



New Mexico Department of Game and Fish  
*Conserving New Mexico's Wildlife for Future Generations*

### Additional Information Available Online

New Mexico Trout Youth Program:  
[www.newmexicotrout.org/youth.html](http://www.newmexicotrout.org/youth.html)

Trout Unlimited Stream Explorers:  
[www.streamexplorers.org/go-fishing](http://www.streamexplorers.org/go-fishing)

Truchas Chapter Youth Education Program:  
[tcyep.blogspot.com](http://tcyep.blogspot.com)

U.S. Forest Service: [www.fs.fed.us/kids](http://www.fs.fed.us/kids)



NMDGF thanks the members of New Mexico Trout and the Truchas Chapter of Trout Unlimited for their hard work to promote youth fishing and to conserve healthy fisheries in New Mexico.

[www.wildlife.state.nm.us](http://www.wildlife.state.nm.us)

**1-888-248-6866**

*Kid's Guide: Fly Fishing in New Mexico* is published by the New Mexico Department of Game and Fish—Information and Education Division, P.O. Box 25112, Santa Fe, NM 87504. © 2016. Cover: Free Fishing Day at Fenton Lake, Photo by Ron Short.



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# Kid's Guide

## Fly Fishing in New Mexico



## Why put a fly on a hook?

Using an artificial fly (insect) to catch a fish is older than ancient Rome. Fly fishermen have tied flies or lures that resemble invertebrates and other foods fish eat since before recorded history began.

Basically, fly fishing or angling uses a flexible rod, reel and special line to cast an almost weightless fly or lure and catch a fish. But to fly fish requires more than just learning how to cast. It requires thinking like a fish—learning what fish like to eat and when and where they more often will feed. This requires knowledge of both the fish and its habitat.

In New Mexico, opportunities to fly fish in freshwater lakes, ponds, small streams and rivers abound, and the New Mexico Department of Game and Fish regularly stocks a variety of nonnative species, including rainbow, brown, brook and lake trout, as well as kokanee salmon. Also available—though less plentiful and highly prized by anglers—are two species native to New Mexico, the Rio Grande cutthroat trout and the Gila trout.

For more information about the many fishing opportunities and locations in New Mexico, see the *New Mexico Fishing Rules and Information*, available online at [www.wildlife.state.nm.us](http://www.wildlife.state.nm.us).

## Fishing Etiquette

- Know New Mexico's fishing regulations.
- Use barbless hooks, so you can release your fish unharmed.
- Wet your hands before landing a fish and handle it with care.
- Wade only when necessary to prevent the spread of AIS (see inside).
- Stay off spawning beds, so new fish can grow.
- Give other anglers plenty of room where they are fishing.
- Step out of the stream to pass another angler.
- Be mindful of your manners and language.
- Always obtain permission to fish on private land.
- Don't litter. Carry a plastic bag to collect trash left by others.
- Have fun, be patient and encourage others to practice good fishing etiquette.



Grasshopper fly.



This ancient Roman mosaic shows fishermen using flexible rods and a net, similar to modern-day fly fishermen (ca. 100 A.D.).



The color of Rio Grande cutthroat trout is unique, bright and extremely beautiful.

## Fishing Waters

### Youth Only

Youth must be under 12 years of age. A fishing license is not required.

Harris Park, Las Vegas; Seven Springs Hatchery Brood Pond, Jemez Mountains; Shuree Kids' Pond, Valle Vidal; Spring River Park, Roswell; Tingley Beach Kids' Pond, Albuquerque; Valley Improvement Association Ponds, Belen.

### Youth, Seniors and Handicapped Only

Youth must be under 12 years of age (unless noted). License required for junior (12–17), senior and handicapped anglers.\*

Estancia Park Lake, Estancia; Grants Riverwalk Pond, Grants (Youth under 18 years of age); Harry McAdams Park Ponds, Hobbs; Red River Hatchery Pond, Red River; Santa Rosa Pond at Blue Hole Park, Santa Rosa.

