

Lough Sheelin Co. Cavan



ANGLING DRIFTS

Good wet fly drifts are dictated by reasonably consistent wind direction. Sheelin fishes best with wet flies in a moderate wind with a small wave. Dry fly fishing is best in light winds, fish along slicks, especially behind islands. Look for calm spots, sit and wait, observe and approach with caution to avoid disturbing the fish. Fish dry with very light gear, 4lb-6lb line and small flies 14 to 18 are best.

Here are some of the best drifts on Sheelin. Give them a go when you next visit.

DRIFT 1:

Long Rock to Curry Rocks

This 700m drift fishes best with a westerly wind, but also in an easterly. Drift from both sides of Long Rock and cover four areas of shallow water down to Curry Point.

DRIFT 2:

Inchacup Island to Upper Inny Mouth
This is an 800m drift that fishes best in a westerly, or north-westerly wind, but also an easterly. Drift to the stakes outside the mouth of the Upper Inny River, a good area for a big fish.

DRIFT 3:

Coyle's Point into Gaffney's Bay
For this 1km drift you will need a wind from the south. Start 100m south of Coyle's and head towards Gaffney's, crossing towards Rabbit Point.

DRIFT 4:

Rabbit Point to Stony Islands
A southerly wind is required for this 600m drift, but it can be fished in a northerly. Drift between the islands, staying close to shore.

DRIFT 5:

Sailor's Garden to Derrahorn
The best wind for this 800m drift is a westerly. Start 200m west of Sailor's Garden at the shallows marked with a stake. Drift past Sally Island and left of the small island at Derrahorn.

DRIFT 6:

Plunkett's Point along Sandy Bar
This is a long drift of more than 1km that is best fished on a southerly wind. Start 200m south of Plunkett's Point. Drift past and around the reed beds on the shoreline and look for the drop-off into deeper water 100m out from the Point. Drift along the drop-off into deeper water.

DRIFT 7:

Hollywell House to Merry Point
Another 1km drift that's great on a westerly wind. Start at the end of the reeds and drift 30m out from the shore, nudging your boat out around Merry Point.

DRIFT 8:

Walkers Bay to Arley Point
Another great drift on a westerly wind. Start in the middle of Walkers Bay at the stake. Head for the stakes below Arley Point, watching out for large boulders. This drift is about 900m in total.

DRIFT 9:

Church Island
You can fish this drift in a westerly or southerly wind. Drift from the stakes on the west side of Church Island. Have another drift with the islands on your left. The stakes on the west side of the island are worth a drift in a southerly breeze.

DRIFT 10:

Corru Bay along Derrysheridan
This long drift is perfect for a southerly wind. Start in Corru with the end of the reed bed behind you. Push your boat (on the back oar) along Derrysheridan. This is a rocky shore with shallows and stakes.

DRIFT 11:

Bog Bay to Lynch's Point
When the wind is in the south, try this drift. Go in as far as the reed bed and drift outside the two clumps of visible rocks.

DRIFT 12:

Carrick Reeds to Sporting Rock
A due southerly wind is perfect for this 900m drift. Start 200m south of Watty's Rock and drift north outside the rocks and stakes.

LIST OF USEFUL CONTACTS

For angling information for Lough Sheelin, contact the IFI local office on the lake shore at Mullaghboy, Kilnaleck, Co. Cavan.

Tel: +353 (0) 49 433 61 44
Mob: +353 87 214 15 00

For angling support for the Shannon area please contact:

Tel: +353 (0) 61 300 238

For general angling queries please contact:

Tel: +353 (0) 1 884 26 00

Email: info@fisheriesireland.ie

Web: www.fishinginireland.info

ACCOMMODATION & BOAT HIRE

Crover House Hotel, Mountnugent.
Tel: +353 (0) 49 854 02 06

Innyside B&B, Finea.
Tel: +353 (0) 43 668 11 24

Mob: +353 (87) 215 77 73

Ross House, Mountnugent.
Tel: +353 (0) 49 854 02 18

Island View House B&B, Mountnugent.
Tel: +353 (0) 86 600 06 08

The Penthouse (Self Catering), Mountnugent.

