QUICK START GUIDE TO EURO NYMPHING

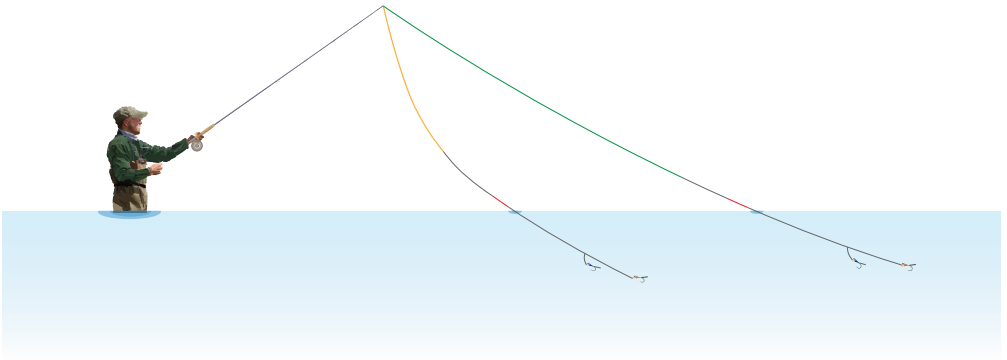
CONTACT NYMPHING - TIGHT LINE - MONO RIG

Based of the Book "Contact Nymphing"

www.contactnymphing.com

Lines, Leaders and Rig

- Two options: euro nymphing lines or just a levelled leader

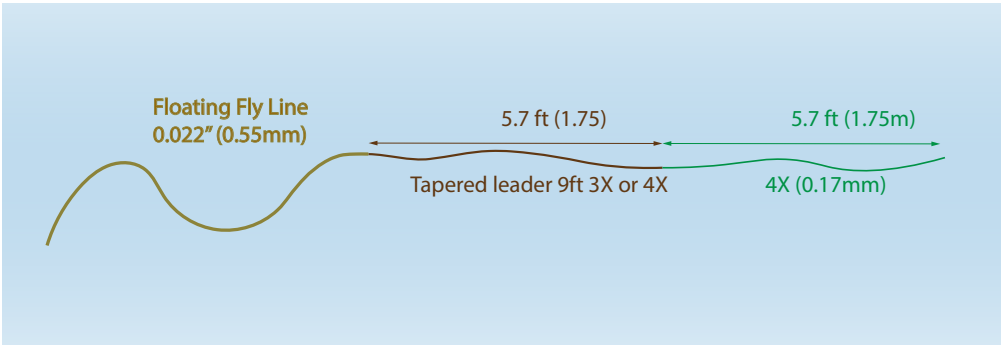


Thin fly line vs long mono leader

What to learn next:

- *How drag is created*
- *The Problems created when floating the lines.*
- *The sag problem when not floating the lines*
- *The need to reduce the mass of both the line and the leader.*

- Option 1: Euro nymphing with an European nymphing-style fly line 0.022 inches in diameter) and a long tapered or knotted leader.



Contact nymphing with a thin floating line.

What to learn next:

- *Problems created by the fly lines when fishing at short distances because of the connection between the fly line and leader located between the reel and the rod tip*

- Option 2: Euro nymphing with a long leader instead of fly line. Long leader material: 4.5 X (0.16 millimeters). good nylons to use are "Pezon & Michel color line", "Maxima Glow" and "Baetis indicator line".

What to learn next:

- *The use of 0,14 mm leader when fishing shallow summer waters.*
- *The use or 0.18mm and 0.20mm when fishing heavy waters or when you are expecting big fish.*
- *The importance of leader diameter in casting reach.*
- *Preparing a rigging foam spool to switch quickly from dry fly or any other technique to contact nymphing with a simple knot*

Big rigging foam spool to store leader and rig for a quick system setup

Sighters:

- It is made of colored nylon, normally in 0,18 to 0,2 mm diameters

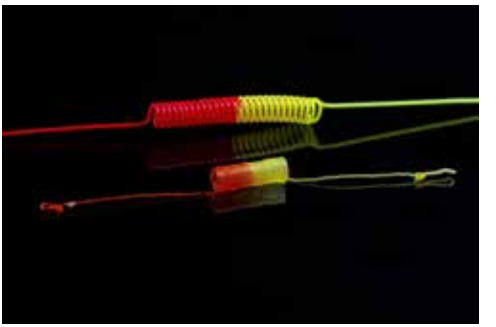
What to learn next:

- *The use "Neon Wax" to enhance its visibility.*
- *The coiled sighter pros and cons*
- *The combined sighter. One part is straight, and another is coiled*
- *How to make coiled sighters*
- *The importance of Small coiled sighters sighters work better*
- *This use of double monofilament coiled sighter*
- *Materials to make coiled sighters*
- *Video link to see how a coiled sighter is made: https://www.contact-nymphing.com/videos*
- *Tip To preserve the quality of the coils and prevent tangling*

