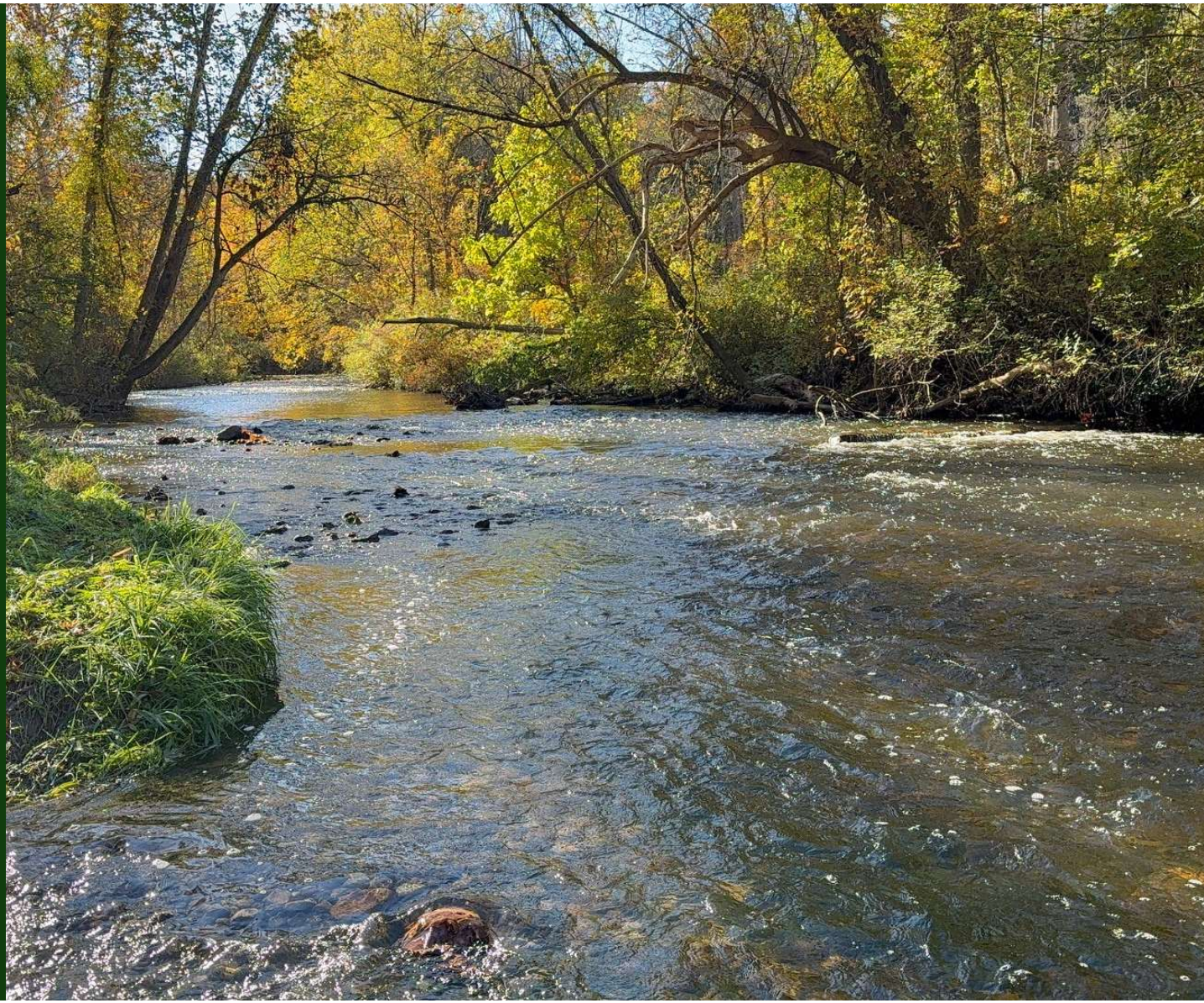
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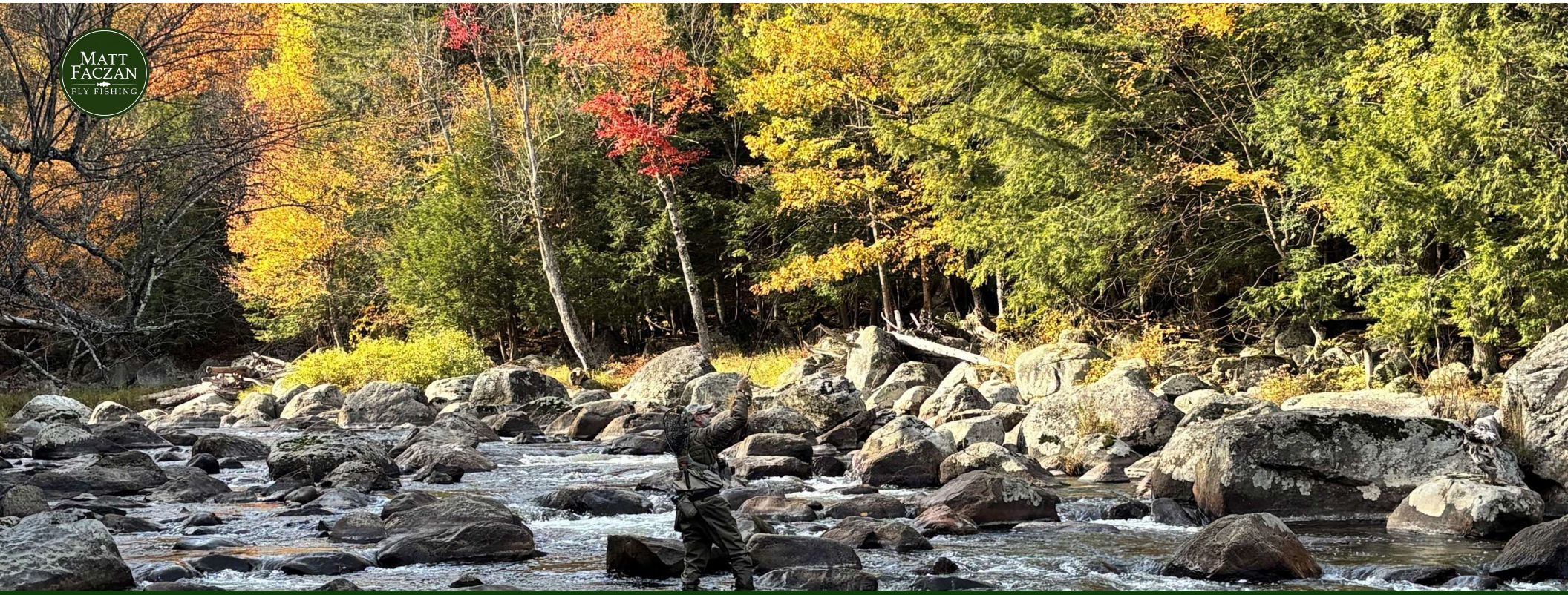
FALL FIELD GUIDE