Mob: +353 (0) 86 349 66 67

Mob: +353 (0) 87 649 00 62

Lakeshore B&B, Kilnashard, Lough Sheelin.

Mob: +353 (0) 86 894 0228

For full up to date listings visit www.fishinginireland.info

GHILLIES

For a list of local ghillies visit the IFI website:

Web: www.fishinginireland.info/guides/index.htm or
Email: info@fisheriesireland.ie

ANGLING CLUB

Lough Sheelin Trout Protection Association.

L.S.T.P.A. Club Secretary:

Mr. Thomas Lynch.

Mob: +353 (87) 913 20 33

Web: www.loughsheelinanglers.ie

LOCAL OUTLETS

Crover House Hotel, Lough Sheelin.

Tel: +353 (0) 49 854 02 06

Clarke's Filling Station, Finea Village, Lough Sheelin.

Tel: +353 (0) 43 668 11 58.

Brian Webber, Sports World, 11 Town Hall, Cavan Town.

Tel: +353 (0) 49 433 18 12

Mr. John Gilsenan, The Flying Sportsman, Carrick Street, Kells, Co. Meath.

Tel: +353 (0) 46 924 17 43

Inland Fisheries Ireland,

Lough Sheelin Office, Mullaghboy, Kilnaleck.

Tel: +353 (0) 49 433 61 44

Mob: +353 87 214 15 00

TOURIST INFORMATION

Discover Ireland Centre, Market Square, Mullingar.

Tel: +353 (0) 44 934 86 50

Email: mullingar@failteireland.ie

Web: www.discoverireland.ie/westmeath

ANGLER SAFETY

Anglers, please think safety and be safe while on the water. Wear your life jacket at all times and remember it's the law. Always tell someone where you plan on going and what time to expect you home. Carry a mobile phone that is fully charged.

If in difficulty ring the emergency services on:

999 or 112

and seek help.



LOUGH SHEELIN
Lough Sheelin is situated in the North Midlands on the borders of Cavan, Meath and Westmeath and is part of the River Inny system. It is 8km long, and up to 4km wide with an area of approximately 1880 hectares (4500 acres). This is a rich limestone lough with the capacity to produce and maintain a good stock of large wild brown trout. The high pH factor of the water, combined with its low average depth profile gives it excellent trout-producing potential. While the lake has undergone significant environmental change over the past 30 years, recent fish stock surveys of the lake carried out by IFI indicate that wild brown trout numbers are now as good as they ever were. The average weight based on catch statistics in recent years is about 2lbs to 3lbs but anglers frequently catch fish in the 3lbs - 7lbs range. The lake is managed by Inland Fisheries Ireland who work with the local anglers, the Lough

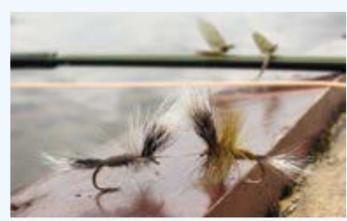
Sheelin Trout Protection Association, to protect and develop the lake.
Inland Fisheries Ireland maintains an angling website with regular reports on angling from all around Ireland including weekly angling reports from Lough Sheelin throughout the season: www.fishinginireland.info
ACCESS TO THE LAKE
Good public access to the lake is available at both sides of Inny Bridge in Finea village, Kilnahard Quay, Crover Pier, Tonagh Pier, and Sailor's Garden. Private berthing and access by permission only is available at Crover House Hotel, Captain's Bay, Rusheen Bay (Coillte via IFI Sheelin), Ross House and Chamber's Bay at Mullaghboy House. Please ensure when parking cars or trailers that you do not block the slipway.