### Youth and Handicapped Only

Youth must be under 12 years of age. License required for handicapped anglers.\*

Cowles Pond, north of Pecos; Red River City East Kids' Pond, Red River.

### Youth under 14 (and parent or guardians), Seniors and Handicapped Only

No license for youth under 12 years of age. License required for junior (12–13), parent or guardians and handicapped anglers.\*

Laguna del Campo, Burns Canyon Lake.

\* For complete license regulations, see *New Mexico Fishing Rules and Information* available online: [www.wildlife.state.nm.us](http://www.wildlife.state.nm.us) or telephone toll-free: 1-888-248-6866.

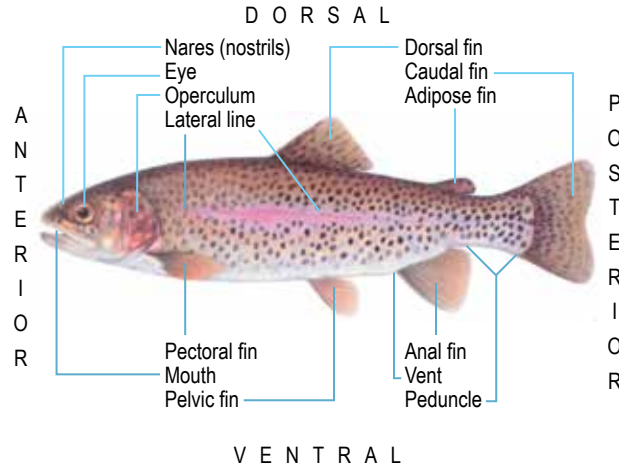
## Prevent Aquatic Invasive Species

An Aquatic Invasive Species (AIS) is any non-native plant, animal, or pathogen that can harm our environment, economy and health. Once established in a body of water many aquatic invasive species are difficult, if not impossible, to remove. Here are some ways that you can help prevent AIS.

- **Clean, drain and dry** your watercraft after every trip, including coolers, ballast tanks and live wells.
- Wash all mud and aquatic plants from gear, including trailer, waders and wading boots.
- Dispose of fish heads, guts and unused bait into solid waste containers.
- Do not transfer fish from one water body to another. It's unlawful.



## Parts of a Trout



A trout's body is torpedo shaped to allow ease of movement, remain still or swim fast. Spots and color break up light and help the fish blend into its surroundings. Small scales are smooth to protect the trout from injury and disease and reduce friction for fast swimming.

**Mouth:** Used to eat and feel things. Neither the lower nor upper jaw extends beyond the other, enabling a trout to eat from above or below its position.

**Nares:** Function as nostrils and detect odors in the water.

**Eyes:** Trout find most food by sight. Eyes are spherical and positioned one on each side of the head to see forward, behind, above and below at the same time (hence the term *fish-eye lens*). The pupil is slightly triangular to better focus forward vision.

**Operculum:** A hard plate covering the delicate gills.

**Gills:** Gills work much like lungs. Water passes through the gills to breathe—taking oxygen and releasing carbon dioxide.

**Inner ear:** Two ears inside the skull can detect high frequency vibrations (sounds) and work with the lateral line (defined below) to hear.

**Lateral line:** Spanning the body from the operculum to the tail, the lateral line detects pressure waves and vibrations to help navigate, detect food and avoid predators.

**Pectoral fins:** Paired pectoral fins are used to brake and swim up and down.

**Dorsal fin:** Used for swimming and stabilization.

**Pelvic fins:** The pelvic or ventral fins also is used to brake and swim up and down.

**Vent:** Opening to excrete waste and eggs or milt (sperm) for spawning.

**Adipose fin:** In front of the caudal fin, its use is unclear. Sometimes clipped by fishery managers to identify stocked trout.