ROC Fall fly fishing

Inland trout,
fall tactics and
four nearby waters.

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FALL

Shorter days. Cooler water. More opportunity.

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FALL ESSENTIALS

Fall rewards timing—and restraint.



SPAWN

Brown and brook trout spawn in fall. Watch for redds: clean, bright gravel depressions.

TIMING

Shorter days and cooler nights often move the best inland window to late morning–midafternoon. Layer up for shoulder season.

RULES

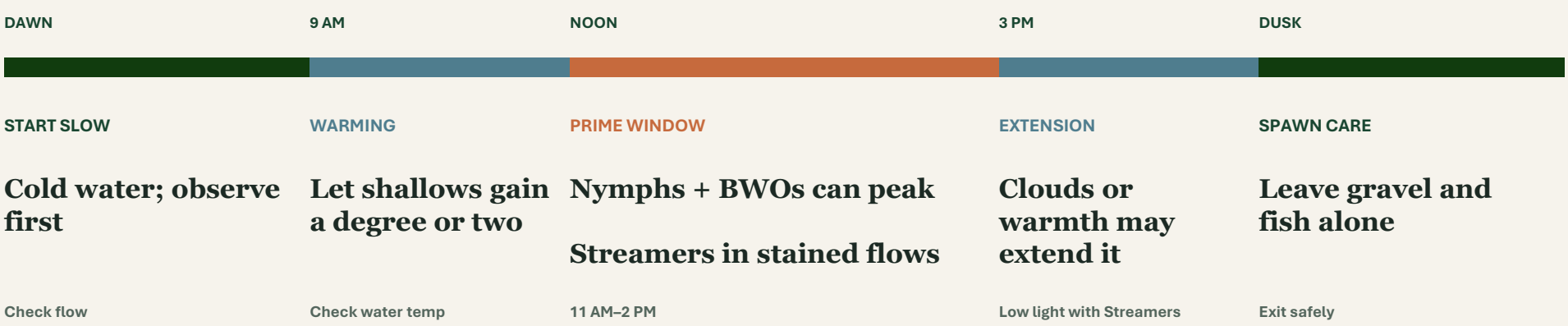
On Oct. 16, most inland trout reaches become catch-and-release with artificial lures only.

Before stepping in: verify the exact reach, avoid actively spawning fish and walk around redds.