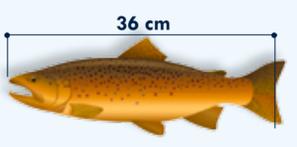
#CPRsavesfish

The Murrough - also known as the Great Red Sedge - hatches at dusk from late May well into June. The hatch can last for up to six weeks. Some anglers only fish a single Murrough dry while others use the Murrough and a Balling Buzzer on the dropper. It is claimed that the Balling Buzzer takes most trout. Some of the largest fish of the season are taken on the Murrough and the most likely places are behind the Stony Islands, Gaffney's Bay, Ross Bay, Rusheen and the bottom of Goreport Bay and Bog Bay. The Peter and the Murrough appear on the lake around the same time. Fishing wet Peters, a Peter Ross or a red arsed Peter can be very effective.
Alder - Small hatches of Alder take place and they are especially visible as they sit motionless on the water near the shore on calm sunny days in May and June. Occasionally a trout may be seen to take one and it may just be possible to tempt a fish with a sedge pattern fished dry or a small wet alder fished on the point.
Caenis - June and July bring big hatches of Caenis, often referred to as the fisherman's curse. When conditions are right, the trout feed

extensively on these hatches but, as many an angler has found, can be difficult to catch. The best time to fish the Caenis is in the early morning 5a.m. - 7.30a.m. Fishing conditions must be mirror calm and mild and the angler should seek out quiet sheltered corners with a patch of calm water close to the shore. Goreport Bay, Sailor's Garden and around the islands in Chamber's Bay are particularly good locations. A small nymph will sometimes work, but most success is achieved with an imitation fished dry on a fine leader.
END OF SEASON (August to October 12th)
Sedge Season - Sedge fishing is said to be the cream of the season on Sheelin and this commences in full swing from about mid June and continues right through to the end of the season on October 12th. Small brown sedge hatches become prolific as the season advances. Best methods are fishing dry in a small size from 12 to 16's. Anglers fishing sedges this time of year are advised to look for calm spots on the lake, sit and wait for rises. Anglers will also catch fish fishing blind, so vary tactics. The lough gets hatches of Silverhorn



ANGLING INFORMATION
Open Season: 1st March to 12th October.
Size Limit (Trout): 36cm (14.17 inches) measured from mouth to fork of tail.



Daily Bag Limit: 2 trout.
Species: Wild Brown Trout, Pike, Perch. Wild brown trout averaging about 2lbs to 3lbs with fish to 10lbs and larger possible. Pike angling is allowed in open season subject to the lake regulations and national bye-laws.
Permission to Fish: Lough Sheelin is an IFI managed wild brown trout fishery; a fishing permit is required for all angling. A permit can be purchased at the local outlets around the lake or can be purchased and printed online at <http://shop.fishinginireland.info/>.

EARLY SEASON (March - April)
The season begins in March at which time the trout are feeding mainly on freshwater shrimp and freshwater louse. Fishing a team of wet flies along rocky shores can take a fish or two, especially if the day is fairly mild. Useful fly patterns are Hare's Ear, Claret & Mallard, Sooty Olive, Dunkeld or even a large black lure e.g. Sweeney Todd, fished on the point on a sink tip line. Minkies and the Hummungus can also be very good when fished in this manner. Areas worth trying, depending on wind direction, are Sailor's Garden, Merry Point, Gaffney's Bay, Inchacup, the south shore of Derrysheridan, Ross Bay and all of the north shore of the lough from Chamber's Bay to Crover.
The Duck Fly - a large chironomid - gives the first major fly hatch of the season and this generally commences around April 15th, peaks around April 25th and continues into early May.

This hatch of flies is mainly confined to that part of the lake east of a line from Merry Point to Inchacup Island. The biggest hatches are usually around Goreport and Bog Bay and the hatch begins around 11 a.m. and may continue into early afternoon.
The feeding habits of the trout are very unpredictable at this time and seem to be governed by weather conditions and water clarity. Under conditions of mild weather and poor water clarity, the trout feed on pupae at the surface. In cold weather and clear water, they feed deep and are difficult to locate. By far the best fishing at this time of year takes place at dusk. The conditions must be right with a gentle ripple or calm waters and the evening must not turn cold. Even the hint of a cold breeze can put the trout down for the night. Surface-feeding fish will take Duck Fly pupae or a Sooty Olive (Size 12). A small Claret & Mallard, Fiery Brown or Dunkeld may also take fish.

