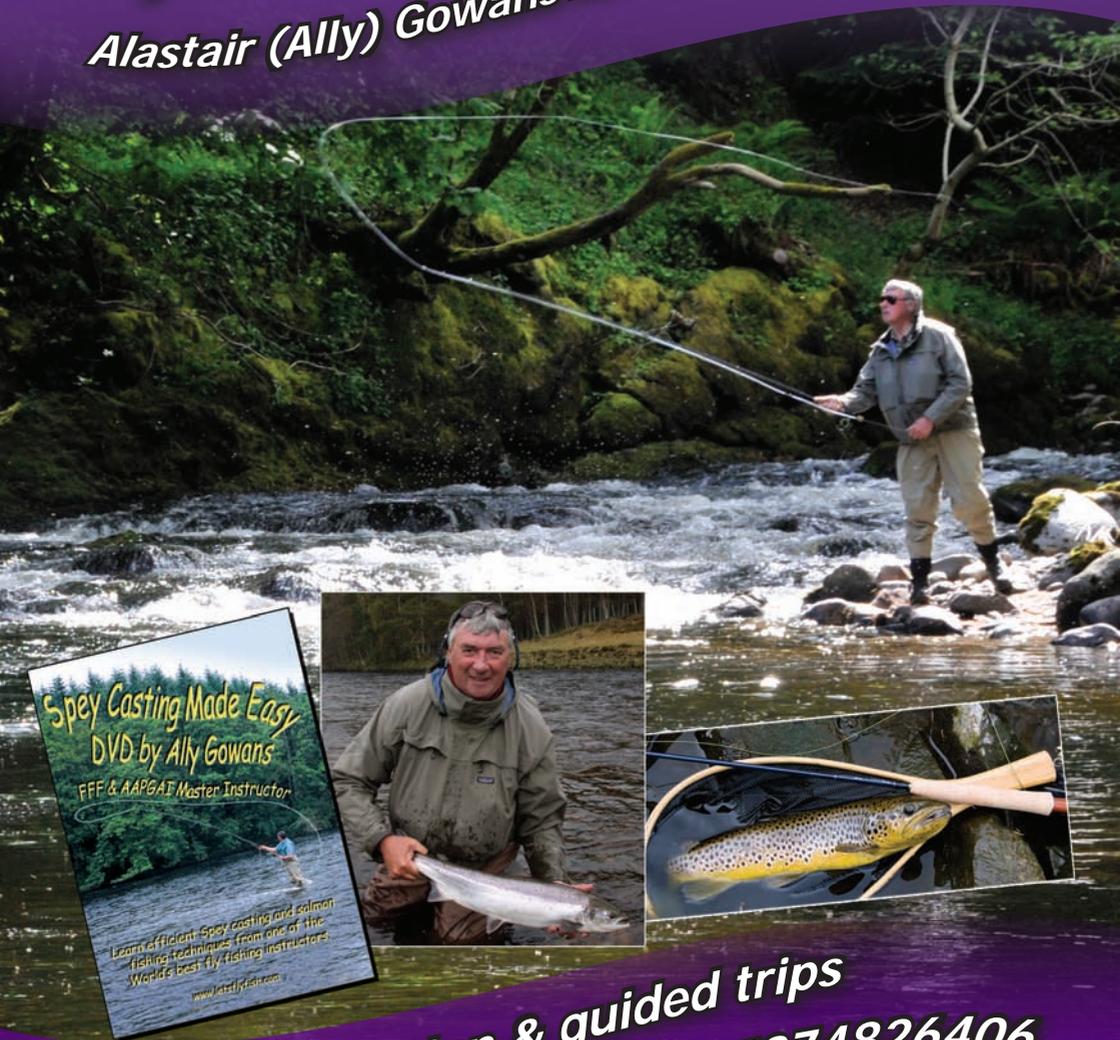


www.letsflyfish.com

Fly Fishing Made Easy

Alastair (Ally) Gowans AAPGAI & FFF Master



Fly fishing tuition & guided trips

Tel 01796 473718

Mob 07974826406

Pitlochry, Scotland

ally@letsflyfish.com

www.flyfish-scotland.com

Lets Fly Fish

Ally Gowans has over fifty years experience of fly fishing for trout, salmon and other species. He is a master fly fishing instructor and his teaching skills cover every aspect of this great sport, including expert tuition, guided trips, conservation, fly-tying, writing, photography and consultancy work. Whether you are a complete novice or a budding instructor, Ally is happy to share his vast knowledge to make your ambitions become a reality and enhance your fly fishing enjoyment. He offers all types of fly fishing instruction customised to your needs, covering the topics that you want to learn, arranged to suit your timetable. Groups of up to six persons at a time. Accommodation, tackle, instruction, guiding and fishing may be included.

Fly fishing tuition for individuals or groups tailored to suit your requirements.

Rods, reels and lines are provided if required free of charge during instruction. Rates are available for 2 hour lessons, half day or full day tuition and guiding sessions. Guided trips are available on a number of Scottish rivers and lochs and may include fishing permits, instruction, transport, meals and accommodation. Learn everything you need to know to become a proficient fly fisher for most fish species targeted around the World. Fly casting, fishing methods, knots, selection of tackle and it's care and use, how to make your own tackle and customise lines and indeed every aspect of game fishing. Fly-tying instruction and demonstrations are also available.

Single-handed fly casting and fly fishing techniques and casting.

