



FRESHWATER CAST · MONDAY CAST · MAINE

East Grand Lake: ME-Side Monday Showers, Midweek Border Smallmouth

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

Fri ~65° → Sun ~58° (NWS CAR)

Fri–Sun window · ET

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

Friday's light rain likely near 65°F give way to Saturday near 58°F (patchy fog then sunny) and Sunday near 58°F (patchy frost then mostly sunny) — fish the windows between weather, lean dawn on cover, and plan for weekend recreational pressure.

● WEEKEND OUTLOOK

NWS Caribou (CAR) grid CAR 29,103 pulled Fri Oct 2, 2026 · ~6:40 AM CT. Friday high near **65°F** (Light Rain Likely); overnight low near **41°F**. Saturday near **58°F** (Patchy Fog then Sunny); Sunday near **58°F** (Patchy Frost then Mostly Sunny). Numbers change — confirm before you launch.

FRIDAY OCT 2

65°F · Light Rain Likely · wind 6 mph NW

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

58°F · Patchy Fog then Sunny · wind 5 to 8 mph NW
Post-front / clearer air — dawn is money on riprap and shallow wood; downsize by late morning under bluebird pressure. High near 58°F (ET).

SUNDAY OCT 4

58°F · Patchy Frost then Mostly Sunny · wind 0 to 10 mph S

Softest recreational window early — first light–10 AM ET on docks and shade; midday near 58°F gets picky, so slow down and fish cover.

How to fish this weather

For **smallmouth** (primary on East Grand Lake this week): lead with rock, docks, and windward points once the breeze orients bait. Monday's wet NE pattern favors lee edges and stained inflow pockets; Wednesday's sun should reopen the mid-depth rock roam. Keep presentations compact — tubes, Ned rigs, small swimbaits, and jigs in craw and baitfish tones.

Rain gear Monday is not optional on the open. Midweek, hydrate on the sunny banks and watch recreational rebound after 11 AM ET.

● DAM & LEVEL CHEAT SHEET

THIN at pull Sun Sep 27, 2026 · ~11:20 PM ET. Use live stage / outlet notes from agency boards only. Failover: Maine DIFW East Grand / Danforth pages · ME launch notices. Expect stained inflow plumes after Monday rain where creeks dump in.

ZONE	LEVEL / FLOW NOTE	BITE NOTE
Danforth / ME south	THIN at pull — no dated elev on board at pull ~11:20 PM ET Thu → Sun pull	Danforth-area ME public banks and ramp walkways for dawn rock when posted open.
ME island edges	THIN — verify live before you trailer	ME-side island edges once midweek sun returns.
North ME coves	THIN — East Grand ME-side boards THIN at pull · Cast scope ME shore only	North ME coves for Monday lee; sunny points Wednesday.

● HOW TO FISH IT — BANK / KAYAK / BOAT

BANK

Shared: Cool wet Friday mornings need layers; fog can linger until mid-morning. Skip private camps and any posted swim or marina closures on East Grand (ME shore).

Danforth / ME-side public shore where posted for dawn soft plastics on rock. **Day-use** ME banks midweek for shade docks when recreational traffic returns. New Brunswick shore is out of scope for this Cast. Live-check park fees, gates, and temporary closures before you walk out on the bank.

KAYAK

Plan: Launch ME-side public access and work protected south coves Friday under showers; big border water stacks chop fast — lee only until seas drop on the Maine shore. PFD on the whole float; keep a marked exit and a dry bag for the phone when showers cut visibility. Tue–Wed secondary points as seas lay down. Soft Sunday recreational rebound — give powerboats and skis room after mid-morning on the warm day.

BOAT

Plan: Friday ME-side protected rock only. Saturday showers likely — short ME hops. Sunday first light–10 AM ET rocky points and island edges on the Maine shore for smallmouth; late morning ride windward ME structure from Danforth-area ramps. Stay legal on the ME side. Ramps should see thinner trailer traffic Friday and a soft rebound midweek. Idle clear of swim lines, give paddle traffic room near the parks, and watch unmarked bars after Friday stain.

● LURE BOX

TOP

Walking bait (chrome / bone)
on calm Wednesday banks

Popper / small buzz on shade
docks midweek

Spinnerbait (white /
chartreuse) along windward
rock when breeze builds

MID

3–4" swimbait (smelt / perch)
on points

Small crank (craw / shad)
ticking rock

Jerkbait (sexy shad) on
clearer midweek edges

BOTTOM

Tube (green pumpkin /
smoke) on rock

Ned / shaky (green pumpkin)
when high pressure gets
picky

Football jig (brown / orange)
dragging points

Stain / clear match: After Monday rain lean darker craw / Junebug in inflow plumes; shift chrome / white / translucent on clearer main-lake rock by Wednesday.

