

THE ART OF FLY-FISHING

Always wondered what the hell fly-fishing is about? Then this summer it's time to find out. Renowned angling writer Robert MacDougall-Davis reveals the tips, tricks and kit to get you started

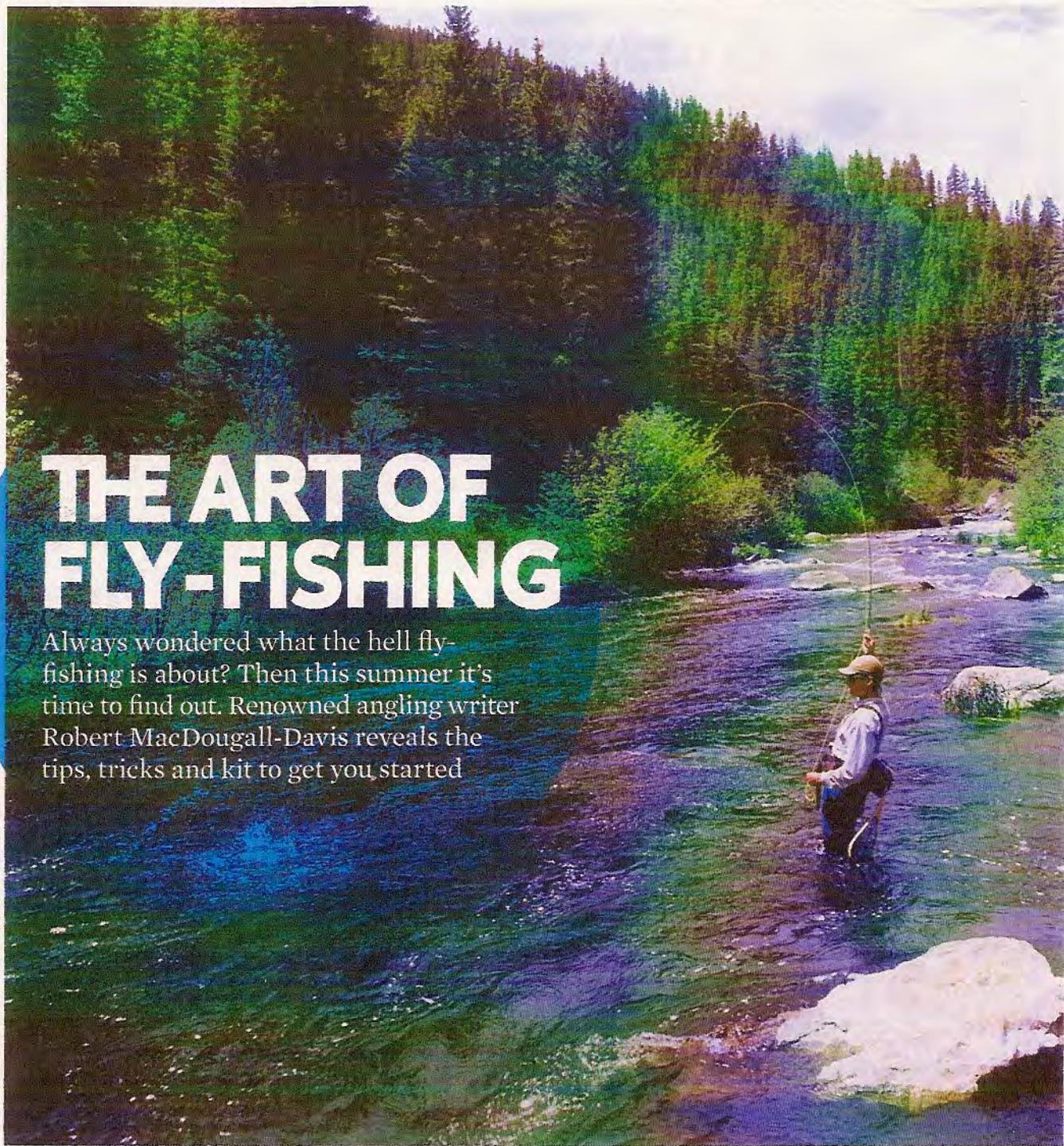


ILLUSTRATION BY NICK HARDCASTLE / ALAMY / GETTY

TOP FLIES

Less is more when it comes to your flies, so try and avoid becoming a "tackle tart"



