



# Fly Fishing Puget Sound

A Guide to Sea Run Cutthroat & Coho

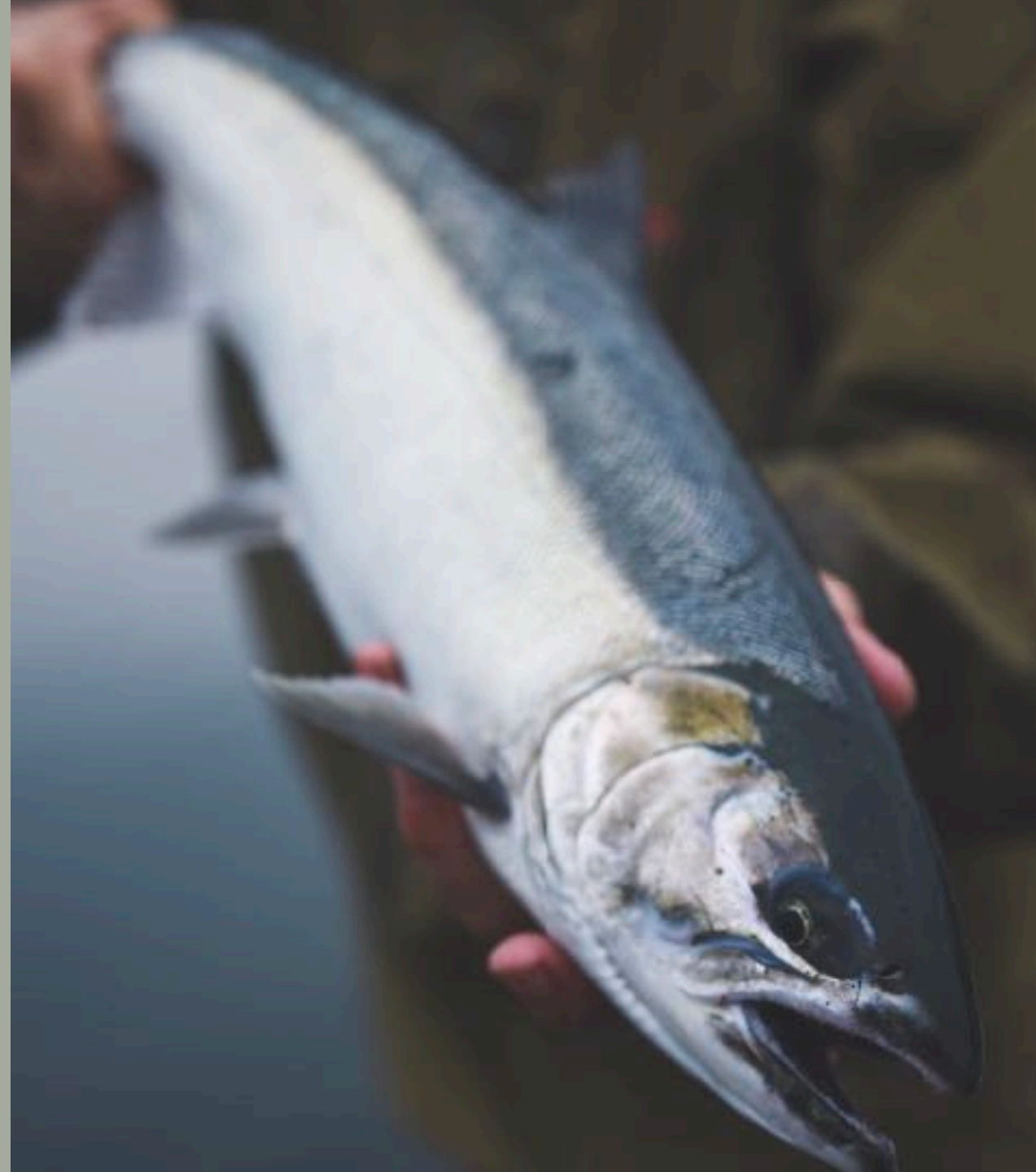
Josh Phillips  
Spawn Fly Fish

# A Little About Me...

- Born and raised in the PNW
- Gonzaga University
- Professional Soccer
- Fished my entire life
- Average 1,000 hours a year on Puget Sound.



