**TIPS FOR CATCH AND RELEASE SUSTAINABLE FISHING**

1. **USE ARTIFICIAL LURES (NO BAIT) TO MINIMIZE DEEP HOOKING.** Barbless hooks or hooks with flattened barbs make unhooking easier and less stressful on the fish.

2. **LAND YOUR FISH AS CAREFULLY AND QUICKLY AS POSSIBLE.** If you plan to release the fish, do not pull it up or land it on dry land—sand, rocks and vegetation damage the trout’s slime covering that helps keep the fish healthy.

3. **AVOID MOVING THE FISH FROM THE WATER.** Unhook and release the fish while it is still under water.

4. **ONLY USE WET HANDS AND LIMIT OVERALL HANDLING OF FISH.** Never use a rag and never squeeze the fish or touch its eyes or gills.

5. **GENTLY REMOVE HOOKS THAT ARE VISIBLE.** If you can see the hook, remove it carefully. Otherwise, just clip the line near the mouth on a deep hooked fish. The hook will rust and dissolve over time.

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**LEAVE NO TRACE**

Fishing line and hooks left behind can harm pets, wildlife and other people (often children, who are wading, swimming or playing on the shore). Please collect and recycle fishing line and hooks at your local tackle shop and at fishing disposal tubes at lakes and marinas throughout the Eastern Sierra.

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**JUNE IS LEARN TO FISH MONTH!**

Share the love of fishing with your friends and family! Invite someone who has never fished before to cast a line with you in your favorite waters during the month of June. Get someone “hooked” on fishing – share the excitement of catching your first fish and post your pictures on social media with the hashtag #LearnToFish.

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**FISH SPECIES FOUND IN THE EASTERN SIERRA**

- Rainbow Trout*
- Brown Trout*
- Lahontan Cutthroat*
- Golden Trout*
- Brook Trout
- Sacramento Perch
- Kokanee Salmon
- Largemouth Bass
- Catfish
- Carp
- Bluegill

*Want more monsters to catch? Join the effort to keep our Eastern Sierra fisheries healthy and sustainable so that trout can grow to trophy sizes – not only for your next fishing trip but for your great-grandkids and their great-grandkids! It’s simple:

**KEEP ONLY WHAT YOU NEED.** Release the rest to reproduce, grow and transform into trophy-sized beauties!

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**OVER 650,000 LBS. OF FISH STOCKING**

In addition to the significant amount of trout stocking provided by California Department of Fish and Wildlife (DFW) – Mono County, Mammoth Lakes, Inyo County, Bishop, and private marinas and resorts also plant approximately 40,000 pounds. This partnership stocking program totals over 650,000 pounds in the Eastern Sierra annually! Learn more at the DFW website: Wildlife.ca.gov

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**FISHING MAP**

**INYO AND MONO COUNTIES**

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**EASTERN SIERRA**

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**FISHING LEAGUE**

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**EASTERN SIERRA FISHING MAP**

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**IMAGES**

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