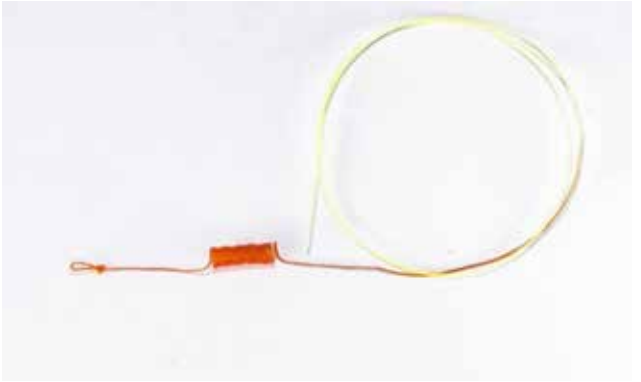
keep de coiled sighters in the dowels

Simple materials to make coiled sighters

Double monofilament coiled sighter



Coiled sighters in different sizes, 0.24 and 0.20 millimeters



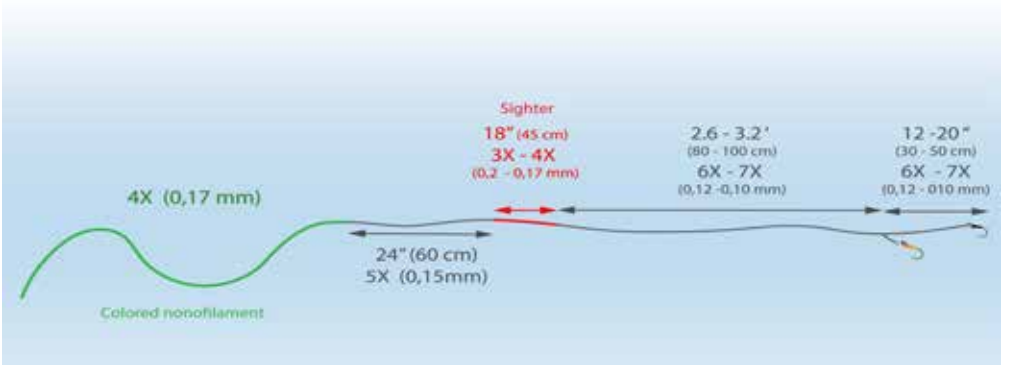
Coiled sighter combined with straight bicolor monofilament sighter

- You can tie the tippet directly to the sighter by making a perfection loop on the sighter or through a tippet ring.

What to learn next:

- *Negative effect of the tippet ring*

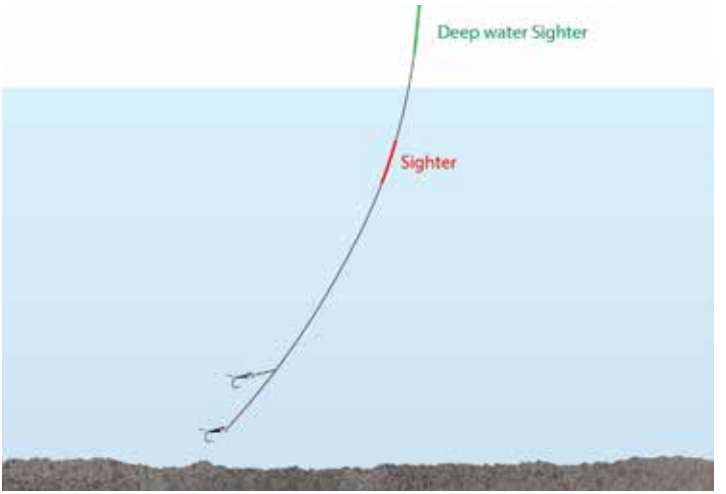
- The length between the sighter and the point fly will depend on the water depth, and a rule of thumb is 1.25 to 1.75 times the water depth.
- A reference setup is 2.6 to 3.2 feet (80 - 100 cm) between dropper fly and sighter.



Standard rig setup

What to learn next:

- *Rig setup for summer*
- *Rig setup for winter*
- *How to use the same setup in different depths*
- *The use of new wax to create depth adjustable rig setup*
- *Modification of dropper knot to increase strength*
- *Standard rig setup for competition*
- *The deep water sighter (the additional one)*

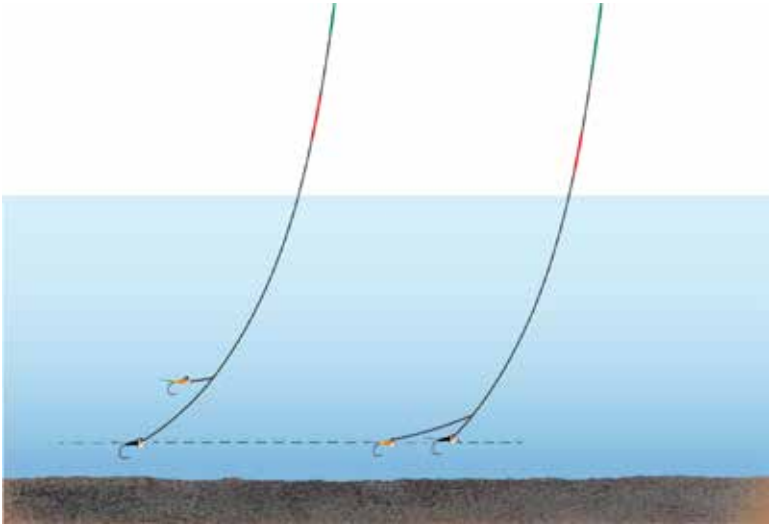


Using colored leader as deepwater sighter

- The two flies normally vary in weight, most of the time the heavier fly is placed at the point.

