



MIDGE PUPA

By
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February 2005 Fly of the Month

Read a little about the diet of trout and you'll find that about 60% consists of midges. Look in your fly box—are 60% of the flies midges? No, you say? It's just as I thought—lots of caddis and mayflies but not many midges. But during the winter or when no other bugs are hatching, midges can absolutely comprise the majority of trout food, so when all else fails, having some midges patterns can save the day.

Many folks don't care for midges or midge fishing as they are usually very small... from size 16 to 24. Philosophically, it can be very difficult to believe that a decent or even giant-sized trout will eat a size 22 midge pupa. But, as many of us have discovered...they will, and it makes them really mad when that tiny midge fly turns out to have a hook in it!

This month's fly is about as simple as it gets...anyone can tie this one. In fact, get the kids to tie some up if you need to.

HOOK: Tienco 2457 or Similar in size 16-24

THREAD: Size 3/0, 6/0 or rod building or sewing thread (particularly Coates & Clark Thread)

COLOR(S): Black, dark brown, tan, grey, dark green or red with black or brown head; or all red.

Tying Instructions

This pattern consists of just thread...no dubbing, no flash, no nada. If you have some older, thicker threads around, even rod building thread, or some heavier thread out of the sewing box, it will work fine, too. You won't have to use as much, and you can twist it to give it a little segment-like effect.

1. Place the hook in the vise.

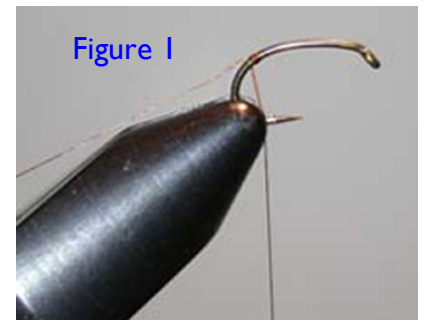


Figure 1

2. Tie in the thread on the curve of the hook behind and above the hook barb. (Figure 1). This gives the fly body a little extra length. Wrap the thread forward to just behind the eye and back again to the tie-in point, creating a nice even body (with fine thread, you may need several layers). On the last layer of thread you can twist by spinning the bobbin before wrapping it forward and create a segmented look. Stop behind the hook eye and tie off. Clip the thread.

3. Tie in a contrasting color (usually black) just behind the hook eye, and wrap a small head. (Figure 2) Many midges have a dark head that contrasts with their brown, tan or grey body. Tie off the head and finish off with some half hitches or a whip finish.

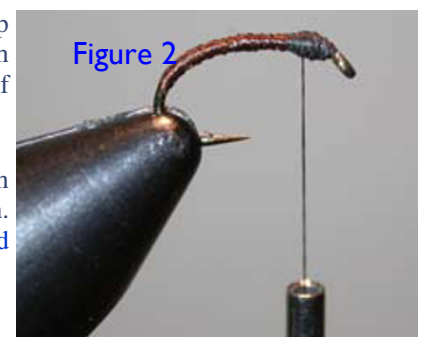


Figure 2



Figure 3

4. Coat the body and head with Flexament or clear nail polish. (See Figure 3 for finished Midge Pupa).

These don't look like much, but they can be absolutely deadly. I had a wonderful day on the Owens River using all black, size 18 midges like these ... some fish came from 10 feet away to grab them. It doesn't happen all the time, but when it does—greatness! Try some at Lewiston Lake on the Trinity outing in March.