



**FRESHWATER
CAST**
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FRESHWATER CAST · MONDAY **CAST** WEST VIRGINIA

East Lynn Lake: Midweek Window, Local ET Clock & Species-Honest Plan

Monday Sep 21 – Thursday Sep 24, 2026 · East Lynn Lake · bank, kayak & boat · Monday morning through Thursday evening · times in ET

Mon ~84°

Thu ~70°

RLX · ET

No named trail event pulled for Mon–Thu

East Lynn's tournament reputation is real across the years — but a sourced empty Mon–Thu calendar means you can still fish cover like a local on a weekday ramp.

• MIDWEEK OUTLOOK

NWS RLX / East Lynn Lake corridor (grid RLX 37,55; pulled Sun Sep 20, 2026 · 09:54 PM CT): Use the daytime cards below for Mon–Thu planning. All reader-facing clock language is **ET** — never force Central on this water.

Barometer / sky: Re-check local METAR and the NWS office page before launch; Sunday evening boards can miss Monday updates.

Crowd: Weekday soft recreational. **No named trail event pulled for Mon–Thu** in this research pass. Looking ahead 1–3 weeks: re-check major trail calendars and agency pages before the Friday Cast — flag sourced events as **Heavy Traffic** when found. Never invent boat counts or fake tournaments.

WINDOW

Mon–Thu

through Thu evening ET

WATER CLARITY / DEPTH

Estimate: stained cover. Dawn timber/brush; midday deeper brush.

CROWD / PRESSURE

Weekday soft. **No named trail event pulled for Mon–Thu.**
Soft recreational only — no invented boat counts.

Primary species: Black bass. **Also on this water:** see section below — water-first, not bass-by-default when another species leads.

MONDAY SEP 21

**~84°F · Chance Showers And
Thunderstorms · precip ~36%
· wind SW 3 mph**

Lightning plan — off water for cells

Fish stain lines / edges after cells

TUESDAY SEP 22

**~74°F · Chance Rain Showers ·
precip ~48% · wind N 3 mph**

Lightning plan — off water for cells

Fish stain lines / edges after cells

WEDNESDAY SEP 23

**~72°F · Showers And
Thunderstorms · precip ~80%
· wind E 5 mph**

Lightning plan — off water for cells

Fish stain lines / edges after cells

THURSDAY SEP 24

**~70°F · Chance Rain Showers ·
precip ~44% · wind NE 5 mph**

Lightning plan — off water for cells

Fish stain lines / edges after cells

● DAM & CURRENT / GENERATOR SCHEDULE CHEAT SHEET

USACE East Lynn — soft pool language; never invent. Access hub: **East Lynn Lake Marina USACE ramp**. Agency framing: USACE / WVDNR.

PROJECT / WATER	OBSERVED	GENERATOR SCHEDULE	HOW TO FISH IT
East Lynn Lake USACE / WVDNR	No live USGS elev/cfs pulled for this product in this batch. Do not invent elev/cfs. Sunday evening boards are often thin — soft re-check before launch.	No fixed Mon–Thu public unit calendar confirmed in this pull. Use agency recording/web boards when listed. Soft re-check language only.	Fish habitat and bait first; when discharge pulses, seams and bait rearrange. Stay out of restricted lock/dam water.

Schedules change — re-check before launch.

● HOW TO FISH IT — BANK / KAYAK / BOAT

BANK

Public banks near the marina for dawn flipping. Watch for event setup even if none is named for this window.

KAYAK

Kayak timber pockets; PFD; soft weekday unless traffic shows up.

BOAT

Flip timber/brush. Soft recreational — no named trail event pulled for Mon–Thu.

● LURE BOX — TOP / MID / BOTTOM

TOP

Buzzbait
Frog

MID

Spinnerbait

BOTTOM

Jig
Texas-rig
Creature bait

Stain/clear: Match darker profiles in stained cover; natural/green/smoke when clearer. Tie lure size to forage below.

● PRIMARY LIFE STAGE + WHAT'S ON THE MENU

Black bass — Timber/cover early-fall bass.

What's on the menu (dated hatch thin — most likely): Bluegill and craw.

● ALSO HOT / ALSO IN SEASON

- Crappie
- Catfish

WVDNR fishing: www.wvdnr.gov/fishing/live-check only; do not hardcode inches or seasons.

● ETHANOL-FREE FUEL NEAR THIS WATER

PURE-GAS.ORG E0 · NEAR THIS WATER

Source: Pure-Gas.org station identity · pulled **Sun Sep 20, 2026 · 09:54 PM CT**

Current prices (as of Sun Sep 20, 2026 · 09:54 PM CT) — may change; verify at the pump. Pure-Gas does not publish pump prices. Station-specific E0 prices were not confirmed in this batch — price not listed — verify at pump. Do not treat area regular as confirmed E0.

Beech Fork Lake Marina — 5445 Cnty Rd 13, Lavalette, WV · ~12.3 mi · 89 octane E0 price not listed — verify at pump 304-523-9274 Pure-Gas

Falls Creek Exxon — 52 Falls Creek Dr, Louisa, KY · ~13.6 mi · 90 octane E0 — Better known as the BIRDHOUSE. PUMP 13 is the pump with ethanol-free gasoline price not listed — verify at pump 606-638-9999 Pure-Gas

Zip Zone Express — 27 Gateway Commerce Pl, Louisa, KY · ~13.6 mi · 87 octane E0 price not listed — verify at pump 606-395-5041 Pure-Gas

Sunoco — Rt 2365 Old Us Hwy 23, Louisa, KY · ~14.7 mi · 87/89 octane E0 price not listed — verify at pump 606-638-9988 Pure-Gas

● LOOKING AHEAD

Pattern shifts into early October. **No named trail event pulled for Mon–Thu** and **no named looking-ahead trail event pulled for the next 1–3 weeks** on this water from calendars checked in this pass. Re-pull agency boards and trail calendars for the Friday Cast. Flag sourced events as Heavy Traffic when found.

Sources: NWS api.weather.gov (RLX grid RLX 37,55) · USACE / WVDNR · USGS where noted · Pure-Gas.org GraphQL stationsByState (Sun Sep 20, 2026 · 09:54 PM CT) · WVDNR fishing. Schedules and prices change — re-check before launch.

