

Fly Fishing Course in Cumbria



Highlights

The spectacular Eden Valley in Cumbria is the setting for this one-day fly fishing course. Whether you're a curious beginner or a veteran trying to hone their technique, you can be guaranteed of a day that's both enjoyable and educational.

One of Britain's only northward-flowing rivers, the River Eden is also one of the cleanest. Running through wild, open moorland, past castles, churches and the famous Settle to Carlisle railway, the river offers some of the best and most picturesque fishing in the UK. A fantastic place to catch salmon, the river also supports a sea trout run, as well as brown trout, grayling, chub, dace and eel. All this fish in turn supports a sizeable population of otters, which can often be seen frolicking on the densely wooded banks. As a result of its incredible natural beauty and great diversity of flora and fauna, the River Eden and its tributaries were declared a Site of Special Scientific Interest in 1997.

This one-day fly fishing course is a great way to experience this awesome landscape. Experienced fishers can benefit from expert tuition in a host of casting techniques, including single and double Spey, overhead, sunk line, snake roll and double haul, as well as in reading the river, tactics, knots and landing skills. For beginners, meanwhile, there is no better way to cut your teeth than on this course. You'll be provided with everything you need - from equipment to encouragement - to bag your first fish, and you'll also learn valuable skills that will allow you to embark on solo fishing expeditions. Be warned though: all this clean air, stunning scenery and wholesome activity can be addictive - no-one goes fly fishing just once!

Is it for me?

This day out is suited to two types of person. On the one hand, we have the experienced fly fisher looking to sharpen his skills with some expert guidance (if that sounds like you then you probably don't need to be reading this bit). On the other, we have the open-minded novice, someone who's prepared to step a little out of their comfort zone and see what all the fuss is about. The act of catching a fish requires preparation and patience, but fishing is about so much more than that. It's about becoming part of the landscape, about being enveloped in the beauty and stillness of the scene - fishing is not so very far from meditation! For those who like to experience the natural environment at high speeds, the magic of fly-fishing in Cumbria may pass you by. But for those who enjoy nature for nature's sake - and who don't mind getting wet - this course may be just the thing.

Accommodation

This course is based near Carlisle, England's northernmost city, its smallest in population but its largest in area. Food and lodging are not provided with this tour (tea and coffee are available free of charge), but Carlisle has a wide range of quality accommodation, from friendly B&Bs to luxury hotels. There are also countless inns and guesthouses in the local area thanks to its proximity to Hadrian's Wall and the Lake District (both well worth a visit). Food-wise the region caters for every taste; there are cosy pubs serving no nonsense fare, trendy pavement cafes and internationally-acclaimed restaurants to try out. Make sure to sample the local specialties - Cumbria is famous for its beef, honey, ice cream and, of course, fish!

Itinerary

A typical day on the river begins around 10am in either Carlisle or nearby Lazonby, from where you'll be

Prices from

95 GBP (half day) per person

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transferred to a prime fishing spot. Here you can get kitted out with rods, waders and flies if you don't have your own – these are provided free of charge. The itinerary for the rest of the day is flexible and depends on your own requirements and abilities. Invariably though you'll work closely with your guide to develop your skills, whether that means learning the basics or perfecting a difficult cast. Tea, coffee and soft drinks are provided free of charge throughout the day, and there is plenty of time for an optional lunch break. It's then back to Carlisle around 4pm to celebrate your catch or reflect on the one that got away!

Details

Getting there

Trains for Carlisle on London Euston – Edinburgh/Glasgow line. For Lazonby, road or rail from Carlisle.

Price includes

Equipment (tackles, rods, waders), tea/coffee, transfers, tuition. E.A. rod license not included.

Half day (3 hours) – GBP 95.0; Full day (6 hours) – GBP 180.0

When is best

You will probably want to go fishing during season:

Salmon season - January 15th-October 14th

Brown Trout season - March 15th-September 30th

Sea Trout season - April 1st-September 30th

Grayling season - June 16th-March 14th

Available

Jan—Dec

Typical Duration

3 hours - 6 hours

Experience required

A reasonable interest is all that is needed