FRESHWATER CAST · MONDAY CAST

Monday Cast live · Nov 16–18, 2026

Weather
National Weather Service forecast for Lake Gaston (VA) area

Lake Gaston (VA)

Virginia

Mon Nov 16 – Wed Nov 18, 2026 · Eastern Time · Largemouth

BITE ODDS · THIS CAST

8/10 — Strong odds

0 2 4 6 8 10

PRESSURE	STORMS	WIND	SKY / RAIN	BASS STAGE	CROWD
+ Mostly stable	+ No lightning	+ 1–3 mph usable ripple	+ Clear / sunny (~0%)	~ Fall transition · turnover	+ Weekday · lighter traffic

WEEK Early-week setup on this water — highs **57–64°F**, lows **31–32°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

57° F high

LOW	31°F
SKY	Widespread Frost then Sunny
WIND	N 0–3 mph
RAIN	~0%
SUN	6:51 AM / 5:03 PM

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	32°F
SKY	Sunny
WIND	NE 2 mph
RAIN	~0%
SUN	6:52 AM / 5:02 PM

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

WEDNESDAY NOV 18

64° F high

LOW	32°F
SKY	Sunny
WIND	NE 1 mph
RAIN	~0%
SUN	6:53 AM / 5:02 PM

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 (6:51 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 ~62°F — 75-day observed air record (NOAA ACIS) lagged for a lake (14-day response); no water-temperature

NATURAL FORAGE

Fall shad migration. Largemouth are following shad into the creeks and feeding heavily before winter.

ALSO BITING

Striped bass chase shad on the main lake and in the upper river channel. Crappie are moving toward brush and bridge pilings.

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	Check the live Virginia DWR regulations before you keep fish.	

ACCESS — BANK / KAYAK / BOAT

BANK

The Steel Bridge public landing and posted Virginia access near Bracey put riprap, creek mouths, and docks within a short walk. Verify fees and hours, and keep the ramp clear. Throw a walking bait or buzzbait along the riprap while the fog lingers, then switch to a wacky rig or shaky head.

KAYAK

Launch from the Steel Bridge access or another posted Virginia access, and head into the nearest creek, such as Poplar Creek. The creeks are calm and full of shad this week, which makes them ideal kayak water. Work the backs of creeks with topwater early, then fish docks and wood with a wacky rig or Texas rig.

BOAT

Wait for the fog to lift enough to run safely, then fish the backs of the Virginia-side creeks with topwater and spinnerbaits, and switch to docks when the sun rises. Start in the creeks, then move to docks and grass with a jig or wacky rig. Cover the creeks early and follow bait out to secondary points.

LURE BOX

TOP

Walking bait or popper (bone / shad) at first light. Buzzbait along shady banks early. Hollow frog over grass or pads where present.

MID

Spinnerbait (white / chartreuse) on windy points. Squarebill crankbait around docks and wood. Lipless crankbait through shad schools.

BOTTOM

Texas-rigged creature bait or worm (green pumpkin). Wacky rig under docks. Jig and craw trailer on wood and rock.