



FRESHWATER CAST · MONDAY CAST · KENTUCKY

Herrington Lake: Fog Tuesday Dawn, Sunny Largemouth on Bluffs & Docks

Herrington Lake · Fri Oct 2 – Sun Oct 4, 2026 · bank / kayak / boat · times in **ET** · primary: Largemouth bass

Fri ~79° → Sun ~75° (NWS LMK)

Fri–Sun window · ET

Heavy Traffic: none named Fri–Sun · expect weekend recreational pressure

Friday's slight chance showers and thunderstorms then showers and thunderstorms near 79°F give way to Saturday near 71°F (chance rain showers then mostly sunny) and Sunday near 75°F (partly sunny) — fish the windows between weather, lean down on cover, and plan for weekend recreational pressure.

● WEEKEND OUTLOOK

NWS Louisville (LMK) grid LMK 79,58 pulled Fri Oct 2, 2026 · ~6:40 AM CT. Friday high near **79°F** (Slight Chance Showers And Thunderstorms then Showers And Thunderstorms); overnight low near **54°F**. Saturday near **71°F** (Chance Rain Showers then Mostly Sunny); Sunday near **75°F** (Partly Sunny). Numbers change — confirm before you launch.

FRIDAY OCT 2

79°F · Slight Chance Showers And Thunderstorms then Showers And Thunderstorms · wind 9 mph W

Storm chances — fish protected banks and docks between cells; sit out lightning. Once cells clear, a short evening window can fire along riprap and shallow wood. Watch wind shifts after fronts (ET).

SATURDAY OCT 3

71°F · Chance Rain Showers then Mostly Sunny · wind 10 mph NE

Early leftover showers possible — fish the clean-up after 8 AM ET on secondary points and docks. High near 71°F; keep a rain shell and a slower bottom bait ready.

SUNDAY OCT 4

75°F · Partly Sunny · wind 2 to 6 mph NE

Softest recreational window early — first light–10 AM ET on docks and shade; midday near 75°F gets picky, so slow down and fish cover.

How to fish this weather

For **largemouth** (primary on Herrington Lake this week): lead with docks, riprap, and creek-arm shade on sunny high-pressure days. Dawn shallow windows are the money; Sunday warmth makes midday picky — downsize and work deeper shade until evening. Keep presentations compact — tubes, Ned rigs, jigs, and small swimbaits in craw and shad tones.

Hydrate on the hot Wednesday banks. Weekend recreational pressure — still watch ramp stacks after mid-morning when the thermometer climbs.

● DAM & LEVEL CHEAT SHEET

THIN at pull Sun Sep 27, 2026 · ~10:30 PM CT. Use live elev/cfs from agency boards only. Failover: Dix Dam / KY Utilities lake notices · local marina boards.

ZONE	LEVEL / FLOW NOTE	BITE NOTE
Dix Dam / north	THIN at pull — no dated elev on board at pull	Dam-end public banks for dawn soft plastics on rock — stay clear of restricted zones.
Main lake bluffs	THIN — verify live before you trailer	Bluff rock and docks midweek once any light breeze orients bait.
South / Harrodsburg side	THIN — Dix Dam / Herrington boards THIN at pull	South public access where posted for shade sessions.

● HOW TO FISH IT — BANK / KAYAK / BOAT

BANK

Shared: Cool dawns need layers; Tue fog possible; hydrate Sunday. Skip private docks and closed zones.

Public banks near Dix Dam / park access where posted for dawn tubes on rock — fees verify live. **Harrodsburg-side** day-use shore midweek for shade docks. Dam restricted zones off-limits. Live-check ramp notices and any temporary park closures before you commit the morning. Give paddle traffic a wide berth near swim areas and courtesy docks.

KAYAK

Plan: Launch posted public access and work protected pockets along bluffs when a breeze stacks chop. PFD on the whole float; skip dam stilling / restricted water. Soft Sunday rebound — marked exit after 11 AM ET when ski traffic builds. Live-check ramp notices and any temporary park closures before you commit the morning. Give paddle traffic a wide berth near swim areas and courtesy docks. Carry a dry bag for the phone when fog or spray cuts visibility on the open.

BOAT

Plan: First light–10 AM ET on docks, bluff rock, and creek mouths for active largemouth; late morning graph points; evening shade. Public ramps — watch ski lanes on the hot Sunday; give dam-end traffic room and idle clear of swim lines. Live-check ramp notices and any temporary park closures before you commit the morning. Give paddle traffic a wide berth near swim areas and courtesy docks. Carry a dry bag for the phone when fog or spray cuts visibility on the open.

● LURE BOX

TOP

Walking bait (chrome / bone)
on calm dawn banks

Popper / buzz on shade
docks midweek

Spinnerbait (white /
chartreuse) along windward
riprap

MID

3–4" swimbait (shad) on
points

Squarebill (craw / chartreuse)
ticking riprap

Jerkbait on clearer main-lake
edges

BOTTOM

Tube (green pumpkin) on rock
and docks

Ned / shaky when high
pressure gets picky

Football jig dragging points
and brush

Stain / clear match: Clarity unconfirmed this window. Lean craw / junebug in creek arms; chrome / white on clearer main-lake rock.

● LARGEMOUTH LIFE STAGE

Early-fall largemouth on Herrington key on docks, bluff rock, and creek arms. Sunny high pressure = dawn shallow, pickier midday in the 90s. Craw and shad; stay honest on forage.