For the evening rise, the angler must determine if the trout are feeding on adult flies as they return to the water to lay their eggs, or if they are taking a pupa as it emerges. For fish feeding on adult flies returning to the water, fish a Sooty Olive size 12 on the bob, a Duck Fly pattern in the middle and an Olive Variant on the point. For those fish feeding on pupae as they emerge, fish a Sooty Olive and a couple of Dry Buzzers. In either case, the flies are fished on a floating line and cast into the path of a feeding trout. The line is not stripped back. All that is required is an occasional twitch of the rod tip to give the flies life. Ideal weather conditions (i.e. a very light south to south east breeze blowing out of Goreport) can produce some great fishing during the Duck Fly.
Lake Olives - The Lough gets two hatches of Lake Olives each season and occasionally the trout feed on them. The first hatch can occur in early April but generally peaks in early May while the second hatch occurs in late August and September. The body colour of the autumn insect is a lighter shade of green than that of the May time hatch. Trout feeding on

Sedges and Small Dark Sedges in August and early September. A size 12 or 14 fished dry close to the shore especially towards dusk can often take a good trout. Useful fly patterns are Green Peter, Murrough (Great Red Sedge) and smaller brown sedges.
DAPPING
Dapping the natural mayfly is not as popular on Sheelin as it is on the western lakes, probably because the trout seem to prefer the spent gnat over the hatching mayfly. However, dapping can be productive in the first week or so of the mayfly hatch when the trout are 'on the greens'. Also, from early August onwards, a Grasshopper or Daddy dapped during the day can often take a few good trout, right through to the end of season on October 12th.

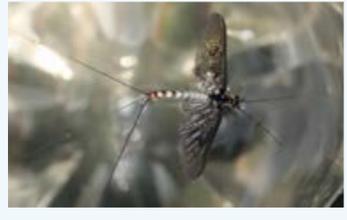
ANGLING ETIQUETTE
Always show respect for other anglers, lake users, and the environment you fish in. Please observe the following code of angling etiquette and abide by the rules of the fishery. Enjoy your fishing!



Lake Olives are difficult to catch, though some anglers have a measure of success with an Olive Nymph pattern. The area of the lough producing Lake Olives stretches crescent-like from Rusheen Bay via Derrahorn to Watty's Rock. Chamber's Bay gets a small hatch in the south west corner. Bog Bay is also a good spot.

THE MID SEASON (May - July)
The Mayfly Season:
The middle of May usually sees the start of the Mayfly season with the first flies appearing between May 7th and 12th, depending on weather. There can be good daytime dry fly fishing during May and early June using a selection of dry flies like the Wulffs (Royal, Grey and Green), Dry Melvin Green and Ginger Mayfly. Trout will also feed on the ascending nymphs; try a wet mayfly or Golden Olive. Success is all about careful covering of a fish after watching for surface movement. The cream of the Mayfly fishing on Sheelin begins when the large falls of Spent Gnat (dying Mayfly spinners) occur, normally a week after the Mayfly hatch has begun. During the daytime, clouds of the smaller male spinners dance over the trees and bushes and if conditions come right, (dry, warmish weather with a light breeze) the larger females fly up into the swarm of males to mate. They then fly out over the water, carried along on the breeze and proceed to lay their eggs, dipping and touching

the water, eventually settling in the surface film to die.
When Spent Gnat fishing, most boats sit on the lee side of the shore where the flies are dancing, and wait. When the flies start moving out over the lake, the boats follow, often moving along wind lanes or slicks where the Gnat become concentrated. On a reasonably calm night, the slicks may stretch out far into the lake. They might even cross it. Experienced Sheelin anglers do more watching and waiting than casting and fishing. When the rise comes 'on' trout can be seen cruising and gulping down the stranded Gnat. Any fish moving within casting distance should be covered with a well presented fly. In a gentle breeze a two fly cast will work but if the wind drops a single fly gives better presentation. Stealth is critical and boat noise must be kept to a minimum to avoid spooking rising trout. Oars or electric engines can be used to gently manoeuvre the boat to cover rising fish but use of petrol engines should be avoided.