**Anal fin:** Used for swimming and stabilization.

**Caudal fin (tail):** Biggest fin, provides locomotion and steering, like the rudder on a boat or submarine.

## Pro Anglers Share Three Favorite Flies

### Woolly Buzzer by John Wright

The woolly buzzer is categorized as a streamer by some and a nymph by others. This fly typically is fished underwater in streams, rivers, ponds and lakes. It may be tied in a variety of colors and styles to imitate a wide range of trout prey. The woolly buzzer can be used with a fly rod or with spinning gear. Cast your woolly buzzer into the water, let it sink and slowly retrieve it.



### Double Hackle Peacock by Norman Maktima

The double hackle peacock is a great fly to use when trout fishing in New Mexico. It resembles any number of trout foods, including stonefly nymphs, crane fly larvae, damsel fly nymphs and snails. I fish this fly on the Rio Grande, Pecos River, Chama River and any trout lake in New Mexico. In lakes, it works well under a casting bubble, which can be cast with spinning gear. I also like to fish it on my fly rod in lakes, using a slow retrieve. In rivers, I prefer to fish this fly on a dead drift, allowing the fly to drift with the current. In either lakes or streams, you want to change the depth you fish by adding weight to the line above the fly or simply wait longer before you retrieve.



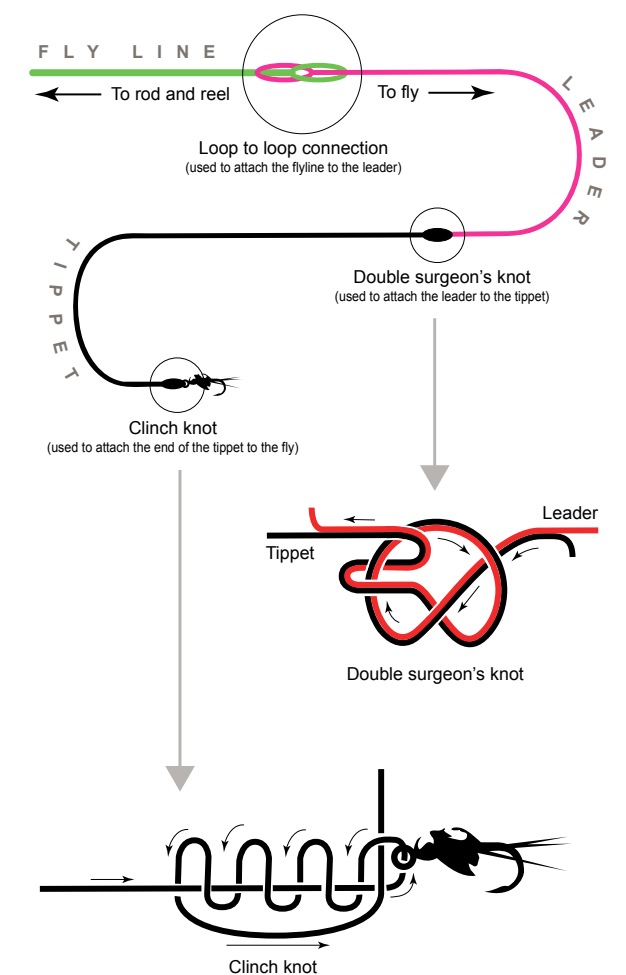
### Doc Rivers Caddis by Rudy Rios

Use the Doc Rivers caddis as a solitary fly on 4x to 6x tippet, depending on the water you fish. In deeper waters, use one or two small split shot to get this fly down to feeding fish. Bigger rivers like the Rio Grande and Pecos are better fished with size 12 or 10 hooks. This fly rides with the wing and hook up in the current and the fish generally take it with vigor. In a two-fly rig, the Doc Rivers is effective as the point fly.



## Fly Fishing Knots by Ed Miller

### How to Set Up a Fly Rod



## Oh' my . . . How can I tie my own fly?

Instructions how to tie these flies and the simple materials needed are available online: [www.wildlife.state.nm.us](http://www.wildlife.state.nm.us) or request a printed copy: 1-888-248-6866.