● SMALLMOUTH LIFE STAGE

Border-lake smallmouth are in early-fall rock mode on the Maine shore. Monday showers favor lee ME coves; Wednesday sun reopens island-edge roam. Salmon and lake trout remain specialist notes — not the primary Cast story.

Forage menu this week: Crayfish on rock, baitfish along ME points. Thin hatch reports — stay honest.

● ALSO HOT / ALSO IN SEASON

LARGEMOUTH · YELLOW PERCH

Largemouth: weed edges and dock shade
midweek — Texas-rig or swim jig. Yellow perch:
deeper weed lines and rock transitions — small
jigs / live bait where legal.

LANDLOCKED SALMON · LAKE TROUT

Specialist note only this window — not the
primary Cast story. Confirm seasons and
methods with Maine DIFW before you shift gears.

Local clocks stay in **ET** on this product. Ramp manners matter midweek: idle clear of launch lanes, share the courtesy dock, and give paddle traffic a wide berth near the parks. Electrical storms are low-probability Wednesday on this forecast, but any rumble still means off the water. Carry spare terminal tackle — wet rock and stained water eat tubes and Ned heads faster than clear midsummer days.

● HEAVY TRAFFIC

No named national trail event pulled for East Grand Lake Fri Oct 2 – Sun Oct 4 (calendars skimmed). Friday weather thins recreational traffic; soft rebound Tuesday–Wednesday once the sun returns. Still watch ramp stacks after mid-morning on the warm Wednesday.

On East Grand Lake, treat Monday as a gear-check and lee-shore day, then build confidence as Tuesday's rain chance fades. Wednesday's warmer sun is the confidence bite for bank, kayak, and boat alike — arrive early, fish the shade rotation, and leave before the afternoon recreational

stack if the ramp looks busy. Keep a short list of backup coves so you are never stuck on a blown-out point when the NE leftover chop surprises you. If clarity drops after the rain, slow down, downsize, and stay in contact with the bottom on rock transitions rather than burning shoreline with power moves that need clear water.

Give the first point of the morning a fair sample — early-fall smallmouth on this water often need a few casts after a cold rain overnight before the school shows (1).

Treat Monday as a gear-check and lee-shore day, then build confidence as Tuesday's rain chance fades. Wednesday's warmer sun is the confidence bite — arrive early, fish the shade rotation, and leave before the afternoon recreational stack if the ramp looks busy.

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Local clocks stay in **ET**. Ramp manners matter midweek: idle clear of launch lanes, share the courtesy dock, and give paddle traffic a wide berth near the parks. Any thunder still means off the water.

Carry spare terminal tackle — wet rock and stained water eat tubes and Ned heads faster than clear midsummer days. A compact rain shell stays in the boat Tuesday morning even when the radar looks friendlier than Monday.

When the graph shows bait pinned to a windward point midweek, match size before color — a 3-inch swimbait or compact 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; on kayak days, fish a triangle of two coves and one secondary point so you always have a lee option.

Boat anglers should leave a margin before the afternoon ski lanes wake up on the sunny Wednesday, especially near swim areas. Pressure rising into Wednesday often means a pickier midday bite — downsize when the sun goes high.

Stained water after Monday rain is an opportunity — work the color change with a darker craw profile and a slower retrieve until the lake clears midweek. Cloud edges on Tuesday still count; fish the moving shade on rock.

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 rock, 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 Maine 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 rock. 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

Cool sunny mornings next week favor ME-shore rock smallmouth if wind stays light.

● 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. Maine's E0 map is sparse — Maine's E0 map is sparse this far east — Windham / South Paris / Farmington are the practical listed stops on the drive.

Big Apple — 809 Roosevelt Trail, Windham, ME · Portland / Windham · 90 octane E0

Big Apple Store — 102 Main St, South Paris, ME · western foothills · 90 octane E0

Big Apple — 254 Wilton Rd, Farmington, ME · Farmington / Rangeley approach · 90 octane E0

Sources: NWS api.weather.gov CAR/29,103 forecast · METAR KPWM (baro reference) · East Grand ME-side boards THIN at pull · Cast scope ME shore only (failover: Maine DIFW East Grand / Danforth pages · ME launch notices) · sunrise corridor ET · 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 · MAINE · east-grand-lake · Fri Oct 2 – Sun Oct 4, 2026 · drafted Fri Oct 2, 2026 · ~6:40 AM CT