right onto 1292. Stay on 1292 all the way to the Big Bone Lick State Park. Distance is 68 miles and about 1 hour and 10 minutes. The creek passes through the park. Park in the lots near the creek. Fish the deep pools and tailouts with nymphs below indicators at about 1-3 feet. Dry flies such as #14 Adams will work in the slow moving pools above the entrance bridge.
- 3) **Rock Creek:** This is the best and longest free flowing trout stream in Kentucky. I'm told it holds fish up to 3 pounds, but I've never caught one that big. It is an artificial lure only during the delayed harvest up to May 31st (not March 31st) and receives very heavy stocking of 17,000 browns and rainbows year round. Take US 27 south and exit towards the town of Stearns. In Stearns take US 92 west. Near the town of Yamacraw over the South Fork of the Cumberland turn left onto 1363. At the Bell Farms turn right onto FR 564 and after 1/2 mile turn left onto FR 137 (Bell Farm Rd.) Follow 137 to the Hemlock Grove Campground. It is about 125 miles and fully 2-1/4 hours. The creek is to your left. Fish everywhere down to the TN border. Fish with dries and nymphs. The campground is very nice and the facilities are usually clean.
- 4) **Otter Creek:** This stream flows out of Fort Knox into Otter Creek Park. It is stocked in April, June and October with 2200 rainbows and a few browns I've had good luck catching fish in the late fall because it is a delayed harvest stream from October 1 to March 31st. Take I-64 west and take I-265 (Gene

Snyder Prky) west until it ends at US 31W. Turn south on 31W until you reach the town of Muldraugh. Turn right onto 1638 towards Otter Creek Park. After crossing the creek's bridge turn right into the park and then quickly right again down to the creek. There may be a fee for the park now; I've not fished there recently, so I'm not sure. Distance is 110 miles and 1 hour and 30 minutes. Park in the lot next to the creek and fish upstream away from the crowds towards but not into Fort Knox. Fish the pools and tailouts with nymphs and dry flies (sizes #12-16). Some days I'd caught up to 15 fish in several hours.

5) **Royal Springs:** Very near Lexington and in Georgetown. Drive up US 25 into Georgetown. Turn left onto US 460 (business). Before crossing the creek bridge, below and to your left see a small park with a car park. This small ½ mile creek is fed with spring water via the Georgetown waterworks. It holds rainbows stocked through August. Fish near the car park and below the bridge in an open area next to the street. Stay off the private property. Nymphs and dries work well.

6) **East Fork of Indian Creek:** The best portion of this stream requires about a ½ mile trek. It is principally a brown trout stream, and delayed harvest to March 31st. Drive east on I-64 and take the Mountain Parkway to the Slade exit 33 at Natural Bridge. After exiting turn left passing under I-64 and then left onto 11/15. You will again pass under I-64. Turn right onto 77 at the Nada sign. Drive through Nada and the Nada tunnel; once you've cross the Red River bridge turn left onto 613. You will come to a sign marking FR 9 where you will turn right. Follow this until FR 9 splits into FR 9A and FR 9B. Take FR 9B; it is to your right and follows the East Fork of Indian Creek. This section holds both browns and rainbows. If you wish to fish for the browns only follow 9B across a bridge to its very end. Park there, and follow the trail on your right for about ½ mile, fording the stream, now called Amos; it comes to a large pool down and to your left. In this pool and upstream you will find very good brown trout fishing. Fish either dries or nymphs in the few pools but especially the tailouts from the runs. I like a little #16 black stone fly nymph for these browns. Distance from Lexington is roughly 80 miles.

7) **Swift Camp Creek:** This stream is in the Clifty Wilderness Area and is stocked with 1000 rainbows in April and October only. It is a delayed harvest stream from October until May 31st (not March 31st). This is a beautiful MT. Parkway stream to fish in the fall. Travel east on I-64 to exit 40. Turn right going west on 15. At Pine Ridge turn right onto 715. Follow 715 passed the Castle Arch parking area until you get to a very small parking area on your right. If you

reach the bridge crossing the Red River you've gone too far. Fish close to the big boulders in the deep pools with either dries or nymphs. Distance from Lexington is roughly 78 miles.

