

WHY FISH NH?

Just step outside to find scenic fishing here in wild New Hampshire—we've got great fishing around every corner:

- ◆ 12,000 miles of river and streams.
- ◆ 975 lakes and ponds.
- ◆ Fishing for bass, trout, salmon, pike, walleye, pickerel, perch and more.
- ◆ Record big fish—and some wily wild fish too!
- ◆ Scenic vistas and wildlife abound.
- ◆ Nearly a million trout stocked each year—just for you!



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in New Hampshire at
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New Hampshire Fish and Game
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REVISED 05/2021



Your purchase of fishing tackle and motorboat fuels, along with license sales, helps fund sport fish restoration and management in New Hampshire



New Hampshire Fish and Game Department

Fish NH!

Southeast Region



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Shoreline Fishing Guide

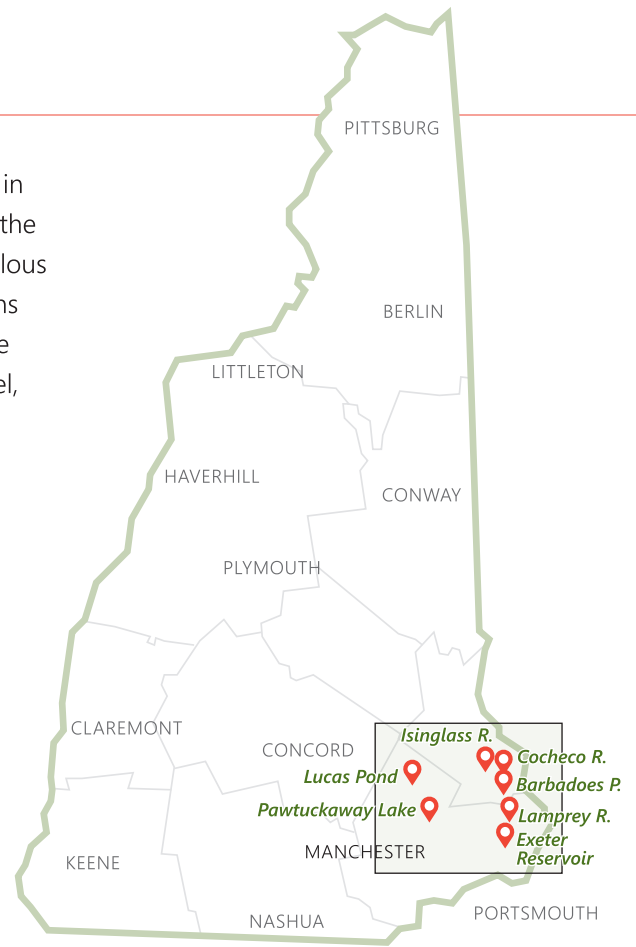
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Southeastern New Hampshire: Where fishing is close to home!

Perhaps the most understated feature about freshwater fishing in southeastern New Hampshire is how easy it can be to escape the crowds, the traffic, and the noise often associated with more populous areas. Traditionally, people think of heading to the White Mountains and the northern part of the state to find refuge and solitude. Here in southeastern New Hampshire, too, with minimal effort and travel, you can cast a line in some of the most scenic rivers and ponds in the state.

Try these shorebank fishing spots in southeastern New Hampshire—just a few of the many the area has to offer. Featured sites include:

- 📍 Isinglass, Cocheco, and Lamprey Rivers
- 📍 Pawtuckaway Lake
- 📍 Lucas Pond, Barbadoes Pond, and the Exeter Reservoir



Catch and Release

Fishing for fun, not food? Make sure you practice “catch-and-release.” A fish that is properly handled will have the best chance of survival.

Here’s how:

- Use barbless hooks or hooks with pinched barbs.
- Land the fish quickly, so it does not become exhausted or stressed.
- Release the fish while it’s still in the water.



- To remove the hook, gently back it out of the fish’s mouth. You can use pliers for this.
- Never remove a deeply swallowed hook from the fish’s throat or stomach—instead, cut the leader and leave the hook in the fish. It will eventually work free or rust away.



