FRESHWATER CAST · MONDAY CAST

Monday Cast live · Nov 16–18, 2026

Weather
National Weather Service forecast for Cook Lake area

Cook Lake

Wyoming
Mon Nov 16 – Wed Nov 18, 2026 · Mountain Time · Trout

BITE ODDS · THIS CAST

3/10

Poor odds

0 2 4 6 8 10

PRESSURE	STORMS	WIND	SKY / RAIN	BASS STAGE	CROWD
− Fast change · 20°F swing	+ No lightning	− Up to 17 mph · open-water chop	~ Rain up to ~49%	+ Fall transition	+ Weekday · lighter traffic

WEEK Early-week setup on this water — highs **44–59°F**, lows **26–46°F**, rain chance up to **~49%**. Story is wind — pick banks the breeze is hitting and keep crossings short.

THREE-DAY WEATHER

MONDAY NOV 16

59° F high

LOW	46°F
SKY	Mostly Sunny
WIND	S 7 mph
RAIN	~0%
SUN	6:55 AM / 4:29 PM

Frame: Stable day — first-light moving bait, then slow down around shade and cover once the sun is up.

TUESDAY NOV 17

58° F high

LOW	39°F
SKY	Mostly Sunny
WIND	SW 3–13 mph
RAIN	~25%
SUN	6:56 AM / 4:28 PM

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

WEDNESDAY NOV 18

44° F high

LOW	26°F
SKY	Chance Rain And Snow
WIND	W 17 mph
RAIN	~49%
SUN	6:57 AM / 4:27 PM

Frame: Breeziest day — use ripple on wind-blown banks and points; open-water chop is higher risk.

Window: Mon–Wed · Air: S → SW → W · Bite window: dawn + last light

HOW TO FISH THIS WEATHER

MORNING

- Shallow cover, points, creek mouths
- **First light (6:55 AM MST) → ~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 **Trout plan: Target inflows and shoreline drop-offs as water cools; spoons, spinners and streamers, moderate.**

BIOLOGY

BASS STAGE

Trout are in the fall transition — following bait into creeks and onto flats as water cools.

Basis: estimated water ~52°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 rising

NATURAL FORAGE

What's on the menu: aquatic insects, scuds and leeches.

ALSO BITING

Brown trout. Browns feed hardest at dawn and dusk; a minnow-imitating lure along drop-offs can draw a bigger fish.

PRESSURE

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

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 current Wyoming Game and Fish regulations before you keep any fish.	
Clarity	Calm, sunny days mean clear water, so light line and small lures help.	

ACCESS — BANK / KAYAK / BOAT

BANK

Fish from the accessible fishing pier or the shoreline around the Cook Lake Recreation Area. Cast a small spinner or spoon along drop-offs, or fish a worm or floating bait under a bobber or off the bottom. Fly anglers can strip a small leech or float a dry fly on calm evenings.

KAYAK

Cook Lake is ideal for kayaks, canoes and paddleboards, since internal combustion motors are prohibited year-round. Carry your boat in from the walk-in access, since there's no developed ramp.

BOAT

Gas motors aren't allowed on Cook Lake, so this is a water for small non-motorized boats only. Carry in a canoe, small rowboat or float tube from the walk-in access, since there's no developed boat ramp.

LURE BOX

TOP

Dry fly or small dry-dropper rig on calm mornings when fish rise. Bobber and worm along shallow flats at first light. Surface action fades quickly once the wind builds.

MID

Small spoon in gold, silver or orange cast along drop-offs. Inline spinner retrieved slowly near the windward bank. Wooly bugger or leech pattern trolled from a kayak.

BOTTOM

Floating bait or worm on a slip-sinker rig from shore. Worm harness behind a flasher, trolled deeper at midday. Small jig tipped with a worm near the bottom.