ANGLING RULES
The current angling legislation governing Lough Sheelin is Bye Law 949/2017. As rules and regulations are subject to change, it is advised that anglers check the IFI website: www.fishinginireland.info prior to angling:

- No brown trout to be kept below 36cm.
- No more than 2 trout per angler per day.
- It is prohibited to fish with more than two rods at any one time.
- It is prohibited to fish with more than 4 rods at one time when there is more than one person on board the boat concerned.
- It is prohibited to attempt to take or to fish for, fish of any kind, other than during the period from March 1st to October 12th in any year.
- No trolling on Sheelin from 1st March/16th June (inclusive)
- Fly fishing and spinning artificial lure are the only angling methods permitted.
- Pike Angling: Fly fishing and spinning artificial lure only, subject to the national Bye Laws.
- It is the policy of IFI to seek the voluntary return of all wild brown trout throughout the season but particularly between the 30th September and the 12th October as a conservation measure.
- Rods must not be left unattended.
- All undersize fish must be returned to the water with as little injury as possible.
- Fish hooked on the outside of the mouth must be returned.
- Anglers who are found to have acted in an "unsporting manner" may have their permit revoked.

ACCESSIBILITY
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Email: michael.cusack@fisheriesireland.ie

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Part Number IFI/2017/1-0451 - 001



Lake Chironomids - The two major chironomid hatches (other than Duck Fly) occur mainly between July and August. The species concerned are Campto chironomids and the Blagdon Green Midge - called the 'Apple Green Midge' locally.



Trout feeding on the Apple Green Midge can be taken on a green nymph (size 12 or 14), a Klinkhammer or a small Greenwells Glory dressed with a pale olive body and a very pale Greenwells hackle. The trout will also occasionally take a dry pattern dressed on a size 16 hook. The body of this dry fly can be of pale olive floss silk or pale insect green seals fur with a cream cock hackle tied full circle. The other major chironomid hatch - the Campto chironomid and other related, mostly olive coloured species are also present at this time. The Campto is recognised by its distinctly yellow head with black markings and olive body. The trout take them as pupae, as adults after hatching and when they return to the water to lay their eggs, (which can occasionally occur during the day but more often at dusk). Nymph tactics with olive, claret, black or red nymphs will work sometimes. Alternatively, it will be found that small wet flies score well and the Sooty Olive, Olive Variant and Greenwells Glory are most popular. When the trout take the adult or egg-laying Campto, a dry Buzzer or Grey Duster, size 12 or 14 can get a response. If the Campto roll into clumps, then a Balling Buzzer fished dry can take a very big fish. The main areas for this activity are from the Long Rock through Church Island, Derry Point, Goreport and Corru Bays, also Chambers Bay and sometimes from Derrahorn to Watty's Rock.

Perch fry - make their appearance around mid June and can become an important food item on a trout's menu. The trout appear to feed exclusively on the shoals of small fry and the angler's attention is generally attracted to the scene of the action by a succession of noisy, splashy rises, as the trout lash the fry with their tails in an apparent effort to stun the tiny fish. They then feed on the dead fry lying on the surface. This activity usually occurs early in the morning from about 8a.m. and again in the early afternoon. The areas noted for it are from Plunkett's Point to Kilnahard Point, and along the Derrysheridan Shore into Goreport Bay. Silver flies like the Silver Dabblers, Black and Silver Minkies and also gold bodied flies or white lures fished very slowly or even stationary can get results.
Reed Smut - can be so prolific on the lake that trout often go into a frenzy of feeding in quiet corners on hot sultry June days. They will take any Black Gnat imitation providing it is small enough, preferably size 14 or 16 and is presented delicately on a very fine leader. This is very exciting fishing, stalking big trout on such fine tackle.

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