8) **Chimney Top Creek:** A little clear, cold water stream lying off highway 715 in the DBNF can surprise a dedicated fly fisherman with an occasional big brown trout. Not easy to get to, one must take I-64 and the Mountain Prky east to Exit 33 and then highway 15 west and connect to 715. Where the Shelton Trace crosses 715 there is a parking area. From there one must don waders, ford the Red River and hike up to the stream. Stocked with 450 brown trout only, a #18 dry fly carefully presented on the covered edge of a deep pool may surprise you with a big or little brown. Only artificials may be used in this stream and one trout of 16 inches or more may be kept. From Lexington it is about 62 miles to the stream.

9) **Middle Fork of Red River:** This little stream is frequently overlooked because it seems too small to hold any fish, but it does. It is stocked with 5000 rainbows March to May and in October. This stream lies in natural Bridge State Park. I like to fish it just above and below where Mill Creek Lake enters the stream. It is a delayed harvest stream in the fall and winter months. Nymphs and dries in #14-16 work well presented in the small pools and their tailouts.

10) **Laurel Creek:** This is one of my favorite streams to fish in early summer. It is stocked with 3000 browns and rainbows from March through May and maybe June. The stream lies down in a narrow valley that in summer can be 10 degrees cooler than up on the ridge. To get to the stream travel east on I-64 to Morehead via exit 137 onto highway 32. Once through Morehead turn left staying on 32 (also US 60 now); with a right turn staying on 32 travel through Elliotville and on to Ordinary. Travel 1.9 miles past the Elliot County line and turn right on an unmarked road called both Cold Spring Rd. and School Church Rd. This gravel road will carry down into the valley across the stream. You'll see a parking spot. I fish downstream mostly in the deeper pools bordering big boulders. Footing can be very slippery: be careful. Use #12-16 bead head hare's ears, tellicos, pheasant tails and for dries try Adams and dark caddis. Distance from Lexington is about 90 miles and travel time about 1-3/4 hrs.

11) **Big Caneey Creek:** About 1/4 mile down 32 from where you turned to go to Laurel Creek turn left on Big Ford Rd. A little way down this road you will make a sharp right hairpin turn and you'll see the stream. Parking and access is all along the creek. It also is stocked with 3000 browns and rainbows.

12) **War Fork Creek:** Sometimes this stream will run through Turkey Foot Campground; at other times, in late summer, it doesn't. What water is left goes underground and the streambed is dry. But in the spring and early summer it will give up some nice rainbows from the deep pool below a 12 foot high cliff and some farther downstream all in the campground. No fee is needed to fish there. Stocked with rainbows of about 3000 in March, April, May and October and sometimes with more in June depending upon the flow. To get there travel down I-75 and at Exit 76 turn left going through Berea. In Bighill turn right onto US. 421 to McKee where you should turn left onto Highway 89 that will carry you to Macedonia. Another right turn onto Turkey foot Rd. carries you to the campground. It can get crowded after June 1st but then it's too late to fish there anyway. Miles from Lexington are about 65 and travel time about 1-1/2 hrs.

13) **Sulphur Spring Creek.** Down I-65 and just west of Franklin via highway 383 and then 664 lays a very nice stream that is easy to fish for the rainbows stock at about a yearly 5000 in spring and summer. There is a clearly marked parking area for fishermen near the town of Neosho. I've only fished there twice, but both times I caught 10 or more rainbows in easily wade able water. I recall using the usual nymphs and dries in #12-16. Distance there is 202 miles and makes for a very long day at 3 hours one way.

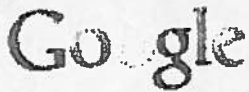
14, 15) **Dog Fork and Parched Corn Creeks:** These tiny, cold and clean brooks may or may not hold some brook trout. Several years ago I did catch a six inch brookie in Parch Corn. Dog Fork empties into Swift Camp Creek about half way down the stream and Parched Corn flows down and into the Red River on the other side of the road in the DBNF. Been years since there was any stocking. So natural reproduction is tantamount to support. Flies and catch and release only.

15) Trammel Fork: I fished this gravel filled, spring fed stream in late May of 2012 returning from Nashville. However, from Lexington take the Bluegrass Parkway and then I-65 south to exit 38 onto KY 101 towards Scottsville. There follow Ky 100 south for 2/10 mile to Ky.2160. Turn left onto 2160 and after 5.5 miles find Concord Church Rd. clearly marked on your right. After 200 ft you'll see a nice parking area on your right, a covered picnic table and marked access to the stream across the road. About 165 miles and 2-3/4 hrs.. I saw other access turn-offs Ky. 2160. You can easily wade 1-2 miles of this 20 foot wide stream. I caught both rainbows and browns in tail-outs and deep pools and several chubs in 2 hours with #14 Adams and nymphs. Stocked with nearly 10,000 rainbows and browns each month from April to November. Next to Rock Creek, this might be KY's best trout stream. It is a gem.