# My Target Species



# Sea Run Cutthroat



- Widest-Spanding Cutthroat Trout in the world
  - Southern CA to Alaska
- Catch and Release 1999 total catch and release in marine waters; barbless
- 15 fish in 1955 not to exceed 7 ½ lbs minus one fish

# Sea Run Cutthroat

- Dance
- Rarely just one
- High site fidelity
- Spawn period Jan-June
- Driven by environmental conditions





by Jeff Holmes

## Coastal Cutthroat in Puget Sound are a Major Success Story

**D**espite glimmers of overcastness in a few of today's fisheries, the story of our state's Puget Sound is both fascinating and deeply sad, with hope at hand with some on the horizon. The coastal cutthroat trout, once abundant and home to iconic species like salmon, steelhead, ling cod, and even halibut, but its winter abundances compared to days of yore. The issues facing Puget Sound and the rivers emptying into it are profound and have been compounded over time, impacting fisheries from spot shrimp to wild steelhead to pink salmon. From the mid-20th Century to the late-20th, we severely degraded streams in the mid- to upper reaches of Puget Sound, where massive environmental and social, urban, industrial, and other nonpoint runoff sources—ranging from the urban watershed of Seattle to the rural watersheds of the Olympic Peninsula—have degraded streams in the mid- to upper reaches of Puget Sound. In some cases, a massive loss of habitat occurred in the mid- to upper reaches of Puget Sound, where streams were degraded to the point of being nonfunctional. In some cases, a massive loss of habitat occurred in the mid- to upper reaches of Puget Sound, where streams were degraded to the point of being nonfunctional. In some cases, a massive loss of habitat occurred in the mid- to upper reaches of Puget Sound, where streams were degraded to the point of being nonfunctional.

*The coastal cutthroat trout lived everywhere in Puget Sound historically and still does, but the greatest abundances today exist south of Tacoma.*

# Coho

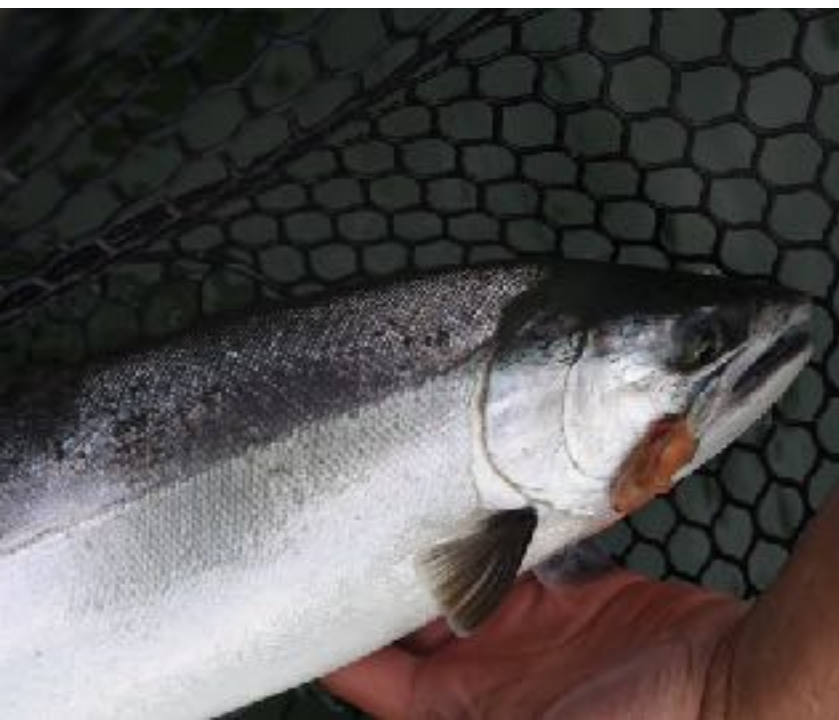


- Two hatchery program  
Minter Creek, South Sound  
Net pins with Squaxin Tribe.  
(Delayed Release)
- Some leave some don't
- Fishable year around
  - Really fun April-July.

