Monday Cast live · Nov 16–18, 2026

Weather
National Weather Service forecast for Metigoshe area

Metigoshe

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

BITE ODDS · THIS CAST

5/10 — Fair odds

0 2 4 6 8 10

PRESSURE	STORMS	WIND	SKY / RAIN	BASS STAGE	CROWD
+ Mostly stable	+ No lightning	+ 9–13 mph usable ripple	− Rain up to ~98%	− Winter	+ Weekday · lighter traffic

WEEK Early-week setup on this water — highs **41–50°F**, lows **30–38°F**, rain chance up to **~98%**. Story is the wet stretch — bite windows ride the rain timing, not the calendar.

THREE-DAY WEATHER

MONDAY NOV 16

50° F high

LOW	38°F
SKY	Partly Sunny
WIND	SW 6–9 mph
RAIN	~0%
SUN	7:52 AM / 4:59 PM

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

TUESDAY NOV 17

49° F high

LOW	35°F
SKY	Mostly Cloudy
WIND	E 3–9 mph
RAIN	~2%
SUN	7:53 AM / 4:58 PM

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

WEDNESDAY NOV 18

41° F high

LOW	30°F
SKY	Mostly Cloudy then Chance Light Rain
WIND	NE 8–13 mph
RAIN	~98%
SUN	7:55 AM / 4:57 PM

Frame: Wet day — fish the front side of the rain; slow down and stay close to cover after it passes.

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

HOW TO FISH THIS WEATHER

MORNING

- Shallow cover, points, creek mouths
- **First light (7:52 AM 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

WINTER **Largemouth plan: Fish 15-30 ft bluff ends and channel swings; slow-roll a jig, blade bait or suspending jerkbait with long pauses.**

BIOLOGY

BASS STAGE

Largemouth are in the winter pattern — slow metabolism, holding deep and tight to structure.

Basis: estimated water ~46°F — 75-day observed air record (NOAA ACIS) lagged for a lake (14-day response); no water-temperature gauge on the lake; air record trending falling

NATURAL FORAGE

No dated forage report covers this exact window, so treat this as the seasonal most-likely menu and let your graph

ALSO BITING

Walleye, northern pike, and yellow perch remain core Metigoshe targets as nights cool. Confirm NDGF and state park rules before you keep fish.

PRESSURE

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

WATER BOARD — LAKE CHEAT SHEET

FIXED Natural / small-impoundment water — no generation table. Check access rules and level notes with the managing agency before you go.

ITEM	NOTE	SOURCE
Permit / regs	Regs: Confirm length limits, creel limits, and any special rules on the live North Dakota Game and Fish freshwater page before you keep fish.	

ACCESS — BANK / KAYAK / BOAT

BANK

Start from the ND Parks Lake Metigoshe State Park / NDGF public boat ramps on Lake Metigoshe and fish public shoreline within walking distance of the ramp lot — not the launch lanes themselves.

KAYAK

Launch at the ND Parks Lake Metigoshe State Park / NDGF public boat ramps on Lake Metigoshe, then stay in the near-shore rock and cove circuit so you are not fighting open-water whitecaps all day.

BOAT

Trailer in at the ND Parks Lake Metigoshe State Park / NDGF public boat ramps on Lake Metigoshe and idle out until you are clear of the ramp pocket. Run lee rock and points at first light with a squarebill, spinnerbait, or walking bait, then stay on protected structure while the wind holds.

LURE BOX

TOP

Walking bait (shad) for schooling fish on calm edges. Buzzbait along lee weed and riprap in the chop. Popper in quiet early-morning cove shade.

MID

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

BOTTOM

Ned rig or shaky head on rock points. Green-pumpkin jig along riprap and wood. Texas-rigged stick worm in quieter pockets.