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At different times of year, more than a dozen fish species can be caught from shore in southeastern New Hampshire waters.

Fish of Southeastern New Hampshire

Use this handy guide to choose the best baits and to see what kind of fish you've caught.

Baits to Use

Natural Baits

Worms and crawlers



Grasshoppers and crickets



Minnows



Artificial Baits

Flies (wet, dry, streamers)



Jigs and curl tail grubs



Spoons



Crank baits



In-line spinner baits



Topwater baits (popper)



Artificial putty baits



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Fish Identification Chart

Largemouth Bass



Bluegill



Black Crappie



Pumpkinseed



Chain Pickerel



Bullhead (horned pout)



Yellow Perch



Brook Trout



Rainbow Trout



Brown Trout



Match Your Bait to Your Catch



What to Bring

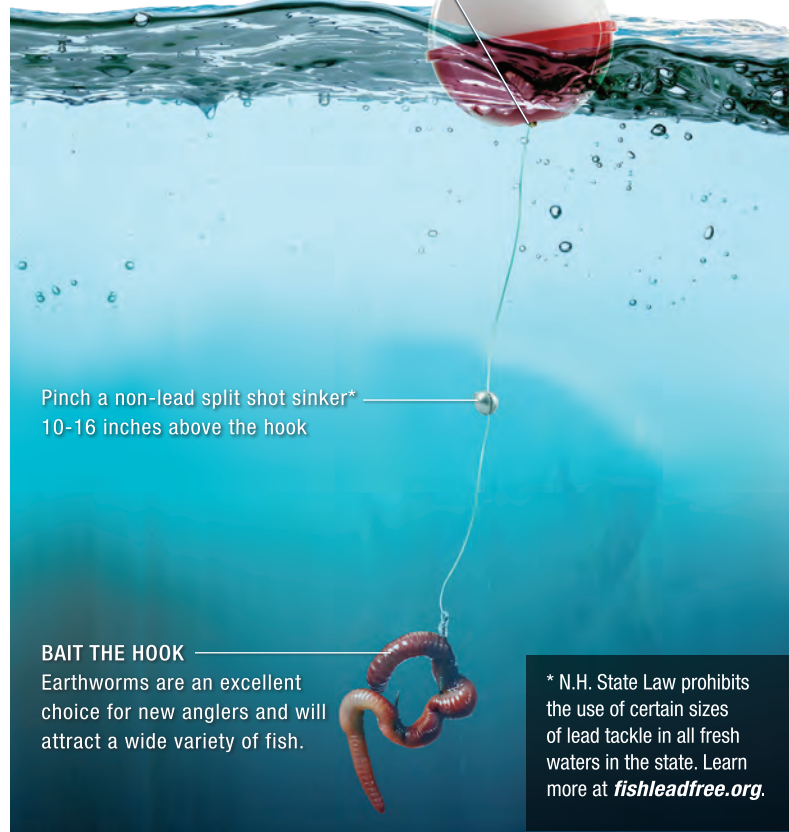
Make a fun day even better by taking along the right gear. You'll want to have:

- Fishing rods with spin-casting reels
- A tackle box with hooks, bobbers, non-lead sinkers, artificial baits, and a pair of pliers
- The *N.H. Freshwater Fishing Digest*
- A cooler with ice for storing your catch
- Binoculars for bird watching

