



REEL FUN!

Fishing in Vermont State Parks

Fishing in Vermont State Parks Reel Fun for All Ages and Anglers!

Vermont has some of the highest-quality and most-diverse freshwater fishing opportunities in New England with great fishing to offer at most Vermont State Parks.

Forty-six of Vermont's state parks have fishing opportunities directly on site or within a short walk. And, the remaining six parks have fishing opportunities within a 5-mile drive.

We hope you will consider taking advantage of the phenomenal fishing that Vermont State Parks have to offer.

New to fishing? No fishing gear? No worries – we've got you covered!

Several Vermont State Parks offer "Let's Go Fishing" clinics where trained instructors teach and encourage beginners how to fish. The instructors teach fishing skills, how to use different types of tackle, the importance of good aquatic habitat, fishing ethics and fishing regulations.

Some Vermont State Parks are also participating in the "Reel Fun" initiative, a cooperative effort between Vermont Fish & Wildlife and Vermont State Parks to provide loaner fishing equipment—including rods, reels, line and tackle as well as guides to the local fishing—to help provide park visitors instant access to the sport of fishing.

Additionally, Vermont State Parks offer a range of rental boats for anglers to use including rowboats, canoes, kayaks and pedal boats.

Visit the contact station at your state park to find out more about how you can get started on a Vermont fishing adventure!



Tips on handling and releasing fish

While harvesting and eating freshly caught fish is an enjoyable part of the angling experience, catch and release angling can also be a rewarding pastime. In certain instances, regulations may actually require you to release your catch (see Vermont Fish & Wildlife Regulations Guide). Using the proper techniques when releasing fish will help ensure the fish will survive to be caught again. Here are some tips:

- Don't play the fish to complete exhaustion.
- Minimize the fish's time out of the water. If at all possible, keep the fish in the water while you remove the hook.
- Consider pinching down the barbs on your hooks to make hook removal much easier.
- If the fish is hooked deep in the throat, gills, or stomach, simply cut the line close to the fish's mouth. The fish may have a good chance of surviving, and the hook will eventually rust out.



Lake St. Catherine State Park



www.vtfishandwildlife.com

www.vtstateparks.com

802-828-1000

0517/500





Fishing at Lake St. Catherine State Park

Lake Area: 852 acres **Lake Max. Depth:** 68 feet

Fish Species: Rainbow smelt, yellow perch, bluegill, sunfish, pumpkinseed, common white sucker, smallmouth bass, largemouth bass, black crappie, northern pike, brown bullhead and various minnow species including golden shiner and emerald shiner. Lake trout, brown trout and rainbow trout are also stocked regularly for anglers to catch.

Habitat: Lake St. Catherine is a productive waterbody with a diverse habitat suitable to various warm and cold water species. The extreme north and south ends (and many coves in the mid-lake area) have shallow water cover, such as aquatic vegetation, boat docks and rock piles, which provide great habitat for panfish, pike, perch and bass. The main lake area, primarily along the west shore, features hard-bottom points and rocky bluff walls directly adjacent to deep water that create quality habitat for cold water species like smelt and trout.

Park Fishing Tips: To the north and south of the swimming area, the shoreline at the park provides great fishing for bass, panfish and pike. Try fishing around rocky shoreline outcroppings, gravel points, drop-offs and clumps of submerged vegetation with a basic bobber and worm, or with artificial lures such as small spinners and plastic worms. Floating top water lures such as poppers, floating frogs or walking-style baits work well early and late in the day. For the lake's trophy-sized trout, you'll need a boat to fish the deeper waters in the middle and western sections of the lake. You can easily access these areas with a short kayak or canoe trip across the narrow part of St. Catherine from the state park. Try jigging metallic spoons or blade baits along the bluff walls of the west shore and vary the depth of your retrieve to search out different parts of the water column until you find the fish.

Nearby Fishing License Dealers: You can purchase a fishing license at Poultney Town Clerk in Poultney, Williams Hardware in Poultney and online at vtfishandwildlife.com.

What kind of facilities do the parks have?

Vermont State Parks provide the perfect setting for many fun outdoor activities – hiking, wildlife watching, and of course tossing a line out and reeling in your next big catch. Most parks offer car-top launches for canoes and kayaks, and motorboat launching access areas are available across the state.

Lake St. Catherine State Park has a boat launch onsite. The southern part of the lake also has a Vermont Fish & Wildlife boating access area.

Whether you want to bring your boat and head out on local waters or fish from shore at a nearby fishing hole, Vermont State Parks have the facilities to make for a truly enjoyable stay.

What a deal!

The second Saturday in June is Free Fishing Day where anyone can fish anywhere in Vermont for free.

The rest of the summer, **you'll need a fishing license**, even at a State Park. Vermont offers inexpensive, short-term licenses for just a few bucks and kids under 15 can fish for free!

Or you can get a year-round fishing license that costs only as much as a tank of gas or a couple of movie tickets. But unlike gas or movie tickets, your fishing license lets you fish for a whole year, anywhere in the state, with just a single purchase. Buy and download it to your phone and you'll be all set.

See www.vtfishandwildlife.com to find out more.

Fishing licenses are available right at the contact office at many state parks and at authorized license agents. You can find a list of these online at www.vtfishandwildlife.com.

For more information

- For a full list of state parks, or trailered boat launches in Vermont State Parks, visit www.vtstateparks.com.
- For a complete fish stocking schedule, information on fishing regulations, or to buy a license online, visit www.vtfishandwildlife.com.

Or simply scan this QR code to buy a fishing license now.

