FRESHWATER CAST · MONDAY CAST

Monday Cast live · Nov 16–18, 2026

**Weather**
National Weather Service forecast for High Rock Lake area

# High Rock Lake

North Carolina

Mon Nov 16 – Wed Nov 18, 2026 · Eastern 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 **34–38°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 | 34°F |
| SKY | Sunny |
| WIND | NNE 2 mph |
| RAIN | ~0% |
| SUN | 6:57 AM / 5:13 PM |

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

### TUESDAY NOV 17

**63°** F high

| | |
|---|---|
| LOW | 36°F |
| SKY | Sunny |
| WIND | NNE 1 mph |
| RAIN | ~0% |
| SUN | 6:58 AM / 5:13 PM |

*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 | 38°F |
| SKY | Sunny |
| WIND | NE 2 mph |
| RAIN | ~0% |
| SUN | 6:59 AM / 5:12 PM |

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

Window: Mon–Wed · Air: NNE → NE · Bite window: dawn + last light

## HOW TO FISH THIS WEATHER

### MORNING

- Shallow cover, points, creek mouths
- **First light (6:57 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 **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 ~59°F — 75-day observed air record (NOAA ACIS) lagged for a lake (14-day response); no water-temperature

### NATURAL FORAGE

**No dated forage report covers this exact window, so treat this as the seasonal most-likely me**

### ALSO BITING

**Crappie are a big part of High Rock's fishing, and the drawdown pulls them onto deeper brush and the channel edges of the creek arms; vertical jigging and small minnows work well in the calm.**

### 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 — 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 | Regs: Confirm length limits, creel limits, and any special rules on the live North Carolina Wildlife Resources Commission freshwater page before you keep fish. | |
| Clarity | High Rock usually runs stained, and falling water can muddy the creek arms further, so chartreuse, black-blue, and junebug show up well. | |

## ACCESS — BANK / KAYAK / BOAT

### BANK

The Buddle Creek access off Holloway Church Road and the Southmont access on Abbotts Creek off NC 8 both give walk-in anglers public shoreline; fish away from the ramps. The drawdown has exposed long, walkable banks, so hike to where the bottom drops off fastest and cast a shaky head or a Texas-rigged worm to the first stumps.

### KAYAK

Buddle Creek is a favorite paddle launch that opens up the Abbotts Creek side. The NCWRC ramp off Bringle Ferry Road near Tamarac Marina works for the Rowan County side. Paddle the creek channel edges with a squarebill or a weightless fluke, and fish newly exposed stump rows that boats cannot reach.

### BOAT

Launch at Southmont, Dutch Second Creek, the NCWRC Bringle Ferry Road ramp, or Flat Swamp on the Denton side. A Yadkin recreation inventory lists Southmont, Buddle Creek, Dutch Second Creek, and Flat Swamp as ramps a drawdown can affect, so check depth first.

## LURE BOX

### TOP

Walking bait (shad) over points at dawn. Buzzbait along stump rows in the fog. Popper on calm flats.

### MID

Squarebill (shad or chartreuse) on riprap and stumps. White spinnerbait on breezy banks. 3–4" swimbait when shad are up.

### BOTTOM

Texas-rigged worm (green pumpkin, junebug) on stumps. Shaky head on clay and gravel. Carolina rig along channel swings.