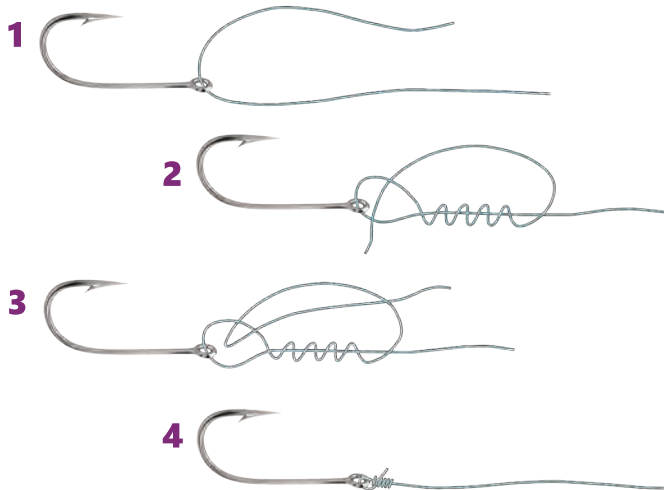
Keep your family comfortable while they're fishing and they'll ask to come with you again. Have them dress for the weather, and be ready for whatever the day might bring. Keep the bug spray handy, as well as a simple first aid kit, sunscreen, sunglasses, and hats. Pack plenty of snacks and drinks, too—but keep in mind that some fishing sites have many users. To help keep these places clean and safe, bring along a small trash bag and carry out everything you bring in.

Basic Clip-on Bobber Rig

Using the clips at the top and bottom, snap a bobber onto your line at a height matching the depth of the water you are fishing.



Clinch Knot



Baiting the Hook

Worms can be purchased at bait shops, sporting goods retailers, and gas stations. You can also go to your compost pile and dig up your own!

Poke the worm onto the hook in loops or...



...Thread the worm onto the hook like an arm through a sleeve.



"If the angler did not lose a fish now and then, he would surely not appreciate the capture of one." (The Angler's Secret, 1904)



Fishing Seacoast Rivers

Several beautiful rivers flow through southeastern New Hampshire, with excellent fishing for trout as well as warmwater species. Shoreline anglers should be prepared for considerable walking and sometimes challenging terrain. That said, it's hard to believe these scenic spots are so close to home!

1. Isinglass River (Barrington/Rochester)

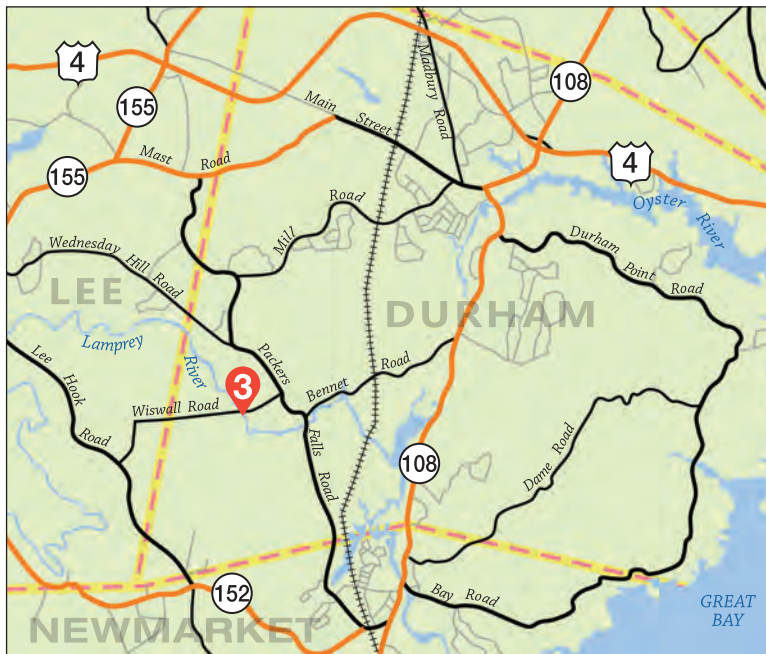
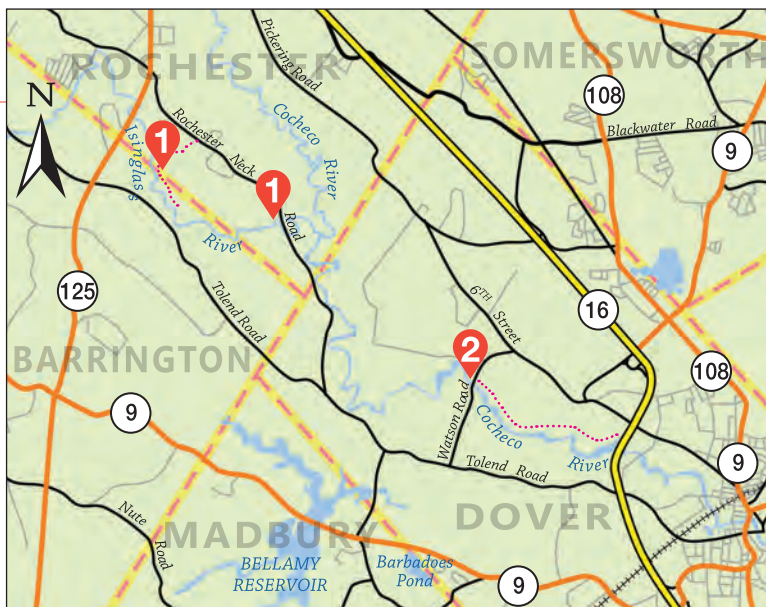
The stretch between the downstream side of the Rt. 125 crossing and the confluence with the Cocheco River offers year-round angling opportunity. Waste Management, Inc., maintains two nice public access points along Rochester Neck Road. A parking area approximately ½ mile from Rt. 125 on the right brings you to a fast-moving section of the Isinglass River, where trout hold well. A second access point is found further down Rochester Neck Road, where the Isinglass River crosses under the road.

