FRESHWATER CAST · MONDAY CAST

Monday Cast live · Nov 16–18, 2026

Weather
National Weather Service forecast for Apalachia Lake area

Apalachia Lake

North Carolina
Mon Nov 16 – Wed Nov 18, 2026 · Central Time · Largemouth

BITE ODDS · THIS CAST

7 /10

Fair odds

0 2 4 6 8 10

PRESSURE	STORMS	WIND	SKY / RAIN	BASS STAGE	CROWD
+ Mostly stable	+ No lightning	~ Flat calm	+ Clear / sunny (~0%)	~ Fall transition · turnover	+ Weekday · lighter traffic

WEEK Early-week setup on this water — highs **59–66°F**, lows **30°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

59° F high

LOW	30°F
SKY	Sunny
WIND	N 2 mph
RAIN	~0%
SUN	—

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

TUESDAY NOV 17

61° F high

LOW	30°F
SKY	Sunny
WIND	0 mph
RAIN	~0%
SUN	—

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

WEDNESDAY NOV 18

66° F high

LOW	30°F
SKY	Sunny
WIND	NE 1 mph
RAIN	~0%
SUN	—

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

Window: Mon–Wed | Air: N → → NE | Bite window: dawn + last light

HOW TO FISH THIS WEATHER

MORNING

- Shallow cover, points, creek mouths
- **First light (first light CST) → ~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 **Largemouth plan: Follow shad into the backs of creeks and flats 1-10 ft; spinnerbait, squarebill and topwater at a fast pace.**

BIOLOGY

BASS STAGE

Largemouth are in the fall transition — following bait into creeks and onto flats as water cools. Possible turnover window on stratified reservoirs — the bite can go off for a few days.

Basis: estimated water ~60°F — statewide median of 26 lake estimates from the observed air record (NOAA ACIS) — no

NATURAL FORAGE

As nights cool, shad push into creek arms and onto points, and bass follow. Dock shade is your friend once the sun climbs.

ALSO BITING

Crappie settle onto brush and dock pilings as nights cool; small jigs or minnows work in the calm. Catfish bite cut bait along channel edges in the evening, and bluegill still feed around docks and riprap.

PRESSURE

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

coordinates on file for this lake; no water-temperature gauge on the lake; air record trending falling

DAM & WATER — GENERATION SCHEDULE

FIXED Dam-controlled water. Generation schedule and flows below are copied from the operator as posted at the Cast pull — schedules change; re-check the operator page the morning you fish. Stay outside buoyed restricted zones.

ITEM	NOTE	SOURCE
Apalachia Dam	Mon 11/16: 1 AM - 3 AM EST 0, 3 AM - 4 AM EST 1, 4 AM - 7 AM EST 0, 7 AM - 8 AM EST 1, 8 AM - 11 AM EST 2 or more, 11 AM - 6 PM EST 1, +2 more blocks · Tue 11/17: Midnight - 1 AM EST 1 · Wed 11/18: schedule not posted yet — TVA Observed: pool 1,277.85 ft (5 AM EST); outflow 30 cfs (5 AM EST)	TVA
Permit / regs	Confirm length limits, creel limits, and any special rules on the live NCWRC freshwater page before you keep fish.	
Clarity	Keep a short stringer of casts near the ramp on the first pass so you learn the water clarity and boat traffic before you wander.	

ACCESS — BANK / KAYAK / BOAT

BANK

Start from the Apalachia. Fish the public shoreline and riprap within walking distance of the ramp lot, not the launch lanes themselves. Work a small popper at first light, then a shaky head or a wacky-rigged stick worm along rock and any accessible dock ends that are clearly open to shore anglers.

KAYAK

Launch at the Apalachia, then stay in the near-shore dock and cove circuit so you are not fighting main-lake wakes all day. Skip a weightless stick worm or a small jig under docks, and ride the light breeze along the windward bank where bait lines up.

BOAT

Trailer in at the Apalachia and idle out until you are clear of the ramp pocket. Run points and creek mouths at first light with a walking bait or a squarebill. By midday, pick apart deeper dock rows with a jig or a skipped soft plastic, and graph brush in roughly 12–20 feet with a dropshot or a shaky head.

LURE BOX

TOP

Walking bait (shad) for schooling fish. Buzzbait along docks in softer light. Popper in calm dock shade.

MID

Squarebill (shad or chartreuse) on riprap and points. 3–4" swimbait on a light jighead. White spinnerbait on breezy banks.

BOTTOM

Skipping jig (green pumpkin) under docks. Wacky or Texas-rigged stick worm around posts. Shaky head on rock and riprap.