



FRESHWATER CAST · FRIDAY CAST

Delta: Warm Midweek, Tide Seams & Striped Bass Lead

Sacramento–San Joaquin Delta · Fri Oct 2 – Sun Oct 4, 2026 · bank / kayak / boat · times in PT

Warm weekend · Fri ~83° → Sat–Sun ~88–88° PT

Primary: striped bass

Verify dam boards before you go

Soft Friday recreational · no named trail event pulled

October heat is still parked over the Delta — pack water for the midday glare, fish the moving water like it matters, and let the bait on the tide tell you which cut is actually alive.

● WEEKEND OUTLOOK

National Weather Service Sacramento's point forecast for Sacramento–San Joaquin Delta frames a dry, warm weekend for the **Fri Oct 2 – Sun Oct 4, 2026** window. Read every clock in this Cast as **PT**. Friday opens near **83°F** after overnight air near **63°F** (mostly sunny, 3 to 7 mph WNW). Saturday climbs to about **88°F / 65°F** (sunny, 5 mph NW). Sunday holds near **88°F / 68°F** (mostly sunny, 6 mph NW). No active watches or warnings were highlighted for this pull. Barometer was not logged station-by-station on every arm; treat pressure as steady-fair under this quiet pattern.

For **striped bass**, that pattern favors a classic early-fall California day: **first light through mid-morning** on shallow shade, points, and bait edges while air is still cool, then a slide to the first break, docks, and any wind-stacked bank once the sun clears the hills. Midday heat will push fish deeper or tighter under cover — slow down, fish shade, and save long runs for the afternoon only if the breeze keeps you cool. Friday is the softer traffic day; Saturday and Sunday recreational pressure builds around popular ramps, and **no named national trail event was pulled** for this water on Oct 2–4.

FRIDAY OCT 2

~83°F

Low ~63° · dry · 3 to 7 mph
WNW

Mostly Sunny

Sunrise ~7:04 AM · Sunset

~6:49 PM PT

*Best bite: first light—~10 AM;
softest weekend traffic*

SATURDAY OCT 3

~88°F

Low ~65° · dry · 5 mph NW
Sunny

Sunrise ~7:05 AM · Sunset

~6:47 PM PT

*Best bite: first light—~10 AM;
shade and structure after 11
AM*

SUNDAY OCT 4

~88°F

Low ~68° · dry · 6 mph NW
Mostly Sunny

Sunrise ~7:06 AM · Sunset

~6:46 PM PT

*Best bite: dawn shallow;
mid-day slow under cover*

● LEVEL & FLOW CHEAT SHEET

DWR / USBR Delta operations and local gage pages are the live source for pool, gate, and park notices on the Delta. Fixed Fri–Sun recreational “generator calendars” are often thin for foothill and SoCal reservoirs — treat any elevation, release, or advisory as live. Failover: check the agency and park page the morning you launch, and call the marina or park desk if you need a same-day condition read. Advisories can change without notice.

WATER	OBSERVED	FLOW / BOARDS	HOW TO FISH IT
Delta gates / flows	No single elev like a foothill lake — verify live gate and flow boards before you run long	No fixed Fri–Sun recreational release calendar pulled	Fish tide and current seams; verify boards the morning you launch

Dam and restricted zones stay off-limits whether flows are quiet or moving. If a local advisory, fire restriction, or temporary closure appears on the park or agency page, that overrides any general weekend outlook here.

● HOW TO FISH IT — BANK / KAYAK / BOAT

BANK

Public banks and parks around **Rio Vista, Antioch**, and the west Delta give you riprap, piers, and current seams without a trailer. Fan-cast the first moving water at light with a swim bait or spinnerbait, then pick apart individual rock faces and shade with a soft plastic once the sun climbs. Stay on public or permitted access only, and give busy ferry and shipping lanes a wide berth. Bring a second rod with a soft plastic for the next **Sherman Island** or **Big Break** riprap stretch once the first tide seam slows, and keep walkways clear for other bank anglers.

KAYAK

Launch at quiet morning ramps near **Sherman Island, Brannan Island**, or west-Delta parks and paddle into the nearest tide line before ski and barge traffic wakes up. Target riprap corners, cut mouths, and any wind-against-tide seam within a short paddle. Wear a PFD, mind afternoon west winds on long fetches, and leave room for larger boats in the main channels. A swimbait and a soft plastic cover most of the midweek window without a full rod locker.

BOAT

Ramps around **Rio Vista, Antioch**, and the central Delta put you on tide water quickly. Start on the first moving seam at dawn with a swim bait or topwater, then rotate to jigs and soft plastics on riprap and dock shade once the sun climbs. Midday, fish deeper shade and slower current rather than burning fuel across every cut. Keep a spotter when running, give barge traffic space, and stay clear of posted intakes and restricted zones.

● PURE-GAS.ORG E0 · THIS WATER

Closest public **ethanol-free (E0)** listings from Pure-Gas.org near the Delta. Listings can change — confirm the E0 grade at the pump if that matters for your motor. No pump prices in this Cast.

