SYDNEY LAKE FISHING CHEAT SHEET

How to Catch Lake Trout

Shallow in spring, deep in summer, back on the rocks in September.

SIX LAKE TROUT RULES

1. **Follow the cold water.** Lakers like about 50°F. When the surface passes the high 50s in June, they drop to the cold layer till fall.
2. **Fish just under the thermocline.** Summer lakers hold 10–20 ft under it, often 40–90 ft down on Sydney.
3. **A depth finder is your best lure.** From late June, rent a Garmin. Mark fish, get right over them, drop.
4. **White and silver win.** White tube jigs, and silver or gold spoons that look like cisco.
5. **Speed triggers strikes.** Troll 2–3 mph in spring. A laker following your jig? Reel it away fast.
6. **Wait for the weight.** Soft mouths, double bumps. Feel weight, then sweep the rod. Loose drag.

MONTH BY MONTH

MONTH	WHERE TO LOOK	DEPTH	WHAT TO THROW	BEST TIME
Mid–late May Shoreline Lakers Water 45–55°F	Rocky points, rock walls and reefs that drop into 40+ ft. Narrows with current. Off the rocks at camp and out to Blood Brothers.	**0–25 ft**	**3/4–1 oz spoon** (Len Thompson yellow & red, Little Cleo). Troll a #7–9 Shad Rap 100–200 ft back at 2–2.5 mph.	**Evening** is prime. Calm dawns for casting the points.
June Heading Down Water 55–68°F	Main-lake points and humps next to deep holes. Plateau edges by late June. Some suspend 20 ft down.	**20–45 ft**	Troll deep cranks or a spoon on a 3-way rig (2 oz) through 20–40 ft. Mark fish? **Jig a 4 in white tube.**	**Morning.** Fish may still be shallow at first light.
July Jig the Plateaus Thermocline 30–40 ft	Plateau edges, humps and boulder reefs, and the open water beside them, 10 ft under the thermocline.	**40–70 ft**	**4 in white tube**, 3/8–3/4 oz head. Blade bait: lift 3–5 ft, fall, pause. No sonar: 3-way + spoon, 60–100 ft.	**Calm mornings.** Evening a close second.
August Deepest of the Year Surface 68–73°F	Deep plateau edges into the main basin. Suspended fish over the Deep Hole near bait. Trophies 90–120 ft.	**50–90 ft**	Go heavier: 1–2 oz jigs, 1–3 oz jigging spoons. Fish the whole water column. Trophies: slow and deep, big spoon.	**Morning** best. Calm afternoons are fine for jigging.
September Back to the Shoals Water 55–64°F	Hump tops 40–60 ft early, rising ~15 ft a week. Last week: rocky shoals (Pineneedle Bay, Half Way, Waiting Lady).	**70 → 20 ft**	Jerk shad on a 1/2–3/4 oz jig, or a 1 oz spoon dropped on marks. Late: **cast bright 1 oz spoons** to shore.	**Morning** best, evening second. Season closes Sept 30.

TACKLE BOX

- 6½–7 ft medium-heavy rod
- 10–15 lb braid + 6 ft, 12 lb fluoro leader
- 3/4–1 oz spoons: silver, gold, blue & silver, yellow & red
- 4 in white tubes and twisters, 3/8–2 oz jigheads
- Blade baits and jigging spoons, 3/4–3 oz
- #7–9 Shad Rap or Husky Jerk for spring trolling
- Three-way swivels, 1–2 oz sinkers, big rubber net

QUICK TIPS

- **Rent a Garmin** at camp. For summer lakers it's a must.
- **Spring trolling:** S-turns and speed changes get strikes.
- **Laker chasing your jig?** Reel up fast.
- **Watch the drop.** Lakers grab jigs on the way down.
- **No downriggers needed.** Jigs and 3-way rigs work from a 16 ft boat.

KEEP & RELEASE

- Keep 1 lake trout a day, 30 in or under
- 32 in or longer? Register it in Ontario's Trophy Waters at camp (witness + photo), then release it
- Bring deep fish up slowly and steadily
- Keep it in the net, in the water, till you're ready
- Summer keeper? Keep a deep-caught fish

Full guide: sydneylake.com/how-to-catch-lake-trout
Sydney Lake Wilderness Lodge · fly-in fishing 30 minutes north of Kenora, Ontario
Questions? Call **1-800-437-9937** or text Jeb **1-780-660-7171**

Tips from the dock,
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