All types of casting and fishing methods are taught expertly and ergonomically including single and double haul, roll and Spey casts and presentation techniques such as curved casts, reach casts, parachute casts etc. Practical fishing sessions may cover fly selection, tactics, boat fishing on lochs and reservoirs, salt water and night fishing methods.

Tackling Trout Course

An all-inclusive package over three days on the beautiful upper reaches of the River Tay that aims to teach efficient trout and grayling fly casting and fly fishing (including a fly tying evening) and is suitable for beginners and more experienced anglers alike. They will learn how to cast in a variety of ways easily and efficiently, make mends and presentations and how to assess conditions to employ the most likely tactics for success with trout and grayling in most circumstances. Limited to 8 places, two tutors.

Double-handed fly casting.

Learn the essential skills for successful salmon fly fishing including Single Spey, Double Spey, Switch, Snap C, T and Z, Skagit and Scandinavian Underhand casting methods. Learning to Spey cast has never been easier. You can also learn overhead casts and extra long distance casting methods including shooting lines. Practical floating and sunk line fly-fishing techniques and appropriate tackle and fly selection.

Spey Casting Made Easy DVD.

Designed to help you to understand exactly how Spey casting works and improve your technique. It features Roll, Single Spey, Double Spey, Snake and Snap casting methods, Underhand Casting, knots, fly tying and other helpful chapters for your benefit. There are of course important criteria for good style that will help you to make the best use of casting physics and your body. These are highlighted in the Spey Casting Made Easy DVD which aims to teach you to cast as efficiently and as effortlessly as possible and has been widely acclaimed as a great instructional resource.

Spey Casting Made Easy Course

This highly successful residential fly fishing school over three days has been evolved for many years and is an excellent way to quickly improve and learn the secrets of successful salmon fly fishing and especially Spey casting. The school includes all double handed casting methods, theory and practice, various fishing techniques, how to choose appropriate tackle and flies and a fly tying evening. Places are limited to six lead by two experienced instructors, Ally and fishery scientist and fellow instructor Dr Andy Gowans.

Ally's Fly Casting Rules

Start with the line straight or organised.

It is impossible to pull a car with a slack tow rope and it is impossible to move a fly with a slack line. If the line is not organised movement is wasted and worse because the rod is then in the wrong place to commence the cast. Always start organised and this applies whether your line is on the water, in the air or formed into a roll casting D loop. If the fly moves when the rod tip moves the line is sufficiently organised and then you can begin the cast perfectly.

Every casting stroke is a smooth acceleration followed by a stop.

In this context acceleration can be interpreted as meaning that the rod tensions all the line all of the time throughout a cast. The "cast" completes when the rod is stopped. Acceleration bends the rod and loads it like a spring. Whilst it is accelerating the bend increases, when it stops the rod recovers and straightens, it is the "fast" stop that transfers most of the stored (potential) energy from the spring (rod) to the line adding it to the kinetic energy already possessed by the line that makes casting efficient. That is why descriptions "like flicking paint off a brush" are used to describe casting. The better the "stop" the better it goes because the energy transfer is more efficient.

The line always follows the rod tip.

The line follows the rod tip ring and when the rod stops the line projects in the direction that the tip ring was travelling in when the stop was made. This is perhaps the least understood rule but it is fundamental to every casting technique. The route that the line takes and the direction of the cast is produced by movement of the rod tip ring alone. If you want your line to travel in a straight line - make the rod tip travel in a straight line, the direction of the line is the same as the direction of the rod tip and the same thing goes for circles or parts of circles, eclipses or any other shape that can support continuous motion for the duration of a casting stroke.

Proportionality

Casting stroke length is proportional to line length, long line - use a long stroke; short line - use a short stroke. Similarly for a short stroke a short arc can be used whilst for a longer cast a longer arc is necessary to ensure that the rod tip ring travels in a long straight line.

180 degree rule.

Line behind the rod tip should be aimed 180 degrees (in three dimensional space) from the intended direction of the following cast. This ensures that the line is pulled forwards towards the target without twisting out of plane. This is fundamental to directional changes and for coping with wind.

More information from Ally available on the Web

www.letsflyfish.com

Lots and lots of useful information about fly-fishing, fly-tying, conservation, fly casting, videos and questions & answers. Articles about a whole range of fishing topics and information on fishing in a number of countries including Scotland, Ireland and Canada. A favourite site with anglers world-wide.

www.flyfish-scotland.com

Contains information about fishing in Scotland for salmon, sea trout, trout grayling and other species. Essential reading for anglers who fish in Scotland. Includes pages on Protection Orders and Scottish fishing laws, river levels, species of fish and various rivers. What you really need to know to fly fish in Scotland, suggestions for tackle, tactics and flies.

Tight Lines 

Ally's salmon flies

Many anglers ask to purchase authentic Ally's Shrimps and other patterns that have proved to be successful for salmon and trout all over the World. These flies are available, tied specially to order, on single, double and treble hooks. Best quality materials are used and flies can be specified with or without Crystal Hair. Plastic, aluminium and brass tube flies can be supplied in a range of patterns. A few of the standard patterns available are shown below, see www.letsflyfish.com for a larger range or contact me by e-mail for special pattern requests.



Useful Knots

The right choice of knot and its correct tying is very important. When knotting monofilament take care to wet the material to lubricate the knot before pushing it tight with your fingers and pulling the tag ends to ensure that it is tight. If the monofilament has distorted it may be weakened and it is best to re-tie the knot. Tag ends of knots marked * may be used for fly attachment droppers.