16) Floyds Fork: A recently created urban parkland lying east of Louisville holds this stream. For the most part this is a warm water stream, but in March and April it is now stocked with 7500 rainbows. I have visited the stream but have not fished in it yet. I would guess the best wading part lies south of I-64. To get into this parkland travel west on I-64 and turn north onto the Gene Snyder Parkway and exit east onto U.S. 60. Take the next right onto Beckley Station Rd. This passes under I-64 into the parklands. You'll see the stream all around, but as you drive across the park bridge the stream will be on you right. Drive down into a parking area and you can wade into a gravel filled knee deep area of the stream. Not sure where the best fishing is or what to use.

17) Cumberland Tailwater: The KDFWR owns and has installed a roadway and parking lot adjacent to 12 acre Long Bar (Snow Island) for those wishing to wade into the tailwater. This is one of the better areas to fish the Cumberland. It now is stocked with some brookies. To reach this site cross Wolf Creek Dam on U.S. 127, turn right onto KY 3033 , Desda-Wells Bottom Road and bear left at the fork in the road onto Wells Bottom Rd. You will see the access on your right. You must wade over to the island through no turbines, knee deep water, but if there is generation scheduled you should not try this as it will be chest high. GPS = 36.8847, -852244.

There is a new KDFWR web site that has 2012 information on all the trout waters in KY. It is very comprehensive and worth reading; it is about 20 pages long.



Directions to KY-715 N/Sky Bridge Rd
 69.8 mi – about 1 hour 26 mins
 Directions to Swift Camp Creek - The Lexington Angler