2. Cocheco River (Dover)

Downstream of Watson Road in Dover, the Cocheco is quickly becoming a popular fishery. Thanks to the efforts of several groups and the City of Dover, public access and trout stocking have been restored to this beautiful stretch of river. Access the river by following a converted railroad bed trail along the northern side of the river. While many anglers focus on the area downstream of the Watson Road Dam, the trail gives anglers an easy opportunity to fish much more of the river. Anglers who put in the extra effort to access downstream sections of the Cocheco will be rewarded with gorgeous scenery.

3. Lamprey River (Durham)

The area downstream of the Wiswall Dam to the first trestle downstream of Packers Falls is generously stocked with brook, brown, and rainbow trout. Ample parking provided by the town of Durham is found on the eastern side of the river off



Wiswall Rd. From there, trails along both sides of the river provide anglers access to a variety of fishing opportunities. There is also a small parking area off Bennett Road for anglers fishing the Packer Falls area.



Pawtuckaway Lake

Pawtuckaway State Park furnishes some trails around parts of Pawtuckaway Lake that shoreline anglers can use to catch a variety of warmwater fish species, including

small and largemouth bass, chain pickerel, yellow perch, black crappie, brown bullhead, pumpkinseed, and bluegill. Fishing licenses can be purchased at the park store. There is a park admission fee. Take Exit 5 off Rt. 101 to Rt. 156 in Nottingham.

