FRESHWATER CAST · MONDAY CAST

Monday Cast live · Nov 16–18, 2026

Weather
National Weather Service forecast for Lake Elmo area

Lake Elmo

Montana

Mon Nov 16 – Wed Nov 18, 2026 · Mountain Time · Trout

BITE ODDS · THIS CAST

3/10 — Poor odds

0 2 4 6 8 10

PRESSURE	STORMS	WIND	SKY / RAIN	BASS STAGE	CROWD
− Unsettled · 14°F swing	+ No lightning	− Up to 17 mph · open-water chop	− Rain up to ~86%	+ Fall transition	+ Weekday · lighter traffic

WEEK Early-week setup on this water — highs **44–58°F**, lows **25–35°F**, rain chance up to **~86%**. Story is the wet stretch — bite windows ride the rain timing, not the calendar.

THREE-DAY WEATHER

MONDAY NOV 16

58° F high

LOW	33°F
SKY	Mostly Cloudy
WIND	SW 5 mph
RAIN	~0%
SUN	7:15 AM / 4:41 PM

Frame: Cold start — let the sun warm the shallows; the better bite often comes later in the day.

TUESDAY NOV 17

54° F high

LOW	35°F
SKY	Mostly Cloudy then Light Rain Likely
WIND	NNW 2–7 mph
RAIN	~86%
SUN	7:16 AM / 4:40 PM

Frame: Wet day — fish the front side of the rain; slow down and stay close to cover after it passes.

WEDNESDAY NOV 18

44° F high

LOW	25°F
SKY	Rain And Snow Likely then Partly Sunny
WIND	WNW 9–17 mph
RAIN	~57%
SUN	7:17 AM / 4:39 PM

Frame: Wet day — fish the front side of the rain; slow down and stay close to cover after it passes.

Window: Mon–Wed · Air: SW → NNW → WNW · Bite window: dawn + last light

HOW TO FISH THIS WEATHER

MORNING

- Shallow cover, points, creek mouths
- **First light (7:15 AM MST) → ~9 AM**
- Use any ripple as cover

MIDDAY

- Shade lines, docks, deeper edges
- Electronics for bait height first
- Slow down once the sun is overhead

EVENING

- Revisit shallow shade as sun drops
- Topwater if the surface lays down
- Weekday traffic is lighter — work quiet pockets

FALL TRANSITION **Trout plan: Target inflows and shoreline drop-offs as water cools; spoons, spinners and streamers, moderate.**

BIOLOGY

BASS STAGE

Trout are in the fall transition — following bait into creeks and onto flats as water cools.

Basis: estimated water ~52°F — 75-day observed air record (NOAA ACIS) lagged for a lake (14-day response); no water-temperature gauge on the lake; air record trending rising

NATURAL FORAGE

Small natural profiles and flash in moderation fit clear sunny water.

ALSO BITING

Low-light rock and deeper breaks. Yellow perch.

PRESSURE

Weekday traffic — lighter than the weekend. Fish early, give ramps and swim areas room.

DAM & WATER — CONFIRM BEFORE YOU LAUNCH

FIXED Dam-controlled water. No shared generation/level feed this cycle — check the agency page the morning you fish; releases and pool levels change daily. Stay outside buoyed restricted zones.

ITEM	NOTE	SOURCE
Confirm	Managing agency page for this water	

ACCESS — BANK / KAYAK / BOAT

BANK

Open at Lake Elmo State Park shoreline and legal park banks and keep casts short and accurate for rainbow trout. Marching the whole shoreline wastes the MT window at Lake Elmo. Bring a net that fits legal fish.

KAYAK

The sit-on-top card: State Park protected shoreline, then decide. Accurate casts for rainbow trout reduce swim risks from snag fights. Lake Elmo rock lines hide in glare.

BOAT

First graph stop Lake Elmo State Park ramp and open water. Short hops beat long empty main-lake runs for rainbow trout. Clip the kill switch at Lake Elmo.

LURE BOX

TOP

Small spoons at dawn. Inline spinners near the dam. Dry flies on calm mornings.

MID

Nymphs and soft hackles. Small jigs under a float. Light spoons mid-depth.

BOTTOM

Heavier spoons under high sun. Egg patterns near inflow. Slow retrieves on the bottom.