Forage menu this week: Crayfish on rock, shad and bluegill along docks. Thin hatch reports.

● ALSO HOT / ALSO IN SEASON

SPOTTED BASS · CRAPPIE

Spots: deeper rock and channel swings midweek — small jigs and shaky heads. Crappie: brush and creek channels — minnows/jigs early and late.

CATFISH · HYBRID NOTE

Channel cats on warm nights near deeper swings — cut bait. Hybrid/striper where present are a specialist note — confirm regs with KDFWR.

● HEAVY TRAFFIC

No named national trail event pulled for Herrington Lake Fri Oct 2 – Sun Oct 4 (calendars skimmed). Weekend recreational pressure; warmer Wednesday can thicken ski and pleasure traffic after mid-morning. Still watch ramp stacks.

Treat the sunny Monday as a confidence dawn window — arrive early, fish shade and docks before the recreational stack builds, and leave a backup creek arm if main-lake ski traffic wakes up after lunch. Cool overnight lows put fish shallow at first light; once the sun clears the hills, rotate to brushier shade lines instead of burning bright banks.

Local clocks on this product are labeled in the hero. Ramp manners matter midweek: idle clear of launch lanes, share the courtesy dock, and give paddle traffic room near the parks. Any thunder still means off the water even on a sunny forecast. Carry spare terminal tackle — docks and riprap eat tubes and Ned heads faster than open-water days.

When the graph shows bait pinned to a windward point, match size before color — a compact swimbait or tube often outfishes a big fall profile until the fish show themselves. On bank days, rotate shade docks and riprap seams instead of camping one corner all morning. Kayak anglers fish a triangle of two creek arms and one secondary point so a lee option is always close.

Boat anglers should leave a margin before afternoon ski lanes on the warm Wednesday. Rising afternoon temperatures into Wednesday can make midday picky — downsize line, tip with a smaller trailer, and work deeper shade until the evening bank bite returns. Stained creek arms still fish; clearer main-lake rock wants cleaner presentations and a slower retrieve once the sun goes high.

A light rain shell still belongs in the boat if fog thickens before the sun burns it off Tuesday morning. If a local club blast-off appears midweek despite the calendar skim, give them the main ramp lane for twenty minutes and start on a secondary access rather than forcing a crowded courtesy dock. Keep the primary story on largemouth docks and riprap; secondary species are bonuses once you have a few fish in the well.

Pack a spare spool of fluorocarbon in the 8–12 lb range for clear main-lake edges and a slightly heavier braid leader when you punch brushy docks midweek. Re-tie after every big fish or snag — high-pressure days punish a nick you would ignore under cloud cover. Photograph the graph when bait balls pin to a point so you can return to the same contour after lunch without guessing.

If Friday weather holds past sunrise, slow the boat and fish the first two hours closer to the ramp instead of crossing open water blind. Once the sun burns through, expand to secondary points and island edges. On bank days, walk a longer stretch of riprap rather than camping one corner — early-fall fish slide along shade seams as the sun climbs, and a short hike often beats another cast at the same dock.

Keep a short list of three baits you trust under bluebird skies and commit to them before you trailer: one walking or popping topwater for dawn, one compact bottom bait for midday shade, and one reaction bait for any breeze that orients bait on points. Changing every ten casts under high pressure usually costs more fish than it finds. Log water color at the ramp so you can match stain notes on the next trip without guessing from memory.

Under bluebird midweek skies, commit to a short bait list before you leave the ramp: one walking or popping topwater for the calm dawn, one compact bottom bait for midday shade and docks, and one reaction bait for any breeze that orients bait on points. Changing every ten casts under high pressure usually costs more fish than it finds on these Kentucky waters.

If Friday weather or lake steam hangs past sunrise, fish the first hour closer to the ramp instead of crossing open water blind. Once the sun burns through, expand to secondary points, island edges, and windward riprap. On bank days, walk a longer stretch of public shoreline rather than camping one corner — early-fall fish slide along shade seams as the sun climbs.

● LOOKING AHEAD

Warm sunny stretch — early dock and bluff windows if you beat the heat.

● PURE-GAS.ORG E0 · THIS WATER

Pure-Gas.org listings near this corridor for this Cast window (no prices — verify grade at the pump). Listings can change. Nicholasville is the practical Lexington-side stop; Louisville / Bowling Green fill longer hauls.

Double Kwik BP #1062 — 4000 Catnip Hill Rd, Nicholasville, KY · Nicholasville · 93 octane E0

Zip Zone Express — 8000 Air Commerce Dr, Louisville, KY · Louisville · E0 — verify grade

Marathon — 1005 Campbell Ln, Bowling Green, KY · Bowling Green · 90 octane E0

Sources: NWS api.weather.gov LMK/79,58 forecast · METAR KLEX ~30.01 inHg · Dix Dam / Herrington boards THIN at pull (failover: Dix Dam / KY Utilities lake notices · local marina boards) · public E0 directories (Pure-Gas.org-aligned; listed; no prices) · trail calendars skimmed (no named event Fri–Sun Oct 2–4). Pulled Fri Oct 2, 2026 · ~6:40 AM CT. Numbers change — confirm conditions and the forecast before you launch.

Freshwater Cast · Friday Cast · KENTUCKY · herrington-lake · Fri Oct 2 – Sun Oct 4, 2026 · drafted Fri Oct 2, 2026 · ~6:40 AM CT

Carry polarized glasses for dock peering under the bright midday sun — spotting fish or bait under floats often beats casting blind at every piling.