Trout and grayling

HARE'S EAR NYMPH

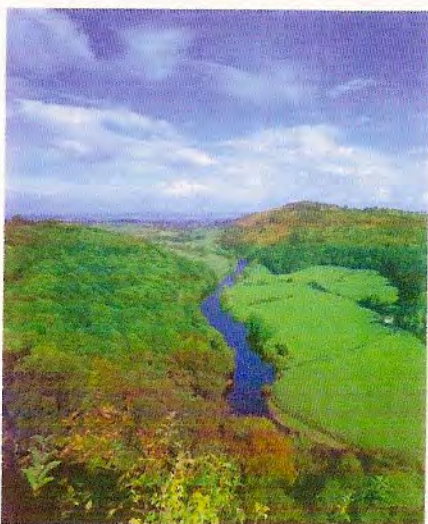
A fly never to be without.



PHEASANT TAIL NYMPH

A fantastic pattern for rivers and streams.





THE BEST PLACES TO FLY-FISH IN THE UK

Five spots where great scenery and sport come guaranteed

WYE & USK (WALES)

Secluded valleys, stunning landscape and wildlife galore. The middle and upper stretches of both rivers provide fantastic wild trout and grayling fishing. Trout, £5-35 per day (www.wyeuskfoundation.org)

RIVER EDEN (ENGLAND)

Flowing through Cumbria, the Eden's abundant plant and invertebrate life makes this river one of the premier brown-trout fisheries in the UK. Trout, around £10-20 per day (<http://gowild.edenrivertrust.org.uk>)



NORTH UIST (SCOTLAND)

This Hebridean island offers breathtaking scenery and the chance of salmon, sea trout and brown trout all in one day, not to mention the whisky. Trout, £6 a day; salmon, £40-70 per day (www.lochmaddyhotel.co.uk)

TEST & ITCHEN (ENGLAND)

Two of the most fabled rivers in fly-fishing history. Cool, gin-clear water, incredibly fertile, prolific insect hatches and superb trout and grayling fishing. Trout, £80-500 per day (www.fishingbreaks.co.uk)



RIVER TWEED (SCOTLAND)

If you're on the hunt for a silver tourist, this is your river. It has the largest Atlantic-salmon run of any in the UK and flows through majestic scenery. Salmon and sea trout, £30-200 per day (www.fishpal.com)

BRITAIN'S RECORD FISH

Angling history is full of tales about "the one that got away" — here are five that didn't



01

Atlantic salmon (*Salmo salar*) 64lb
Caught by Georgina W Ballantine (above) in 1922 in the Glendelvine stretch of the River Tay, Scotland.

02

Sea trout (*Salmo trutta*) 28lb 5oz
Caught by J Farrent in 1992 from Calshot Spit in the estuary of the River Test, Hampshire.

03

Brown trout (*Salmo trutta*) 31lb 12oz
Caught by Brian Rutland in 2002 in Loch Awe, Argyll, Scotland.

04

Rainbow trout (*Oncorhynchus mykiss*) 33lb 4oz
Caught by J Lawson in 2003 at Watercross Trout Fishery, Devon.

05

Grayling (*Thymallus thymallus*) 4lb 3oz
Caught by S R Lanigan in 1989 on the River Frome, Dorset. 📍

STOAT'S TAIL

Has caught more fish than there are covers of "Yesterday".



ALLEY'S SHRIMP

A proven killer for salmon and sea trout fresh in from the sea.



MEDICINE FLY

Immortalised in angling legend by sea-trout doyen Hugh Falkus.



GENERAL PRACTITIONER

Often just what the doctor ordered.

