FRESHWATER CAST · MONDAY CAST

Monday Cast live · Nov 16–18, 2026

Weather
National Weather Service forecast for Soda Lake area

Soda Lake

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

BITE ODDS · THIS CAST

5/10 — Fair odds

0 2 4 6 8 10

PRESSURE	STORMS	WIND	SKY / RAIN	BASS STAGE	CROWD
− Unsettled · 15°F swing	+ No lightning	+ 7–13 mph usable ripple	− Rain up to ~99%	+ Fall transition	+ Weekday · lighter traffic

WEEK Early-week setup on this water — highs **32–47°F**, lows **19–28°F**, rain chance up to **~99%**. Story is the wet stretch — bite windows ride the rain timing, not the calendar.

THREE-DAY WEATHER

MONDAY NOV 16

47° F high

LOW	28°F
SKY	Partly Sunny
WIND	SSE 2–7 mph
RAIN	~2%
SUN	7:12 AM / 4:55 PM

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

TUESDAY NOV 17

45° F high

LOW	20°F
SKY	Mostly Cloudy then Slight Chance Rain And Snow Showers
WIND	SE 5–13 mph
RAIN	~99%
SUN	7:14 AM / 4:54 PM

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

WEDNESDAY NOV 18

32° F high

LOW	19°F
SKY	Mostly Sunny
WIND	NNW 2–12 mph
RAIN	~43%
SUN	7:15 AM / 4:53 PM

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

Window: Mon–Wed · Air: SSE → SE → NNW · Bite window: dawn + last light

HOW TO FISH THIS WEATHER

MORNING
- Shallow cover, points, creek mouths
- **First light (7:12 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 ~45°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 falling

NATURAL FORAGE

What's on the menu: aquatic insects, scuds and leeches.

ALSO BITING

Brown trout. Game and Fish estimated fewer than 50 adult brown trout remained in fall 2025, so the odds of a trophy brown are now very low.

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
Permit / regs	Regulations allow one trout per day or in possession, with brook trout counted in that limit.	

ACCESS — BANK / KAYAK / BOAT

BANK

Cast a small spoon or spinner in bright colors along drop-offs, or strip a leech or streamer pattern slowly near the bottom. Fall brook trout are aggressive, but there are few of them, so keep moving and cover water rather than sitting in one spot.

KAYAK

Light wind all three days makes this a good week for a kayak, canoe or float tube on Soda Lake. Personal watercraft such as jet skis are prohibited. Launch where the shoreline allows, and paddle-troll a small spoon or wooly bugger slowly along the edges and drop-offs.

BOAT

Soda Lake is best fished from a small boat, canoe or float tube. Personal watercraft are prohibited, and the gas-motor ban only applies in May, so check current regulations for any other restrictions before you launch.

LURE BOX

TOP

Dry fly or small dry-dropper rig on calm mornings when fish rise. Bobber and worm along shallow flats at first light. Surface action fades quickly once the wind builds.

MID

Small spoon in gold, silver or orange cast along drop-offs. Inline spinner retrieved slowly near the windward bank. Wooly bugger or leech pattern trolled from a kayak.

BOTTOM

Floating bait or worm on a slip-sinker rig from shore. Worm harness behind a flasher, trolled deeper at midday. Small jig tipped with a worm near the bottom.