FRESHWATER CAST · MONDAY CAST

Monday Cast live · Nov 16–18, 2026

Weather
National Weather Service forecast for Occoquan Reservoir area

Occoquan Reservoir

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

BITE ODDS · THIS CAST

9/10 — Strong odds

0 2 4 6 8 10

PRESSURE	STORMS	WIND	SKY / RAIN	BASS STAGE	CROWD
+ Mostly stable	+ No lightning	+ 2–8 mph usable ripple	+ Clear / sunny (~1%)	+ Fall transition	+ Weekday · lighter traffic

WEEK Early-week setup on this water — highs **59–66°F**, lows **32–34°F**, rain chance up to **~1%**. 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	NW 3–8 mph
RAIN	~1%
SUN	6:52 AM / 4:55 PM

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

TUESDAY NOV 17

62° F high

LOW	32°F
SKY	Sunny
WIND	NW 3 mph
RAIN	~0%
SUN	6:53 AM / 4:54 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	34°F
SKY	Sunny
WIND	NW 2 mph
RAIN	~0%
SUN	6:54 AM / 4:53 PM

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

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

HOW TO FISH THIS WEATHER

MORNING

- Shallow cover, points, creek mouths
- **First light (6:52 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.

Basis: estimated water ~58°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

Fall shad migration. Largemouth are following shad into the creek arms and feeding heavily before winter, while also holding on wood throughout the day.

ALSO BITING

Crappie are moving toward brush and deeper wood and are a good target this time of year. Catfish bite well in the evening along channel edges.

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	Check the live Virginia DWR regulations before you keep fish.	
Clarity	Upstream stream gauges show that the watershed was dry evening, which points to clear water and a stable level.	

ACCESS — BANK / KAYAK / BOAT

BANK

Fountainhead Regional Park and posted Lake Ridge access put docks, wood, and points within a short walk. Verify park hours and fees, since NOVA Parks facilities may reduce hours after the summer season. Cast a walking bait or buzzbait along shady banks while the fog lingers, then switch to a wacky rig around wood.

KAYAK

Launch at Fountainhead Regional Park or another posted access, and head into the nearest creek arm. The Occoquan's narrow, winding arms are well suited to kayaks, and this week's light winds make for easy paddling. Work the backs of creeks with topwater early, then fish wood and docks with a wacky rig or Texas rig.

BOAT

Wait for the fog to lift enough to run safely, then fish the backs of creek arms with topwater and spinnerbaits, and switch to wood and docks when the sun rises. Start in the creeks and move to main-reservoir wood with a jig or squarebill. 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.