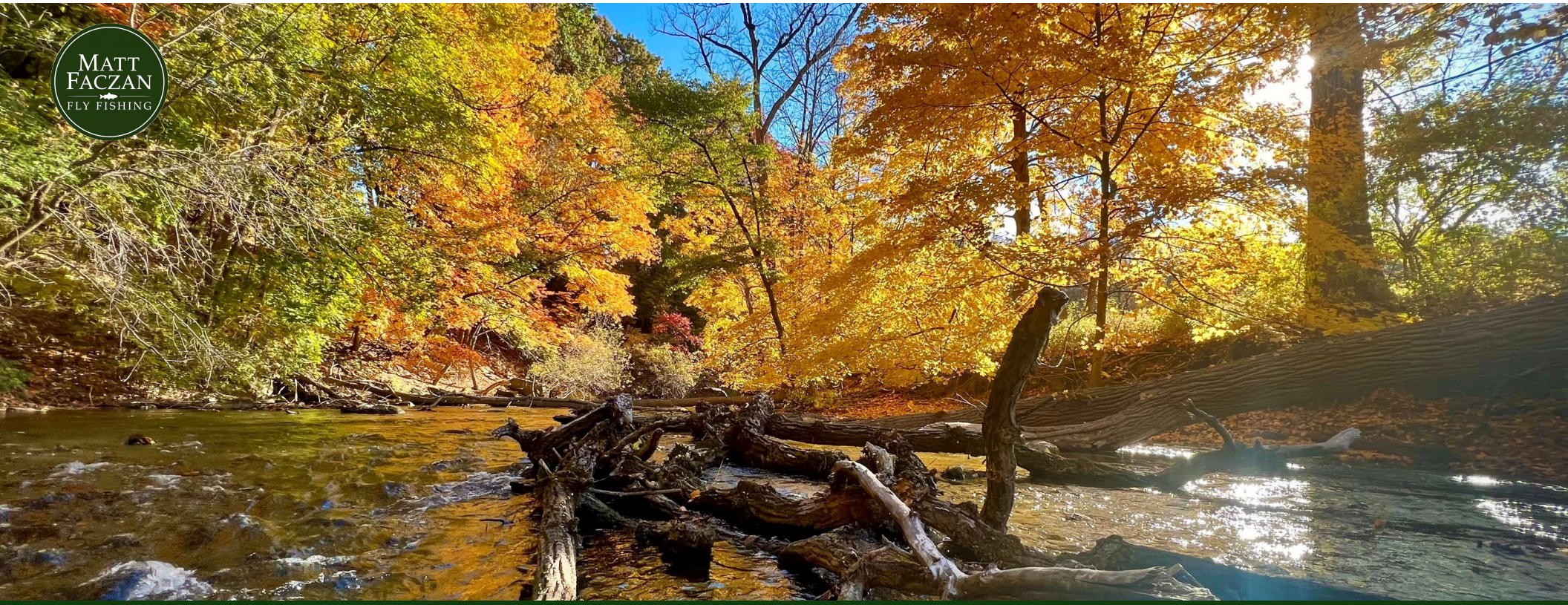
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FALL DAILY WINDOW

Cold nights change the window of opportunity



Lake tributaries are different: late October–November can be strongest when streams hold 45–58°F and stable flow.



WATER

Wild trout within an hour

Oatka Creek • Cohocton River • Irondequoit Creek • Wiscoy Creek



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STREAM PROFILE

Oatka Creek

Wild Quality • Close to home

PUBLIC ACCESS

Oatka Creek Park trails and DEC lots in Scottsville and LeRoy; private gaps remain.

DESIGNATION

Wild Quality from Bowerman Road upstream to Spring Creek; nearby reaches differ.

REGULATIONS

Oatka Park is year-round catch-and-release. WQ: Apr. 1–Oct. 15, limit 3 (max 1 over 12 in.); Oct. 16–Mar. 31, C&R/artificial only.

SOURCE: NYSDEC OATKA SURVEY + REGULATIONS



STREAM PROFILE

Cohocton River

Expansive • Mixed fishery

PUBLIC ACCESS

19+ miles of PFR. The Atlanta–Bath corridor is highly accessible; use DEC easement maps.

DESIGNATION

Wild trout above Atlanta; stocked and wild brown trout through lower reaches.

REGULATIONS

Stocked-Extended: 5 trout/day, max 2 over 12 in. Wild Quality near Neil Creek–Avoca: 2/day, 12-in. minimum. Confirm the reach.

SOURCE: NYSDEC COHOCTON SURVEY + REGULATIONS



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STREAM PROFILE

Wiscoy Creek

Premier wild trout • Abundant access

PUBLIC ACCESS

12.6 miles of PFR, five parking areas, footpaths and an accessible platform at Pike.

DESIGNATION

Wild-Premier from the mouth to Flynn Road; wild brown trout dominate. No hatchery trout since 1972.

