Monday Cast live · Nov 16–18, 2026

Weather
National Weather Service forecast for Lake Sunapee area

Lake Sunapee

New Hampshire
Mon Nov 16 – Wed Nov 18, 2026 · Eastern Time · Smallmouth

BITE ODDS · THIS CAST

8/10 — Strong odds

0 2 4 6 8 10

PRESSURE	STORMS	WIND	SKY / RAIN	BASS STAGE	CROWD
~ 12°F swing	+ No lightning	+ 5–10 mph usable ripple	+ Clear / sunny (~0%)	+ Fall transition	+ Weekday · lighter traffic

WEEK Early-week setup on this water — highs **45–56°F**, lows **27–39°F**, rain chance up to **~0%**. Story is light and bait position — dawn and last light carry the window.

THREE-DAY WEATHER

MONDAY NOV 16

45° F high

LOW	27°F
SKY	Partly Sunny
WIND	NW 5–10 mph
RAIN	~0%
SUN	6:42 AM / 4:22 PM

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

TUESDAY NOV 17

51° F high

LOW	39°F
SKY	Sunny
WIND	W 5 mph
RAIN	~0%
SUN	6:43 AM / 4:22 PM

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

WEDNESDAY NOV 18

56° F high

LOW	37°F
SKY	Mostly Sunny
WIND	W 5–10 mph
RAIN	~0%
SUN	6:45 AM / 4:21 PM

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

Window: Mon–Wed · Air: NW → W · Bite window: dawn + last light

HOW TO FISH THIS WEATHER

MORNING

- Shallow cover, points, creek mouths
- **First light (6:42 AM EST) → ~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 **Smallmouth plan: Go subsurface and a notch slower: edges of drop-offs, rocky points and bluff ends between the fall flats and the 20-40 ft winter depth; jerkbait with pauses, small jig or hula grub on the bottom, blade bait ripped off the bottom on points.**

BIOLOGY

BASS STAGE

Smallmouth are in the late fall transition — water in the low-to-mid 50s, so they are staging on drop-off edges, points and bends between their summer spots and the deep wintering holes.

Basis: estimated water ~50°F — 75-day observed air record (NOAA ACIS) lagged for a lake (14-day response); no water-temperature

NATURAL FORAGE

What's on the menu: Yellow perch and smelt lead the menu, with crawfish steady on rock. On calm afternoons, smallmouth often chase perch right up onto the shallow rock flats near the islands — a walking bait or small swimbait is worth a few casts there.

ALSO BITING

Lake trout and landlocked salmon in the deep basin; largemouth around docks and weed in the coves. Check NH Fish and Game rules before you keep fish.

PRESSURE

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

gauge on the lake; air record trending falling

DAM & WATER — GENERATION SCHEDULE

FIXED Dam-controlled water. No generation schedule posted by the operator for Mon Nov 16 – Wed Nov 18 — check the operator page the morning you fish; releases and pool levels change daily. Stay outside buoyed restricted zones.

ITEM	NOTE	SOURCE
Sunapee Lake Dam	No generation schedule posted by the operator for Mon Nov 16 – Wed Nov 18 Observed: observed flow at USGS 01152010 (Sugar River 0.2 Mi Below Nh 11, At Sunapee, Nh) 14 cfs (Mon 3:00 AM CT)	the operator
Permit / regs	Carry a valid NH license and respect posted no-wake and restricted areas.	

ACCESS — BANK / KAYAK / BOAT

BANK

Start at Sunapee Harbor's public walkways and town docks where fishing is allowed, the Georges Mills public shoreline, and the shoreline near the state beach in Newbury when it's open — verify hours, fees, and parking live and stay off private docks.

KAYAK

Launch from the state boat ramp at the Newbury state beach area or a posted harbor access for short paddles to rock points and docks. Morning, stay close to shore in the fog. The northwest wind can make the open lake rough, so stay in Herrick Cove or Georges Mills and fish lee docks with a Ned rig or tube.

BOAT

Launch from the state ramp in Newbury and idle every pad. Run early as the fog lifts and work island rock and points with walking baits and tubes. The calm, warming day — cover points and islands after the frost lifts, then slide deeper as the sun climbs.

LURE BOX

TOP

Walking bait — bone or chrome, fog afternoon. Small popper — calm pockets after the frost lifts. Spinnerbait — white on wind-blown rock.

MID

Tube — green pumpkin or smoke on rock. Ned rig — green pumpkin on lee rock and docks. Small swimbait — smelt or perch when bait shows.

BOTTOM

Football jig — green pumpkin or brown, 10–20 ft. Lake Sunapee runs clear, so lean on natural colors this week — smoke, perch, smelt, and green pumpkin.