- Sonoco — Sonoma, CA · ~48.0 mi · SUNOCO · E0 octane 91, 96, 100 · 800-870-7223
- Chevron — Sonoma, CA · ~51.1 mi · CHEVRON · E0 octane 91 · —
- Gold Country Gas — Sonoma, CA · ~65.4 mi · UNBRANDED · E0 octane 100 · 209-532-6428
- Hunt & Sons — Placerville, CA · ~65.9 mi · UNBRANDED · E0 octane 93, 100 · 530-622-1551

Call ahead when you can — E0 availability changes. Distances are rough estimates to this water.

● LURE BOX

TOP

Walking bait and pencil popper on calm seams at dawn. Chrome, bone, and black when the surface is quiet.

MID

Swimbait and spinnerbaits on tide or wind seams; soft plastics on riprap. Shad patterns first.

BOTTOM

Jigs and soft plastics on deeper shade and riprap once the sun climbs. Green pumpkin and shad hues cover most stains.

Match size to **threadfin shad, juvenile baitfish, and crawfish along riprap**. Size down when fish short-strike; size up when you mark bigger bait. Primary species this week is **striped bass**.

● STRIPED BASS LIFE STAGE

Spawn is long over for most striped bass in the Delta. This midweek window is about **post-summer feeding** as nights cool and bait pushes toward current seams, riprap, and cut mouths. Expect stripers to track bait on the tide in the morning and to bury under docks and deeper shade once the sun and boat traffic climb. Fish the bait you see — dimples, birds, or graph marks on a seam — rather than a calendar myth.

What's on the menu: threadfin shad, juvenile baitfish, and crawfish along riprap are the most likely menu this week. Public hatch reports are often thin — lead with the forage above, and match the bait you mark on the graph or see dimpling on the surface.

● ALSO HOT / ALSO IN SEASON

Largemouth bass still earn a rod in the backwaters and tule pockets when the tide flattens. **Catfish** pick up on deeper shade and marina corners once afternoon heat settles. Keep the secondary list short and fish stripers first on moving water.

● PRESSURE, CLARITY & BITE WINDOWS

Clarity swings pocket by pocket — wind can stain a bank overnight while the lee side stays clearer. Start with natural colors in clearer water and switch to a darker, slower profile when a pocket turns green or muddy. Decision tree for this midweek: **low light** = shallow shade and faster topwater or swim presentations; **high sun** = docks, breaks, and a slower bottom bait; **building wind** = fish the blown bank before you leave. Weekday recreation is softer than weekend traffic, but rental boats and bank crowds still peak near popular ramps after mid-morning — launch early, fish the plan, and treat crowd pressure as soft weekday recreation unless a named event shows on the calendar.

Heavy Traffic: no named trail event pulled for Mon–Wed on this water. Soft Friday recreational; Saturday–Sunday builds at popular ramps only.

● ACCESS NOTES & SAFETY

Regs change by water and season. Use the live CDFW licensing and regulation pages for bag limits and gear rules before you fish. Watch shipping lanes, ferry wakes, and any temporary closures on park or DWR pages. Wear a PFD when the boat is on plane, keep a spotter in busy lanes, and give swimming beaches and ski courses room. If lightning builds (unlikely under this dry forecast, but still watch the sky), get off exposed water early.

● TIDE, CURRENT & WHERE TO START

On a midweek Delta trip, pick one corridor and fish it thoroughly rather than hopping every cut on the map. A rising or falling tide that moves bait along riprap is worth more than a flat midday slack in a dead-end slough. If birds work a seam or you mark bait on the graph, stay and rotate a swimbait, a spinnerbait, and a soft plastic through the same water before you leave. When the breeze opposes the tide, the resulting seam often concentrates stripers on the down-current edge of rock and points.

Morning plans should finish before recreational traffic and heat stack on the main channels. If you arrive late, fish shade, docks, and slower pockets instead of forcing a topwater bite that already shut down. Keep a simple run plan: launch, fish the nearest moving water, then expand only if the graph stays empty. That discipline keeps you in fish and out of empty long runs across barge lanes.

Clarity in the Delta is local. A windy west fetch can stain one bank while a protected cut stays clearer — switch from chrome and bone to darker, slower profiles when the water greens up. If a park or DWR notice flags a temporary closure, skip that cut and fish the next open seam rather than forcing a bad launch.

● LOOKING AHEAD

Next 1–3 weeks: watch the first true cool front of autumn and any weekend tournament calendars that would stack Heavy Traffic on the Delta. As nights keep dropping, expect striped bass to spend more of the morning on bait and edges and less time buried in the deepest shade. Confirm mussel rules, fire restrictions, and park hours as seasons flip.

● SOURCES

NWS Sacramento point forecast · DWR / USBR Delta operations and local gage pages · Pure-Gas.org E0 listings. Elevations, advisories, and station lists change — verify dam boards and pump grade before you go.