What to learn next:

- *Why most of the time the heavier fly is placed at the point*
- *When to fish with flies of equal weight*
- *Situations in which it is better to place the heavier fly at the dropper.*
- *The importance to bring some pre-tied rigs*



Different positions for the heavier fly

Spare rigs in rigging foam spools

- Flies: best choice is to use weighted nymphs. You can use any type.

Perdigon nymph and soft hackle nymph

What to learn next:

- *Why weighted nymphing are better than using split shot*
- *The importance of friction as descent speed and the secret of perdigons*
- *The use of different materials for getting different sink rates and flies density*
- *Why soft hackle nymphs are also needed in this system and when to use them*

Rods

- For the anglers thinking of using the same rod for contact nymphing and for dry flies or a dry-dropper, the perfect compromise would be a 9.6-foot or 10-foot rod.
- If the rod will be used just for nymphing, a dedicated one will come in handy and 10-to 10.5-foot would then be the best choice.
- The most common length used by anglers around the world is probably the 9-foot rod. This rod length can be used with success and with a good reach when the long leader is used in place of any fly line.
- The ideal rod weight would be a 3-weight rod, but with big fish or heavy waters you can go to 4 weight.

What to learn next:

- *Why a 3-weight rod: The possibility to use thinner tippets and how thinner tippets create less drag*
- *DIY extra guide on the rod, placed close to the reel, called the exit guide*
- *Why factory hook keeper is not adequate for keeping the flies when-walking and what is the best alternative*

Position of extra exit guide

Rubber rings as a hook keeper

Reel

- When it comes to the reel, let's keep it simple. You can use any reel.

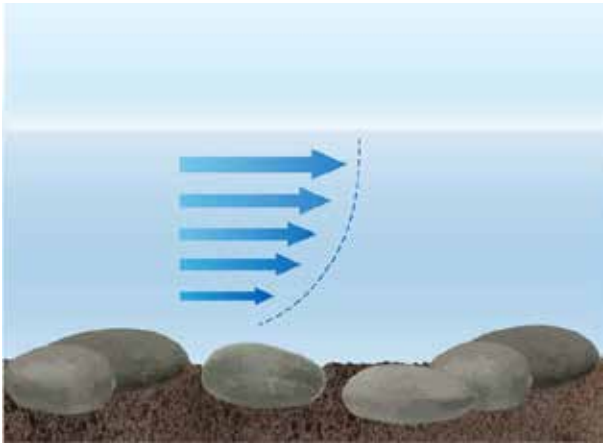
What to learn next:

- *How a semi-automatic helps the casting euro nymphing*
- *The importance of speed retrieval in competition*
- *How attach the leader directly to the reel without any line*
- *The importance of the outer diameter of the spools to have a convenient radius of reel retrieval*

Large diameter spool

Drag.

- To be effective, nymphs need to go at the mercy of the current in a dead drift. Nymphs must drift at the speed of the current at the nymph's depth, and any abnormal speed will create drag
- There is a difference in speed between the surface current and the current close to the river bottom. The fastest-moving water is located just below the surface, and it gradually decreases towards the bottom.



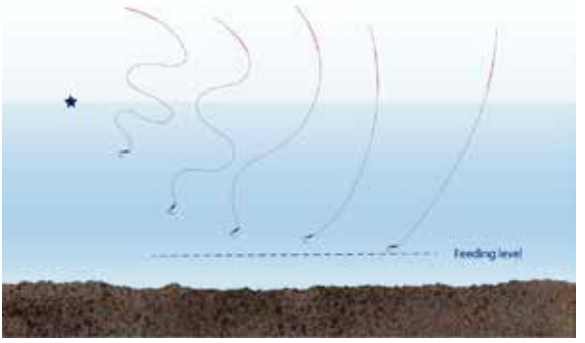
Velocity differential in the water column

- The speed differences in the water column create drag in the flies when the tippet passes from the surface to the bottom.
- The less surface area opposed to the current, the less drag force will be created. Therefore, thinner diameters will result in better dead drifts.

What to learn next:

- *Additional advantage of using thin tippets permitting the use of lighter flies*
- *Why lighter flies are and advantage.*

- Also, the tippet length underwater plays a key role. For different depths, there are different lift forces. For this reason, different weights are required to achieve balance when fishing at different depths
- To get the balance you must use the right weight, and when this happens, there shouldn't be a tight leader and there must instead be a gentle curve in both sighter and leader.



Correct sinking path and a right gentle curve in the sighter

What to learn next:

- *How To decide on the correct weight after choosing the tippet diameter,*
- *How to avoid the most common mistake beginner anglers make (using too much weight)*
- *How to know when ins needed more weight*
- *How to know when is needed less weight*
- *What weight progression you can get with different combinations.*
- *The importance of reaching the target depth at the right moment*

- The use of fast-sinking flies will permit the use of thinner tippets, ending in better drifts.