# Coho

- Not as large
  - 5lbs is a really big one
- Eat anything
  - Don't need to dance





# What To Look For?

- Look EVERYWHERE
- To narrow your search:
  - Look at areas with tidal movement, run off, rocky beaches to mud, shellfish farming.
- Both species like to show off → look for jumping fish
- A lot of times, both species in the same area.
- Collect Data, Collect Data, Collect Data!



# What Flies Do I Use?





# Gear

- 5 or 6wt Rod.
- Floating line, bring a sink tip.
- 8-10lb 7-9ft leader  
Maxima Ultragreen
- Waders



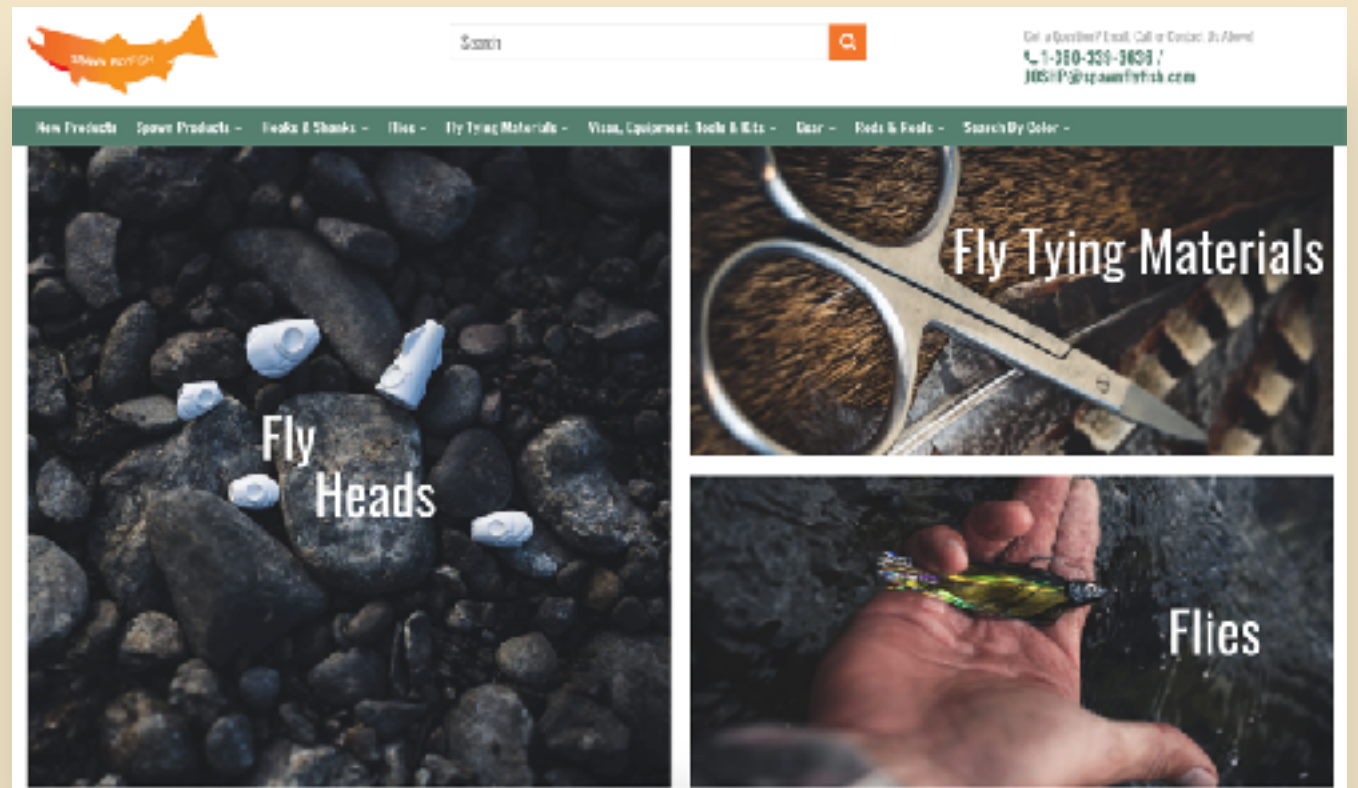
# Boat vs. Shore

- Shore → be patient
- Boat → don't be patient
- Tides aren't as important to me when fishing from a boat
- Tides very important when beach fishing





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# Questions?



Thank you!