SWIFT CAMP CREEK

Lexington, KY

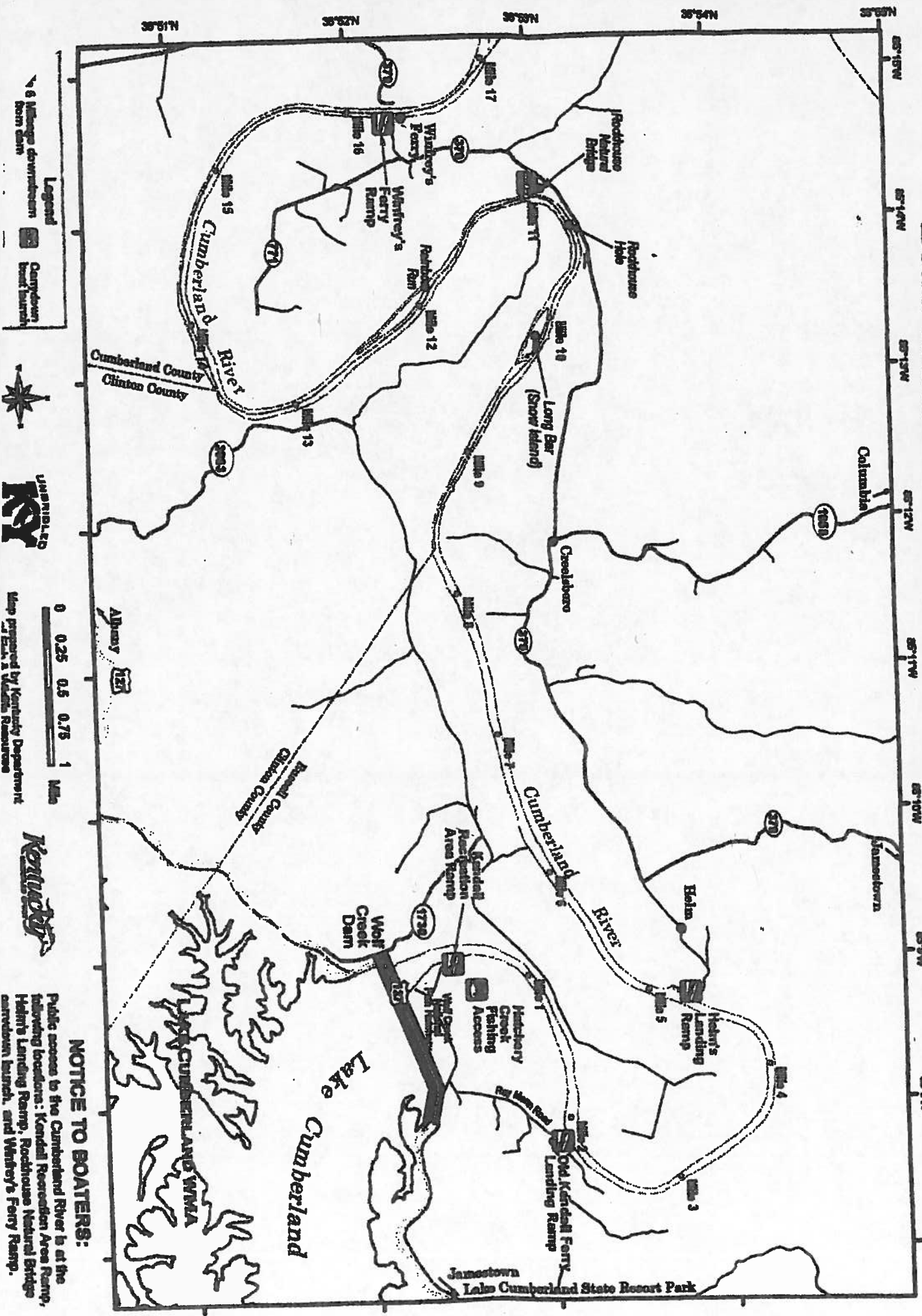
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|--|--|-----------------------------|
| | 1. Head northeast toward Avenue of Champions | go 128 ft
total 128 ft |
| | 2. Take the 1st right onto Avenue of Champions | go 213 ft
total 341 ft |
| | 3. Turn left onto S Martin Luther King Blvd
About 4 mins | go 0.5 mi
total 0.6 mi |
| | 4. Turn left onto E Main St
About 2 mins | go 0.4 mi
total 0.9 mi |
| | 5. Turn right onto N Broadway Rd
About 5 mins | go 3.0 mi
total 3.9 mi |
| | 6. Turn left to merge onto I-64 E/I-75 S toward Knoxville/Ashland
About 4 mins | go 2.3 mi
total 6.3 mi |
| | 7. Slight left onto I-64 E (signs for Winchester/Ashland)
About 16 mins | go 16.4 mi
total 22.6 mi |
| | 8. Take exit 98 toward Mountain Pkwy/Campton/Prestonsburg | go 0.4 mi
total 23.0 mi |
| | 9. Merge onto KY-402/KY-9000 E
About 30 mins | go 32.2 mi
total 55.2 mi |
| | 10. Take exit 33 for KY-11 toward Slade/Beattyville | go 0.2 mi
total 55.4 mi |
| | 11. Turn left onto KY-11 N/Natural Bridge Rd
About 3 mins | go 0.1 mi
total 55.5 mi |
| | 12. Turn left onto KY-11 N/KY-15 N/Campton Rd
About 3 mins | go 1.5 mi
total 57.0 mi |
| | 13. Turn right onto KY-77 N/Nada Tunnel Rd <i>1/2 RT. AFTER IRON BRIDGE ON PAVED RD.</i>
Continue to follow KY-77 N
About 8 mins | go 5.1 mi
total 62.1 mi |
| | 14. Turn right onto KY-715 S/Sky Bridge Rd <i>IF YOU WILL CROSS LB. BRIDGE W/ STONE SIDES, THEN PASS SLADIE CENTER ON RT. YOU WILL CROSS ANOTHER, SMALLER BRIDGE - GO ON ANOTHER MILE OR SO TO A TRAIL-HEAD PARKING AREA (DIRT) ON YOUR LEFT W/ A U.S. FOREST SERVICE SIGN IN IT. SWIFT CAMP IS JUST BELOW THIS ON TRAIL.</i>
About 12 mins | go 7.7 mi
total 69.8 mi |

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

Map data ©2012 Google

Directions weren't right? Please find your route on maps.google.com and click "Report a problem" at the bottom left.

Blue Water Trail: Cumberland River Tailwater



Legend
 1/8 Mileage downstream
 Carrydown
 Boat launch



Map prepared by Kentucky Department of Transportation
 0 0.25 0.5 0.75 1 Miles



NOTICE TO BOATERS:
 Public access to the Cumberland River is at the following locations: Kendall Recreation Area Ramp, Hebert's Landing Ramp, Rockhouse Halls Bridge carrydown launch, and Whitney's Ferry Ramp.