What to learn next:

- *The important of the sink rate of our flies*
- *When you need a high sink*

- *When you need a slow sink*
- *How to select different sink rates and different buoyancies while keeping the same weight.*
- *The secret behind using lighter flies.*
- *The secret of the effectiveness of "perdigon" nymphs.*

Tippet orientation and tippet length underwater

- The tippet can be oriented in different ways when entering the water. There are three different angles (entry angles) for describing the tippet orientation
- Different entry angles will result in different lengths of tippet underwater, and the longer the underwater section of the tippet, the bigger the drag forces.
- Figure 36: Entry angles

What to learn next:

- *How the entry angles affect sink rate and drift forces and how to use them in advanced control of the flies.*
- *The effect of the entry angles in the orientations of the tippet in the current flow, and how this affects how forcefully the water pushes on the tippet*
- *How the upstream angle varies along the drift.*

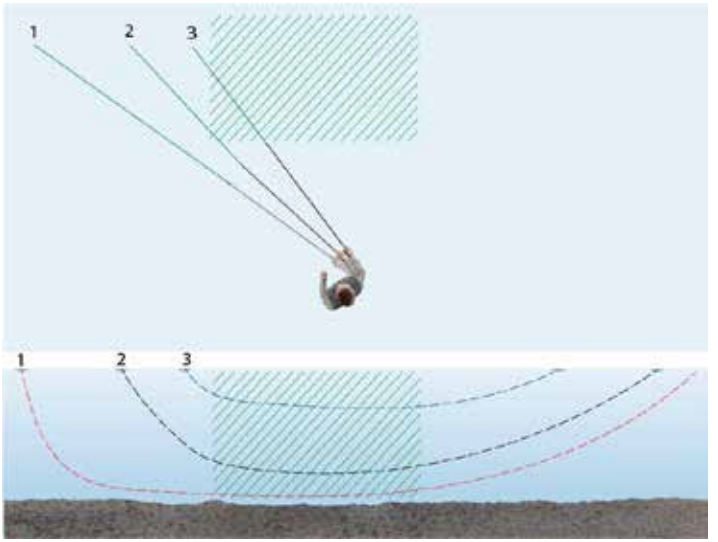
- The further upstream you make the cast, the less lift will affect the flies in the sinking phase. So, flies will have a higher sink rate and will go deeper with big U angles.

What to learn next:

- *Understanding what the effect of this angle is on the drag and depth will provide an important tool for drift control.*
- *You can vary the depth of your flies when they reach the target zone just by varying the U angle when casting.*
- *This is extremely important, because it will allow you to fish the target*

zone at different depths with the same rig just by casting at different angles (initial U angle).

- *Also, it will allow you to fish deeper with light nymphs just by increasing the U angle.*
- *Conversely, if the flies are too heavy for regular U angles (45º), just use smaller U angles and the flies will reach the target zone at a shallower depth.*

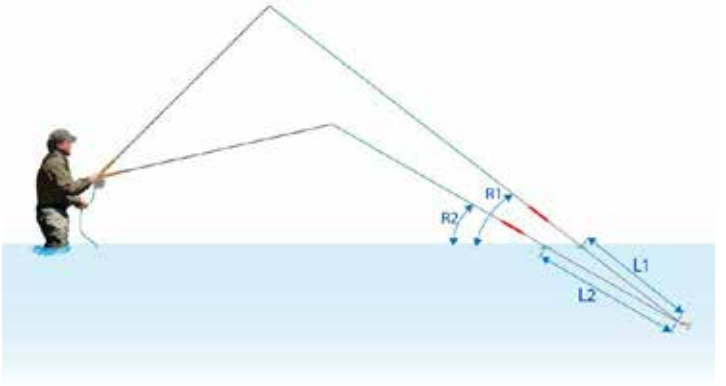


Different drifts attained with different U angles

- The more horizontal the rod angle R, the longer the section of tippet under the water and therefore the greater drag and lift.
- long rods also allow you to fish with more vertical R angles, which results in a better drift.

What to learn next:

- *How to use low rod angles when faced with an insufficient lift when slow currents.*
- *The exponential increase in lift when decreasing the rod angle*



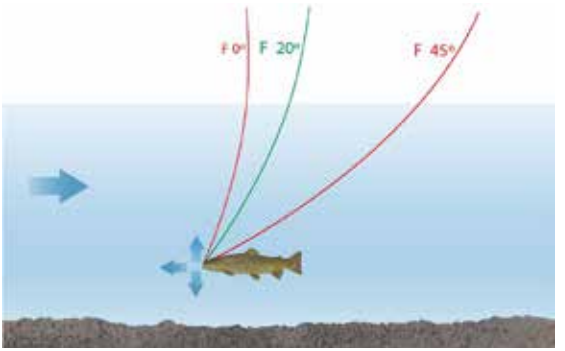
Tippet length under the water for different R angles

- The importance of forward angle F is mainly for strike detection.
- The strike detection is visual, and the bites must be seen more than they are felt.

What to learn next:

- *The problem of feeling takes*
- *The reaction of the fish when taking the flies (type of movements)*
- *How different forward angles can help to increase or decrease lift on the flies at the angler's will as an additional resource.*
- *The importance of Surface Tension*

- Flies must hit the water before the tippet, and the tippet must then enter the water perpendicular to the water's surface.