1. Fundy Cove

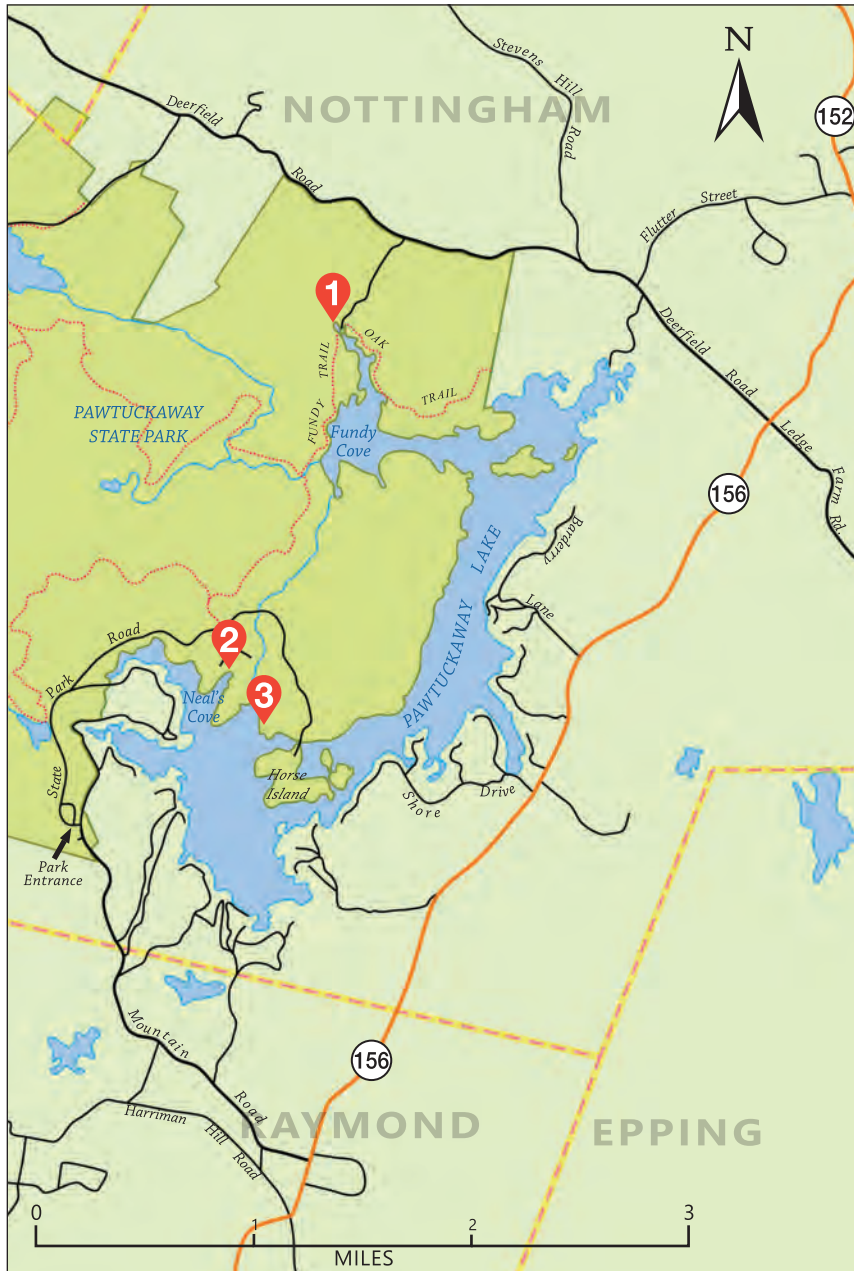
Trails can be accessed from the N.H. Fish and Game boat access site. Extensive shoreline fishing opportunities exist on either side of the cove. No park entrance fee. From Rt. 156, take Deerfield Road and turn left onto Fundy Road.

2. Neal's Cove

Just off State Park Road, you'll find a small parking area and good access for casting from shore. From Rt. 156, turn onto Mountain Road and follow signs to the park.

3. Beach/campground

Footbridges allow access to small islands (no fishing from the bridges). Fishing is also available for campers with waterfront sites. Swim and picnic while you're here! There's plenty of parking.



© NHFG / VICTOR YOUNG PHOTO

Trails on either side of the Fundy Cove boat launch provide ample shoreline fishing access.



