Monday Cast live · Nov 16–18, 2026

Weather
National Weather Service forecast for Fremont Lake area

Fremont Lake

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

BITE ODDS · THIS CAST

5/10 — Fair odds

0 2 4 6 8 10

PRESSURE	STORMS	WIND	SKY / RAIN	BASS STAGE	CROWD
− Unsettled · 16°F swing	+ No lightning	+ 7–13 mph usable ripple	− Rain up to ~99%	+ Fall transition	+ Weekday · lighter traffic

WEEK Early-week setup on this water — highs **32–48°F**, lows **19–29°F**, rain chance up to **~99%**. Story is the wet stretch — bite windows ride the rain timing, not the calendar.

THREE-DAY WEATHER

MONDAY NOV 16

48° F high

LOW	29°F
SKY	Partly Sunny
WIND	SE 2–7 mph
RAIN	~2%
SUN	7:12 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

46° F high

LOW	21°F
SKY	Mostly Cloudy then Rain And Snow Showers Likely
WIND	SE 5–13 mph
RAIN	~99%
SUN	7:13 AM / 4:54 PM

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

WEDNESDAY NOV 18

32° F high

LOW	19°F
SKY	Mostly Sunny
WIND	NNW 2–13 mph
RAIN	~42%
SUN	7:15 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: SE → NNW · Bite window: dawn + last light

HOW TO FISH THIS WEATHER

MORNING
- Shallow cover, points, creek mouths
- **First light (7:12 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 ~45°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
What's on the menu: kokanee, other trout and small fish.

ALSO BITING
Rainbow trout. Rainbows cruise the shoreline early; small spoons or worms from shore can produce at first light.

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.	

ACCESS — BANK / KAYAK / BOAT

BANK

Rainbows cruise the edges early, and lake trout sometimes push shallow in low light. Cast a heavy spoon or a floating minnow bait as far as you can along drop-offs, or fish a worm or floating bait off the bottom for rainbows. Bank fishing for lake trout is mostly a dawn and dusk game, so plan around those hours.

KAYAK

Light wind all three days makes this a good week for a kayak on Fremont Lake, but it's a very large, deep, cold lake, so stay near shore. Launch at the Fremont Lake Campground ramp and work the shoreline drop-offs early with a heavy spoon or tube jig.

BOAT

Launch at the Fremont Lake Campground boat ramp and dock, and confirm launch status first. Start the morning over deep structure edges in about 40–80 feet, where a September report found lake trout, and jig white tubes or flutter spoons vertically over fish you mark.

LURE BOX

TOP

Surface action is limited for lake trout, so focus deeper. Small spoon cast to rising rainbows along shore at first light. Floating minnow bait at dawn when lakers push shallow.

MID

Heavy casting spoon in white, silver or chartreuse over reefs. Flutter spoon jigged over fish marked on electronics. Trolled spoon or crankbait along drop-offs early in the day.

BOTTOM

White tube jig tipped with sucker meat on deep structure. Jigging spoon or blade bait vertically over humps and edges. Swimbait on a heavy jighead dragged along breaks.