Possible trout movement during takes

What to learn next:

- *Why when you drop a thin tippet on the water, normally it floats, even though the tippet has more density than the water does?*
- *The surface tension in liquids and it how it affects fishing.*
- *The control of surface tension when a low sink rate is desirable.*
- *The effect of the use of floatants over surface tension.*

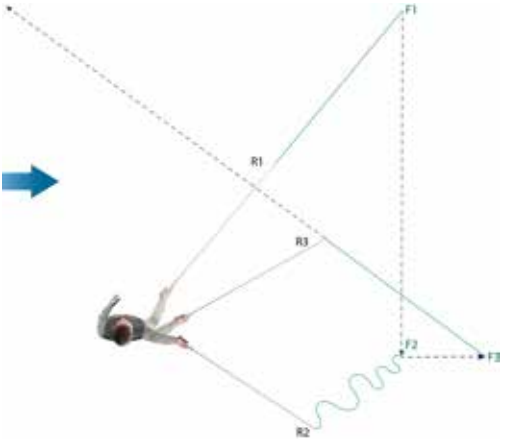
Casting

- Use normal oval Belgian cast to best avoid the tangling of flies (performed by using the wrist is recommended).
- Make an oval transition to avoid tangle during the stop in the back cast.
- Create a constant tension is the loop.
- You must try to shoot the maximum amount of leader/ line as possible in the final forward stroke.
- Pay attention so you are ready to control the leader after the flies have touched the water.

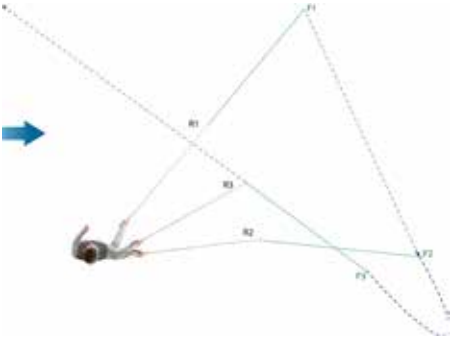
What to learn next:

- *Line control to ease the sinking of the nymphs.*
- *Enhance line control placing the leader inside a loop formed by your fingers.*
- *Execute the high rhythm castings (If you double the number of drifts compared to another angler, you will have twice as many chances to catch fish).*
- *Repetitive Water-Loaded Cast to connect the end of the drift with the forward cast for the next drift without losing any time.*
- *Learn how to avoid the mistake of employing to much strength and power since it won't result in lengthier cast.*
- *How to remove any stop of the nymphs and managing them while they are in the air using the technique of Repetitive Casting Without Stops*
- *Modification of the cast to make it effective when the angler's line hand is not upstream*
- *Casting Long Distances. Double Haul.*

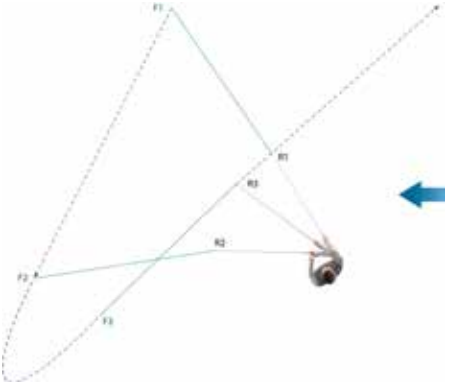
- *Avoiding Overhanging Trees and Obstructions*
- *Casting Corrections to Modify Sink Rate*
- *Special Castings to Control Depth*
- *Bow and Arrow Cast*
- *Easy solution to Overcome the rain when using a long monofilament leader in place of the fly line (when the rod is wet, the leader tends to adhere to the rod)*



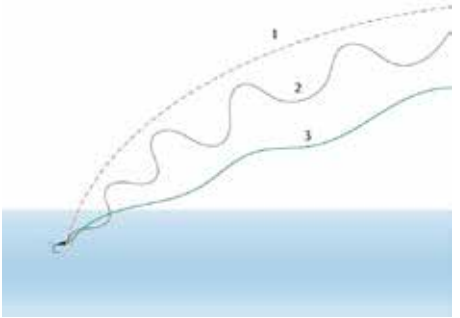
Water-loaded repetitive casting



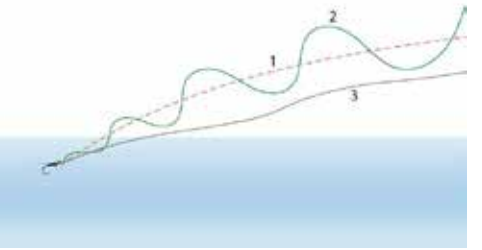
Repetitive casting without stops



Optimized casting when the rod hand side is upstream



Creating tension in the tippet and leader to reduce the sink rate.



Creating slack in the tippet and leader to increase the sink rate.

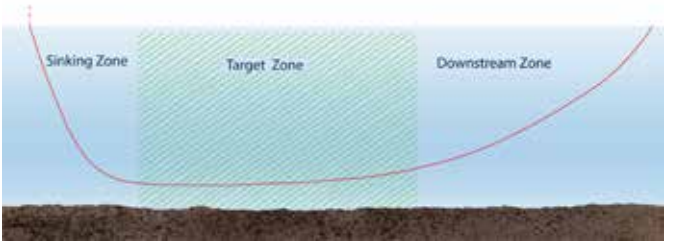
The basic presentation (Up and Across)

- Casts diagonally upstream and across the river and drifts the flies till they are 45º downstream.
- Cast to give the flies enough time to sink before they reach the target zone.
- Once the flies touch water you must remove any floating tippet or leader
- Lift the rod and retrieve the slack to prevent the tippet or leader from floating.
- Grab the leader with your line hand and pass it to the rod hand to pinch it with your index finger.
- Start controlling with your line hand the sinking phase of the presentation.
- Allow enough slack to allow the nymphs to sink, but not so much that you lose contact and, in turn, good strike detection.

