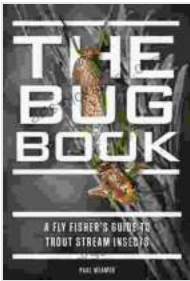


Fly Fisher Guide to Trout Stream Insects

Trout are voracious predators that feed on a wide variety of aquatic insects. By understanding the insects that trout eat, you can improve your fly fishing skills and catch more fish. This guide will help you identify and imitate the most important trout stream insects.



The Bug Book: A Fly Fisher's Guide to Trout Stream

Insects by Paul Weamer

★★★★☆ 4.7 out of 5

Language	: English
File size	: 19521 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 148 pages
Lending	: Enabled



Mayflies

Mayflies are one of the most important trout stream insects. They are a favorite food of trout, and they can be found in almost every stream and river. Mayflies come in a variety of sizes and colors, but they all have a few common characteristics. They have long, slender bodies, two or three long tails, and two or three pairs of wings. Mayflies are weak fliers, and they often drift on the surface of the water.

There are many different species of mayflies, but some of the most common include:

- Blue-winged olive
- Brown drake
- Green drake
- Sulphur
- Trico

Mayflies hatch throughout the year, but they are most abundant in the spring and summer. When mayflies are hatching, trout will often rise to the surface to feed on them. This is a great time to fish for trout with dry flies.

Caddisflies

Caddisflies are another important trout stream insect. They are a favorite food of trout, and they can be found in almost every stream and river.

Caddisflies come in a variety of sizes and colors, but they all have a few common characteristics. They have short, stout bodies, two or three pairs of wings, and two or three pairs of legs. Caddisflies are strong fliers, and they can often be seen flying around the stream or river.

There are many different species of caddisflies, but some of the most common include:

- Green caddis
- Brown caddis
- Black caddis

- Elk hair caddis
- Adams

Caddisflies hatch throughout the year, but they are most abundant in the spring and summer. When caddisflies are hatching, trout will often rise to the surface to feed on them. This is a great time to fish for trout with dry flies or wet flies.

Midges

Midges are small, flying insects that are often mistaken for mosquitoes. They are a favorite food of trout, and they can be found in almost every stream and river. Midges come in a variety of sizes and colors, but they all have a few common characteristics. They have small, slender bodies, two or three pairs of wings, and two or three pairs of legs. Midges are weak fliers, and they often drift on the surface of the water.

There are many different species of midges, but some of the most common include:

- Chironomids
- Culicids
- Simuliids
- Dixids
- Tendipedids

Midges hatch throughout the year, but they are most abundant in the spring and fall. When midges are hatching, trout will often rise to the surface to

feed on them. This is a great time to fish for trout with dry flies or wet flies.

Stoneflies

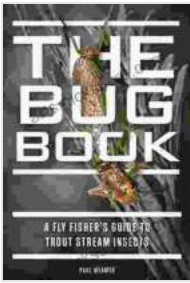
Stoneflies are large, predatory insects that are a favorite food of trout. They are found in fast-moving streams and rivers, and they can be identified by their long, slender bodies, two or three pairs of wings, and two or three pairs of legs. Stoneflies are strong fliers, and they can often be seen flying around the stream or river.

There are many different species of stoneflies, but some of the most common include:

- Golden stonefly
- Brown stonefly
- Black stonefly
- Salmon fly
- Yellow sally

Stoneflies hatch throughout the year, but they are most abundant in the spring and fall. When stoneflies are hatching, trout will often rise to the surface to feed on them. This is a great time to fish for trout with dry flies or wet flies.

By understanding the insects that trout eat, you can improve your fly fishing skills and catch more fish. This guide has provided you with a basic overview of the most

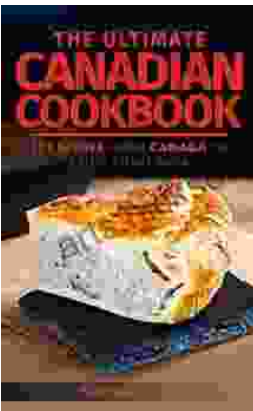


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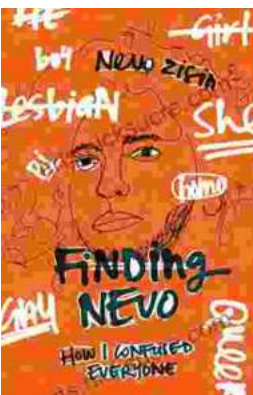
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