Southeastern N.H. Trout Ponds

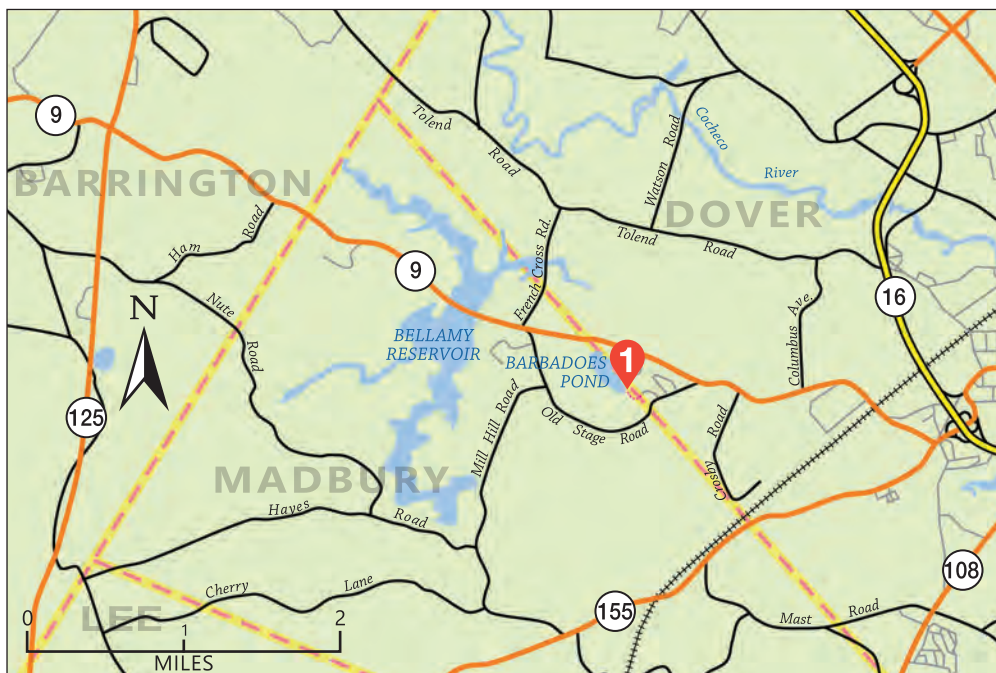
Designated trout ponds offer anglers the unique opportunity to enjoy small bodies of water primarily managed for brook trout, brown trout, and rainbow trout. These ponds have shorter fishing seasons to allow for greater trout growth and survival. They are stocked multiple times throughout the spring and early summer to enhance shoreline fishing success. Generally, these ponds have a five-fish or five-pound daily limit, and any legal fishing method/gear can be used. Be sure to check the pond's specific regulations in the *N.H. Freshwater Fishing Digest*.

1. Barbadoes Pond, Madbury/Dover

Access to Barbadoes Pond is granted through a cooperative agreement with the City of Dover and the New Hampshire Fish and Game Department. Take Rt. 9 to Old Stage Road in Madbury. From the parking area, a five-minute walk down a smooth trail will take you to the eastern shoreline of Barbadoes Pond. This 16-acre pond is stocked with both brook trout and rainbow trout.



Long stretches of wide-open shoreline access and limited fishing pressure make Barbadoes Pond an ideal spot for some hassle-free fishing action.



© NHFG / VICTOR YOUNG PHOTOS



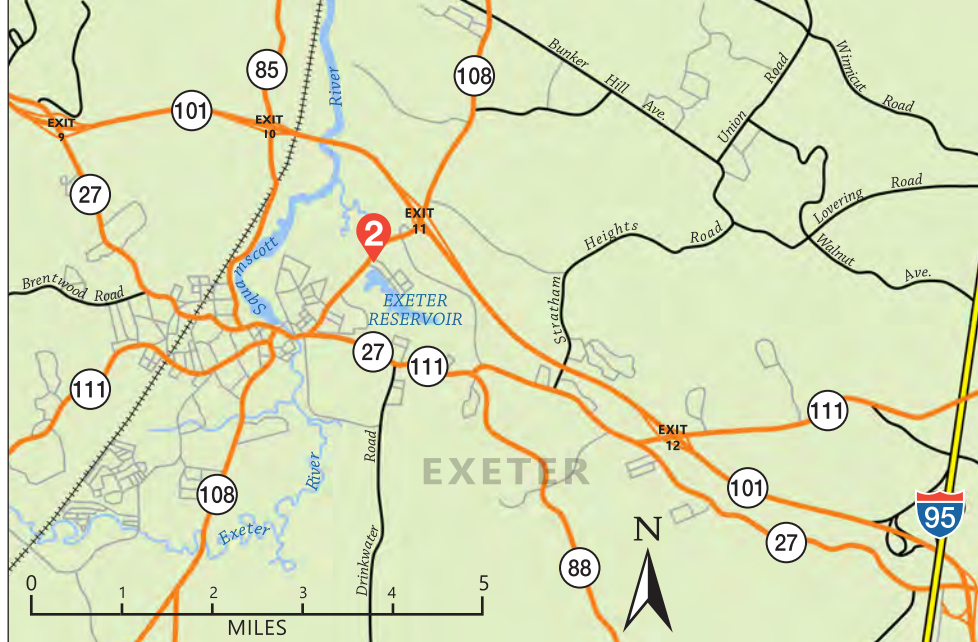
Over 130,000 trout are stocked in southeastern NH waters every year.