What to learn next:

- *Understanding of the different phases during a long drift: sinking phase, constant depth phase, downstream phase.*
- *The most effective phase of up and across presentations.*

- *The biggest mistake's beginners make is to lift the rod too much or to retrieve too much slack*
- *How to keep the right amount of slack in the sinking phase.*
- *Learn to cast far above the lie in deep water and to cast with small upstream angle for shallow water.*
- *The use of the variation of the Upstream angle in the up and across presentations.*
- *The control of the forward angle during the sinking*
- *How to know when the sinking phase ends*



Basic up and across presentation

- Once in the constant deep phase, the rod tip is moved downstream, parallel to the current, and kept ahead of the flies.
- To achieve a good drift, the leader should be neither tight nor slack and the sighter should form the shape of a gentle bow.

What to learn next:

- *The key role of the speed of the rod leading the nymphs downstream to achieving a dead drift and the best strike detection.*
- *How to determine the correct speed for rod movement by watching the sighter.*
- *How to detect if you are moving the rod slower than the flies do, and in the other hand, if you move the rod too fast*
- *The role of the line hand in the constant deep phase.*

- *The right sighter elevation and how it depends on deep*

- The drift continues downstream until the angler can no longer maintain the curve of the sighter or the forward angle by moving the rod downstream.
- Lower the rod at the end of the presentation to achieve a nice swing.

What to learn next:

- *How to allow the nymphs a longer drift and to achieve a smooth swing in the downstream phase.*
- *sighter management for the three different phases*

- When it comes to detecting strikes, visual detection is the best. You can also sometimes detect strikes by feeling them, but there will be a lot of strikes in which the fish will spit out the imitation a split second after sucking it.
- You must always watch and track the sighter

What to learn next:

- *The behaviour of fish when taking imitations filmed in underwater footage.*
- *The different indications of strikes*
- *Why to set the hook downstream*

Ergonomics. Arm Positions

- It is crucial to find the right compromise between reach and ergonomics. Forget about the old-style arm positions.
- The index or middle finger of the rod hand pinches the leader

- Slack is retrieved with the line hand.
- Try to avoid excessive friction when the leader is sliding along the rod hand finger to avoid spoiling the presentation.

Ergonomics. Arm posture

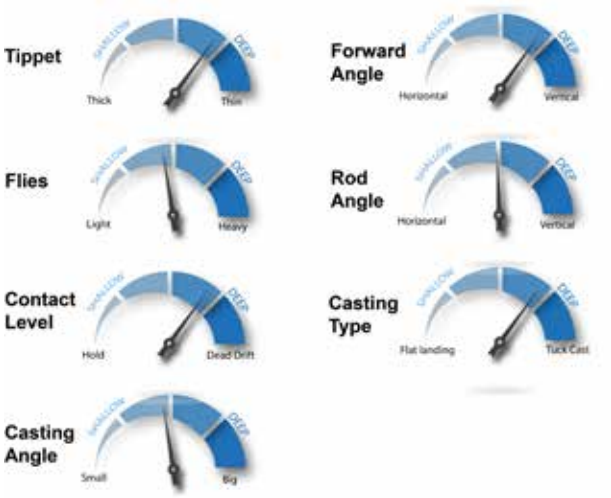
Line hand stripping movement

Casting Zones and The Tools for Presentations Adjustment

- To understand how flexible the adjustment of presentations can be, is helpful to imagine a control panel. The different element that permit to control depth and drag could be represented with a bit of imagination as gauges. These are the tools that anglers have at their disposal to help adapt their presentations. By modifying each of these parameters, or combining them, you can control depth attainment with great flexibility.

Up and Across Presentation Variations

- After executing some drifts with the standard up-and-across presentation, consider modifying your presentation, if you are not finding success.



Angler's control panel to adjust the presentation.

What to learn next:

- *The two easy ways to reach different depths when using the up and across presentation. 1) while standing in the same spot. 2) taking a few steps upstream.*
- *Different drifts when changing the casting angle*
- *Different drifts using casting modifications.*

- Reminder: Before changing weights, try to reach different depths by using a variety of upstream angles. Then move upstream and fish new water, along with the previous one.
- To fish upstream the presentation requires an initial upstream U angle (casting angle) between 60º and 90º.

Different depths and drifts when changing the upstream U angle

Drift overlapping when stepping upstream

What to learn next:

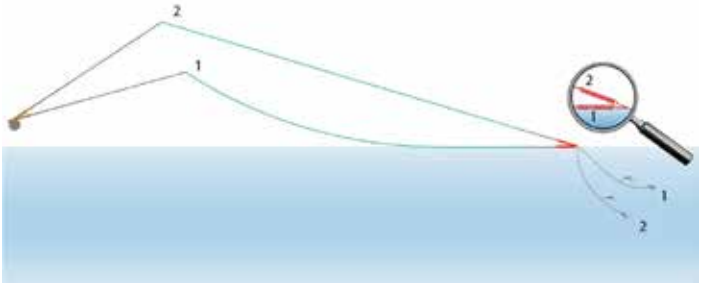
- *How to fish shallow pockets and shallow riffles with upstream presentations*
- *How to fish the inside seam of a run.*
- *Understand why the big upstream, angles generate creates a lot of slack.*
- *How to move the rod to fight against excessive slack.*
- *Fishing upstream in medium-fast currents.*
- *How to fish upstream floating the sighter.*
- *When you must consider fishing downstream based in fish behaviour.*
- *The use of the downstream presentation in shallow water, and the outer seam.*
- *How to fish with a downstream presentation the water below under-hanging trees, below bushes, or below logs located on the surface.*

