

East Bay Lakes Fishing Report 5.13.2024

BY CHUCK WOLF

WON Staff Writer

SEASON ENDS WITH HEAVY GOLD!

There should be no doubt that this has been one of the best East Bay trout seasons in recent years. The East Bay Regional Parks District, and particularly Joe Sullivan, the fishery manager, have exceeded every expectation with over 59,000 pounds of trout planted since January including some massive lightning trout. The season has drawn to a close but has ended with some heavy gold!

There were some rough spots mid-season when East Bay action was not going as expected. Heavy weather pounded the region, the lakes were high and off color, and in some instances, sediment like we saw at Lake Del Valle threatened plants all together. Angling pressure was light and fish counts were low, but heavy plants, especially plants of lightning trout brought out even the most reluctant anglers.

This year there wasn't one district lake that didn't produce a double-digit rainbow and most lakes produced several. We saw some big bows planted in the early season and while the lightning were not nearly as large, there were still some over 5-pounds. After the first of the year, we saw some exceptional fishing that lasted until the most recent plant this week.

Overall, Lake Del Valle produced dozens of fish over 5-pounds, a rainbow that broke 11-pounds, a lightning trout exceeding 11.04 pounds and at least a half dozen just over or just under the double-digit mark. Shadow Cliffs produced well above what had been expected. This lake has now fully recovered and received the attention that it deserves. Locals saw both bows and lightning to 10 pounds. Quarry Lakes saw some of the best early season action with solid limits from the beach, cove, and row. Lake Chabot presented anglers with mixed action. Water levels remained high for the season making access to most spots difficult but once anglers figured out how to deal with the high water, it was game on!

Lake Temescal has been one of the most popular lakes this season and few anglers were disappointed by the action there. This is an urban lake and receives some of the heaviest fishing pressure in the bay area. Despite the number of anglers, or maybe because of this number, there were far more fish posted than from most

other lakes including a slew of lightning trout over 10-pounds and a recent catch estimated at over 11. Add in multiple rainbows just over or just under 10 pounds and dozens of fish over 5 pounds and you can see why this lake is so popular. Finally, and certainly not to be discounted, Contra Loma also produced some great catches. Heavy weeds and low water made this lake difficult to fish, but overall, the action was as good as on any of the other lakes.

With over 59,000 pounds of trout (not including DFW's) planted this year alone and over 6 plants of lightning trout, this has undoubtedly been one of the best seasons in years!