REGULATIONS

Apr. 1–Oct. 15: limit 1, any size. Oct. 16–Mar. 31: C&R/artificial only. East Hillside Road zone is C&R year-round.

SOURCE: NYSDEC WISCOY PROFILE + REGULATIONS



STREAM PROFILE

Irondequoit Creek

Urban access • Tributary designation

PUBLIC ACCESS

Panorama Valley, Powder Mills, Ellison and Fishers parks offer practical access; confirm property boundaries.

DESIGNATION

Above Empire Blvd is a Lake Ontario tributary—not an inland category. There is no upstream barrier. Supports resident brown trout, seasonal Kings, Cohos, Atlantics and Steelhead; DEC brown trout stocking ended in 2026.

REGULATIONS

Lake Ontario tributary seasonal tackle rules apply. Single flies Sept-April

SOURCE: NYSDEC + MONROE COUNTY

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LAKE ONTARIO TRIBUTARY

Irondequoit has its own rules.

The designated reach runs from the bridge nearest the mouth to the first impassable barrier.

Seasonal night and tackle restrictions apply.
No double flies such as double nymph or dry-dropper.

SOURCE: NYSDEC GREAT LAKES + TRIBUTARIES



REGULATIONS

Lake Ontario tributaries follow a different rulebook

Seasonal tackle, night-fishing and species limits apply to designated tributary reaches.

Seasons and Limits for Lake Ontario, St. Lawrence River, and Tributaries

Species	Open Season	Minimum Length	Daily Limit
Brown Trout, Rainbow Trout (including Steelhead), Coho Salmon, Chinook Salmon	All year	15", except for Rainbow Trout or Steelhead: 21" in the lake and 25" in tributaries	3 in combination, not to include more than 2 Rainbow Trout (or Steelhead) in the lake, and not to include more than 1 Rainbow Trout (or Steelhead) and 1 Brown Trout in the tributaries
	Except 9" and 3 fish daily for Brown Trout in Irondequoit Creek upstream of the south side of Rte. 286 bridges; Lindsey Creek, and the Black River from Dexter Dam to Mill Street Dam (Jefferson County)		

SOURCE: NYSDEC GREAT LAKES + TRIBUTARIES

REGULATIONS

Inland categories change in October

Managed Category	Regulation
Wild and Stocked	• April 1 - October 15, Daily Limit - 5 with only 2 longer than 12" • **October 16 - March 31, Catch and Release only, Artificial lures only**
Stocked-Extended and Wild Quality	• April 1-October 15, Daily Limit-3 with no more than 1 longer than 12" • **October 16-March 31, Catch and Release only, Artificial lures only**
Wild-Premier	• April 1-October 15, Daily Limit-1, Any size • **October 16-March 31, Catch and Release only, Artificial lures only**
Catch and Release	All year, Catch and Release only, Artificial lures only

SOURCE: NYSDEC 2026

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FIELD TACTICS

Six fall tactics to improve your day

01 Match the hatch

BWOs, October caddis and midges linger. The “leaf hatch” can be epic.

02 Egg hatch

Spawning season put eggs on the menu; salmon and trout eggs call for different sizes.

03 Move a streamer

Pre- and post-spawn fish can be aggressive and hungry. But don’t swing over redds!

04 Bigger fish

Prep for larger fish, especially tributary fish—and rope up on Irondequoit Creek.

05 Dress and prep for shoulder season

Layer up and bring a snack; conditions change quickly. Hand warmers. Low-light polarized glasses.

06 Fish low and slow

A few degrees of warming can turn fish on in colder water. Slow down your presentation. Be sensitive of your profile when water levels are low and clear.

FIELD TACTICS

Fall Fly Selection

01 Attractor / Euro Tag Nymphs

Blowtorches, Tasmanian Devils, Red Tags, Rainbow Warriors
Size up your bead for heavier flows

02 Small midges

Size 16-20 perdigon and zebra midges as a dropper where legal

03 Streamers

Wooly buggers, rabbit zonkers, poachers – purple, black, white, olive, and chinchilla/natural. Dead drift, swing, strip. Repeat.

04 Egg Patterns

Estaz, yarn, foam....how ever you tie them, match the hatch in size and color.

05 Seasonal Nymphs

Small BWOs, Walt's worms/caddis, Pheasant tails/Isonychia

06 If nothing works...

Go home and tie flies

Working Flies









Links at www.wnyflyangler.com

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H2O Conditions

Irondequoit Creek

USGS Irondequoit Creek - Blossom Rd., Rochester, NY

USGS Irondequoit Creek - Fishers, NY

Cohocton River

USGS Cohocton River - Avoca, NY



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Q & A

More links at:
www.wnyflyangler.com