Long range presentations

- The sinking phase different from the standard up-and-across sinking phase.
- Let the sighter float on the surface during the sinking phase to avoid the risk of pulling the flies out the correct sinking path before they reach depth, spoiling the drift.
- Watch the sighter and take the sighter off the water by raising the rod point when it sinks.
- When the sinking phases is over, the drift continues as it does in an up-and-across presentation

What to learn next:

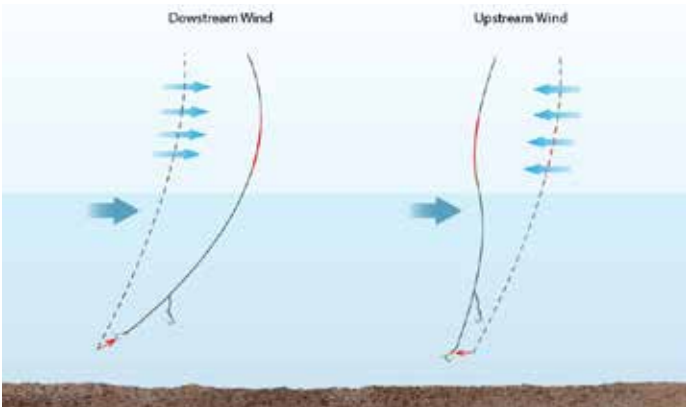
- *The rod and forward angles in the constant deep phase of the long rage presentations.*
- *The Induced Lift Presentation*
- *The Use of Out of Balance Rigs. When using an incorrect weight is a good idea and the optimization of the number of weight changes.*



Sinking phase when fishing long range. Loupe detail

Overcoming Wind

- The wind affects the leader that pulls the flies out of the



Controlled swinging movement for induced takes Further learning:

  right position, decreasing the sinking rate and creating drag along the drift.
- Also, visual detection is more dificult

What to learn next:

- *The undesirable effect of upstream winds.*
- *The undesirable effect of downstream winds*
- *The different strategies to fight the wind:*
- *Increasing the weight.*
- *Decreasing the amount of leader between the sighter and the rod tip.*

- *Using a down-and-across presentation and a low rod angle.*
- *Floating the sighter and to use a low rod angle.*
- *The addition of suspension indicators*

- Adapt your presentation to the different water type. Runs, riffle, pools etc.. they all require a specific approach

Fishing Runs

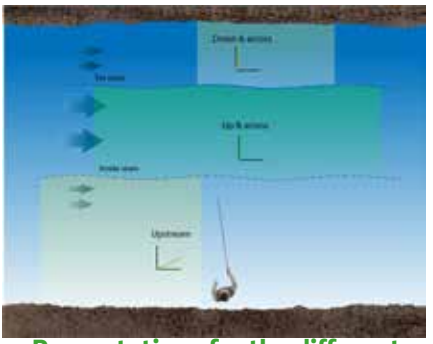
- Don't pass by the edges of runs
- Fish first the inside edge.
- The angler must work the water, covering water from shallow to deep.
- Moving in each cast towards deeper water until reaching the inside current seam and finally entering the run.
- heart of the run is fished next
- The far edge is slow water, so a special presentation is needed

What to learn next:

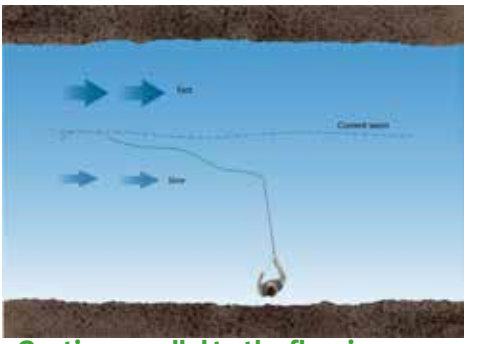
- *Special presentation for the inside edge, to fish this slow water with same rig used for the head of the run*
- *Fishing the inside edge with a dry dropper*
- *The problems of current seams when a fly lands a little further away than the other one does*

Fishing Riffles

- The right weight to use in the entire riffle is based in average depth and speed. A good starting point for these types of scenarios could be to rig a 2.3-millimeter bead nymph in the dropper with 2.8 millimeters at the point fly, or 2.8 millimeters for both nymphs.



Presentations for the different zones and the forward angle F to use

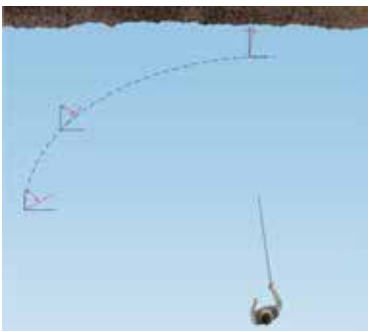


Casting parallel to the flow in seams

- The part of the riffle closest to the angler must be fished upstream, the middle section with and standard up an across presentation
- The farthest part of the riffle ins fished next. This area requires a low rod angle.

