

# Roche Lake

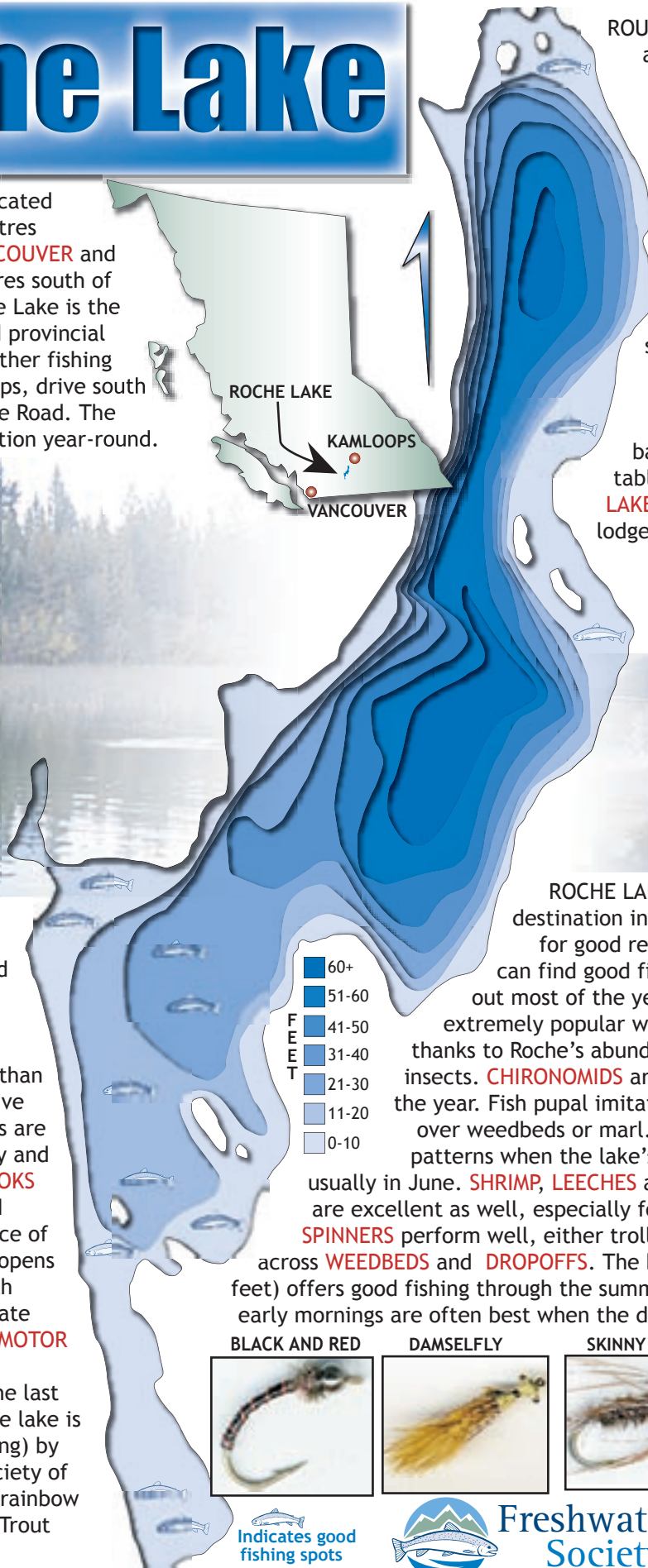


ROCHE LAKE is located about 250 kilometres northeast of VANCOUVER and about 30 kilometres south of KAMLOOPS. Roche Lake is the centre of a recently created provincial park, with more than nine other fishing lakes close by. From Kamloops, drive south on Highway 5A to Roche Lake Road. The route remains in good condition year-round.



ROCHE LAKE is managed as a

quality fishery, meaning anglers will have the opportunity to catch bigger than average trout, often up to five pounds or more. Catch limits are restricted to **TWO FISH** a day and anglers must use **SINGLE HOOKS ONLY** so that fish caught and released have the best chance of survival. The fishing season opens May 1 and closes Dec. 1, with ice-off usually occurring in late April. There is an **ELECTRIC MOTOR ONLY** regulation in the lakes southern channel south of the last island, marked by a sign. The lake is stocked annually (every spring) by the Freshwater Fisheries Society of B.C. with more than 25,000 rainbow trout from the Summerland Trout Hatchery near Kelowna.



ROUGH IT in a tent or live in a resort's



luxury – Roche Lake has it all. There are two provincial park **CAMP GROUNDS** on the lake, one at the northeast end, the other on the west side. Both allow extended overnight stays for \$10 a night, per campsite. Both campgrounds offer boat launches, pit toilets and basic amenities like picnic tables and fire rings. **ROCHE LAKE RESORT** is a full-service lodge/cabin operation, with a dock, boat rentals and convenience store. The lodge also offers a private boat launch.



ROCHE LAKE is a popular destination in B.C.'s Interior for good reason – anglers can find good fishing throughout most of the year. The lake is extremely popular with fly anglers, thanks to Roche's abundant hatches of insects. **CHIRONOMIDS** are a mainstay throughout the year. Fish pupal imitations in the area's shoals over weedbeds or marl. **DAMSELFLIES** are useful patterns when the lake's prolific hatch turns on, usually in June. **SHRIMP**, **LEECHES** and **DRAGONFLY** patterns are excellent as well, especially for trolling. **FLATFISH** and **SPINNERS** perform well, either trolled or cast and retrieved across **WEEDBEDS** and **DROPOFFS**. The high-altitude lake (4,500 feet) offers good fishing through the summer, though evenings and early mornings are often best when the days are scorching hot.



BLACK AND RED



DAMSELFLY



SKINNY MINNY



SPINNER



Indicates good fishing spots



Freshwater Fisheries Society of B.C.