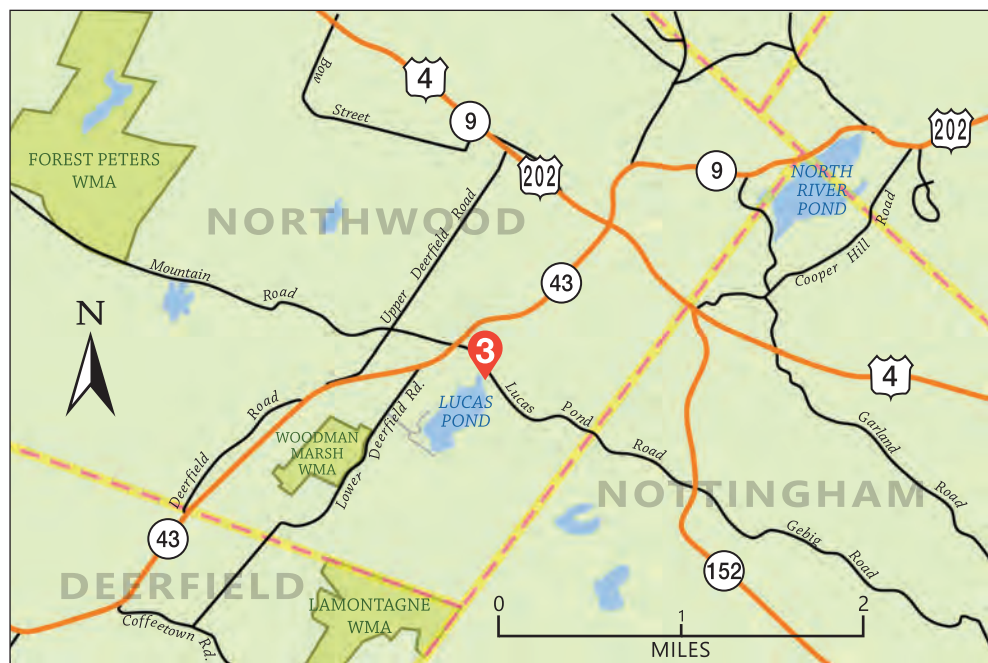
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Well stocked and with easy access, Exeter Reservoir is an ideal location for anglers of all ages and skill levels.



2. Exeter Reservoir (Water Works Pond), Exeter

This smaller pond provides access along the eastern shoreline for anglers of all ages to catch brook trout and rainbow trout. The reservoir also receives a small number of older brook trout that will assuredly become a long-lasting memory if caught. Only shoreline angling is permitted. Access the pond from Rt. 108 in Exeter, just south of where it crosses under Rt. 101. A small road leading to the Exeter Sportsman's Club parallels the eastern shoreline.



3. Lucas Pond, Northwood

Access to Lucas Pond is granted to anglers by the town of Northwood. The access area includes a car-top launch facility and enough room for several anglers to fish from shore. Motors are prohibited. At times, Lucas Pond can receive heavy fishing pressure, so the waterbody receives large numbers of brook trout, brown trout, and rainbow trout. Older age classes of trout are also stocked in the pond. Take Lucas Pond Road off of Rt. 43 or Rt. 152.



The best times to fish are the 3 days before and the 3 days after the full moon and new moon.