What to learn next:

- *Special technique to fish the farthest part of the riffle to know when to lift the rod and avoid pulling the flies.*
- *Forward angle compensation in the different zones of the riffle*



Forward angle compensation in the different zones of the riffle

Fishing Pocket Water

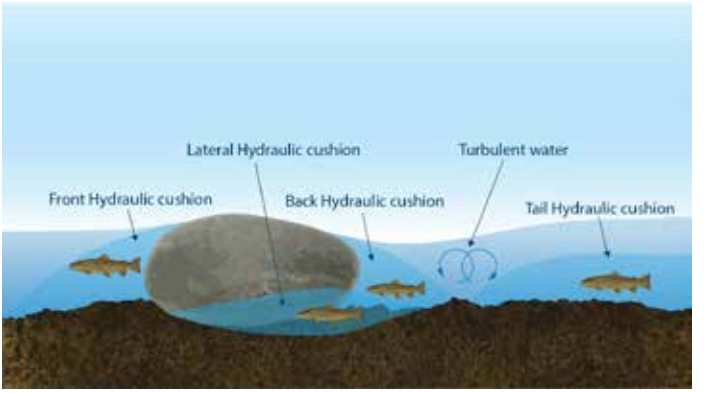
- Fishing upstream is often a good option.
- A cast that creates vertical drop is needed to achieve the desired depth Quickly hold the sighter off the water.

What to learn next:

- *How to avoid the kind of turbulence that affects the sighter.*
- *The use of extra weight to reduces the influence of the current on the flies*
- *Blind fishing technique to apply in extremely complicated currents.*
- *When to use only one nymph.*
- *The use of a dry fly in the dropper position,*
- *The performance of high sink-rate flies like perdigons*

Fishing Pools

- The angler must start by fishing the tail of the pool. To prevent the nymphs to touch bottom you need to cast down and across and as far as possible

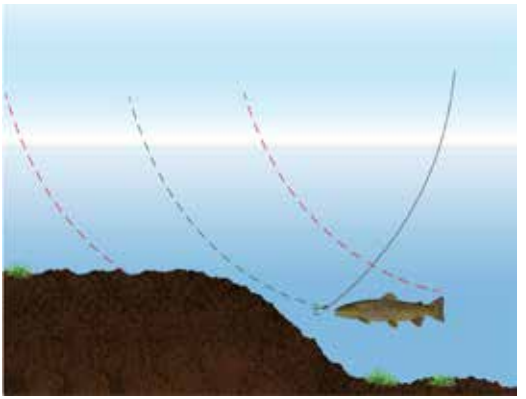


Hydraulic cushions around boulders

- the midsection comes next. is needed to fish it, near to far, and shallow to deep.
- When fishing the deepest part, the sighter will be below the water, and the reference to control de drift will be the end of the colored monofilament.
- To target the head of the pool, a weight change is likely to be required.

What to learn next:

- *Strategy to fish the pool from back to front, using the same weight and going back to the tail and repeat the fishing with heavier nymphs.*
- *The the use of a rig formed with three flies.*
- *To fish the drop-off*
- *The indicator nymphing technique in a contact rig for fishing the pools.*



Fishing the drop-off

Glides and Tail Outs

Smooth and slow currents don't generate enough lift to fish easily with contact nymphing, nevertheless the anglers who want to master this technique need to practice how to fish in the most challenging situations.

What to learn next:

- *The use of low rod angles and down and across presentations for shallow and slow water.*
- *Floating the sighter*
- *The use of floating indicators or "suspenders"*
- *Fishing tail-outs.*

Combination of EuroNymphing with other techniques

- You can use your contact rig combined with other techniques. All of the advantages of euro nymphing can be

leveraged to fish with other techniques as well. Suspension indicator nymphing, dry-dropper, and streamers are techniques that can be combined with a contact rig.

What to learn next:

- *How to use a euro nymphing rig with suspension Indicators*
- *Dry-Dropper with the euro nymphing rig*
- *Dry dropper variation to not to have the nymph suspended by the dry fly.*
- *Fishing streamers with euro nymphing rig*
- *Three Nymphs Rig*

Suspension indicator setup

foam indicators

Thingamabobbers

Yarn indicators

Biostrike

New Zealand indicator

Streamers with a contact rig

Weighted Streamers

Patterns

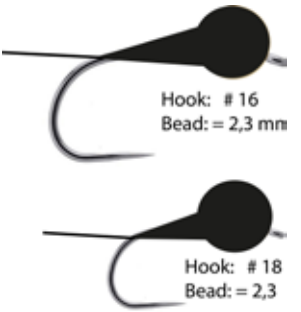
- Realistic nymph patterns have been widely employed in traditional nymphing techniques, but with the introduction of contact nymphing techniques the patterns have become more minimalistic. The reason for this is the emphasis placed on dead-drift presentations and depth control.

What to learn next:

- *Why minimally weighted and aerodynamic flies can sink fast without requiring too much weight.*
- *Relationship between the weight of the nymph and the diameter of the tippet.*
- *The secret of perdigon nymphs*
- *Why you also need to use soft hackle nymphs*
- *The use of the different tungsten bead colors*
- *How to match bead and hook sizes*
- *Basic assortment of flies that enable the angler to fish successfully in all conditions and scenarios.*

Bead diameter (mm)	Hook Size
2.0	18
2.3	16
2.8	
3.3	14
3.8	12
Tungsten body	12

Hook and bead sizes



Comparison of two body styles for matching hooks and beads.

Olive perdigon. Three levels of complexity

Bead placed in an eccentric position

Useful patterns